

The Arlington Connection

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load their donat-
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PHOTO BY SHIRLEY RUHE/THE CONNECTION

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NEWS

VHC Project Approved After design changes.

The County Board on Nov. 27 approved Virginia Hospital Center's plan to expand its N. George Mason Drive campus onto the neighboring Edison site. The approval allows VHC to move forward with acquiring the Edison site from the county under the terms of a 2015 land

purchase agreement between the hospital and the county, according to an Arlington County press release.

VHC plans to build a new outpatient building and a parking garage on the 5.6-acre Edison site, which is bounded by N. George Mason Drive, 19th Street N., and N. Edison Street.

The board voted 3 to 2 to approve a rezoning, site plan and use permit for the project. Board Members John Vihstadt and Erik Gutshall voted no, saying that the hospital could have done more to fulfill guidance the board gave in September and to make design improvements sought by nearby neighbors.

The board deferred consideration of VHC's plan at its Sept. 22 meeting, asking that the hospital make specific design changes, including redesigning two proposed pedestrian connections within the site.

VHC and three civic associations neighboring the site, John M. Langston, Tara-Leeway Heights and Waycroft-Woodlawn, met four times to discuss the revised pedestrian connections and other community requests aimed at mitigating the expansion's impacts.

The revised design for the east-west connection through the site relocates the proposed sidewalk to the south side of the service drive, as requested in the motion. The sidewalk will be built along the existing Green Garage and the medical office building at 1715 N. George Mason Drive. Vertical mesh screens will be added to the garage façade along the path.

VHC also redesigned the north-south connection to provide a publicly-accessible path from 19th Street to the interior of the VHC campus. A small plaza will be built between the 19th Street sidewalk and the north-south connection.

In a separate action, the board voted unanimously to accept \$500,000 in funding from VHC for a pilot program aimed at diverting Arlington youth with behavioral health crises from hospitalization. VHC will pay \$100,000 annually for five years for the pilot. Arlington County will absorb any ancillary costs.

The funding will fund one licensed clinician who will provide crisis services, pre-screening and intensive care coordination. The money will be used to meet an emerging community need by providing services to children, youth and young adults up to age 22 in psychiatric crisis.

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This proposed community plan has been submitted to Fairfax County for final use approval.

'Full Honors' Celebrates Flight Nurse, Arlington Cemetery

Lieutenant Louise Rand accompanied wounded to Cairo with the U.S. Army's 830th Medical Air Evacuation Squadron.

BY EDEN BROWN
THE CONNECTION

First Lieutenant Louise Rand tended the wounded on flights out of Karachi to Cairo in the Pacific Theater of World War II. She was a favorite among the soldiers and the pilots. "She was in high demand because of her fudge, which she made on a little stove on the plane," said her daughter, Susan Joyce. She did that when she wasn't changing bandages or calming down a scared 19-year-old.

"I asked her once if she had been scared herself," said Joyce. "No," her mother had replied. "We were far too busy caring for the wounded to even be aware of our own danger."

Rand graduated from the Ruth Brandt School of Nursing and the U.S. Air Force School of Aviation Medicine in June 1945, and served in WWII as a 1st Lieutenant in the Army's 830th Medical Air Evacuation Squadron. She told her daughters, "This large class was established in anticipation of the end of WWII and emptying out all the medical theaters of operation. After the graduation, everyone returned to their base. However, 12 out of 137 were chosen and given orders to travel. I was one of the 12. The only hint of the direction of travel was being sent to the east coast (Fort Tilden, N.Y.) You boarded the plane without being given your orders so you didn't know where you were going and couldn't give away information. We stopped in the Azores to fuel and eat and then on to Casablanca. (We got off the plane and saw all the people in long robes and that's how we knew where we were.) We traveled from the airport to temporary quarters in Casablanca. After we arrived in Casablanca, we were informed that four nurses would remain in Casablanca, four would be assigned to Cairo and four to Karachi. We could choose where to go. I had no preference and took what was left — Karachi."

According to her daughter, Lark Shlimbaum, Rand tended the wounded coming from the Pacific Theater. "Japan didn't surrender until September 1945 and it was safer and more comfortable to go west to get back to the United States. After the USS Indianapolis was sunk, there was still a fear of submarines in the Pacific and going east also meant a lot of tedious island hopping. Going from the Philippines to Karachi to Cairo and then west home



Steve Alpert with Susan Joyce and Lark Shlimbaum at the ceremony at the Pentagon.



First Lieutenant Rand holding the pet snow leopard in Karachi. Visitors were warned not to move too fast around the leopard, nor approach him from the rear.

from there was the preferred route for the wounded. "

It seems wartime duty was not all hardship. The pilots had to keep up their flying hours, so they'd often grab a few nurses and fly somewhere to have breakfast. Like Sri Lanka. "Mother used to love to tell stories about her time in Karachi," said Joyce. "She had a snow leopard cub. One of the pilots had her watch him while he was away. She told people who came into her quarters to make sure they didn't move too fast or come up from behind the leopard ... he didn't react well to surprises."

The two sisters said their mother left behind a collection of photos of her time in the service. One shows her fully outfitted in her parachute, ready to jump into a pool of water from several hundred feet to practice emergency landings and bailing out. The women wore flight suits, parachutes,



Rand in the graduating class of the U.S. Air Force School of Aviation Medicine in June 1945.

PHOTOS CONTRIBUTED



Rand and her fellow nurses had to be trained to fight fires ... in high heels.

and ... high heels. Another shows her learning how to fight a fire ... in heels.

