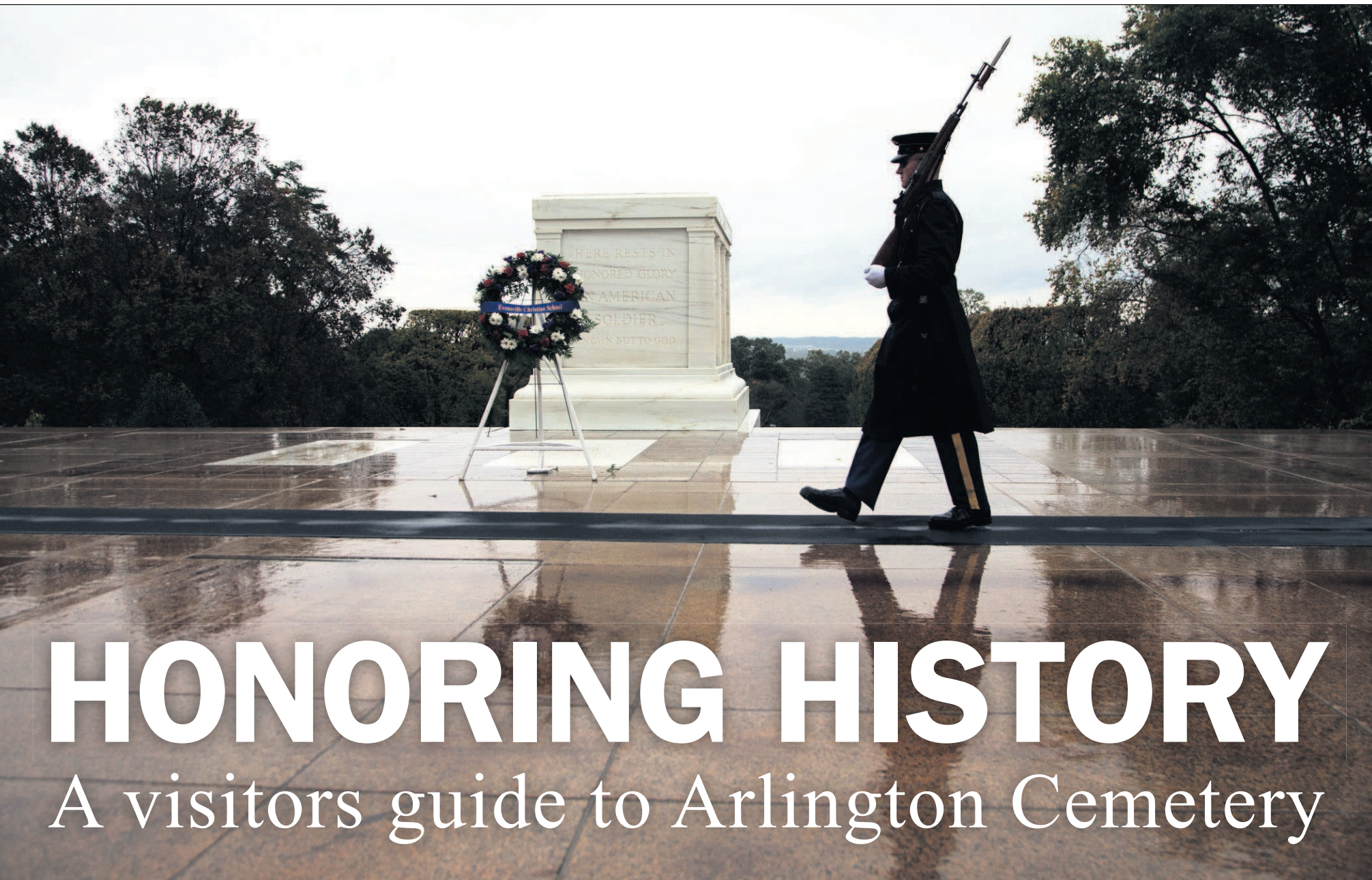




In this Oct. 2014 file photo, a Tomb guard walks at the Tomb of the Unknown Soldier in Arlington National Cemetery in Arlington, Va. The tomb is one of the cemetery’s most-visited sites.

By **BETH J. HARPAZ**
AP Travel Editor

ARLINGTON, Va. — Arlington National Cemetery, final resting place for thousands of American soldiers and others who have served and sacrificed, isn’t just about the history of war.

Yes, the rows and rows of white headstones tell war stories across the generations, honoring young soldiers killed in action as well as veterans who lived into old age long past their military service.

And yes, there are memorials here marking tragic moments in American history, including a tribute to the astronauts who perished when the Space Shuttle Challenger exploded and the eternal flame at the grave of President John F. Kennedy.

