

The Arlington Connection

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Region Runner-Up

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Mac was adopted 15 years ago, this month, from the Animal Welfare League of Arlington. He lives with Deb Funk in Alexandria.

FEBRUARY 27 - MARCH 5, 2013

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NEWS



Maddie Donley starts her half-hour row on Saturday afternoon at Ballston Commons.

PHOTOS BY
 LOUISE KRAFFT
 THE CONNECTION

Crew Rows for Humanity

The ergometers were in place and in action by 10 a.m. on Saturday, Feb. 23 at Ballston Commons. Members of the Yorktown High School crew teams and members of Habitat for Humanity participated in the Sharon Miotke Memorial Row for Humanity.

Miotke, a teacher at Ashlawn Elementary School, died in June of

2007 of pancreatic cancer. A goal of 200 miles and \$25,000 was set; participants logged in their times and distance as they completed the workout.

All proceeds from the annual fundraiser benefit the Yorktown High School Crew, The Arlington County Chapter of Habitat for Humanity and the Arlington community.



Cailyn Hudspeth and Darci Law near the end of their row.



Brandon Peck, Pierce Jennings and Ian Hardman.

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Lee Highway murals, north side.



Lee Highway murals, south side.

PHOTOS BY GREG EMBREE

Ribbon-cutting for Lee Highway Murals Draw Crowd

Residents chose their own public art.

A Feb. 18 ribbon-cutting ceremony marked the formal dedication of an art project on Lee Highway near North Monroe Street. This project came about as part of a site plan that allowed The Christopher Companies, a local developer, to build a 66-unit condominium building in exchange for some community benefits, including \$20,000 for an art project for the Lee Highway median strip near the condominiums. The design for the project resulted from a competition among several artists who vied for local citizens' votes.

The winner was Washington artist Jarrett Ferrier, a muralist with 16 years of experience.

He interviewed local historians, including Kathy Holt of Cherrydale and Robert McAtee of Maywood. Ferrier also met multiple times with community members to get a feel for what they valued about their neighborhoods.

The resulting installation consists of two sets of three panels each, depicting six key aspects of the Maywood and Cherrydale communities: The railroad line that once served both neighborhoods, the historic Cherrydale Volunteer Fire Department, Cherrydale Branch Library, Maywood's status as a historic district, Maywood's strong sense of community, and the region's Civil War history.

After the ribbon-cutting, a reception organized by Cherrydale social director Debra Berke took place at the original Cherrydale Volunteer Fire Department building.

Speakers included Cherrydale Citizens



Circuit Court Clerk and former County Board member Paul Ferguson, with Maureen Ross, addresses the crowd at the original Cherrydale Volunteer Fire Department building after the ribbon-cutting ceremony.

Association President Maureen Ross, artist Jarrett Ferrier, Arlington Circuit Court Clerk and former County Board member Paul Ferguson, historian Kathy Holt, CVFD chief Scott Pardi, CVFD administrative member Tracey Price, and Citizens for Cherrydale Library member Greg Embree.

Out-of-town guests included the descendants of Arlington civic activist Harvey Lampshire (1912-93), who is commemorated on the panel celebrating the Cherrydale Branch Library building, which



From left: Brad Lampshire, Kristine Lampshire DeFreitas, Nathan Lampshire, Greg Lampshire, Jared Lampshire, and Geff Lampshire — all descendants of Harvey Lampshire, depicted on the Cherrydale Library mural.

he campaigned for during the late 1950s and which was completed in 1961. Present at the ribbon-cutting were Lampshire's two sons, Brad and Geff; two grandchildren, Kristine Lampshire DeFreitas and Greg Lampshire, along with Greg's wife Laura and their two sons, Jared and Nathan. Kristine DeFreitas drove to the celebration from Suffolk, Va., some 200 miles away. Geff Lampshire arrived from Annapolis, and the Greg Lampshire family traveled from Olney, Md.

Group Founded To Promote Streetcars

A pro-streetcar group, Arlington Streetcar Now, announced its formation at the Arlington County Board meeting on Saturday, Feb. 23. Arlington resident John Snyder made the announcement and presented the board with a list of principles the group will promote in support of the proposed streetcar system that would link Fairfax County and Alexandria through Columbia Pike and Crystal City.

Arlington Streetcar Now can be found at www.streetcarnow.org and on Facebook and Twitter.

A Forever Home has recently rescued 68 puppy-mill dogs. All will require extensive medical care and need your help! Please visit our Website at www.aforeverhome.org to make a donation or to adopt one of these wonderful dogs. All donations are tax deductible.



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



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PET CONNECTION



PHOTO FROM THE ANIMAL WELFARE LEAGUE OF ARLINGTON

This is Annie. By adopting from the Animal Welfare League of Arlington residents will help save the lives of two animals — the pet being adopted and a homeless animal that can be rescued because of the space create by the adoption.

Before Adopting a Pet ...

How to determine and find the perfect pet for one's lifestyle.

BY KERRY MCKEEL
ANIMAL WELFARE LEAGUE OF ARLINGTON

Before you answer that online or classified ad for an adorable, floppy-eared puppy or ask to see that frisky kitten in the pet store window there are a few things you should consider before purchasing a pet. Finding the perfect pet begins with evaluating what type of animal would best complement your lifestyle and then determining the best place to find your pet.

The Animal Welfare League of Arlington, the county's official non-profit humane society, offers the following five tips to keep in mind during your search for your perfect pet companion:

PET ADVICE

- ❖ **Your Schedule:** How much time do you have to devote to a pet? Are you prepared to care for it every day for the next 10 to 20 years? Dogs require far more time and attention than cats. Cats

are ideal for people who want companionship, but do not have the time to commit to walking a dog daily.

- ❖ **Type and Size:** Before adopting it is important to have a good understanding of the animal's inherent behaviors and individual characteristics. "At the League we get to know each animal so that we can

help each family find the right pet for its lifestyle," said Rebecca Yoo, director of Behavior and Adoptions.

- ❖ **Young or Mature Pet:** Kittens and puppies are cute, but they also require a tremendous amount of attention and diligent training for the first year. If you do not have the time or the patience to train a kitten or puppy, consider adopting an adult. Adult cats and dogs are already housebroken, often have basic training skills and still have plenty of love to give.

- ❖ **Your Budget:** Can you afford additional expenses associated with owning a pet, including pet supplies, medical bills, trips to the groomer, and monthly preventatives (such as heartworm and flea and tick control)? The average annual cost of basic food, supplies and medical care and training for a dog is \$875; for a cat it is \$670.

- ❖ **The Search:** Adopt. Don't Shop. Every time a pet is purchased from a pet shop or breeder, a shelter animal is deprived of a home. Consider being part of the solution to animal homelessness and save a life by adopting an animal from a shelter like The

Animal Welfare League of Arlington.

"At AWLA we have happy, healthy animals just waiting for someone to take them home," said Neil Trent, president and CEO. "Our vet-

"At AWLA we have happy, healthy animals just waiting for someone to take them home."

— Neil Trent, AWLA president and CEO

erinary staff examines, vaccinates and spays or neuters each animal prior to adoption."

To learn more about AWLA's community services, programs, or diverse selection of companion animals including cats, dogs, rabbits, birds, and hamsters, visit www.awla.org or download the free Arlington Pets App.

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PET CONNECTION



At the Window

Isabella, a miniature dachshund, lives with the Prins family on N. Pollard Street, Arlington.

PHOTO CONTRIBUTED

BULLETIN BOARD

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

FEB 28 THROUGH MARCH 2

Charity Fundraising. Buy fresh Florida citrus, pecans, and pure Vermont maple syrup at the Overlee Pool, 6030 Lee Highway, lower parking lot, off John Marshall Drive. Hours are Thursday and Friday 8 a.m.-5 p.m.; Saturday 8 a.m.-3 p.m. 703-528-1130.