"She couldn't stay in the army because she got pregnant — with me — and they kicked her out," said Joyce. After separating from the service, she was a camp nurse for the Boy Scouts of America, a pediatric nurse at Meadowbrook Hospital and a public health nurse with the Westchester County Department of Health. Rand also went back to school, graduated from Columbia University Teachers College with a B.S. degree in nursing education, and raised two daughters. She died at age 93 in Bay Shore, N.Y.

Shlimbaum explained their father, Harry Rand, knew he'd get buried in Arlington Cemetery because he was an officer who worked for the Stars and Stripes, the U.S. military's newspaper. Louise Rand was not originally authorized an Arlington burial of

her own. The two sisters fought to get Rand her own marker given her service. They prevailed, and Rand was buried at Arlington with a full honors ceremony on May 27, 2015, a ceremony documented by artist Steve Alpert. Alpert had asked to paint the ceremony as part of his quest to honor veterans and portray the emotions of men and women in the military. At a ceremony this year at the Pentagon's Patriotic Arts Program gallery on Nov. 15, to which the two women were invited as special guests, Alpert highlighted the service of Rand, his project to honor vets and teach vets how to paint as part of post-combat therapy, and his admiration for the men and women in uniform who continue to serve. The Pentagon art gallery can sometimes be included on a tour of the Pentagon. See: <http://pentagontours.osd.mil> and www.stevealpert.com for more.

Children Give and They Receive

Residents contribute to the Fill the Cruiser Holiday Toy Drive.

BY SHIRLEY RUHE
THE CONNECTION

Sticky fingers grab red and white candy canes and small stuffed animals at the Lee Harrison Shopping Center on Nov. 29 after they have donated a toy to the Fill the Cruiser Holiday Toy Drive sponsored by the Arlington County Police Department (ACPD).

Corporal James O'Daniel says a woman donated her huge Beanie Bag collection a couple of years ago, and each child who brings a gift tonight goes home with a surprise toy for themselves. The animals are arranged on the trunk of a cruiser as Officer Lillian Hammond helps each child choose their favorite to take home.

Vincenzo, 5 and half years old, and his 4-year-old brother Dominic have brought a backpack and an airplane for the collection.

Annie, 7 and a half years old, and Adrienne, 4 and a half years old, Minkoff say they went to the store and bought a lot of toys and filled two bags. Annie says, "I like to help people." Adrienne volunteers, "You know some people don't even have toys so we got them." And she says, "Look, look I got a penguin."

Meanwhile a car pulls into the busy parking lot and slows down. "They're in the trunk. Don't forget the small one."

"Thank you guys." Police officers carry the bags to the cruiser and pile them on top of the quickly growing stack of dolls, cars, games and stuffed animals.

"Hi mom, happy birthday." Kirby Clark, communications officer for the ACPD, greets her mom and dad who are walking across the parking lot loaded with two bags, one for the older youths with make-up kits, nail polish, etc. and one for the younger children.

Police cars with strobe lights flashing line the street edge of the parking lot. Corporal Beth Lennon



Officer Lillian Hammond hands out donated stuffed toys and candy canes to the children bringing a toy at the Fill the Cruiser Holiday Toy Drive at Lee Harrison Shopping Center.



Chrissy and Brian Clark carry two bags across the parking lot as their daughter Kirby, communications officer for the ACPD, wishes her mom a happy birthday.



Annie and Adrienne Minkoff display their stuffed animals, a reward for their toy donation.

says they have a big group of ACPD officers this year including the Community Outreach group, school resource officers and some patrol officers. "We like to have as

many involved as possible."

O'Daniel says there is another opportunity to donate toys at the ACPD-sponsored Christmas party at Key Elementary School Friday,

Dec. 7 at 7 p.m. "I'm playing Santa," he says, "and there is a Magical Toy Room and food, music and a Christmas tree. It's a good time."

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for Dec. 17-22.

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: ICE Charlie Brown Christmas, National Harbor Tuesday, Dec. 18, \$45; Historic Rosemont Manor tour and tea, Berryville, Wednesday,

Dec. 19, \$68; "Rockabilly Christmas," Riverside Dinner Theatre, Fredericksburg, Friday, Dec. 21 \$64; Mormon Temple visitor center and Festival of Lights, Saturday, Dec. 22, \$5. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

NEW PROGRAMS:

Podcast demonstration, Monday, Dec. 17, 11 a.m., Langston-Brown. Details, 703-228-6300.

"The President is Missing," by Bill Clinton and James Patterson, discus-

sion, Monday, Dec. 17, 1:30 p.m., Aurora Hills. Details, 703-228-5722.

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.

Encore Chorale Holiday Concert, free, Tuesday, Dec. 18, 7:30 p.m., George Washington Masonic National Memorial, Alexandria. Details, 703-228-4878.

Superfoods, Tuesday, Dec. 18, 10 a.m., Walter Reed. Register, 703-228-0955.

Rubber Stampers workshop, Tuesday, Dec. 18, 11:30 a.m., Lee. Details, 703-228-0555.

Singles Night, Wednesday, Dec. 19, 7-9 p.m., Arlington Mill. Details, 703-228-7369.

Author Gil Klein to discuss little known historical events in LaFayette Square, D.C., Wednesday, Dec. 19, 2 p.m., Aurora Hills. Register, 703-228-5722.