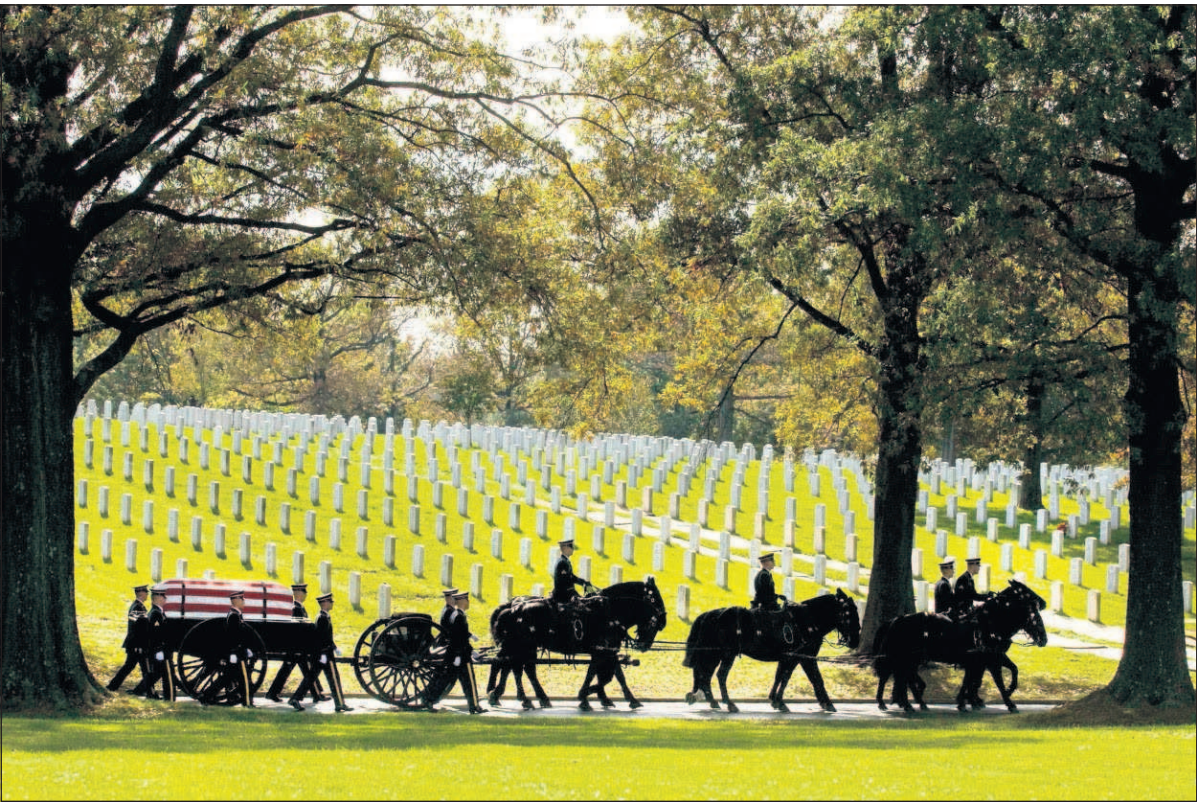
But while tourists make up many of the 3 million to 4 million people who visit Arlington National Cemetery each year, there are plenty of mourners here, too. More than 25 funerals are held here each weekday and another half-dozen on Saturdays.

Here are some basics for planning a visit to see some of Arlington’s most notable sites while honoring those buried here.

Silence and respect

Chances are as you wander around, you’ll see some visitors kneeling by a grave or leaving a note or flower to remember a loved one. You may see a graveside service underway in the distance, hear a bugle playing “Taps” or be startled by rifle shots, customary for military funerals. Or you may see six horses slowly and solemnly pulling a caisson bearing a flag-draped coffin for a full-honors funeral.

Signs around the cemetery bear the words “Silence and Respect,”



In this Nov. 2010 file photo, a caisson carries the remains of Army Pfc. Tramaine J. Billingsley during burial services at Arlington National Cemetery in Arlington, Va. A horse-drawn caisson is provided by the U.S. military for veterans who are eligible for full-honors funerals at Arlington National Cemetery.

to give mourners space and privacy.

Planning a visit

Arlington National Cemetery is open daily 8 a.m.-5 p.m., October-May (and until 7 p.m., April-September). Admission is free.

Stop in the welcome center for a free map and advice on finding sites of particular interest. The cemetery is a square mile, so allow several hours for your visit. Be prepared for hills and lots of walking.

Hop-on, hop-off trolleys with narrated tours offer an overview of the grounds with stops at some of the most-visited sites. Tickets

are \$12 (discounts for children, veterans, military personnel and seniors).

The Washington, D.C., Metro-rail blue line has a stop at Arlington National Cemetery. If you’re driving, an onsite parking garage is accessible from Memorial Avenue.

Robert E. Lee and John F. Kennedy

Arlington House, also known as the Robert E. Lee Memorial, is on a hilltop overlooking the Kennedy gravesite. Standing in front of the house, you can see downtown Washington with the Washington Monument’s white obelisk in the distance.

The Lee house, run by the National Park Service, has fascinating connections to George Washington and the Civil War. The land where the cemetery now sits was originally a 19th-century slave plantation owned by George Washington’s adopted grandson, George Washington Parke Custis. Custis’ daughter married Robert E. Lee, the leader of the Confederate Army. During the Civil War, Union troops occupied the estate and began burying soldiers there. Lee’s family never returned, and in 1882 the U.S. Supreme Court ordered the government to compensate them. Two cabins behind Arlington House tell the story of Afri-

can-Americans — both enslaved and free — who lived and worked there.