FRIDAY/MARCH 1

Spanish "R" Rolling Contest. 7-9 p.m. at Key Elementary School, 2200 Key Blvd. All ages can try and roll their Spanish R for the longest time. Cash prizes and gift certificates for the winners in three categories. Registration required by Feb. 28 by contact Simon Contreras at sr_contreras@yahoo.com or 703-228-2800 x98169.

SUNDAY/MARCH 3

Panel Discussion. 1-3 p.m. at Rock Spring Congregational United Church of Christ, 5010 Little Falls Road. "Understanding Transgender: The 'T' in LGBT and the Trans in All of Us" is the topic. Free. Visit www.rockspringucc.org/church-life/open-and-affirming or 703-538-4886.

MONDAY/MARCH 4

Making College Affordable. 7-9 p.m. at Wakefield High School, 4901 S. Chesterfield Road. U.S. Rep. Jim Moran hosts a workshop to help students and parents navigate the various opportunities. Free.

Blood Drive. 7:30 a.m.-1:30 p.m. at Commonwealth Orthopaedics, 8501 Arlington Blvd. Donate blood through the American Red Cross. Visit redcrossblood.org or 1-800-RED-CROSS.

WEDNESDAY/MARCH 6

Hospitality Awards. Coffee reception and registration at 7:30 a.m. with awards and breakfast beginning at 8 a.m. at the Crystal Gateway Marriott, 1700 Jefferson Davis Highway. The awards recognize employees whose

work directly affects the customers on a daily basis. To register visit www.arlingtonchamber.org or 703-525-2400.

SATURDAY/MARCH 9

Clean-Up and Invasive Plant Pull. 9 a.m.-noon at Four Mile Run Cleanup. Visit arlingtonenvironment.org/register for information and to register.

Sculpture Demonstration and Talk. 1 p.m. at The Woman's Club of Arlington, 700 S. Buchanan St. Local artist and Holocaust survivor Stella Repper will give the talk. Free. 703-553-5800.

Spaghetti Dinner Fundraiser. 4:30-7 p.m. at Holy Trinity Lutheran Church, 3022 Woodlawn Ave., Falls Church. Enjoy pasta, salad, dessert and more while listening to music. Donations accepted. Visit www.htluther.org or 703-532-6617.

WEDNESDAY/MARCH 13

Scholarship Deadline. The Arlington County Scholarship Fund for Teachers, Inc. is awarding \$2,000 scholarships to graduating seniors who desire a career in the field of education. Visit <http://acsfft.arlingtoncepta.org> for application information and forms.

Blood Drive. 7:30 a.m.-1 p.m. at Virginia Hospital Center, 1701 N. George Mason Drive. Donate blood through the American Red Cross. Visit redcrossblood.org or 1-800-RED-CROSS.

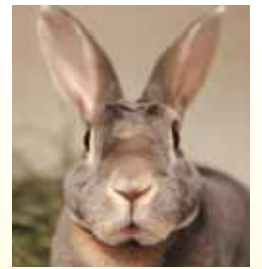
THURSDAY/MARCH 14

Master Gardeners of Northern Virginia. 7-8:30 p.m. at the Fairlington Community Center, 3308 S. Stafford St. Learn practices for establishing, renovating and maintaining lawns. Free, but registration requested. Visit mgnv.org or 703-228-6414.

FRIDAY/MARCH 15

Free Lecture. 11 a.m.-noon at 601 S. Carlin Springs Road. Nancy Nollen, MA, MSW will discuss how to maintain healthy conversation between adult children and their parents. RSVP at 703-558-6859.

Adopt. Don't Buy.



Every time a pet is purchased from a pet shop or breeder, a shelter animal is deprived of a home. Be a part of the solution to animal homelessness and save a life by adopting an animal from The Animal Welfare League of Arlington.



Animal Welfare League of Arlington

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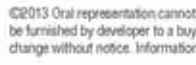
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Household Queen Comes Home to Arlington

Heloise reminisces and offers special tips to local homemakers.

BY MARILYN CAMPBELL
THE CONNECTION

If you have a household problem, there's a good chance she's got a solution. Heloise, author of the syndicated news paper column "Hints From Heloise," a contributing editor of Good Housekeeping magazine and the woman behind its monthly column "Ask Heloise," has been doling out domestic advice since 1977.

When she returned to the Washington area recently for the 2013 Home and Remodeling Show, she spent time in Arlington, a place for which she feels a special connection. "I have a lot of fond memories of Arlington," she said.

Heloise lived in Arlington when her father, who was an Air Force officer, was stationed at the Pentagon. "We were here from 1962 to 1966," she said. "We lived at the River House Apartments in building three. I woke up every morning looking at the Washington Monument and the Pentagon. And my mother, who was [the original] Heloise, ran her office out of our apartment."

As a student at Gunston Junior High School (now Gunston Middle School), Heloise says her adolescence was filled with adventurous activities like skateboarding around her apartment complex and learning to play chess from a Russian diplomat.

"I once fell into the Tidal Basin," she said. "My brother would build radio-controlled boats. One time when we were at the Tidal Basin, I was going after his boat and I fell in."

Arlington offered her the chance to be a spectator at historic events. "I watched the Martin Luther King March on Washington with my dad," she said. "We were standing on the



PHOTOS COURTESY OF HELOISE

Heloise, the queen of household hints (pictured here in 1964), lived in Arlington, from 1962 to 1966 when her father was stationed at the Pentagon.

"I have a lot of fond memories of Arlington."

— Heloise

sunroof [of our apartment building] with binoculars."

In addition to professional obligations, Heloise planned to spend time with friends and dine out at a few restaurants on Glebe Road while she was in town. "Arlington is like my second home."

Heloise also offered a few hints for Arlington residents, like how to manage the dearth of closet and storage space in many homes. "I've visited the homes of some of my friends who live in Arlington," she said.

"Unless you live in the White House, you don't have a lot of space. In those cases, you have to think seasonally."

She suggests keeping often used items in close proximity. "Think about what is necessary during winter: boots, hats, gloves, mittens," she said. "If you don't use it often, it can be kept further away. If you don't make lemonade for winter, then that pitcher doesn't need to be the first thing you see when you're in your pantry."

One of her secrets for maintaining order is



Heloise, pictured in front of the White House with her mother, the original Heloise, lived in Arlington, and attended Gunston Junior High School (now Gunston Middle School) while growing up.

thinking in fives: "For example, open your junk drawer and deal with either five things or spend five minutes organizing," she said. "If you keep at it a little bit at a time, then it doesn't build up to be this huge overwhelming project that eats up all your time."

What about getting rid of the odors, especially those from the infamous stink bugs? "There are ozone-based aerosol room deodorizers that don't necessarily cover up the odor, but they neutralize the odors in the air. Several of them kill odor and bacteria too."

She also recommends essential oils. "There are some essential oils that will get rid of an odor, like essential oil of orange or lemon," she said. "You can make your own room spray using [a solution of] half isopropyl alcohol and half water and then one or two drops of the essential oil."

"Put a few drops of oil on a cooled light bulb, as it warms, the scent fills room."

When it comes to essential oils, it is OK to splurge, however. "Buy the best that you can buy — don't but the ones that are diluted," Heloise said. "This is a case where it is better to spend more on the best product."



MICHAEL MCMORROW/THE CONNECTION

Tournament's Donation

Edward Douglass White Council 2473, Knights of Columbus, Arlington, holds an annual Jim Savarese Memorial Golf Tournament, to remember a brother felled by pancreatic cancer. Financial Secretary Jerry Garren (left) and Golf Chairman John Skotek are shown processing a \$2,500 donation to the Pancreatic Cancer Action Network.