The
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Connection

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LETTER

Hit Brakes on Arlington Growth

To the Editor:

With 26 square miles and a population of 230,000, Arlington is the smallest and one of the most densely populated counties in America. Our midsection, along the Metro line, is especially thick, followed by South Arlington, then North Arlington which is essentially held harmless from what has increasingly become a “Canyon County” and our addiction to unbridled development.

We began this march toward many tall and tightly compacted buildings years ago by way of Arlington’s General Land Use Plan, which called for Metro development projects that continue with high intensity today.

This “density intensity” started long before the arrival of Amazon, which will reportedly nullify our office-vacancy rate and further

hasten the development by corporations of new buildings who will yearn to be in close proximity to Mr. Bezos and company.

Infrastructure demands, funded by taxpayers, will skyrocket well beyond the difficulty we already are having keeping up — school construction, public transit and roads, police and fire, water and sewer, parks and trees. In short, our quality of life.

While I am not advocating no growth in what was once one of the most desirable places to live in the country, I am calling for slower, “smart” growth based on the needs and wants of our residents, particularly those who are just hanging on, rather than the “by right” dictates of the rich and powerful.

Mark Riley
Arlington

BULLETIN BOARD

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

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 Siqueland at 703-228-0913 or esiqueland@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. 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.

Toy Drive. Through Friday, Dec. 14 at local Weichert, Realtors offices. Members of the community are invited to drop off new, unwrapped toys at the company’s sales offices. The toys will be delivered throughout the holidays in conjunction with local charities that assist financially and physically disadvantaged children. To find a local office, go to www.weichert.com/offices/.

Secret Santa. Through Dec. 21, donate gift cards to the Department of Human Services’ Secret Santa Program and help some of Arlington’s most vulnerable residents. Visit publicassistance.arlingtonva.us/secret-santa for more.

Food Drive. Through Jan. 6, all 10 County Fire Stations are collecting food for the Arlington County Food Assistance Center (AFAC). Learn what’s most in need and drop off details at fire.arlingtonva.us/2018/11/acfd-collecting-food-for-afac/.

NEW

Online Salary Negotiation Workshop. AAUW (American Association of University Women) Work Smart is free online for anyone looking to learn how to negotiate a salary increase or promotion. Why is negotiation so important? AAUW’s research on the gender pay gap shows that, one year out of college, women are already paid significantly less than men. Visit salary.aauw.org.

Create a Wildlife Sanctuary. The Audubon at Home Wildlife Sanctuary certification program assists homeowners in restoring their home’s natural habitat by providing information on sustainable gardening practices. These practices include using native plants, removing invasive species, reducing use of pesticides and fertilizers, and creating space for native flora and fauna. Visit audubon-at-home-1/ for more.

SEE BULLETIN, PAGE 10



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HOLIDAY ENTERTAINMENT

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

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 in 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.

Red Cross Fundraiser. Through Saturday, Dec. 15 at Craffhouse, 901 N. Glebe Road, Arlington. All three Craffhouse locations in Northern Virginia are donating 10 percent of all bottled beer purchases to the American Red Cross - California Wildfires Fund to assist those affected by the wildfires in California. Call 571-483-0421 or visit www.craffhouseusa.com for more.

"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.

"My Father's Dragon." Through Jan. 6, 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. This production is a part of Synetic's Family Theater series and is recommended for ages 5 and up. Tickets are \$20 and can be purchased online at www.synetictheater.org or via phone at 866-811-4111.

WEDNESDAY-FRIDAY/DEC. 5-7

Holiday Tree Market. 3-7 p.m. at Gold's Gym Ballston, back parking lot, 3910 Wilson Blvd. In partnership with Gold's Gym Ballston and the Optimist Club of Arlington, we're bringing a little cheer to the neighborhood with a pop-up holiday tree market with trees of all sizes, including smaller, condo-sized Spruce and Pines. Assistance will also be available to cut and load the trees. Proceeds from tree sales will benefit the Arlington chapter of the Optimist Club. Visit www.ballstonbid.com/event-view?id=86526 for more.



Holiday Concert

Celebrate the season with The World Children's Choir 29th Annual Holiday Concert. The family-friendly program includes carols, Hanukkah, secular, and new year songs from around the world. The concert includes an audience sing-along. Saturday, Dec. 15, 7-9 p.m. at St. Peter's Episcopal Church, 4250 N. Glebe Road, Arlington. Cost is family (parents and children)/\$30; adults/\$20; seniors and students (12+)/\$15. Contact Sondra Harnes at worldchildrenschoirinfo@gmail.com or visit www.worldchildrenschoir.org/tickets.html.

THURSDAY, DEC. 6

Chanukah On Ice. 6-8:30 p.m. At Pentagon Row Ice Rink, 1201 S. Joyce St., Arlington. Looking for a unique way to entertain children and celebrate Chanukah? The program will begin with open skating where children and adults can ice skate to contemporary Jewish music and classic Chanukah songs. It will continue with a lighting ceremony of the ice menorah, greetings from local dignitaries, Kosher food, Chanukah songs and a free raffle. Tickets \$13/door; \$10/advance. Hosted by Chabad of Alexandria-Arlington. Visit www.ChabadAA.org or call the hotline at 703-820-2770.

Author Brian Noyes. 6:30 p.m. At One More Page Books, 2200 North Westmoreland Street, Arlington. Enjoy a wine tasting while sampling delicious treats from Brian Noyes, author of the Red Truck Bakery Cookbook. From the celebrated bakery in Marshall, Va., come 85 nostalgic, sweet and savory recipes for cookies, cakes, pies, and more. Don't miss the chance to try their food loved by celebrities and locals alike. Visit www.onemorepagebooks.com.

