

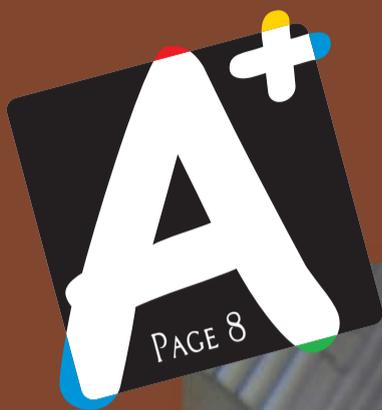
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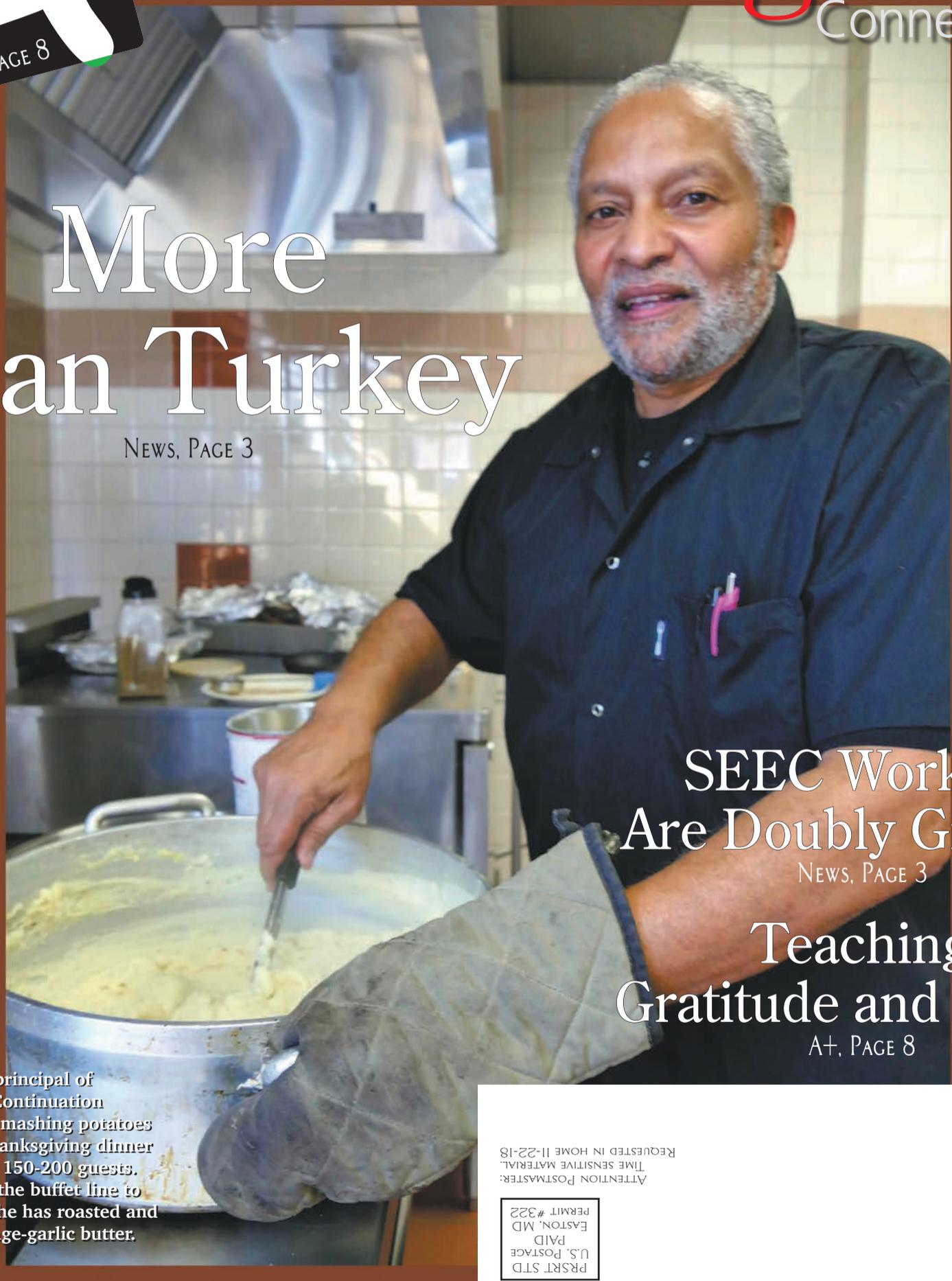
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The Arlington Connection

More Than Turkey

NEWS, PAGE 3



SEEC Workers Are Doubly Grateful

NEWS, PAGE 3

Teaching Gratitude and Giving

A+, PAGE 8

Cleveland Jones, principal of Langston-Brown Continuation Program, finishes mashing potatoes for the Nov. 16 Thanksgiving dinner he has cooked for 150-200 guests. Then he heads to the buffet line to serve the turkeys he has roasted and injected with orange-garlic butter.

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PHOTO BY SHIRLEY RUHE/THE CONNECTION ENTERTAINMENT, PAGE 6 ❖ CLASSIFIEDS, PAGE 10

Notice of Public Hearing

NOTICE OF BUDGET AND WATER RATE PUBLIC HEARING

December 13, 2018 at 6:30 p.m.

At 6:30 p.m. on Thursday, December 13, 2018, Fairfax Water will conduct a public hearing on its Proposed Schedule of Rates, Fees, and Charges. The hearing will be held in Fairfax Water's offices at 8570 Executive Park Avenue, Fairfax, VA.

The proposed changes, to be effective April 1, 2019, include the following:

1. An increase in the Availability Charge from \$4,150 to \$4,260¹.
2. An increase in the Local Facilities Charge from \$13,420 to \$15,285.
3. An increase in the Service Connection Charge from \$1,260 to \$1,300¹.
4. An increase in the Base Commodity Charge from \$2.94 to \$3.07 per 1,000 gallons of water.
5. An increase in the Quarterly Billing Service Charge for meters larger than a standard 5/8" residential meter¹.
6. An increase in the Turn Off / Turn On Charge from \$45 to \$48.
7. An increase in the Fees for Use of Fairfax Water Fire Hydrants to include the increase in the Commodity Charge.
8. An increase in the Installation of Sewer Use Meter Charge from \$36 to \$38.

¹Charges reflect fees associated with a standard 5/8" residential meter. Changes in charges for larger residential and commercial meters are reflected in the Proposed Schedule of Rates, Fees, and Charges.

Fairfax Water is also proposing a \$183.2 million budget for calendar year 2019¹. Revenues are expected to be \$183.2 million in 2019. Water sales are expected to provide \$158.3 million. Approximately \$24.9 million is expected from connection charges, investment income and other sources.

The major areas of operation and maintenance expense are:

Category	-\$1,000s -	
	2018	2019
Personal Services and Employee Benefits	\$ 55,934	\$ 57,584
Power and Utilities	10,755	11,102
Chemicals	6,958	7,532
Purchased Water	7,810	7,155
Supplies and Materials	5,261	5,444
Insurance	955	1,075
Fuel	700	728
Postage	603	612
Contractual Services	12,481	12,974
Professional Services	1,001	1,065
Other	2,428	2,505
Sub-Total	104,886	107,776
Transfer to Improvement Fund	(10,248)	(10,380)
Total	\$ 94,638	\$ 97,396

Net revenues are expected to be appropriated as follows:

Debt Payment	\$42,988,000
Improvement Fund	\$11,000,000
General Fund	\$31,337,000

¹ Fairfax Water's Board will continue to monitor economic factors and review revenues and expenditures at mid-year to determine if additional action is needed.

A copy of the proposed changes to the rates can be viewed on our website at www.fairfaxwater.org/rates. A copy of the proposed budget can be found at www.fairfaxwater.org. Those wishing to speak or receive a copy of the proposed changes should call Ms. Eva Catlin at 703-289-6017.

Interested parties may submit written comments to PublicHearingComments@fairfaxwater.org or mail written comments to:

Fairfax Water
Public Hearing Comments
8570 Executive Park Avenue
Fairfax, VA 22031

All written comments must be received by close of business on Wednesday, December 12, 2018, to be included in the record of the public hearing.

Scouting for Food

Nathan Hadley and Mason Grundhoefer are out early Nov. 10 walking through their neighborhood gathering plastic bags of food for the needy. This is the second year for Nathan but the first for Mason and also the first for the pet dog Doodle who is being carried along for his morning "walk." The boys are in Cub Scout Troop 641.