PHOTO BY LASHAWN AVERY-SIMON/THE CONNECTION

Honoring a Hero

Secretary of Defense Leon Panetta presents Staff Sergeant Clinton L. Romesha with the Medal of Honor Flag inside the Pentagon on Feb. 12. Romesha, who served in Afghanistan, was inducted into the Pentagon's Hall of Heroes.

NEWS DEPARTMENT:
To discuss ideas and concerns, call: 703-778-9410
arlington@connectionnewspapers.com

Steven Mauren
Editor

703-778-9415
smauren@connectionnewspapers.com

Michael Lee Pope
Reporter

703-615-0960
mpope@connectionnewspapers.com
@MichaelLeePope

Jon Roetman

Sports Editor
703-224-3015
jroetman@connectionnewspapers.com
@jonroetman

ADVERTISING:

For advertising information
e-mail:

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Debbie Funk

Display Advertising/National Sales
703-778-9444
debfunk@connectionnewspapers.com

Andrea Smith

Classified & Employment Advertising
703-778-9411
asmith@connectionnewspapers.com

Editor & Publisher

Mary Kimm
703-778-9433
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President

Jerry Vernon
jvernon@connectionnewspapers.com

Editor in Chief

Steven Mauren
Managing Editor

Kemal Kurspahic
Photography:

Deb Cobb, Louise Krafft,
Craig Sterbutzel

Art/Design:

Laurence Foong, John Heinly
Production Manager:

Jean Card
Geovani Flores

Special Assistant to the Publisher

Jeanne Theismann
703-778-9436
jtheismann@connectionnewspapers.com
@TheismannMedia

CIRCULATION: 703-778-9426

Circulation Manager:

Linda Pecquex
circulation@connectionnewspapers.com

'FLOURISHING AFTER 55'

"Flourishing After 55" from Arlington's Office of Senior Adult Programs for March 11-16.

Arlington senior centers: Aurora Hills, 735 S. 18th St.; Walter Reed, 2909 S. 16th St.; Culpepper Garden, 4435 N. Pershing Dr.; Langston-Brown, 2121 N. Culpeper St.; Lee, 5722 Lee Hwy.; Arlington Mill at Fairlington, 3308 S. Stafford St.; also Madison Community Center, 3829 N. Stafford St.; TJ Comm. Center, 3501 S. 2nd St.

Senior trips: The Kreeger Museum, D.C., Tuesday, March 12, \$14; U.S. Dept. of Interior, Thursday, March 14, \$11; Old Brogue Irish Pub, Friday, March 15, \$9 (trans. only) Call Arlington County 55+ Travel, 703-228-4748. 55+ Pass required.

Lee Jammers will perform, Monday, March 11, 10:15 a.m., Lee. Details, 703-228-0555.

Barnes Foundation Museum works of art presentation, Monday, March 11, 1 p.m., Aurora Hills, \$6. Register, 703-228-5722.

Decorating with vegetables, Monday, March 11, 10 a.m., Langston-Brown. Free. Register, 703-228-6300.

Eating healthy on a budget, Tuesday, March 12, 7 p.m., Walter Reed. Free. Register, 703-228-0955.

Learn about Russian culture, Tuesdays, 10 a.m., Langston-Brown. Free. Details, 703-228-6300.

Indoor walking program, Tuesdays, 9:30 a.m., Langston-Brown. Free. Details, 703-228-6300.

Start-up gardening, Wednesday, March 13, 1:30 p.m., Aurora Hills. Free. Register, 703-228-5722.

Storyteller Bill Cleary, Wednesday, March 13, 10 a.m., Walter Reed. Free. Register, 703-228-0955.

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- Reinventing Your Home for Today's Lifestyle

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ENTERTAINMENT



PHOTOS BY JOHNNY SHRYOCK

Cast of "The Tempest" on stage at Synetic Theater.

Silent Shakespeare

Synetic Theater makes a splash with "The Tempest."

BY JEANNE THEISMANN
THE CONNECTION

With more than 2,500 gallons of water and a lot of creativity, Arlington's Synetic Theater transforms its Crystal City stage into Prospero's magical island in "The Tempest," the ninth production in the groundbreaking theater's Silent Shakespeare series.

Written by William Shakespeare in 1610, "The Tempest" is set on a remote island, where Prospero, the rightful Duke of Milan, plots to restore his daughter Miranda to her rightful place. Using illusion and skillful manipulation, he conjures up a storm, the eponymous tempest, to lure his brother Antonio and the complicit King Alonso of Naples to the island. There, his maneuverings bring about the revelation of Antonio's deceitful nature, the redemption of the King and the marriage of Miranda to Alonso's son Ferdinand.

Directed by Synetic's Founding Artistic Director Paata Tsikurishvili and choreographed by co-founder Irina Tsikurishvili, Synetic brings the enchanted island to life in a romantic drama that features drunken

fools and lithe lovers contorting and cavorting with passion in a production that is pure visual poetry.

Philip Fletcher stars as Prospero, with Irinka Kavsadze as Miranda, Ryan Tumulty as King Alonso and Scott Brown as Ferdinand.

Each night the Synetic stage is flooded with water for the performance, with the first three rows of the audience designated the "splash zone." Audience members seated in that area will be provided with ponchos.

Anastasia R. Simes is the talent behind the innovative set and costume design, with original music composed by Konstantine Lortkipanidze and lighting by Andrew F. Griffin.

Founded in 2001 by the husband and wife team of Paata and Irina Tsikurishvili, Synetic Theater fuses drama, movement, acrobatics, dance and music into a unique and physical theater art form with productions for all ages.

"The Tempest" is playing now through March 24 at Synetic Theater, 1800 S. Bell St., Arlington. For tickets or more information, call 800-494-8497 or visit www.synetictheater.org.



Philip Fletcher as Prospero in Synetic's "The Tempest."



Ryan Tumulty as Alonso and Philip Fletcher as Prospero; Irina Kavsadze as Miranda and Scott Brown as Ferdinand (in background).

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

WEDNESDAY/FEB. 27

Free Talk. 1 p.m. at Walter Reed Community Center, 2909 S. 16th St. Hear a talk on Elizabeth Keckley, an American seamstress and her time in the Lincoln White House. Register at 703-536-7557. There will be a raffle for those who registered. Bring a story on a seamstress, how you learned how to sew, who taught you, injuries you sustained or other related stories.

THURSDAY/FEB. 28

Lecture. 6:30 p.m. at Virginia Tech Research Center, 900 N. Glebe Road. Learn about the history of Washington, D.C.'s U Street through a discussion by Blair Ruble, author of "Washington's U Street: A Biography." Free. RSVP to <http://www.eventbrite.com/event/4421962208> by Feb. 26.

Stop in for Stories. 10:30-11:15 a.m. at Cherrydale Library, 2190 N. Military Road. Children up to age 5 can enjoy stories. Free. 703-228-6330.

Story Time. 10:30-11:30 a.m. at Aurora Hills Library, 735 S. 18th St. Children up to age 2 can enjoy stories. Free. 703-228-5715.

Drop in Story Time. 10:30 a.m. at Shirlington Library, 4200 Campbell Ave. Children up to age 2 can enjoy stories. Free. 703-228-6545.

Story Time for Over 2s. 11:15 a.m. at Aurora Hills, 735 S. 18th St. Children age 2-5 enjoy stories. Free. 703-228-5715.

Drop in Story Time. 4:15 p.m. at Central Library, 1015 N. Quincy St. Enjoy a bilingual story time for all ages. Free. 703-228-5990.