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.

Groovin' on the Pike Funky Miracle. 7-9 p.m. At Columbia Pike Branch Library, 816 S. Walter Reed Drive, Arlington. New Orleans-style funk and blues are what's up when Funky Miracle is in the house. Formed in 1996 after drummer Steve Francis played bassist Dr. Bob a recording of The Meters funk classic 'Tippy Toes.' Taking the lead from this early funk, they play it loose and dirty. Guests can dance in the stacks and enjoy a brew at the cash bar every first Friday of the month.

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. 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. 8

R.I.P. - Remove Invasive Plants. 9:30 - 11:30 a.m. At Gulf Branch Nature Center, 3608 N. Military Road, Arlington. Want to restore habitat and increase species diversity right here in 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. Adults. Using all-natural items, create decorative crafts to spruce up a home or give as gifts. Music, refreshments, basic instruction and enough materials for each participant to make at least two wreaths. Participants should bring hand pruners or wire cutters (if available) and any extra materials or special decorations. Teens ages 12 and up are welcome, but must be accompanied by a registered adult. Call 703-228-6535.

Penrose Square Winter

Wonderland. 2-5 p.m. at Penrose Square Apartments, 2501 9th Road South, Arlington. Join the fun during the Yeti parade and even decorate Yeti crowns and pennants. Santa and Mrs. Claus love to make an appearance each year and hear all about your holiday wish list. Free event that welcomes all Arlington County residents to celebrate the holiday season together as a community.

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.

Winter Wonderland Chorale. 4:30 p.m. At Westover Baptist Church, 1125 Patrick Henry Drive, Arlington. The Chorale is a nonprofit ensemble, its 65 members from Northern Virginia, D.C., and Maryland. All concerts are free. Contact Jo Schuda at jschuda30@gmail.com.

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.

SATURDAY-SUNDAY/DEC. 8-9

"Lissajous." Saturday, 8 p.m.; Sunday, 4 p.m. at Dance Place, 3225 8th St NE, Washington, D.C. Bowen McCauley Dance Company of Arlington has been commissioned by Drexel University to create a new "dance engineered" piece that explores the intersection of dance and engineering mechanics as a new viable medium for choreography. The resulting commissioned piece choreographed by Lucy Bowen McCauley, "Lissajous" is scheduled to premiere at Dance Place. \$15-\$25. Visit www.danceplace.org for more.

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. Visit www.parks.arlingtonva.us. Call 703-228-6535.

MONDAY/DEC. 10

New Play Reading. 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.

Windows to the Past: Arlington, Then and Now. 7-8 p.m. Artist's Reception. At Westover Branch Library, 1644 N. McKinley Road, Arlington. Arlington Arts Commission FY'18 grantee Tom Dickinson's new exhibit is a comparative photo compilation showing dozens of homes and buildings in Arlington that have been demolished over the past 40 years and the structures that replaced them in the exact same location. Dickinson sourced original wood window frames salvaged from the homes demolished to mount the photos.

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. Participants should dress for the weather and bring binoculars, a bag lunch, a drink and snacks for the day. 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.

HOLIDAY ENTERTAINMENT

TUESDAYS/DEC. 11 & 18

Lightbox Workshop (ages 18+).

6:30-8:30 p.m. at Arlington Arts Center, 3550 Wilson Blvd. Papercutting is an ancient art, practiced throughout the world, but its popularity has just begun to grow in the United States. In this two-session workshop, learn the basics of knife cutting from artist Melanie Kehoss. Students will then apply that skill to creating a small table-top light box. \$80. Visit www.arlingtonartscenter.org.

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.

Sip & Jingle Holiday Party.

5-7 p.m. at the Ballston BID Office, 4600 N. Fairfax Drive, Suite 100, Arlington. This festive twist on Ballston's favorite happy hour will feature holiday-themed music, games, treats and more. Guests will enjoy specialty cocktails by Belle Isle Moonshine, beer and wine, and beats by DJ Touch Basis. Enter the ugly sweater contest by wearing your best take on the ugly sweater trend. Register early at tinyurl.com/y7uz9oel.

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 outstanding achievements in urban ag in the community.

Equal Rights Discussion.

7 p.m. At Phelan Hall, Marymount University, 2807 N. Glebe Road, Arlington. Part of the November Program - Arlington Committee of 100. The Equal Rights Amendment was passed by Congress in the 1970s and now needs only one more state for passage. Could Virginia be the state that ratifies it as an amendment to the Constitution? Speakers Julie Tanner, ERA Advocate, and Sen. Barbara Favola, Virginia State Senate, will discuss what passing the ERA would mean and the obstacles it faces in Richmond. Visit www.arlingtoncommitteeof100.org/get-involved/make-a-reservation/.

Winter Concert.

7:30 p.m. At Kenmore Middle School, 200 S. Carlin Springs Road, Arlington (Black Box Theatre). Presented by Arlington Community Chorus; directed by Melodie Henderson and accompanied by Laura Lindsay, the group will perform a wintery mix of songs,

including "Winter Wonderland" and "Sleigh Ride." There also will be an audience sing-along of some holiday favorites. Admission is free, and the program is suitable for the entire family. Visit www.apsva.us/adulted or call 703-228-7200.