Scouting for Food is an annual nationwide event sponsored by the Boy Scouts of America. In Arlington, the Boy Scouts and Arlington Food Assistance Center (AFAC) partner in what AFAC terms "the largest single day food drive." Since 1995 this partnership has collected over 1 million pounds of food.

Nathan and Mason have gathered a bag full of black beans, rice and cans of tuna, on the suggested list of non-perishable items. Despite the 39 degree weather, they declare they aren't cold, well "except maybe my face a little."

As part of the food drive the Boy Scouts go door to door and distribute bags to houses along their routes on Saturday, Nov. 3.

One week later they return to their routes

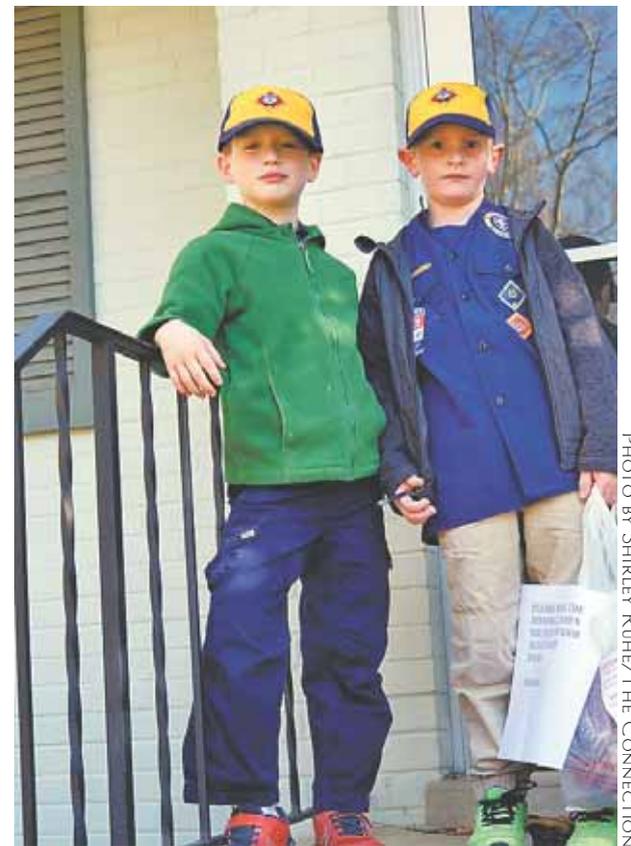


PHOTO BY SHIRLEY RUHE/THE CONNECTION

Nathan Hadley (left) and Mason Grundhoefer from Cub Scout Troop 641 collect food for Arlington's Scouting for Food

and gather the bags of cereal, canned fruit, spaghetti and other non-perishable items which are sorted by volunteers and delivered to AFAC to stack their shelves for distribution.

— SHIRLEY RUHE



PHOTOS BY SHIRLEY RUHE/THE CONNECTION

First Snowfall

Schools may be closed, government and recreational facilities closed down ... but the mail must go through.

This Arlington yard seems a bit confused as snow hits the region in November for the first time since 1994. Summer, winter, or fall?



Pakistani dancers represent the native dances of their country as part of the entertainment at the annual Thanksgiving dinner at Langston-Brown.

PHOTO BY
SHIRLEY RUHE
THE CONNECTION



This year's traditional Thanksgiving dinner has been energized with entertainment organized by Lashawn Grace, an English teacher at Langston-Brown Continuation Program. She leads a group of students in a synchronized dance and then reaches out into the audience for partners.



A line of hungry guests trails out into the hallway at Langston-Brown Community Center waiting their turn to load up a plate with traditional Thanksgiving dishes.

Thanksgiving Dinner Offers More Than Turkey

An "extended family" tradition.

BY SHIRLEY RUHE
THE CONNECTION

Thanksgiving guests are lining up before the advertised start time of 12:30 p.m. for the Thanksgiving dinner at Langston-Brown Community Center on Friday, Nov. 16. Cleveland Jones, principal of Langston-Brown Continuation Program, who cooked today's meal, was up at 5:30 a.m. warming

the turkeys and is still in the kitchen a few minutes before the dinner begins mashing five pounds of potatoes. "It's my second batch."

Jones started cooking about a week ago by roasting the turkeys donated by A-SPAN and injecting them with orange-garlic butter with Cajun seasonings inside. Then he warms the turkeys up on the morning of the Thanksgiving dinner. "I spent last night making the macaroni and cheese and the corn pudding. The mac and cheese is usually the first to run out."

Volunteers are busy carrying up the trays of sweet potatoes, green beans, ham and roast beef as well as stuffing to set on the

buffet line. "I make cornbread stuffing with herbs and seasoning but not with onions. You know people have allergies." One student in the line requests no green beans. The next woman asks for both a roll and cornbread. And the next asks for only vegetables. There is something for everyone and a table full of desserts at the end.

Students from Langston-Brown are invited to the event with their family and friends, as well as those in the senior center downstairs and the parks and recreation employees in the building. This year the students at the new preschool were invited but the tiny tables scattered with crayons sit empty due to the cancellation caused by

the weather related two-hour delay.

Elizabeth Palomo, administrative assistant to Jones, says this year for the first time they have entertainment at the dinner. "Miss Lashawn Grace, who is one of our teachers here, used to do theatre. She runs a club for people who can sing and dance." Grace organized the students who will offer Pakistani, Ethiopian and Spanish dance as well as singing and poetry presentations.

In the dining room set up with festive tables with Thanksgiving decorations Grace leads a dance line of students weaving around the front of the room. "O.K. let's go out in the audience and get a partner."

SEE MORE THAN TURKEY. PAGE 9

SEEC Workers Are Doubly Grateful For Rock Spring UCC's Thanksgiving surprise.

BY SHIRLEY RUHE
THE CONNECTION

Shirlington Employment and Education Center (SEEC) workers received an extra treat on Tuesday, Nov. 13 when Rock Spring United Church of Christ (UCC) supplemented its regular bimonthly lunches with warm winter coats.

Twenty SEEC workers lined up on a blustery rainy day to get a bowl of Margaret Miller's famous hot ham chili made with extra diced poblanos and jalapeños. The workers piled on tortilla chips and shredded cheese.

As one Rock Spring server said, "If we prepare it in a way that seems too hot, that's just right."

Rock Spring began collecting coats from the congregation in mid-October

and will divide them between SEEC workers and the Culmore area where there is also need. Several years ago Rock Spring distributed blankets to SEEC workers as well as long underwear and socks, then last year they gave coats and work boots. In early December they will begin collecting funds to purchase work boots again this year.

Laura Martin, associate pastor at Rock Spring said, "We are a supporter of SEEC and believe in their mission. We want to make our congregation aware of some of the simple, profound needs that people have in this area that is so rich."

SEEC was established in 2000 to match day laborers with employers who are in need of temporary labor. It is funded by Arlington County with additional assistance from churches and other community groups as well as individuals.



Barb Keish dishes up Margaret Miller's (hat to left) famous hot ham chili with extra peppers for the bimonthly lunch prepared and served by members of Rock Spring UCC.

PHOTO CONTRIBUTED BY MARK CHARETTE

OPINION

Give Locally in Arlington

For tens of thousands of poor children and families in our area, uncertainty and need are distant from the celebrations and plenty that so many of us associate with this holiday period.

The holidays are about giving, and giving thanks. The holidays are about children and family. The holidays are about sharing, about joy. The holidays are about being thankful and about faith and appreciation. The holidays are about alleviating suffering for others.

EDITORIAL

Northern Virginia is among the wealthiest areas in the country. Many if not most of us go through our daily and seasonal routines without encountering evidence of the needy families among us.

Give Locally in Arlington

❖ Arlington Free Clinic provides free, high-quality health care to low-income, uninsured Arlington County adults through the generosity of donors and volunteers. www.arlingtonfreeclinic.org 2921 11th St. South, Arlington, VA 22204, 703-979-1425

❖ Arlington-Alexandria Coalition for the Homeless, 703-525-7177, www.aachhomeless.org

❖ A-SPAN provides services for Arlington's street homeless. Its mission is to secure permanent housing for one of Arlington's most vulnerable populations. P.O. Box 100731 Arlington, VA 22210, 703-820-4357, www.a-span.org/ and www.facebook.com/aspan.org/

❖ Arlington Thrive provides one-time, same-day emergency financial assistance to Arlington residents facing a financial crisis, and also has programs to help prevent homelessness. 703-558-0035, www.arlingtonthrive.org

❖ Doorways for Women and Families provides services to help women out of domestic violence and homelessness toward safe and stable lives, Arlington, www.doorwaysva.org, 703-504-9400.