Stop in for Stories. 4:15 p.m. at Westover Library, 1644 N. McKinley Road. Children up to age 5. Free. 703-228-5260.

THROUGH FEB. 28

Art Exhibit. See Morgan Monceaux's exhibit "Hail to the Chiefs: Portraits of the United States Presidents and First Ladies" at Reagan Washington National Airport, baggage claim level. He uses a variety of media, including campaign buttons, jewelry and more. Free.

FRIDAY/MARCH 1

Story Time: Baby Steps. 10:30 a.m. at Columbia Pike Library, 816 S. Walter Reed Drive. For children ages up to 1 year old. Free. 703-228-5710.

Story Time. 10:30 a.m. at Westover Library, 1644 N. McKinley Road. Ages 2-5. Free. 703-228-5260.

Story Time. 10:30 a.m. or 11:15 a.m. at Central Library, 1015 N. Quincy St. For children up to age 5. Free. 703-228-5990.

Free Concert. 7:30 p.m. at Central United Methodist Church, 4201 N. Fairfax Drive. Features Charles Mokotoff and Barbara Peterson Cackler. A reception will follow. Visit www.cumcballston.org for more.

Late-Night Dance Performance. 10 p.m. at Paul Sprenger Theatre in Washington, D.C. Bowen McCauley Dance presents "Lucy's Local Playlist," a contemporary dance performance inspired by music of 11 local bands/artists. Visit www.bmdc.org for tickets.

Suess Story Time. 4-4:45 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Children age 2-10 can have fun with some of Dr. Suess' characters. Free. Register child only. 703-228-6535. Program #632923-K.

Tiny Tot. Children age 18-35 months can discover the wonders of nature. 10-10:45 a.m. at Gulf Branch Nature Center, 3608 Military Road. \$5 due at registration. 703-228-3403.

Program #632813-A.

Exciting Eggs. 1-2 p.m. at Gulf Branch Nature Center, 3608 Military Road. Children ages 3-5 can learn about animals that lay eggs. 703-228-3403. Program #632813-J.

Comedy. 10 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike. See Barry Rothbart perform. \$20. Visit arlingtondrafthouse.com.

SATURDAY/MARCH 2

Family Story Time. 10:30 a.m. at Columbia Pike Library, 816 S. Walter Reed Drive. All ages can enjoy stories. Free. 703-228-5710.

Tiny Tot. Children age 18-35 months can discover the wonders of nature. 10:30-11:15 a.m. at Gulf Branch Nature Center, 3608 Military Road. \$5 due at registration. 703-228-3403. Program #632813-B.

Comedy. 10 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike. See Barry Rothbart perform. \$20. Visit arlingtondrafthouse.com.

THROUGH MARCH 2

Art Exhibit. See Marina DiCarlo's exhibit "Inside/Outside" at Northern Virginia Art Center, 2100 Crystal Drive. The inside of the body is the inspiration for each of the paintings. Free. Visit www.novaartcenter.org.

SUNDAY/MARCH 3

Party with a Purpose. 6-8 p.m. at Grevey's Restaurant, 8130 Arlington Blvd., Falls Church. Lost Dog & Cat Rescue Foundation invites you to come learn about volunteer opportunities for their 10 weekly adoption events, fostering, transport or taking care of cats and kittens in their adoption centers. Door prizes and munchies, free. Prospective volunteers welcome. Email lisamarierescue@hotmail.com or lostdogbarb@gmail.com.

Earliest Signs of Spring Hike. 1:30 p.m. at Gulf Branch Nature Center, 3608 Military Road. Families with children 5 and older can look for frogs and salamanders, eggs, trees and more. \$5/registration. 703-228-3403. Program #632853-G

Performance. 3 p.m. at Kenmore Performing Arts Center. The American Youth String Ensemble present "Tones of Triumph." \$15/adult; \$10/senior, student with ID; free for music teachers. Tickets available at aypo.org or at the door.

THROUGH MARCH 3

Theater Performances. Signature Theatre, with Artistic Associate Joe Calarco, presents "Shakespeare's R&J." Performances are Tuesday through Sunday. Tuesday and Wednesday performances are at 7:30 p.m.; Thursday, Friday, and Saturday evening performances are at 8 p.m.; Sunday evening performances are at 7 p.m. Matinee performances are Saturday and Sunday at 2 p.m. Tickets start at \$40. Tickets are available by phone at 703-573-SEAT, online at signature-theatre.org, or in person at the Signature Box Office at 4200 Campbell Ave.

MARCH 4 THROUGH APRIL 6

Exhibit. See "Real and Imagined" at Northern Virginia ART Center, 2100 Crystal Drive. Features painter George Bowles' photo realistic work to Bud Hensgen's abstract work. Visit www.novaartcenter.org or 571-483-0652.

MONDAY/MARCH 4

Story Time: Baby Steps. 10:30 a.m. at Westover Library, 1644 N. McKinley Road. Children up to age 1. Free. 703-228-5260.

Story Time. 10:30 a.m. at Shirlington Library, 4200 Campbell Ave. For children ages 2-5. Free. 703-228-6545.

Encore Stage & Studio Presents 'Big Bad'

Mr. Wolf is in the defendant's seat, and the plaintiffs, represented by the Fairy Godmother, take the witness stand one by one to tell of their traumatizing stories of their encounters with Mr. Wolf.

Big Bad runs through March 3 at Thomas Jefferson Community Theatre, located at 125 S. Old Glebe Road. Recommended for ages 4 and up. Showtimes are Friday, March 1 at 7:30 p.m.; Saturday, March 2 at 11 a.m. and 3 p.m.; and Sunday, March 3 at 3 p.m.

Tickets may be purchased at www.encorestage.org or call the box office at 703-548-1154. Adults \$12; children, students, and seniors \$10. Group discounts are available.



Erin Poplin as the Grimm Sister, Meghan Mack as Evil Stepmother, Chris Hahn as Big Bad Wolf, and Malena Davis as the Grimm Sister.

PHOTOS BY LARRY MCCLEMONS

Story Time. 10:30 a.m. at Glencarlynn Library, 300 S. Kensington St. For children up to age 2. Free. 703-228-6548.

Story Time. 2 p.m. at Central Library, 1015 N. Quincy St. Children up to age 1. Free. 703-228-5990.

Story Time. 6:45 p.m. at Cherrydale Library, 2190 N. Military Road. All ages can enjoy. Free. 703-228-6330.

Audition. 5-9 p.m. at Casa de la Luna, 4020 Georgia Ave., N.W., Washington, D.C. Males over 25 who speak Spanish can audition. Visit www.teatrodelaluna.org or 202-882-6227 to reserve a spot.

Local Author. 7 p.m. at One More Page is located at 2200 North Westmoreland St. Melanie McCabe shares poems from her collection "History of the Body." Free. Visit www.onemorepagebooks.com or call 703-300-9746.

TUESDAY/MARCH 5

Paws to Read. 5:30-6:30 p.m. Children in grades K-5 can read to therapy dogs at Columbia Pike Library, 816 S. Walter Reed Drive. Free. Register for a slot by calling 703-228-5710.

Birding Trip. 7:30 a.m.-5 p.m. Meet at Lubber Run Recreation Center parking lot, 300 N. Park Drive. Enjoy a 1-3 mile loop, looking for waterfowl and more. Dress for weather, bring lunch, water and snacks. \$40/dues at registration. 703-228-3403. Program #632843-A

Audition. 5-9 p.m. at Casa de la Luna, 4020 Georgia Ave., N.W., Washington, D.C. Males over 25 who speak Spanish can audition. Visit www.teatrodelaluna.org or 202-882-6227 to reserve a spot.