WEDNESDAY-TUESDAY/DEC. 12-18

Lions Citrus Fundraiser. At the Overlee Pool (Bath House - Lower Level), 6030 Lee Highway, Arlington, (lower entrance off John Marshall Drive). Fresh Citrus, Pecans, and Maple Syrup for sale: Wednesday, 4:30-8 p.m.; Thursday, 7 a.m.-3 p.m.; Friday, 10:30 a.m.-3:30 p.m.; Saturday, 9:30 a.m.-2:30 p.m.; Sunday, 11:30 a.m.-3:30 p.m., Monday, 10:30 a.m.-3:30 p.m.; and Tuesday, 7 a.m.-4 p.m. Call 703-528-1130.

THURSDAY/DEC. 13

Turtle Lunch. 10:30-11:30 a.m. At Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Help make lunch for the nature center's turtles. Kids can prepare the food for recovering hospital turtles and watch them eat, then give them worms for dessert. Ages 3-6. Free; registration required. Register online using activity code 622919-Y at parks.arlingtonva.us.

Made In Arlington. 11 a.m.-2 p.m. At Plaza Branch Library, 2100 Clarendon Blvd., Arlington. Made in Arlington returns just in time for the holiday season. A pop-up retail market dedicated to unique things beautiful, wearable and edible from innovators and artisans in Arlington.

Deep Dive: Wintertime Economics.

8-9 p.m. At Gulf Branch Nature Center, 3608 Military Road, Arlington. Adults. Take a Deep Dive into a natural history topic that scratches more than just the surface. What are the trade-offs to winter survival strategies? Call 703-228-3403. Cost \$5. Register online using activity code 622849-D at parks.arlingtonva.us.

FRIDAY/DEC. 14

Parents Night Out. 6-10 p.m. At Walter Reed Community Center, 2909 16th St. S., Arlington. Monthly Parents Night Out event, sponsored by The Teens Making a Difference Club (T-MAD). Youth participants will enjoy an evening of games, art, and fun. \$25 per person. Ages 4-11. Register online using activity code 720119-C at parks.arlingtonva.us.

Harpichordist Performs.

8-9:30 p.m. At St. George's Episcopal Church, 915 North Oakland St., Arlington. Renowned Harpichordist, Elisabeth Wright joins the Vivaldi Project in a performance titled "Les Gouts Reunis," a celebration of the



Toy Drive

Members of the community are invited to drop off new, unwrapped toys at the company's sales offices. The toys will be delivered throughout the holidays in conjunction with local charities that assist financially and physically disadvantaged children. Through Friday, Dec. 14 at local Weichert, Realtors offices. To find a local office, go to www.weichert.com/offices/.

French and Italian Union of Styles. \$20, \$10 students. The following morning, Saturday, Dec. 15 at 10 a.m., Elisabeth Wright will present a masterclass at St. George's Episcopal Church. Admission is free.

SATURDAY/DEC. 15

Christmas Bird Count.

The Christmas Bird Count is a long-standing program of the National Audubon Society, with over 100 years of community science involvement. It is an early-winter bird census, where thousands of volunteers across the U.S., Canada, and many countries in the Western Hemisphere go out over a 24-hour period on one calendar day to count birds. Participants must join an existing CBC circle by contacting the compiler in advance of the count day. Visit www.audubon.org/conservation/join-christmas-bird-count.

Nauck Holiday Community

Fellowship. 9:30 a.m.-1 p.m. At Drew Model School and Community Center, 3500 S. 23rd St., Arlington. Breakfast with Santa Fellowship and Santa Secret Shop. Invitation required for families in need. Call 703-486-0058 or email ncaarlington@gmail.com.

Families Unplugged: Gingerbread

Houses. 10 a.m.-noon or 1-3 p.m. At Arlington Mill Community Center, 909 S. Dinwiddie St., Arlington. Participants will get creative while they build and decorate a gingerbread house as a family. All

materials are provided. This program is open to all ages, but recommended for ages 3 and older. Children must register with an adult. \$8 person/non-resident \$9.20. Register online using activity code 730019-G at parks.arlingtonva.us/locations/arlington-mill-community-center/.

Children's Makers Fair.

11 a.m.-1 p.m. At Arlington Central Library, 1015 N. Quincy St., Arlington. Come see what the kids have made, take part in hands-on activities, and take a free Lego-Robotics class, hosted by Silver Knights. There will be demonstrations, as well as items for sale, all made by the children. Open to the public. Presented by the Arlington County Montessori PTA.

Gift Mania.

12:30-3 p.m. at Arlington Arts Center, 3550 Wilson Blvd. Students (ages 4-6 and 7-10) will create a handmade gift for a loved one to be kept secret until a big reveal during the holidays. Parents, gifts will be wrapped, so no peeking. \$50. Visit www.arlingtonartscenter.org.

Holiday Drop and Shop.

5-9 p.m. at Barcroft Sport & Fitness Center, 4200 S. Four Mile Run Drive. Drop off children for an evening of activities (obstacle courses, tumble tramp, foam pit, games and more) at Barcroft Sport & Fitness Center while finishing holiday preparations. Pizza and drink will be provided. \$40 per child. Ages 4-6. Register using activity code 110510 at parks.arlingtonva.us/events/holiday-drop-and-shop/.

Holiday Concert.

7-9 p.m. At St. Peter's Episcopal Church, 4250 N. Glebe Road, Arlington. Celebrate the holiday season with the World Children's Choir 29th Annual Holiday Concert. The family-friendly program includes beautiful carols, Hanukkah, secular, and new year songs from around the world. The concert includes an audience sing-along. Cost is family (parents and children)/\$30; adults/\$20; seniors and students (12+)/\$15. Contact Sondra Harnes at worldchildrenschoirinfo@gmail.com. Visit www.worldchildrenschoir.org/tickets.html.