❖ The Arlington Food Assistance Center provides supplemental food assistance to Arlington County residents, distributes groceries to over 2,300 families every week. More than 35 percent are children. 2708 South

Nelson Street, Arlington, VA 22206, www.afac.org/, 703-845-8486.

❖ Habitat for Humanity of Northern Virginia, Arlington, 703-521-9890.

❖ Arlington Partnership for Affordable Housing, collecting toys and gifts for children ages newborn-18 who call an APAH community home. These gifts will make up a holiday gift shop where parents can choose a gift for each of their children. A donation will ensure children receive a gift during the holiday season. www.apah.org

❖ Northern Virginia Family Services, 571-748-2500, www.nvfs.org, Employment and job training, healthcare, housing, mental health, foster care and Healthy Families.

❖ Second Story — Abused and Homeless Children's Refuge, 2100 Gallows Road, Vienna, VA 22182. 703-506-9191, second-story.org. Second Story (formerly Alternative House) provides shelter and services for homeless, runaway or abused teenagers, unaccompanied youth, and young mothers and their children.

❖ Comfort for America's Uniformed Services (CAUSE) ensures that recuperating service members have opportunities for recreation and social interaction and receive concrete signs of appreciation for all that they have done. Mailing address: 4201 Wilson Blvd.,

ing and Christmas.

Hundreds of homeless students attend the public schools, and their needs are greater.

Many nonprofits in the county need your help to provide a holiday meal for Thanksgiving or Christmas, to provide children with gifts.

There are literally hundreds, probably thousands, of ways to give locally this season. Here are a few ideas. We will rerun this list again after Thanksgiving, so please let us know what we have missed.

— MARY KIMM,
MKIMM@CONNECTIONNEWSPAPERS.COM

#110-284, Arlington, VA 22203, CFC #33011, Phone 703-591-4965, cause-usa.org

❖ Neighborhood Health Clinics www.neighborhoodhealthva.org, Improving health and advance health equity in Alexandria, Arlington, and Fairfax by providing access to high quality care regardless of ability to pay.

❖ Literacy Council of Northern Virginia, 703-237-0866, www.lcnv.org, Teaches adults the basic skills of reading, writing, speaking and understanding English.

❖ The Community Foundation of Northern Virginia works to respond to critical need and seed innovation in our region.

Consider a 2018 year-end gift to its Community Investment Fund to support its signature grant cycle responding to critical need in the region. www.cfnova.org/for-donors/donate-now

❖ Friends of Guest House Northern Virginia offers structure, supervision, support and assistance to female ex-offenders who want to improve their lives and break the cycle of incarceration. Friends of Guest House offers the only program for women of its kind in Northern Virginia. One East Luray Ave., Alexandria, VA 22301-2025, 703-549-8072, info@friendsofguesthouse.org, friendsofguesthouse.org/

BULLETIN BOARD

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

NARCAN TRAINING SESSIONS

Naloxone (Narcan) can save the life of someone who is overdosing, if given in time. Anyone who assists a person in need is protected from liability by the Good Samaritan Law. Naloxone (Narcan) is available without a prescription for a fee at all pharmacies. Obtain it for free by attending a REVIVE! training. Contact Emily Siqveland at 703-228-0913 or esiqveland@arlingtonva.us or visit health.arlingtonva.us/opioid-awareness/ for available training sessions. The Chris Atwood Foundation also offers training to the public. Visit www.chrisatwoodfoundation.org/naloxone for details.

HOLIDAY DONATIONS

Pet Food Bank. AWLA is establishing a Pet Food Bank to serve qualifying residents of Arlington County and the City of Falls Church. In consideration

of the effect financial obstacles have on a pet owner's ability to afford pet care, the AWLA Pet Food Bank program's goal is to keep family pets out of shelters. If you are an Arlington County or City of Falls Church resident and are in need of assistance in feeding your pet, follow this link and fill out a pre-registration form. Visit goo.gl/forms/s2FuFdaYwDZm4tPw2

Fill the Cruiser. Help make the holidays bright for Arlington County children in need by donating to the fourth annual *Fill the Cruiser* Holiday Toy Drive. The Arlington County Police Department is asking community members to donate new, unwrapped toys to bring holiday cheer to children ages newborn - 17. Donations will be distributed by the police department throughout the month of December. Officers will be collecting toys at the following locations:

- ❖ Friday, Nov. 23, 2-6 p.m. at The Fashion Center at Pentagon City, 1100 S. Hayes St., A cruiser will be located in the food court next to the Christmas tree
- ❖ Tuesday, Nov. 27, 6-8 p.m. at Our Lady of Lourdes Catholic Church, 830 23rd St. S.

❖ Thursday, Nov. 29, 6-8 p.m., Lee Harrison Shopping Center, 2425 N. Harrison St.

While there is need for toys for children of all ages, there is greatest need for donations of toys suitable for boys ages 0-2 and 11+ years, as well as girls ages 0-2, 7-10 and 11+ years. Those unable to attend the Fill the Cruiser events can drop off donations at Police Headquarters, 1425 N. Courthouse Road, until Friday, Dec. 14.

Toy Drive. Each year from October to December, OAR hosts a Toy Drive to collect new, donated toys and gifts for children of parents incarcerated, ages newborn to 18 years, as a part of OAR's Project Christmas Angel in December. OAR does this in an effort to bridge the gap between those involved in the criminal justice system and their children. Donation boxes set up at businesses and organizations throughout the D.C. metro area. To find the list of all donation sites and for more details about OAR's Annual Toy Drive and how to get involved, visit www.oaronline.org/archives/6591.

SUNDAY/DEC. 2

Hunger to Hope. 9 a.m.-4:30 p.m. at

Kenmore Middle School, 200 S. Carlin Springs Road. Grace Community Church, a church for people who don't go to church, in partnership with Feed My Starving Children, will hold their annual Hunger to Hope meal packing event. Volunteers from the DC metro area can sign up at trygrace.org/events/hunger-to-hope/414.

Street Smart Campaign. As part of the Arlington County Police Department's overall traffic safety program, the Special Operations Section is again participating in the Metropolitan Washington Council of Governments' Fall Street Smart campaign. This region-wide public safety campaign, which runs Nov. 5-Dec. 2, aims to educate drivers, pedestrians, bicyclists, and scooter operators about existing traffic laws and how to safely share our roadways. As part of the Street Smart campaign, officers will conduct high-visibility traffic enforcement at multiple locations.

WEDNESDAY/DEC. 5

PolicyMaker Breakfast Series. 7:30-9 a.m. at WGL, 8614 Westwood
SEE BULLETIN BOARD, PAGE 11

The
Arlington
Connection

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

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

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Locally Inspired: Sad Thanksgiving Ballad

Civil War death inspires timeless song.

BY MICHAEL MCMORROW
THE CONNECTION

Originally published in the Arlington Connection on Nov. 27, 2013.

A century and a half ago, with the Civil War mere months old, a young officer's body was pulled from the Potomac River and quickly buried with several others on the Virginia shore near the Chain Bridge. Once identified, the remains were added to the family plot in New England. A soldier's death, a disfigured corpse recovered, a tale to be repeated thousands of time in the coming few years.

This event would differ because a poet was moved to write from the heart and a composer was intrigued by the words published anonymously. The Battle of Ball's Bluff was another in the series of losses by the Federals in the months following the debacle of First Manassas.

Marked today by one of the smallest national cemeteries, the site sits atop a cliff rising 150 feet over the Potomac River, two miles northeast of Leesburg. Its importance

LETTERS TO THE EDITOR

What Kaine Victory Means

To the Editor:

The environment retained a steady ally in Congress for the next six years with the re-election of U.S. Sen. Tim Kaine. Over his first term, Senator Kaine has proven himself to be a strong and consistent advocate for clean air and water, and public lands. Over his next term, he has the opportunity to continue to lead on the environment and further move the needle forward on climate action. Kaine's continued leadership will be necessary to defend our natural resources from a Trump Administration that's increasingly hostile toward climate action and environmental protection. Kaine easily defeated his opponent in this race who would have been a rubberstamp on this toxic, anti-environmental agenda, which suggests protecting the environment is becoming an increasingly motivating factor for Virginia voters. As an established leader, Kaine has a unique opportunity to position Virginia at the forefront of the environmental fight. Climate change impacts Hampton Roads more than any other region in the nation other than New Orleans. Natural gas pipelines threaten hundreds of miles of rural landscape and our water quality. And the Bay is at a make-or-break point in its ongoing restoration.