The Kennedy gravesite has markers for the slain president, his widow, Jacqueline Kennedy Onassis, and other family members. JFK’s famous quote, “Ask not what your country can do for you, ask what you can do for your country,” is engraved nearby.

Also of interest

Arlington National Cemetery is dotted with memorials. They include monuments and markers honoring veterans of various battles and wars, victims of disasters like the sinking of the USS Maine and the downing of Pan Am Flight 103, and others who served or sacrificed, from Gold Star mothers to the Coast Guard.

The Tomb of the Unknown Soldier is guarded by a marching uniformed sentinel 24 hours a day, with a changing of the guard on the hour.

Many famous individuals are buried here, from Hollywood actors to U.S. senators. But one of the most asked-about sites in the last few months has been the grave of Capt. Humayun Khan, whose father spoke at the Democratic National Convention in August. Khan was killed during the Iraq War, and the story of his immigrant Muslim family and their loss became an issue in the presidential campaign. Welcome center staff are accustomed to giving directions to his gravesite, No. 7986 in section 60, where visitors often leave flowers and notes.

Most Arlington graves are marked with crosses, but other symbols, like the six-pointed Jewish star and a wheel representing the Buddhist faith, can be seen. Khan’s headstone bears a Muslim crescent and star.

When in doubt, choose comfort food

By **KATIE WORKMAN**
Associated Press

A while back, in honor of Julia’s Child’s birthday (she would have been 104 this year), I created a dish that embodies one of her many excellent sayings: “The only time to eat diet food is while you’re waiting for the steak to cook.”

You can fuss all you want with fancier dishes, exotic ingredients and new techniques, but isn’t it true that when you make something super-homey, super-comforting, that’s when everyone ask for seconds? When in doubt, choose comfort food.

Here, thinly sliced chicken breasts are enveloped in a creamy, cheesy sauce peppered with wilted spinach and sundried tomatoes.

Sundried tomatoes were all the rage years ago, and then they faded out of fashion, but it seems a shame to turn your back on a great ingredient just because it was a little overexposed for a while. If you can find real sundried tomatoes — which won’t be hard little dried-up disks but rather pliant, brick-red, chewy bites — then that will make all the difference. Look for them in a store that sells good Italian ingredients. Oil-packed sundried tomatoes can also be used, but use paper towels to blot excess oil before chopping them.



Chicken with spinach in cream sauce.

You can buy thin-sliced chicken cutlets at the market or butcher, or use a steady hand and a large sharp knife to cut regular chicken breasts horizontally into thinner slices. Depending on how thick your chicken breasts are, you will get two or three slices per breast, about ½-inch thick apiece. And if you don’t have fresh herbs, dried are perfectly acceptable here.

This makes a nice amount of sauce, which is a good thing, because

when you serve up this chicken over a plate of steaming pasta or rice you’ll want to have lots of starchiness alongside the chicken, and you can ladle the luscious sauce over it.

Katie Workman has written two cookbooks focused on easy, family-friendly cooking. “Dinner Solved!” and “The Mom 100 Cookbook.” She blogs at <http://www.themom100.com/about-katie-workman/>

CHICKEN WITH SPINACH AND SUNDRIED TOMATOES IN A CHEESY CREAM SAUCE

Start to finish: 25 minutes
Serves: 4 to 6

- 2 tablespoons olive oil
- 1½ pounds thin-sliced boneless, skinless chicken cutlets
- 2 large shallots, chopped
- ¾ cup chicken broth
- 1 cup heavy cream
- 1 teaspoon minced fresh oregano
- ½ teaspoon minced fresh thyme
- ½ cup grated Fontina cheese
- ½ cup finely grated Parmesan cheese
- 2 cups roughly chopped spinach
- ½ cup roughly chopped sundried tomatoes
- Hot cooked rice or pasta to serve

In a very large skillet, heat the olive oil over medium high heat. Sear the chicken for about 3 minutes on each side, or until browned and just barely pink in the center. Do this in batches if needed, and remove the chicken to a plate and set aside.

Return the skillet to medium heat, add the shallots, and saute for 2 minutes until they start to become tender. Add the chicken broth and bring to a simmer, scraping up any browned bits from the bottom. Stir in the heavy cream, oregano and thyme, and heat until the edges of the sauce start to bubble. Sprinkle in the Fontina and Parmesan cheeses and stir until they are melted. Stir in the spinach and sundried tomatoes, and keep at a very low simmer until the spinach is wilted, about 2 minutes.

Return the chicken to the pan and allow it to heat through, about 2 minutes. Serve the chicken with the sauce over hot rice or pasta.

Nutrition information per serving: 524 calories; 330 calories from fat; 37 g fat (20 g saturated; 1 g trans fats); 189 mg cholesterol; 494 mg sodium; 11 g carbohydrate; 1 g fiber; 6 g sugar; 37 g protein.