Family Game Night.

7-9 p.m. At St. John's Episcopal Church, 415 S. Lexington St., Arlington. Join in the fun at St. John's family game night. Games will be available, but participants are welcome to bring a favorite too. Bring a non-perishable food item (can or box of food) to donate to AFAC, the Arlington Food Assistance Center. Visit www.stjohnsarlingtonva.org.

"Holiday Time Warp" Concert.

7:30 p.m. At Unitarian Universalist Church, 4444 Arlington Blvd, Arlington. National Chamber Ensemble (NCE) presents classical masterpieces, seasonal favorites, a performance by area string students and the winner of NCE's Outstanding Young Artist Achievement Award. The evening concludes with a Carols Sing-Along, led by tenor Patrick D. McCoy. Tickets are \$36 for adults and \$18 for students. Tickets are available online at www.nationalchamberensemble.org/tickets.htm.

SUNDAY/DEC. 16

R.I.P. - Remove Invasive Plants.

2-4 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Restore habitat and increase species diversity right here in Arlington. The monthly work parties are making a real difference, with the return of ferns and wildflowers, and the animals that depend on them, in areas once covered in destructive invasive plants. Ages 8+. Free. No registration required. Call 703-228-6535 or email longbranch@arlingtonva.us for more.

Celebrate Christmas.

10:30 a.m. At Walker Chapel United Methodist Church, 4102 N. Glebe Road, Arlington. The Walker Chapel Choir, an ensemble from the Falls Church Concert Band, other instrumental musicians, and readers will lead this celebration of the season with a program of music and readings. Everyone is invited to attend the annual tradition of Lessons and Carols. That evening at 5 p.m., with the help of Boy Scout Troop 641, Walker Chapel will host a Yule Log. Call 703-538-5200 or visit www.walkerchapel.org.

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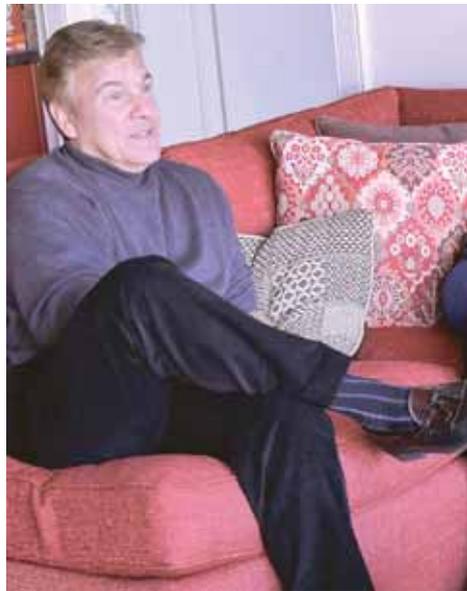
BY SHIRLEY RUHE
THE CONNECTION

Jillian Poole sits on her couch in her high rise Rosslyn apartment awaiting her visit from the Synergy Home Care providers. Mitchell Opalski, owner of Synergy, and Corrie Cyre, Director of Nursing, have come to check in on Poole who is ready to be released soon to resume her independent life.

Poole had a fall some weeks ago and after rehab she needed some assistance and didn't want to miss out on her social life. Cyre says she is proud of Poole who has made great progress. Opalski says, "She got stronger and we consider that a success story if she doesn't need assistance anymore."

"Oh, I didn't offer you anything," Poole says as her visitors take a seat in front of the wall of windows overlooking the river far below. Sculptures dot the room with giraffes perched on the kitchen counter beside a bowl of fresh fruit. "My mother," she answers. "She was a sculptor. She has several things in the National Portrait Gallery, and my son is also an accomplished artist." Poole says, "We have traveled the world. Each one of these tells a story, and you reconnect when you return home."

Cyre says that Synergy provides what people need and want. Some people just need a bit of bathing, grooming or they don't drive anymore. In the case of Poole, Cyre says, "I sat down with her and we developed a plan together and then spoke to



Mitchell Opalski, owner of Synergy HomeCare, explains Synergy HomeCare "provides what each person needs and wants."

her caregiver." In the beginning she had a caregiver 24 hours a day but a couple of weeks ago Poole released the night care. "Now," Poole says, "My daytime caregiver Kendra goes to the gym with me and supervises my bike riding, walking and arm exercises."

Kendra also takes Poole to MOM's Organic Market nearby and to doctor's appointments as well as social engagements. "I had lunch at the Cosmos Club today," she says. "Kendra takes me a-n-y-where."

Poole adds, "I give Kendra a nice bedroom and a parking space. I take care of her and she takes care of me. Kendra knows me all too well."

Opalski says, "She may write a book."

Poole comments with a smile, "She may already have."



Corrie Cyre, director of Nursing at Synergy HomeCare, checks in with Jillian Poole who is about to be released to resume her independent life.

This check-up visit is just one of the services offered by Synergy as part of each person's individualized plan. Cyre says, "We have customized service for people who have chosen to die in their homes. It depends on what people need and want. They say 'I want it my way.'"

Cyre had started the day having breakfast with a client with dementia in Alexandria.

"He can get violent, not on purpose, and it can be a challenge to meet his needs. I wanted to check up on the safety and well being of the new caregiver to be sure she was comfortable with the client." Then Cyre spoke to the nurse about some medication that could decrease the client's repetitive behavior at certain times of the day.