I know Kaine is up to the task in standing up for Virginians in the environmental fights to come and I wish him a hearty "congratulations" on a well-earned victory.

Kit Norland
Arlington

is less military than political: The defeat led to the first of Congressional investigations that would second-guess President Lincoln for the rest of the war.

BEGUN AS A RECONNAISSANCE on Oct. 21, 1861, opposing commanders introduced units piecemeal through the day. As dusk approached, the Federals were perched on level ground with their backs to the precipice at the river and with Confederates facing them from yet higher ground. Discarding weapons and equipment to trip down the hill, those fleeing merged with comrades arriving from the Maryland shore. It ended with a Confederate "fish in the barrel" fusillade upon the mass of blue uniforms in the water and on the flood plain at the shore. Bodies shot or drowned clogged the stream.

At first hidden in the watery depths, natural decomposition would raise many corpses downstream in the coming weeks. Add to that an especially heavy storm which hit the entire mid-Atlantic area the last week in October causing flooding, as well as damage to structures like the Long Bridge.

People on both sides of the river were horrified when no less than three dozen bodies were found afloat and ashore. John William Grout was one of them. The 18 year

Choosing To Rise

To the Editor:

As a proud member of the Jewish community, I am disappointed and shocked by the recent events at the JCC. The JCCNV was where I went to elementary school, it was where I first discovered my passion for dance, it was where I went to summer camp, and it was where I felt safe to express my Judaism.

The JCC was home to many of my family and friends, and to wake up in the morning, to the news of it being vandalized with such a powerful symbol, was awful. The Jewish community had a choice to focus on the hatred and discrimination we have been facing for thousands of years, but we chose to rise.

It's truly empowering to see many different areas of the community united at the JCC to show support after this event. In college, I realized how easy it is to lose the feeling of belonging with the Jewish community.

I've been so fortunate to have found a safe place to engage with other Jewish students on campus. Many people still don't feel they are in a community where they are free to practice their religion without getting ostracized or discriminated against. Events like these remind me how important it is to stand tall as a Jewish woman and be proud of my religion.

Deena Dubrow
Arlington
Junior at James Madison University

old was familiarly known as "Willie" in his hometown, Worcester. As a second lieutenant in Company D of the 15th Massachusetts Volunteer Infantry, he stood in the thick of the fight the whole day. Driven into the water and shot in the back of the head, he submerged. An obituary mentioned the unsuccessful journey of the young man's father to find the body, and then said, "Let us hope, however, that the Potomac ... will yet yield up the youthful dead." It did and he was buried at home. Thanksgiving Day 1861 was only days away.

ON THAT HOLIDAY, whether planned or by habit, the family table was set as usual. The chair at Willie's place was empty. Poet Henry S. Washburn was an invited guest; his son and Willie had been friends. Struck by the sadness pervading the event, Washburn saw in it the scene that would be repeated countless times in the course of the war; indeed, in all wars. He wrote "The Vacant Chair."

In time, Washburn's friend and fellow Massachusetts native George F. Root provided the tune. As the next year's Thanksgiving Day approached, words and music were published by Root in Chicago and met with popular acclaim. The subtitle was "We Shall Meet But We Shall Miss Him (Thanksgiving, 1861)."

giving, 1861)."

"The Vacant Chair" was published and performed on both sides of the battle lines throughout the Civil War. No color of uniform could hide the universal sense of loss captured by the words and carried by the music.

Nor did the story end there. The piece, known near-and-far, was revived in later wars, especially the Spanish-American War and World War I. Concert performances were frequent during the former.

The advent of recorded music before the latter spread its fame farther as tune and message attracted the most famous performers. Musical tastes changed greatly in the years preceding World War II and interest in "The Vacant Chair" waned. Today, like the battle that prompted it, the song is all but forgotten.

THE LIBRARY OF CONGRESS has created a free-access, online library of recorded songs that have played a significant role in our cultural history. Several versions of "The Vacant Chair" are included for that reason. Taking a few minutes to listen would be an appropriate way for any holiday gathering to recall, with thanks, the sacrifice of the many "Willies" and the enduring sadness of their families.

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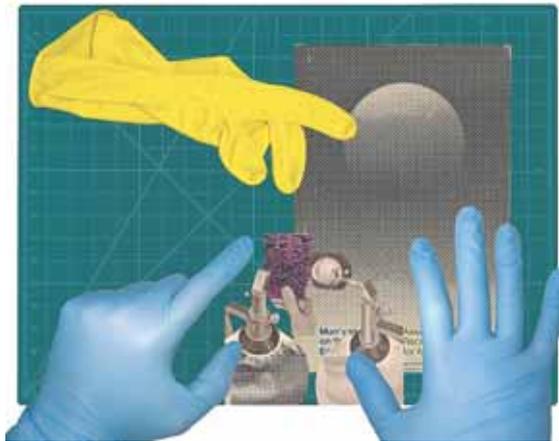
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**Burial includes basic services of the funeral director and staff, transfer of remains to funeral establishment, and transportation of remains to cemetery. Price quoted does not include any merchandise, such as casket, or cemetery property or services. Prices may vary based on selections.

ENTERTAINMENT



Elizabeth Holtry, Bonneville Salt Flats Series: Halite I, 2017, Oil on panel, 6 x 6 inches



Rachel Guardiola, The Adventures of the Investigator & Madame VEGA Archives (Other Earth Archives), 2018, Archival pigment print, 20 x 24 inches



Caroline Hatfield, Land and Water, 2018, paper mache, carved polystyrene, acrylic paint, powdered pigment, wood, acrylic, 12 x 20 x 4 inches

Art Exhibit: "Barren"

The exhibit will feature works from Rachel Guardiola, Caroline Hatfield and Elizabeth Holtry. It runs through Nov. 25 from 10 a.m.-8 p.m., Monday through Thursday, and 10 a.m.-6 p.m. on Friday and Saturday. Admission is free. At the Barry Gallery at Marymount University, 2807 North Glebe Road, Arlington. Visit www.marymount.edu/barrygallery.

CALENDAR

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

ONGOING

Día de los Muertos: Prints from Self-Help Graphics. Through Dec. 5 at the Arlington Arts Center, 3550 Wilson Blvd., Arlington. In conjunction with its 15th annual Día de los Muertos celebration, AAC presents a selection of prints on loan from Self-Help Graphics & Art (SHG), a community-driven nonprofit based in Los Angeles that is devoted to fostering the creation and advancement of new work by Chicano/a and Latinx artists. For its annual Día de los Muertos celebration, begun in 1973, SHG commissions a Día de los Muertos-themed print from a new artist each year. Visit www.arlingtonartscenter.org.

Fall SOLOS 2018 Art Exhibit. Through Dec. 15 at the Arlington Arts Center, 3550 Wilson Blvd., Arlington. Dawn Whitmore: A house is like a mind that holds everything is a 5-channel immersive sound installation that delves into the relationship between the mind and the house as metaphorical dwellings. In a constructed room that reads as a simple domestic residence, the artist's voice, reading from various classical texts, emanates from multiple points in the room, becoming almost unintelligible at times as the recordings are layered on top of one another. Visit www.arlingtonartscenter.org.

Adult Dance Technique. Through Dec. 22, 9:30-11 a.m., Saturdays, at Arlington Cultural Affairs Bldg., 3700 S. Four Mile Run Drive, Arlington. Improve balance, range of motion, strength, coordination and interact with friendly people. Drop-in for a class or enroll for a series. Join at any time. The class instructors are Jane Franklin Dance company members, all experienced professional educators. Tuition: \$110 for six class card/\$60 for three class card/\$25 single class. Enroll at www.janefranklin.com/adult-dance or call 703-933-1111.

"Billy Elliot The Musical." Through Jan. 6 at Signature Theatre, At 4200 Campbell Ave., Arlington. All 11-year-old Billy wants to do is dance. While the 1984 miners' strike squeezes his family and splits his town, Billy's passion for ballet first divides, then ultimately unites, the community – and changes his life in extraordinary ways. Tickets are \$40-\$102. Visit www.sigtheatre.org.