WEDNESDAY/MARCH 6

Nanny Club. 10 a.m.-noon at Columbia Pike Library, 816 S. Walter Reed Drive. Children up to age 5 and their nannies can enjoy puppets, books and more. Free. 703-228-5710.

Stop in for Stories. 10:30 a.m. or

11:15 a.m. at Central Library, 1015 N. Quincy St. For children up to age 5. Free. 703-228-5946.

Story Time. 1:30 p.m. at Westover Library, 1644 N. McKinley Road. Children up to age 2. Free. 703-228-5260.

Drop in Story Time. 4-5 p.m. at Columbia Pike Library, 816 S. Walter Reed Drive. Children in grades K-5 can enjoy readers' theater, crafts and more with the theme of "Fairies, Fables and Funny Folktales." Free. 703-228-5710.

Story Time. 6:30 p.m. at Glencarlynn Library, 300 S. Kensington St. For all ages. Free. 703-228-6548.

Bird Walk. 9-11:30 a.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Adults can search for resident and migratory birds. Free. Registration required, 703-228-6535. Program #632943-A.

Gemstone Club: Aquamarine. 4 p.m. at Gulf Branch Nature Center, 3608 Military Road. Children age 7-11 can learn about the birthstones and alternate stones for each month. \$10/dues at registration. 703-228-3403. Program #632823-A.

Woodcock Watch. 5-9 p.m. at Lubber Run Recreation Center, 300 N. Park Drive. Adults can search for the male and watch mating displays and other sights and sounds. \$25 due at registration. 703-228-6535. Program #632943-G.

MARCH 6 THROUGH MARCH 30

Exhibit. Gallery B will showcase some of Arlington resident Richard Levine's paintings and photographs in its gallery, 7700 Wisconsin Ave., Suite E, Bethesda. Free. Visit www.bethesda.org or 301-215-6660.

THURSDAY/MARCH 7

Program. 10:30 a.m. at Gulf Branch Nature Center, 3608 Military Road. Children ages 3-5 can learn participate in a group and learn about nature. 703-228-3403. Program #632813-K.

Program. 1 p.m. at Gulf Branch Nature Center, 3608 Military Road. Children ages 3-5 can learn participate in a group and learn about nature. 703-228-3403. Program #632813-L.

Wine Tasting. 6:30 p.m. at One More Page, located at 2200 North Westmoreland St. Free. Visit www.onemorepagebooks.com or call 703-300-9746.

THURSDAY-FRIDAY/MARCH 7-8

The Big Meow Double Day Camp. 9 a.m.-3 p.m. at Theatre on the Run, 3700 S. Four Mile Run Drive, with option for extended day in the morning from 8-9 a.m. or in the evening from 3-6 p.m. For children. \$150/both days; plus \$50 for extended morning or \$75 for extended evening. Visit www.janefranklin.com or 703-933-1111.

FRIDAY/MARCH 8

Tiny Tot. Children age 18-35 months can discover the wonders of nature. 10-10:45 a.m. at Gulf Branch Nature Center, 3608 Military Road. \$5 due at registration. 703-228-3403. Program #632813-C.

Program. 1 p.m. at Gulf Branch Nature Center, 3608 Military Road. Children ages 3-5 can learn participate in a group and learn about nature. 703-228-3403. Program #632813-M.

Comedy. 7:30 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike. See The Lucas Brothers perform. \$20. Visit arlingtondraffthouse.com for more.

Opening Reception. 6-9 p.m. Gallery B will showcase some of Arlington resident Richard Levine's paintings and photographs in its gallery, 7700 Wisconsin Ave., Suite E, Bethesda. Free. Visit www.bethesda.org or 301-215-6660.

Author. 7 p.m. at One More Page, located at 2200 North Westmoreland St. Elizabeth Black will discuss her novel "The Drowning House." Free. Visit www.onemorepagebooks.com or call 703-300-9746.

OAKCREST SCHOOL

PERFORMANCES

Friday, Mar. 1, 2013
7:30 p.m.

Saturday, Mar. 2, 2013
11 a.m. and 7:30 p.m.

SPRING OPEN HOUSE

Tuesday, Apr. 16, 2013
6:30 - 8:00 p.m.

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

ONGOING

Yarn Bomb Meet-ups + Stitch Session. Wednesdays through Feb. 28, 6-9 p.m. Free. Create a yarn bombing temporary public art project in Rosslyn. Meet other knitters at Town Hall, 1901 N. Moore St. All ages and experience levels are welcome. Free. Visit <http://pinklineproject.com>.

Teen Produced Interactive Art and Dance Party. Teens can be introduced to Artisphere's creative opportunities and engage in programming and self-producing art and more. Weekly meetings with varying days. Through Saturday, March 9 from 4:30-6:30 p.m. at Artisphere, 1101 Wilson Blvd. Visit www.artisphere.com for information and to register, e-mail slord@arlingtonva.us.

Juxtaposed: An Interactive Photo Contest. Participants can send in a photograph that blends objects that convey wit, symbolism and/or deeper meaning. Contest runs in conjunction with "The Next Wave: Industrial Design Innovation in the 21st Century" exhibit. Upload photos to www.flickr.com/photos/apartmentzero1. Free. Through Sunday, May 19. Visit www.artisphere.com for more.

AT ARLINGTON ARTS CENTER

Art Exhibit. Arlington Arts Center will showcase the finalists for "Interwoven: Art. Craft. Design" at AAC, 3550 Wilson Blvd. See a range of media, including video, murals, photography and more. Free. Visit www.arlingtonartscenter.org.

Art Exhibit. See Allison Bianco's "Gram's Beach House" and art by a variety of other artists at Arlington Arts Center, 3550 Wilson Blvd. Free. Visit www.arlingtonartscenter.org or call 703-248-6800.

Art Exhibit. Megan Mueller displays "space+craft" in the Wyatt Gallery at Arlington Arts Center, 3550 Wilson Blvd. Free. Visit www.arlingtonartscenter.org or call 703-248-6800.

Art Exhibit. David Carlson debuts "Work in Progress," a multimedia work that combines abstract painting and video at Arlington Arts Center, 3550 Wilson Blvd. Free. Visit www.arlingtonartscenter.org or call 703-248-6800.

WEDNESDAY/FEB. 27

Open Mic. 8 p.m. Open Mic with special guest hosts Todd and James. Free. IOTA Club & Cafe is located at 2832 Wilson Blvd. Visit www.iotaclubandcafe.com or call 703-522-8340.

Stitch Sessions. 6-9 p.m. at Arlington Temple United Methodist Church, 1835 N. Nash St. Learn how to reclaim urban neighborhoods by giving them a sense of "place" with native plants. Free.

THURSDAY/FEB. 28

Performance. 9:30 p.m. at Whitlow's on Wilson, 2854 Wilson Blvd. Performance by 50 Man Machine. Visit www.whitlows.com or 703-276-9693.

Open Mic. 7:30 p.m. at The Comedy Spot located in Ballston Common Mall, 4238 Wilson Blvd. Free. Visit comedyindc.com or call 703-294-LAFF.

Craft Lecture. 7-9 p.m. at Arlington Temple United Methodist Church, 1835 N. Nash St. Learn about projects that combine crafting and community activism to create positive change. Free.

Jazz and Mixer. 5:30-8 p.m. at Artisphere's Town Hall, 1101 Wilson Blvd. Mary Alouette and her band Alouette, the Lark, will perform. Visit www.artisphere.com for more.



Art Classes for Spring Break

Registration begins Monday, Feb. 11, 2013. Class sizes are small and are filled on a first-come, first-served basis.

Art supplies are provided and material fees are included in the cost of classes. Faculty carefully designs each class to be appropriate for the grades designated below. Register your child for their grade level. Tuition assistance is available for children of qualifying families. Inquire about tuition assistance forms and requirements.