Opalski says he started to see a shift to

home care about the time he bought his Synergy franchise 12 years ago. He says, "I started with one employee who was doing many tasks."

Now he has 110 caregivers and 60-80 clients at a time serving Alexandria, Arlington and other local areas. Opalski explains the company offers both long-term and short-term care. He estimates about 60-70 percent of his clients are aging in place and 30 percent are recovering.

Opalski says he first got interested in this area when he was COO of the National Association for Homecare & Hospice. "I knew it was what I wanted to do."

Poole confides, "I have had other home care people, not like these people. They have been a very good provider, not perfect but damn close."

Volunteering To Feed the Homeless **A-SPAN program provides bagged meals seven days a week.**

BY SHIRLEY RUHE
THE CONNECTION

John Churchman of St. George's Episcopal Church and Carol Kiranbay of St. Andrew's Episcopal Church stand ready to serve the bagged meals and hot dish to homeless gathered at St. George's on Tuesday, Nov. 27. The homeless clients will begin lining up inside the church for the meal service, which begins at 6 p.m.

The bagged meals had been prepared by volunteers off site and delivered to the church. They would be supplemented by a hot dish, which had been prepared by the chef at A-SPAN.

This program is part of A-SPAN's work on the streets in Arlington that has been providing bagged meals seven days a week since 1988 when A-SPAN was started by Lori Rinker. Volunteers purchase the supplies and groceries needed to make 50 bagged meals, which is estimated to cost the volunteer about \$150. Often groups of neighbors or friends and families or Scout Troops

make it a project to prepare the sandwiches and fill the bags with a sweet and a savory snack, a soft fruit and a water or juice. Some volunteer on a regular basis and others once in a while.

Scott Miller, A-SPAN senior director of development, says 2,128 volunteers provided 10,180 volunteer hours in 2017 and served 36,359 meals. Volunteers are required to complete a Volunteer Orientation Session before they are able to sign up for volunteering shifts. For more information contact Ina Gonzalez at igonza@span.org.

In addition, during the holiday season A-SPAN sponsors a gift giving initiative for their homeless clients. The goal this year is to provide all of the clients in Permanent Supportive Housing at the

Homeless Services Center with holiday presents. Each sponsor receives the wish list of one of the clients, and can choose to provide 1-2 items from the list. Example wish list: socks, vacuum cleaner, boots, pillows, Giant gift card. The items may be dropped off at the Homeless Services Center at 2020A 14th Street N by Dec. 17 in order to allow the Permanent Supportive House Case Managers sufficient time for delivery in time for the holidays.

The items should be labeled with the client's name and can be delivered either wrapped or unwrapped.

If you wish to participate in this yearly tradition, contact Ayana Bellamy at abellamy@span.org.



Sample bagged lunch: two sandwiches, savory and sweet snacks, soft fruit, and juice.



John Churchman and Carol Kiranbay, A-SPAN volunteers.

WELLBEING

Habits that Stick

Key to making changing old habits and making new ones.

BY MARILYN CAMPBELL

Standing outside the glass doors of the studio, lit harshly by fluorescent bulbs, Annabelle VanLandingham admits that she is intimidated by a group of women standing in front of her — all model-thin and wearing cropped tank tops that reveal finely toned abs.

“I always feel like I don’t fit it and everybody is staring at me, but this time, I’m really going to stick with it,” she said, acknowledging her failed attempts to make regular exercise part of her daily life.

Vows to change habits are easy to make, but keeping them can seem nearly impossible. Commitments to cooking healthy weeknight dinners give way to the reality of packed schedules, while a morning meditation practice is overtaken by an inability to resist checking email right after getting out of bed. Local human behaviorists say that when it comes to creating habits, understanding how they develop is a first step.

“If you want develop a meditation practice to relieve stress at work, set an alert on your phone for a time that know you’ll definitely be free.”

— Lauren Puglisi, LCSW

“Essentially, a habit is turning a new behavior into something that is done automatically,” said Lauren Puglisi, LCSW. “For example, grabbing a cigarette after dinner or putting on your seatbelt when you get in the car are automatic. You don’t have to talk yourself into doing those things, you do them without even thinking.”

For those who want to make activities like exercising or meditating life-long habits, the key is to begin with realistic and attainable steps. “New habits are best formed in small, manageable increments,” said Jessica McLaughlin, Ph.D. assistant professor of psychology at Montgomery College. “For instance, if you want to develop the habit of exercising, start by taking 10-minute walks instead of promising to exercise for an hour every day. It is easier to form habits if the changes are similar to what you are already doing, as opposed to something that drastically alters your current day-to-day schedule.”

Develop a list specific actions to take, advises Puglisi. “For example, swapping out potato chips and a soda for hummus and whole wheat pita bread for an afternoon snack or taking a 30-minute walk three days each week can be attainable ways to get started,” she said. “Otherwise, you might get overwhelmed and give up.”

“Research supports that it can take approximately two months of daily repetition to develop a habit, but keep in mind that some habits aren’t as easy to make automatic, and may require more time,” added Joanne Bagshaw, Ph.D., professor of psychology at Montgomery College. “For instance, developing a habit of walking 15 minutes every day may take eight to 10 weeks to become an automatic behavior, but running five miles every day could take much longer.”

“Plan on creating your daily walk or running habit with a friend, or coach, or group who will be a role model for self-control.”