Arlington's Holiday Kitchens. Through January 2019, at Arlington Historical Museum, 1805 S. Arlington Ridge Road, Arlington. Nothing says holiday celebration more than food, so the Arlington Historical Museum is raiding the kitchen. In this new holiday exhibit, see all the tools grandma used and those used by her forebears long before electricity. Visit arlingtonhistoricalsociety.org.

WEDNESDAY/NOV. 21

Coffee and Conversation. 10-11 a.m. at The Springs Apartments, Multipurpose Room, 4318 North Carlin Springs Road, Arlington. Join Arlington Neighborhood Village's "Coffee and Conversation" series. Bring coffee, learn about aging in place, and hear from Tim Horn, BCH, CI, Founder & Owner, Hypnoconsult, LLC, who will discuss how therapeutic hypnosis can help everyone. No RSVP needed.

FRIDAY/NOV. 23

Comic Alonzo Bodden Live. 7:30 p.m. and 10 p.m. At Arlington Drafthouse, 2903 Columbia Pike, Arlington. Featured on NBC's Last Comic Standing, Conan and Scary Movie 4. \$22. Visit ArlingtonDrafthouse.com.

SATURDAY/NOV. 24

Fun Fall Family Hike. 2:30-4 p.m. at Gulf Branch Nature Center, Arlington. Families ages 5 and up. Register children and adults; children must be accompanied by a registered adult. Hike to a great view of the Potomac while searching for the signs of fall like the last wildflowers, busy squirrels and more. Bring a snack to eat by the river. Call 703-228-3403.

Comic Alonzo Bodden Live. 7 p.m. and 9:30 p.m. At Arlington Drafthouse, 2903 Columbia Pike, Arlington. Featured on NBC's Last Comic Standing, Conan and Scary Movie 4. \$22. Visit ArlingtonDrafthouse.com.

SUNDAY/NOV. 25

Handel's Messiah Sing-Along. 7 p.m. at Clarendon UMC, 606 N. Irving. Clarendon UMC presents Handel's Messiah Sing-Along for the 47th consecutive year on. Richard Giarusso, conductor and local soloists and orchestra will lead Part 1 of this Christmas Classic. Scores are provided and a reception follows. Free event, however a goodwill offering will be taken. Visit www.clarendonumc.org.

WEDNESDAY/NOV. 28

Coffee and Conversation. 10-11 a.m. at The Springs Apartments, Multipurpose Room, 4318 North Carlin Springs Road, Arlington. Join Arlington Neighborhood Village's "Coffee and Conversation" series. Bring coffee, learn about aging in place, and hear from Theresa Twiford, Director of Land Use & Development / Realtor, Advon Real Estate, who will describe the Railroad Cottages in Falls Church City and housing alternatives for older people. No RSVP needed.

Author Mia Garcia. 7 p.m. At One More Page, 2200 N. Westmoreland St., Arlington. She shares from her new novel, The Resolutions. From the author of Even If the Sky Falls comes another inspirational and heart-tugging contemporary novel about four friends who make New Year's resolutions for one another – and the whirlwind of a year that follows. Visit www.onemorepagebooks.com.

THURSDAY/NOV. 29

Nauck Community Summit. 6:30-8:30 p.m. At Drew Model School and Community Center, 3500 S. 23rd St., Arlington. Nauck Community Summit on making Nauck a My Brother's Keeper Community. Call 703-486-

0058 or email ncaarlington@gmail.com.

FRIDAY/NOV. 30-SUNDAY/DEC. 2

"Jingle ARRGH the Way!" At Gunston Arts Center - Theatre One, 2700 S. Lang St., Arlington. Fridays at 7:30 p.m.; Saturdays at 11 a.m. and 3 p.m.; Sundays at 3 p.m. A mysterious message left in the crow's nest of their ship brings Captain Braid Beard and his pirate mates back to North Beach to seek out young Jeremy Jacob to help solve a riddle and find the Christmas treasure. For ages 4 and older. Tickets \$15/adults, \$12/children, students, military, and seniors. Tickets at www.encorestage.org or 703-548-1154.

SATURDAY/DEC. 1

Fort C.F. Smith Park Walking Tour. 9-10 a.m. At C.F. Smith Park, 2411 N. 24th St., Arlington. Free. Fort C.F. Smith was one of the last Union forts built to protect Washington during the Civil War. Learn about the park's history, the role of the fort and the soldiers stationed there in the Civil War. Dress for the weather. Terrain will be uneven and possibly muddy. Call 703-228-4775.

Families Unplugged: Puppet Playtime. 10 a.m.-12 noon. At Walter Reed Community Center, 2909 16th St., S., Arlington. The experts at Goodlife Theater will present their puppet show 'The Rainbow Show', a zany variety show featuring hand and rod puppets in an assortment of hilarious sketches. After the show each child will get to create their own puppet to take home. \$8 per person. Children must register with an adult. This program is suitable for all ages, but recommended for ages 3 and older. Register online using activity code 730019-I. Visit www.parks.arlingtonva.us.

The Edible Oasis: Permaculture Ideas for Small Urban Yards. 10:30-noon. At Fairlington Community Center, 3308 S. Stafford St., Arlington (Room 100). Free. Learn to grow vegetables, fruits,

nuts, and herbs to produce food now and for many years to come, while reducing your annual labor and capital investments. Our basic permaculture concepts and designs will let you transform your small urban yard, or a tiny slice of it, into a mini food forest. Call 703-228-6414 or email mgaralalex@gmail.com.

SUNDAY/DEC. 2

Westover Winter Farmers Market. 9 a.m.-1 p.m. At 1644 N. McKinley Road, Arlington. The Westover Farmers Market will launch its winter market the first Sunday in December. Most of the summer market vendors will participate in the winter market. The Westover Farmers Market is organized and managed by Field to Table, Inc., a Virginia nonprofit organization operating four summer markets in Arlington County. Visit westoverfarmersmarket.org.

Tree of Life 5K Run/Walk. 10 a.m. Meet at Fletcher's Cove, 4940 Canal Road, NW, Washington, D.C. 5K Run starts at 10 a.m.; 5K Walk starts at 10:05 a.m. The run is on the towpath. To benefit Tree of Life or L'Simcha Congregation. Visit www.safetyandhealthfoundation.org/treeoflife. Register online at www.active.com/washington-dc/running/distance-running-races/tree-of-life-5k-run-walk-2018.

Virginia Wildlife Symbols: Flying Animals. 3:30-4:30 p.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Join us for a talk and walk to learn about flying animals including Virginia's State Bird the Northern Cardinal, as well as the State Bat, the Big-Eared Bat. Ages 7 and older. \$5 per person. Register children and adults; children must be accompanied by a registered adult. Register online using activity code 622959. Visit www.parks.arlingtonva.us. Call 703-228-6535.

MONDAY/DEC. 3

Meet the Speaker. 3-4:30 p.m. At Arlington County Central Library, 1015 N. Quincy Street, Arlington. Dr. Chip Beck, Soldier, Sailor, Artist and

ENTERTAINMENT

Spy, will give a lecture sharing some of his experiences in his career of more than 45 years working on international affairs and direct involvement in many crises around the world. Beck is a retired Navy Commander and frogman, former CIA and State Department consultant and NCIS Agent as well as U.S. Army combat artist and editorial cartoonist. Call Encore Learning at 703-228-2144.

DEC. 4-JAN. 6

“My Father’s Dragon.” At Synetic Theater, 1800 S. Bell St., Arlington. Dragons are real and imaginations soar in this wordless Family Theater Production directed and choreographed by Company Member Tori Bertocci. Adapted by Company Member Ryan Sellers, “My Father’s Dragon” is based on the book of the same name by Ruth Stiles Gannett. The story follows the adventures of Elmer Elevator as he stows away to Wild Island in an attempt to rescue a captive baby dragon. This production is a part of Synetic’s Family Theater series and is recommended for ages 5 and up. Tickets are \$20 at www.synetictheater.org or at 866-811-4111.

WEDNESDAY/DEC. 5

Northern Virginia Bird Club Walk. 8:30 - 11 a.m. At Long Branch Nature Center, Arlington. Join members of the Northern Virginia Bird Club for one or all of these informal walks through Long Branch and Glencarlyn Park in search of resident and migratory birds. Experienced and beginning birders welcomed. Bring binoculars and field guides if you have them. Call 703-228-6535.

Arlington Neighborhood Village Talk. 10 a.m. At Walter Reed Community Center, 2909 South 16th St., Arlington. Rob Farr, Cable Executive Producer for Arlington TV, will talk about his work for the County and show film clips he’s collected of motion pictures filmed on location in Arlington from the silent era to the present. Call 703-509-8057.