Sign up for the morning session, or the afternoon session, or both, Monday through Friday.

Only students registered for consecutive classes are automatically enrolled for supervised breaks between sessions. Parents pack a bag lunch.

Free 9-10 a.m. Reading Room Session for all children registered for 10 a.m. classes.

FRIDAY/MARCH 1

Comedy. 8 p.m. enjoy Comedy Sportz tng for \$10; 10 p.m. enjoy the Blue Show for \$15. All at The Comedy Spot located in Ballston Common Mall, 4238 Wilson Blvd. Visit comedyindc.com or call 703-294-LAFF.

SATURDAY/MARCH 2

Panel. 5-6:30 p.m. at Artisphere, 1101 Wilson Blvd. Enjoy a conversation on "Who's Hot, Who's Not: The Role of Women in Today's Male Dominated Industrial Design Field." A reception follows. Free. Visit www.artisphere.com or 703-875-1100.

Live Music. 9 p.m. Hear The Reserves. Visit them at www.facebook.com/thereservesmusic. \$12. IOTA Club & Cafe is located at 2832 Wilson Blvd. Visit www.iotaclubandcafe.com or call 703-522-8340.

Comedy. 3 p.m. enjoy Comedy Sportz for Kids for \$10; 7:30 p.m. enjoy Comedy Sportz for \$15; 10 p.m. enjoy the Blue Show for \$15. All at The Comedy Spot located in Ballston Common Mall, 4238 Wilson Blvd. Visit comedyindc.com or call 703-294-LAFF.

Audition. Noon-2 p.m. at Artisphere, 1101 Wilson Blvd. Children ages 12-17 can audition to be part of the summer theatre camp held in July. Visit www.artisphere.com for more.

SUNDAY/MARCH 3

Live Music. 8 p.m. Hear The Crooked Angels, with The Honey Dewdrops and

Chatham Street. \$12. IOTA Club & Cafe is located at 2832 Wilson Blvd. Visit www.iotaclubandcafe.com or call 703-522-8340.

Karaoke. 9 pm. Free. Galaxy Hut is located at 2711 Wilson Blvd. Visit www.galaxyhut.com or call 703-525-8646.

THROUGH SUNDAY/MARCH 3

Exhibit. MGMT. design created 50 new flags based on the current conditions of a changing nation. They use data visualization in a heraldic form to reveal facts about our country. Free at Artisphere, 1101 Wilson Blvd. Visit www.artisphere.com or 703-875-1100.

MONDAY/MARCH 4

Live Music. 9 p.m. Hear Chloe Sunshine and Gary B. and the Notions. \$5. Galaxy Hut is located at 2711 Wilson Blvd. Visit www.galaxyhut.com or call 703-525-8646.

THURSDAY/MARCH 7

International Women's Day Gala. 6:30-9 p.m. at Cafe Asia, 1550 Wilson Blvd. Enjoy food, entertainment and more. \$50/person or \$90/pair. Visit pavingtheway.net/wordpress/2013/02/international-womens-day-gala for tickets and more.

SUNDAY/MARCH 10

Live Music. 8:30 p.m. Hear Rah Rah, with Two Hour Traffic. Visit them at

GRADES PRE K (AGE 4) – K

Around the World. 10-11:30 a.m., \$90. Travel somewhere new everyday through the magic of.

GRADES 1-2

Continental Trekkers, 10 a.m. – 12:30 p.m., \$135. From the classroom, travel somewhere new everyday through the magic of art.

Travel to the Renaissance, 1:30-4 p.m., \$135. Travel back in time to experience the Renaissance in Italy.

GRADES 3-5

Museum Mile in NYC, 10 a.m. – 12:30 p.m., \$135. Let your imagination travel to the most dynamic city in the world, New York City.

Spanish Excursion/ Excursión a España, (English & Spanish), 1:30-4 p.m., \$135. Seek your artistic inspiration from several exceptional artists that hail from Spain.

www.facebook.com/rahrand and <http://twohourstraffice.com>. \$10. IOTA Club & Cafe is located at 2832 Wilson Blvd. Visit www.iotaclubandcafe.com or call 703-522-8340.

MONDAY/MARCH 11

Live Music. 9 p.m. Hear Phone Home and Newport Stress Laurel Chor. \$5. Galaxy Hut is located at 2711 Wilson Blvd. Visit www.galaxyhut.com or call 703-525-8646.

TUESDAY/MARCH 12

Live Music. 8 p.m. Hear Jon Bell, with Brad Doggett. Visit them at <http://jonbellmusic.com/> and www.facebook.com/BradDoggettMusic. \$12. IOTA Club & Cafe is located at 2832 Wilson Blvd. Visit www.iotaclubandcafe.com or call 703-522-8340.

FRIDAY/MARCH 15

Movie and Discussion. 7 p.m. at Artisphere Dome Theatre, 1101 Wilson Blvd. Watch "Design is One: Lella and Massimo Vignelli" and then have a discussion with filmmakers Kathy Brew and Robert Guerra. Free. Visit www.artisphere.com or 703-875-1100.

SATURDAY/MARCH 16

Live Music. 9 p.m. Hear Otasty. Visit them at www.myspace.com/otastyband. \$12. IOTA Club & Cafe is located at 2832 Wilson Blvd. Visit www.iotaclubandcafe.com or call 703-522-8340.

East Falls Church

Ballston-MU

Virginia Sq-GMU

Clarendon

Court House

Rosslyn

SPORTS

Wakefield Boys' Basketball Finishes Region Runner-Up

Warriors qualify for state tournament, will travel to Richmond.

BY JON ROETMAN
THE CONNECTION

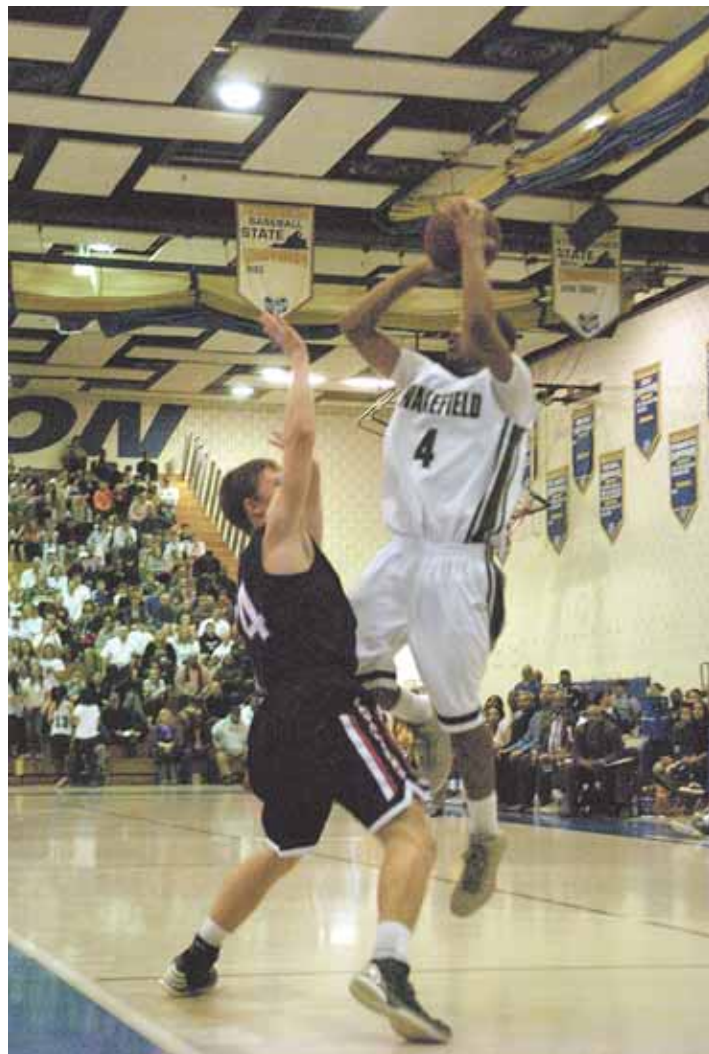
Wakefield sophomore Dominique Tham covered his face with his jersey. Senior Khory Moore pulled his jersey over the back of his head, leaving his face exposed as a cloud of disbelief hovered over the Warriors bench. Head coach Tony Bentley stood with his hands in his pockets and a blank expression on his face.