— Joanne Bagshaw, Ph.D.,
Montgomery College

Find ways to increase accountability. “Write down your goals and keep [the list] in a visible place where you have a constant reminder and can check off your accomplishments each day,” said McLaughlin. “Tell someone else what you are doing or, better yet, make the change with someone else, such as practicing mindfulness together or eliminating sugary drinks as a team.”

Setting up reminders can help one avoid backsliding, especially when habit formation is in its early stages,” said Puglisi. “If you want develop a meditation practice to relieve stress at work, set an alert on your phone for a time that know you’ll definitely be free,” she said. “Set a realistic amount of time to spend meditating, and select a specific meditation. This will make it easy to do quickly and easily, so you’ll have fewer excuses not to do it.

The company one keeps also plays a role in habit formation. “You’re likely to boost your willpower if you choose to spend time with someone who has strong willpower,” said Bagshaw. “Plan on creating your daily walk or running habit with a friend, or coach, or group who will be a role model for self-control.”

Assess your progress regularly. “Self-monitoring adds to success,” said psychologist Stacie Isenberg, Psy.D. “Writing down what you’ve eaten each day can help you stay honest with yourself. That said, be realistic with your time frames and don’t cause yourself extra stress. If thinking about how you ate during the week on a Friday is less stressful than writing it every day, do that. But do choose a regular time to consider progress and impediments or you’ll be at 2020 without your new habit.”

“It helps to set up the environment to remind you to do the behavior and make it easy to follow through,” said Jerome Short, Ph.D., associate professor of psychology at George Mason University. “For example, put vegetables and fruits on the first shelf you see when you open the refrigerator. You are more likely to eat what you see than what you do not see.”

Don’t forget rewards, says McLaughlin. “Change won’t happen unless you are motivated to make the change,” she said. “This means you have to find what is rewarding for you. You might find that what you are doing is intrinsically rewarding, such as increasing your energy levels or seeing your scale number go down. Other times, you might need to create your own reward, such as getting a manicure when you’ve gone a week without biting your nails.”

lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known



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NEWS



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New Trail

County officials and project partners gathered Friday, Nov. 30 in Arlington's Towers Park to celebrate the opening of the Washington Boulevard Trail, the county's latest paved trail for bicyclists and pedestrians. The project added a 10-foot-wide paved trail along the west side of Washington Boulevard in the Penrose neighborhood. Construction for the trail's second phase began in January 2018 and was completed in 11 months. The total cost for design and construction was approximately \$3 million.

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PHOTO CONTRIBUTED



Bowling lanes at Punch Bowl Social.

Retro diner at Punch Bowl Social.

Punch Bowl Social To Open Dec. 8

Punch Bowl Social will open its new 25,000-square foot restaurant, bar and entertainment destination at 4238 Wilson Blvd. on Saturday, Dec. 8.

The new venue will occupy three stories, featuring relaxed bar seating with full menu service; select gaming, including one of two private karaoke rooms; and the Holiday Lodge with fireplace on the first and second floors. The third floor will be home to the brand's classic diner area with booth and tabletop seating, a custom 360-degree bar with televisions and various lounging and gathering spots for

groups large and small. Two patios — the first adjacent to the diner and the second on the building's north side — will include a bocce ball court and outdoor seating.

To celebrate the new Punch Bowl Social, guests are invited to a ticketed grand opening party on Dec. 8 beginning at 7 p.m. where the \$20 suggested donation entry price will benefit local nonprofit So Others Might Eat. Later, a free open-to-the-public party will begin at 9 p.m. to keep the celebration going through the night.

See www.punchbowlsocial.com.

BULLETIN BOARD

FROM PAGE 5

WEDNESDAY/DEC. 5

Policymaker Breakfast Series.

7:30-9 a.m. at WGL, 8614 Westwood 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.

FRIDAY-MONDAY/DEC. 7-10

Bridge Closure. The National Park Service will close Arlington Memorial Bridge to drivers, bicyclists and pedestrians from 9 p.m. on Friday, Dec. 7, to 5 a.m. on Monday, Dec. 10. Work will be rescheduled if there is bad weather. Learn more at go.nps.gov/MemorialBridge.

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\$44⁹⁵ SYNTHETIC

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

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 12/31/18.

BRAKE SPECIAL \$79⁹⁵

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

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 12/31/18.

SIGHT LINE WIPER BLADES \$10 OFF

Sight Line only.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA PARTS CENTER ONLY. GOOD THRU 12/31/18.

FREE BATTERY CHECK-UP

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

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER EXPIRES 12/31/18.

ALIGNMENT SPECIAL \$69⁹⁵

Your car's alignment suffers, and can cause uneven tire wear and steering problems. **INCLUDES:** Inspect suspension, ball joints, struts & shocks, tire condition and set tire pressure.

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VARIABLE DISCOUNT

\$15.00 OFF when you spend \$100.00 - \$199.99
\$30.00 OFF when you spend \$200.00 - \$299.99
\$45.00 OFF when you spend \$300.00 - \$399.99
\$50.00 OFF when you spend \$400.00 or more

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TRUESTART™ BATTERIES \$99⁹⁵

SPECIAL OFFER

INCLUDES BATTERY INSTALLATION
Includes: 84 month warranty, 24 month free replacement, 24 month free roadside assistance. Does not apply to hybrid batteries.

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Jack Taylor's
ALEXANDRIA TOYOTA

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Check your windshield. Does your sticker say **12/18, 1/19, or 2/19?** If so, your VA Safety Inspection is now due

VIRGINIA STATE INSPECTION FREE

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