FRIDAY/DEC. 7

Family Fun Night for Individuals with Disabilities. 6:30-8 p.m. At Langston-Brown Community Center, 2121 N. Culpeper St., Arlington. Families of children with disabilities ages 4-17 can drop by. No pre-registration is required. Families will be immersed into a monthly theme featuring various therapeutic activity stations including gross motor, sensory, art, large games, a quiet room and more. Visit www.parks.arlingtonva.us.

Family Night @ The Mill: Party at the North Pole. 7-9 p.m. At Arlington Mill Community Center, 909 S. Dinwiddie St., Arlington. Travel to the North Pole. ‘Minute to Win It’-style games, create scratch art snowflakes, make a penguin buddy, enjoy an indoor snowball fight and more. Family Nights are free, drop-in events for all ages. Youth participants must be accompanied by an adult. Visit www.parks.arlingtonva.us.

FRIDAY-SUNDAY/DEC. 7-9

“Jingle ARRGH the Way!” At Gunston Arts Center - Theatre One, 2700 S. Lang St., Arlington. Fridays at 7:30 p.m.; Saturdays at 11 a.m. and 3 p.m.; Sundays at 3 p.m. For ages 4 and older. Tickets \$15/adults, \$12/children, students, military, and seniors. Tickets at encorestage.org or 703-548-1154.

SATURDAY/DEC. 8

R.I.P. - Remove Invasive Plants.

www.CONNECTIONNEWSPAPERS.COM



Jingle ARRGH The Way!

A mysterious message left in the crow’s nest of their ship brings Captain Braid Beard and his pirate mates back to North Beach to seek out young Jeremy Jacob to help solve a riddle and find the Christmas treasure. Favorite characters, a rollicking story, great songs, and a trip to the North Pole to find “you know who,” this production is based on a story by Melinda Long, author of *How I Became a Pirate*. For ages 4 and older. Nov. 30-Dec. 2, Dec. 7-9 – Fridays at 7:30 p.m.; Saturdays at 11 a.m. and 3 p.m.; Sundays at 3 p.m. Tickets \$15/adults, \$12/children, students, military, and seniors. Tickets at www.encorestage.org or 703-548-1154.

9:30 - 11:30 a.m. At Gulf Branch Nature Center, 3608 N. Military Road, Arlington. Work parties are held every month. They are making a real difference, with the return of ferns and wildflowers, and the animals that depend on them, in areas once covered in destructive invasive plants. No registration required. Call 703-228-3403.

Gifts That Give Hope. 10 a.m.-2 p.m. At Arlington Science Focus School, 1501 N. Lincoln St., Arlington. An alternative gift fair, where adults and kids can make donations on behalf of family and friends to one or more 17 area non-profits that serve our community, and communities around the globe. Visit giftsthatgivehope.org/arlington.

Holiday Wreath Workshop. 1-4 p.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Make a holiday wreath. Use all-natural items to create crafts to spruce up a home or to give as a gift. Music, refreshments, basic instruction and enough materials for each participant to make at least two seasonal decorations. Participants should bring hand pruners or wire cutters and any extra materials or special decorations to add. \$30. Ages 12+. Register online using activity code 622949-A. Visit www.parks.arlingtonva.us. Call 703-228-6535.

Wakefield High School Fun Day. 3-6 p.m. At 1325 S. Dinwiddie St., Arlington. Featuring Wakefield Holiday Shop with handmade and fair trade gifts, ornaments, 10,000 Villages and Spirit Wear. Pasta Dinner for \$7 will be held from 5-6:30 p.m. as a fundraiser for the crew team. The Wakefield Theater production, “Peter & the Starcatcher” will begin at 7 p.m.

The Arlington Chorale. 7:30-9 p.m. At Westover Baptist Church, 1125 Patrick Henry Drive, Arlington. Join The Arlington Chorale for “Winter Wonderland,” a festive concert featuring a selection of traditional holiday favorites and contemporary works. Free. Call 703-933-2500 or visit the website arlingtonchorale.org.

SUNDAY/DEC. 9

Notable Nature. 3:30-4:30 p.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Families ages 5 and up. Register children and adults; children must be accompanied by a registered adult. Lessons in nature journaling and sketching. Construct a nature journal,

hone writing and drawing skills and talk about the season while hiking. Register online. Call 703-228-6535. Visit www.parks.arlingtonva.us.

MONDAY/DEC. 10

New Play Readings. 7 p.m. At Signature Theater, 4200 Campbell Ave., Arlington at Ali’s Bar in the Mead Lobby. Free. The reading of the play, “The Reapers on Woodbrook Avenue” by Mardee Bennett. Signature is dedicated to developing the next generation of theatrical

talent through its SigWorks program, and the five plays chosen for this year’s SigWorks: Monday Night New Play Readings at Ali’s Bar represent a wide range of human experiences. Visit www.sigtheatre.org.

TUESDAY/DEC. 11

Westmoreland County Birding Trip. 8 a.m.-5 p.m. Meet vans at the Barcroft Sports & Fitness Center parking lot, 4200 S. Four Mile Run Drive, Arlington. Adults. Travel to Westmoreland State Park and George

Washington’s Birthplace National Monument to view waterfowl, bald eagles and winter songbirds. Dress for the weather and bring binoculars, a bag lunch, a drink and snacks. Cost \$50. Call 703-228-3403.

Winter Sleeping Storytime. 10:30-11 a.m. Meet at Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Families ages 2 and up. Register children only, but caretakers must attend. Hear stories about this magical season and take a walk to look for signs of winter. Call 703-228-6535.

WEDNESDAY/DEC. 12

Arlington Neighborhood Village Talk. 10 a.m. At Walter Reed Community Center, 2909 South 16th St., Arlington. Cindi Shore, from ShoreFit in-home personal training specializing in working with seniors and rehab clients, will give us some fitness tips. Call 703-509-8057.

Friends of Urban Agriculture. 6:30-8:30 p.m. At Arlington Central Library, 1015 N. Quincy Street, Arlington. “Celebrate Arlington Urban Ag – Look how far we’ve come.” Learn about the accomplishments of the past five years since the County’s Urban Ag Task Force Report was issued and honor area achievements in urban ag.

Winter Concert. 7:30 p.m. At Kenmore Middle School, 200 S. Carlin Springs Road, Arlington (Black Box Theatre). The Arlington Community Chorus will perform a wintery mix of songs, including “Winter Wonderland” and “Sleigh Ride.” There also will be an audience sing-along. Admission is free, and the program is suitable for the entire family. Visit www.apsva.us/adulted or call 703-228-7200.

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A Education • Learning • Fun

Teaching Gratitude, Giving

Child development experts share suggestions for helping children develop a sense of altruism.

BY MARILYN CAMPBELL

When teaching their three young children about gratitude and benevolence, Marcus Rosano and his wife Laura began with what they consider the basics: treating others with kindness.

"After leaving a sports practice, we tell them to go back and say, 'goodbye' and 'thank-you' to their coach," he said. "My wife and I have focused on the way we treat others. Part of kindness is understanding that there are people in our community who can't afford presents at Christmas and who aren't going to have a Thanksgiving turkey with all the trimmings."

The Rosanos' method of instruction is an effective one, according to researchers who say that parents are their children's most influential teachers. "The best thing a parent can do to promote altruistic behavior is to model the behavior themselves," said Jessica McLaughlin, Ph.D., assistant professor of psychology at Montgomery College. "Kids imitate their parents and they are more likely to engage in altruistic behavior if we show them how to treat others with kindness and empathy."

Parents can choose to partake in simple, random acts of kindness, while they are with their children, added Joanne Bagshaw, Ph.D., professor of psychology at Montgomery College. "For example, paying for someone in line behind you in the grocery store, or helping an elderly person carry their grocery bags to the car, or helping a neighbor shovel snow or clear ice from their walkway."

Use that opportunity to initiate a dialogue, continued Bagshaw. "Then afterwards, talk with your child about how it made you feel to help someone else. Through that discussion, brainstorm with your child how it might have made the person you helped feel. [This will] help develop empathy in your child."

"I would suggest that parents discuss with kids what circumstances other kids and families may be in over the holidays and how it may differ from their own," said child psychologist Stacie Isenberg, Psy.D. "For example, there are families who have limited food and those who rely on shelters. They could also discuss ways to acknowledge and express gratitude for specific things they have, from food to heat to their personal belongings, like saying something from their day that they are grateful for; not just at Thanksgiving dinner, but every day at dinner or before bed."