The Wakefield boys' basketball team was 8 minutes away from cutting down net. The Warriors needed only to protect a 19-point lead to secure the program's first Northern Region title since 2005. But at the end of the night, an epic comeback by Woodson rendered Wakefield region runner-up and left the Warriors to watch as the Cavaliers were recognized as champions.

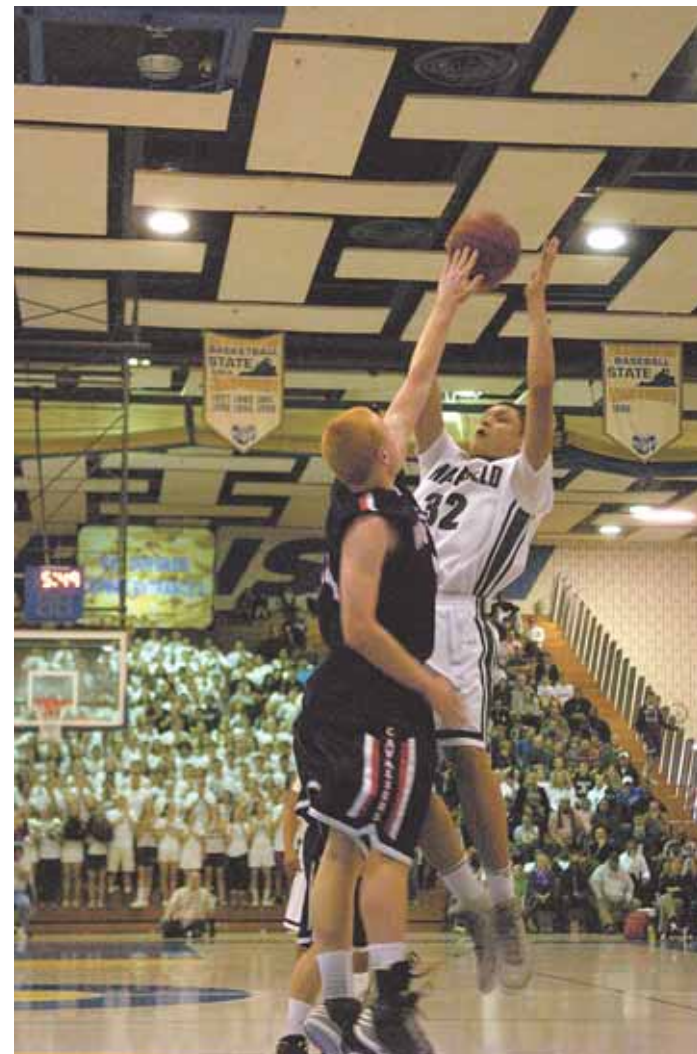
Woodson defeated Wakefield 75-70 in overtime during the Northern Region tournament final on Feb. 23 at Robinson Secondary School. The Warriors led by as many as 22 points in the second half and held a 52-33 advantage entering the fourth quarter. But Woodson opened the final period on an 11-0 run and eventually outscored Wakefield 26-7 to force overtime. In the extra period, Tommy Stepka buried a 3-pointer with 2:10 remaining, giving the Cavaliers a 65-62 lead they would not relinquish.

How did the Warriors handle the loss? "Tough," Bentley said. "I want them to take it tough, because if I had a bunch of guys that came out here and were just happy, I'd be pissed. Yeah, they're taking it hard, especially some of the seniors who worked hard to get to this point. You don't want to just get here and walk away with this [runner-up trophy] in your hand, you want the big prize."

One positive Wakefield could take away from the situation was the Warriors had clinched a state playoff berth by defeating Robinson 68-58 the night before.



Wakefield senior Khory Moore scored 37 points in a loss to Woodson during the Northern Region championship game on Feb. 23.



Wakefield sophomore Dominique Tham finished with 12 points and 10 rebounds against Woodson on Feb. 23.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

"There are 28 other teams that are home," Bentley said, "and we're still playing next week."

However, that likely failed to immediately dull the pain of squandering a massive lead. Moore buried his sixth 3-pointer of the evening with 1:02 remaining in the third quarter, giving Wakefield its largest lead of the game at 52-30. But the Warriors managed just one field goal during the next six-plus minutes as Woodson worked to erase the deficit.

"I'm still in awe and shock of what happened ..." Woodson senior Peter Murray said after the game.

Murray's 3-pointer with 1:20 remaining in the fourth quarter tied the score at 59-all. Neither team scored for the remainder of regulation and the game went to overtime. Moore opened the extra period with a bucket, but Woodson's Damian Bell responded with a 3-pointer, giving the Cavaliers a 62-61 lead — their first lead since the 5:33 mark of the second quarter.

"I think they got the first basket (of overtime) and [Bell's 3-pointer] was the dagger," Murray said. "At that point, once we took the lead ... I think Wakefield just kind of crumpled up and backed down."

Moore tied the score at 62-all with a free

throw, but Stepka responded with a 3-pointer and Woodson led for the remainder of the contest.

Moore finished with 37 points and six 3-pointers in defeat. Tham had 12 points and 10 rebounds. Jalen Carver finished with 12 points and Ermiyas Nega had six points and 12 rebounds. Murray was named tournament MVP Moore and Tham were named to the all-tournament team.

Wakefield will travel to Richmond to face Northwest Region champion Mountain View in the state quarterfinals at VCU's Siegel Center at 5:30 p.m. on Thursday, Feb. 28.

SCHOOL NOTES

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

The following Virginia Tech students have graduated:

- ❖ Christopher Sherlock, Bachelor of Science in Business in business information technology.
- ❖ Rosemarie Bundoc, Bachelor of Arts degree cum laude in international studies.
- ❖ Mary Ann Frances Calica, Bachelor of Science in psychology.
- ❖ Madelaine Torres, Bachelor of Science in Business in finance.
- ❖ Rebecca Zapata, Bachelor of Science in Materials Science and Engineering in materials science and engineering.
- ❖ Emma Indingaro, Bachelor of Science in human nutrition, foods and exercise.

❖ Adam Hickey, Bachelor of Science in Computer Engineering in computer engineering.

❖ William Brady, Bachelor of Science in computer science.

❖ Michael Ciampa, Bachelor of Science in geosciences.

❖ Catherine Conti, Bachelor of Arts in history.

❖ Michael Hughes, Bachelor of Science in biological sciences.

❖ Andrew McClellan, Bachelor of Science in Business in economics.

❖ Lauren Panke, Bachelor of Arts cum laude in international studies.

❖ Leah Stricker, Bachelor of Arts in humanities, science, and environment; and Bachelor of Science in environmental policy and planning.

❖ Allison Wilkes, Bachelor of Arts degree cum laude in English.

SEE SCHOOLS, PAGE 13

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Wakefield head coach Tony Bentley speaks to the Warriors during the Northern Region final against Woodson on Feb. 23 at Robinson Secondary School.