It is important that parents tailor their dialogue and lessons on gratitude and altruism to a child's age and level of development, advises Linda Gulyn, Ph.D., professor of psychology at Marymount University.



PHOTO COURTESY OF MARCUS ROSANO

Lesson on gratitude and giving during the holidays should be age-appropriate say psychologists.

"Preschool-aged kids need to see the immediate and tangible effects of helping and giving to others," she said. "For example, 'See how much grandpa likes it when you help him carry the holiday decorations?' Or 'Because you shared your train tracks, now [your playmate] can get his train over the hill.'"

School-aged children learn best by seeing the social benefits and being part of group activities associated with giving and helping, suggests Gulyn. "[This is] because peers and people outside immediate family are more interesting to them," she said. "For example the Girl Scout troop helped the elderly people decorate the senior living rec center."

Teenaged children, on the other hand, are idealistic and interested in social justice issues, says Gulyn. "They care about pop culture, too," said said. "My teens enjoyed shopping for holiday gifts for other kids who were socioeconomically disadvantaged. They bought sports team gear for fel-

low teen boys. "

Identify issues that are important to a child and provide opportunities for them practice altruism around those topics, suggests Carolyn Cass Lorente, Ph.D., professor of psychology at Northern Virginia Community College. "For instance if your child is interested in animals you might help them collect old towels and blankets in the neighborhood to take to a shelter," she said. "This helps build a sense of agency and responsibility and shows them that we each can make a difference."

"During the holidays, parents should share their family histories and traditions and note their good fortune in living today with many daily comforts and conveniences that their grandparents did not have," said Short, Ph.D., professor of psychology at George Mason University. "Gift giving encourages empathy and perspective-taking to consider what others might like and it brings people closer together."

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PHOTOS BY SHIRLEY RUIHE/THE CONNECTION

The Thanksgiving guests engage with the performers at the lunch waving their arms and cheering for the dancers and singers from their own different country.

More Than Turkey

FROM PAGE 3

Jones says he expects to see 150-200 people go through the line today.

He says he started this tradition 16 years ago when he found out a lot of kids had to work on Thanksgiving Day and didn't have a Thanksgiving dinner. "Some of them didn't have families to go to. We like to think of ourselves as their extended family." He says last year one student told him he looks forward to this all year because he has no place to go. "That's why I do this.

I want to make sure the family tradition keeps going." He hopes someone keeps on the tradition when he is gone, "but I have a feeling they may call me back."



Cleveland Jones, principal of Langston-Brown Continuation Program, finishes mashing potatoes for the Nov. 16 Thanksgiving dinner.

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for Dec. 2-8.

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: Zoolights, D.C., Monday, Dec. 3, \$5; lunch at the National Press Club, D.C., \$31; U.S. Botanic Gardens, D.C., Thursday, Dec. 6, \$5; Sugarloaf Crafts Festival, Chantilly, Friday, Dec. 7, \$7; Arena Stage, D.C., "Anything Goes," Saturday, Dec. 8, \$80. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

NEW PROGRAMS:

55+ Social Art Swap, Sunday, Dec. 2, 1:30 p.m., Arlington Mill. Details, 703-228-7369.

Unique dance fitness class begins Monday, Dec. 3, 9 a.m., \$18/4 sessions, Fairlington. Register, 703-228-4771.

Current events discussion, Monday, Dec. 3, 10 a.m., Walter Reed. Details, 703-228-0955.

Senior ice skating, MedStar Capitals Iceplex, Ballston Mall, level 8, Mondays, 8:10-9:20., Wednesdays,

7:30-8:30 a.m. Details, 703-228-4771. Pickleball beginners, Mondays, 9 a.m., Arlington Mill; 9:45 a.m., Walter Reed. Details, 703-228-4771.

Nutritious holiday sweets demonstration, Tuesday, Dec. 4, 11 a.m., Langston-Brown. Registration, 703-228-6300.

Keeping the brain healthy and sharp, Tuesday, Dec. 4, 10 a.m., Walter Reed. Register, 703-228-6300.

55+ job interview workshop, tips from senior employment specialist, Wednesday, Dec. 5, 2 p.m., Aurora Hills. Register, 703-228-5722.

Getting started with Pinterest, Wednesday, Dec. 5, 6:30 p.m., Arlington Mill. Register, 703-228-7369.

Local history discussion group to discuss Bluemont Hills and Arlington Forest neighborhoods, Wednesday, Dec. 5, 12:30 p.m., Lee. Details, 703-228-0555.

Arlington Walking Club for seniors will travel to Old Town Alexandria for its weekly walking program, Wednesday, Dec. 5, 9:30 a.m., \$4. Register, 703-228-4771.

Coping with hearing loss, Thursday, Dec. 6, 11:15 a.m., Lee. Register, 703-228-0555.

Internet security, Thursday, Dec. 6, 2 p.m., Arlington Mill. Register, 703-228-7369.

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Public Meetings

Fall Transportation Meetings: Updated Schedule

You are invited to participate in public meetings held by the Commonwealth Transportation Board. The meetings will begin with an open house followed by a public comment period. At the open house you can learn about various transportation initiatives, as well as Virginia's project prioritization process (SMART SCALE), Virginia's Statewide Transportation Improvement Program, and the VTrans Multimodal Transportation Plan. Representatives from the Office of Intermodal Planning and Investment and Departments of Transportation and Rail and Public Transportation will be in attendance to highlight their transportation programs and discuss your ideas and concerns about Virginia's transportation network. The open house will be followed by a public comment period, where you can provide comments about the various initiatives. Comments will be accepted at the meeting and may also be submitted via email or online at www.CTB.Virginia.gov.

Updated Schedule: Area Public Meetings will be held at the dates, locations and times listed below:

Wednesday, November 28, 2018 at 5:30 p.m.*
NOVA District Office
Potomac Conference Room
4975 Alliance Drive
Fairfax, VA 22030

Thursday, November 29, 2018 at 4 p.m.*
Fredericksburg District
Office Auditorium
86 Deacon Road
Fredericksburg, VA 22405

Fall meeting materials will be available at:

<http://www.ctb.virginia.gov/planning/fallmeetings/> beginning October 15, 2018.

*Please note that these dates have been changed from previous listings.

If you cannot attend a meeting, you may send your comments on highway projects to Infrastructure Investment Director, VDOT, 1401 E. Broad St., Richmond, Virginia 23219, or Six-YearProgram@VDOT.Virginia.gov.

You may send comments on rail, public transportation, and transportation demand management to Public Information Officer, DRPT, 600 E. Main St., Suite 2102, Richmond, Virginia 23219, or DRPTPR@drpt.Virginia.gov.

Comments will be accepted until December 13, 2018.

The Commonwealth is committed to ensuring that no person is excluded from participation in, or denied the benefits of, its services on the basis of race, color, or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on these policies or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation's Title VI Compliance Officer at 804-786-2730 or the Virginia Department of Rail and Public Transportation's Title VI Compliance Officer at 804-786-4440 (TTY users call 711).

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BUSINESS

Serving More than Ice Cream
Shop is immersed in the community.

By TERESA CARANDANG
THE CONNECTION

Toby's Handmade Ice Cream and Coffee Shop has been a neighborhood fixture in the Westover community for a decade. In the mornings, customers pick up coffee and doughnuts. The coffee is made by Swing's Coffee Roasters, known for their sustainably grown coffee beans. Their doughnuts are delivered daily from a local bakery. Friday afternoons are marked by a long line of students ready to treat themselves to ice cream after a long week at school.

Ten years ago, husband and wife Toby and Monina Bantug were house hunting when they spotted the ice cream shop Scoop's and learned that it was for sale. They decided to buy Scoop's, later changing its name to Toby's in 2010. Buying the ice cream shop wasn't a whim.

They both come from entrepreneurial families. Toby Bantug manages the day-to-day operations of the shop while Monina Bantug who is a CPA is employed by the Peace Corps.

Toby Bantug has always been fascinated with ice cream starting with taking a short course on ice cream making at the University of Maryland. "I've been making ice cream all my life," said Toby Bantug who has worked for ice cream shops like Georgetown's Thomas Sweet and Ben and Jerry's. He is passionate about their homemade ice cream, explaining it is "made in small batches by hand using all-natural ingredients." They don't use flavor injectors and their ice cream has a higher butterfat milk percentage.

Though vanilla, strawberry and chocolate are the top flavors in the shop, other crowd favorites include espresso chip, smores, oreo and cookie dough. Pistachio and butter pecan are not as popular, but he believes in holding on to old school flavors. Green Tea is also on the list as it is his favorite. They are also thinking of new flavors to add to their existing lineup. With the increasing popularity of Filipino food, the couple, who are Filipino, also hope to reintroduce Filipino flavors such as ube (purple yam), macapuno (young coconut strips) and mango soon.

Toby's is immersed in the community. Inside the shop is a row of paintings for sale. The Arts Alliance of Virginia uses Toby's walls as an additional exhibit space for its artists. Toby's also regularly sponsors community activities with neighboring businesses. They hid 3,000 eggs at the last Easter Egg Hunt, which he says are gone in five minutes. Toby's also encourages students to do well in school with a free scoop of ice cream for students who present report cards with straight As.

"We try to keep our prices reasonable and affordable," said Toby Bantug, "that is really something we like to focus around here."



Toby Bantug inside Toby's Handmade Ice Cream and Coffee Shop.



Toby's Handmade Ice Cream and Coffee Shop.

Mixed-Use Development Planned

LCOR is growing its presence in Arlington's Crystal City neighborhood. The real estate company has purchased a 39,700-square-foot land parcel at 400 11th St. South from New York-based Verizon Communications.

Terms of the transaction were not disclosed.

LCOR is planning a mixed-use project that will feature neighborhood-serving retail and a multi-

family high-rise tower with approximately 280 residences. The overall cost for this development is expected to exceed \$100 million, and LCOR intends to break ground on the project in early 2020, according to company executives.

The newly acquired land parcel is adjacent to Altaire, LCOR's 451-unit building at 400 Army-Navy Drive in Crystal City.

PHOTOS BY TERESA CARANDANG/THE CONNECTION

BULLETIN BOARD

FROM PAGE 4

Center Drive, 12th Floor, Vienna. Join the Northern Virginia Transportation Alliance for a conversation about the future of Metro with GM Paul Wiedefeld moderated by Washington Post Senior Regional Correspondent Robert McCartney. Now that Metro has dedicated funding, come find out what progress has been made, what challenges lie ahead and how Metro plans to continue improving safety and reliability. Breakfast will be provided. Register at secure.everyaction.com/gajS3CnuLES-1sbtYefx3g2. Individual tickets are \$25 per person. Call 703-883-1830 for more.

FRIDAY/DEC. 7

Monthly Memory Café. 1-3 p.m. at 7910 Andrus Road, Suite 6 Alexandria. The Memory Café, a social gathering for individuals living with memory loss and their families, will be held on the first Friday of every month. Registration is free and highly recommended to reserve a spot, which are open on a first come first served basis. To reserve a spot, please call 571-210-5551 or email bdesai@seniorhelpers.com. Visit www.dementiacareconnections.com/memory-cafe or www.seniorhelpers.com/arlington-alexandria-va for more.

WEDNESDAY/DEC. 12

Celebrate Arlington Urban Ag. 6:30-8:30 p.m. at Arlington Central Library, 1015 N Quincy St. Join Arlington Friends of Urban Agriculture to review accomplishments of the past five years since the County's Urban Agriculture Task Force Report was issued. Achievements in urban ag in the community will be honored at a lively, interactive event. Be part of a movement for a fair, healthy and sustainable food system for all Arlingtonians. Visit www.meetup.com/Arlington-Friends-of-Urban-Agriculture/events/255829626/ for more.

SUNDAY/DEC. 16

Christmas Pageant. During the 10 a.m. service, St. John's Episcopal Church, 415 S. Lexington St. St. John's will have a Christmas pageant on Sunday. Participants will act out the Christmas story and sing carols. Children 5 and up who want to participate in the pageant can call the church at 703-671-6834 or email familyprograms@stjohnsarlingtonva.org.

FRIDAY/JAN. 4

Monthly Memory Café. 1-3 p.m. at 7910 Andrus Road, Suite 6 Alexandria. The Memory Café, a social gathering for individuals living with memory loss and their families, will be held on the first Friday of every month. Registration is free and highly recommended to reserve a spot, which are open on a first come first served basis. To reserve a spot, please call 571-210-5551 or email bdesai@seniorhelpers.com. Visit www.dementiacareconnections.com/memory-cafe or www.seniorhelpers.com/arlington-alexandria-va for more.

FRIDAY/FEB. 1

Monthly Memory Café. 1-3 p.m. at 7910 Andrus Road, Suite 6 Alexandria. The Memory Café, a social gathering for individuals living with memory loss and their families, will be held on the first Friday of every month. Registration is free and highly recommended to reserve a spot, which are open on a first come first served basis. To reserve a spot, please call 571-210-5551 or email bdesai@seniorhelpers.com. Visit www.dementiacareconnections.com/memory-cafe or www.seniorhelpers.com/arlington-alexandria-va for more.

FRIDAY/FEB. 8

Leadership Summit. 7:30 a.m.-5 p.m. at the Falls Church Marriott, Fairview Park. Leadership Center for Excellence announced that Steve Case will be the keynote speaker for the 4th Annual Leadership Summit. The Leadership Summit is a transformative, one-day conference for established and emerging leaders, entrepreneurs, activists and other innovators. The Summit offers 16 workshops throughout the day, and breakfast and luncheon keynote addresses. Visit leadercenter.org/summit.

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Indeed, A Festivus Miracle



By KENNETH B. LOURIE

For those readers still following me after reading last week's column: "Airing of a Grievance," when I moaned and groaned about my anxiety and fear concerning the impact of my possibly having to delay the first of my three holiday-season infusions due to unacceptable lab results, let me real-time you: chemotherapy went ahead Friday, Nov. 16, as regularly scheduled.

Now, there will be no need to drive back from Pennsylvania to Maryland on the Friday after Thanksgiving – after arriving there the preceding afternoon, only to have to drive back to Pennsylvania Friday after my morning infusion, in order to resume our holiday weekend; and then drive back home again on Sunday during one of the busiest driving weekends of the year.

Given that there's no delay, this means I'll be sitting down for Thanksgiving dinner on Thursday afternoon. Unfortunately, the eating side effects typical of my treatment will have not subsided as yet so enjoying my favorite meal of the year will be impaired. Still, given the alternatives discussed, no delay in treatment is an altogether better outcome. I will be able to enjoy leftover turkey sandwiches on Friday though.

And so, perhaps you can imagine the relief I felt when I called the Infusion Center on Friday morning, Nov. 16, to confirm my appointment.

It has happened previously when I've made this pre-appointment confirmation call, that I've been told not to come and to reschedule. Moreover, it has also happened – once, that after making this call, receiving approval to come in, driving 45 minutes, checking in at reception and then getting hooked up to an IV, that I was told after further review by my oncologist, that I had to go home.

Disappointing, as you can imagine, but had it happened last week, the Friday before Thanksgiving, as has been well-blathered about in two columns, it would have been particularly discouraging and extremely disheartening.

It really wasn't until 10:30 a.m., after my oncology nurse set up my IV and ordered my drug (alimta) that I had the nerve to ask if I was 100 percent getting my drugs today. Enthusiastically, Nora said: "Oh. You're getting your drugs today. I've checked everything."

After hearing her response, my eyes welled up with tears and I heaved a sigh of relief, the likes of which I've never heaved before.

In addition to writing about this scheduling 'heave,' I've been worried for a few months now based on the finding of my most recent CT scan during my last post-scan appointment with my oncologist on Oct. 5. This scan confirmed an enlarged tumor under my Adam's Apple.

This every-three-week infusion schedule was implemented specifically to determine if this new growth was old growth recently impeded or new growth indicating my treatment has stopped working. If my treatment has stopped working, and I believe I have written about it previously, I might not be living the life going forward that I want to.

And so, when Nora confirmed my infusion mid morning on Friday, the pent-up emotion, the worry, the fear, the holiday hassle all faded away and I began to breathe more normally and easily as I had in six weeks or so anticipating this day. At least the first hurdle has been passed.

My next scheduled infusion is Dec. 7. Three weeks later is another infusion on Dec. 28. Followed up by a CT scan on Jan. 2, 2019. I would love to receive both infusions before that next scan to maximize the medicine I will be receiving.

Certainly there will be anxiety and fear worrying about those results, but absent the holiday season, I think I can manage it. More of a mindset than a miracle at that point.

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

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