SCHOOLS

FROM PAGE 12

- ♦ **Madeline Williams**, Bachelor of Science cum laude in biochemistry.
- ♦ **Martha Woldu**, Bachelor of Arts cum laude in international studies.
- ♦ **Cynthia Gomez**, Bachelor of Science in human nutrition, foods and exercise.
- ♦ **Emma Kiser**, Bachelor of Science in environmental policy and planning.
- ♦ **Devin McCue Emery**, Bachelor of Science in Business magna cum laude in marketing management and Bachelor of Arts magna cum laude in communication.
- ♦ **Christopher Dykema**, Master of Science in Materials Science and Engineering.
- ♦ **Mark Peterson**, Master of Science in Civil Engineering.
- ♦ **Michael Cangialosi**, Master of Science in Geosciences.
- ♦ **Edward Landrum**, Master of Business Administration in Business Administration.
- ♦ **Emily Loney**, Master of Arts in Education in Counselor Education.
- ♦ **Timothy Tishman**, Master of Accountancy and Information Systems in Accounting and Information Systems.
- ♦ **Joshua Nicholas**, Master of Science in Civil Engineering.

Semifinalists in the 58th annual National Merit Scholarship Program are:
 Arlington Bishop O'Connell High School: **Meagan C. David** and **Elaine M. Harrington**
 Washington Lee High School: **Andrew R. Aughter**, **Abigail K. Bessler**, **Ariel Bobbett**, **Rachael K. Chase**, **Sebastian Coupe**, **Sonia A. Holar**, **Mary E. Parker-Simkin** and **Elizabeth M. Roy**

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To Buy Or Not To Buy



By KENNETH B. LOURIE

That is my question. And though I can't quite quote Shakespeare the way I can quote The Three Stooges: "Moe, Larry, the cheese. Moe, Larry, the cheese," "'tis nobler" to ask it nonetheless. Still, if Hamlet had been diagnosed with a terminal form of cancer, as I have, perhaps he wouldn't have been contemplating suicide but rather allocating his monthly budget - as I do every day, with nearly every purchase. That's my dream, "perchance" or otherwise.

Given that I'm not heir to a fortune, but rather fortunate to still be here, what dollars I earn - and in turn spend, are dollars whose expenditure has to make sense (at least add up, anyway). As a result, I'm always thinking "what if," as in "what if" I'm spending money now on relative incidentals, money that I might need later for more important health and welfare-type costs? And I'm not discussing comfort foods, either. I'm discussing in-home care and/or miscellaneous other cancer-related expenses that can't exactly be paid out of petty cash. Expenses that generally don't take care of themselves any more than cancer takes care of itself. Moreover, though little I know about health and fitness and subsequent complications, I do know my medical ABCs: Anything But Cancer.

However, cancer has become the name of my game and living with it the greatest challenge of my life. Do I ignore it? Do I give in to it? Do I adjust to it? As much as I want to "live long and prosper," and live as normally with my diagnosis as I would live without it, that compromised life expectancy/mortality thing tends to rear its ugly, uncontrollable head. The subconscious control it exerts over me is not so much scary as it is uncomfortable - and somewhat uncharacteristic of who I am and how I want to be. Unfortunately, I can't change the way I think now/how I'm influenced any more than this life-long member of Red Sox Nation can become a New York Yankee fan. It's almost as if your personality profile/tendencies are genetically transformed because of the mutations in your cells brought about by the cancer being triggered somehow. You know what you're doing. You think you know why you're doing it. But you still can't stop yourself from doing it. This preoccupation seems to manifest itself most when I am spending money. I always ask myself if I really need that item now. And if I do need it now, how long might I actually need it for. And how long I might need it for determines the level of financial commitment I'm willing to make. After all, are we talking days, weeks, months or years?

A few decisions that have consumed me of late, involving value versus actual need: Eight pack of soap. Yes, I need to be clean, but at what cost and for how long? A 150-count "Mega" pack of tall kitchen bags. We use a bag a week, approximately. This purchase counts for three years. Who benefits from that?

Pills/supplements I buy. Do I supply myself with one-month, two-month, three-month, or longer? Yes, the unit cost goes down but my true cost may go up because my time might be up.

My AARP membership. One-, three- or five-year renewal. Again, the more years I prepay, the less the cost. But at what cost? Who's the beneficiary? Me or my beneficiary?

What to do? Live like having cancer matters or live like it doesn't? Either way, "I'm a victim of soicumbstance."

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

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\$500
MILITARY REBATE INCENTIVE FOR ACTIVE MILITARY PERSONEL⁶

(1) OFFERS INCLUDE VA TAX, FREIGHT, \$399 PROCESSING FEE, ACQUISITION FEE AND \$0 SECURITY DEPOSIT. 36-MONTH LEASE WITH 12K MILES PER YEAR. TOTAL DOWN PAYMENT PLUS TAX, TAGS, FREIGHT AND \$399 PROCESSING FEE DUE AT SIGNING. DOLLAR PER DAY AMOUNT BASED ON 30-DAY MONTH. MONTHLY PAYMENTS EQUAL TO: (COROLLA: \$239/MONTH, CAMRY: \$279/MONTH, RAV4: \$289/MONTH). (2) 0% APR FINANCING AVAILABLE FOR UP TO 60 MONTHS ON SELECT MODELS. OFFERS FOR WELL-QUALIFIED BUYERS WITH APPROVED TIER1+ CREDIT THROUGH TFS. 60 MONTHLY PAYMENTS OF \$16.67 PER \$1,000 BORROWED. \$399 DEALER DOC FEE. (3) BASED ON BLACK BOOK TRADE VALUE MINUS EXCESS MILEAGE AND RECONDITIONING. (4) COVERS NORMAL FACTORY SCHEDULED SERVICE FOR 2 YEARS OR 25K MILES, WHICHEVER COMES FIRST. THE NEW VEHICLE CANNOT BE PART OF A RENTAL OR COMMERCIAL FLEET. SEE PARTICIPATING DEALER FOR COMPLETE PLAN DETAILS. VALID ONLY IN THE CONTINENTAL UNITED STATES AND ALASKA. (5) TOYOTA FINANCIAL SERVICE COLLEGE GRADUATE PROGRAM IS AVAILABLE ON APPROVED CREDIT THROUGH A PARTICIPATING TOYOTA DEALER AND TOYOTA FINANCIAL SERVICES. NOT ALL APPLICANTS WILL QUALIFY. REBATE OFFERED BY TOYOTA MOTOR SALES, U.S.A., INC. REBATE WILL BE APPLIED ON LEASE CONTRACTS, FIRST TOWARD THE AMOUNTS DUE AT LEASE SIGNING OR DELIVERY WITH ANY REMAINDER TO THE CAPITALIZED COST REDUCTION OR TOWARD THE DOWN PAYMENT ON FINANCE CONTRACTS. ONE REBATE PER LEASE OR FINANCE TRANSACTION. (6) REBATE OFFERED BY TOYOTA MOTOR SALES, U.S.A., INC. REBATE WILL BE APPLIED ON LEASE CONTRACTS, FIRST TOWARD DUE AT SIGNING OR DELIVERY, WITH ANY REMAINDER TO THE CAPITALIZED COST REDUCTION, OR TOWARD THE DOWN PAYMENT ON FINANCE CONTRACTS. ONE REBATE PER FINANCE OR LEASE TRANSACTION. NOT COMPATIBLE WITH THE TOYOTA COLLEGE GRADUATE REBATE PROGRAM. SEE DEALER FOR COMPLETE DETAILS. ELIGIBLE CUSTOMERS MUST BE IN CURRENT ACTIVE DUTY STATUS IN THE U.S. MILITARY. (†) WHICHEVER COMES FIRST FROM DATE OF TCUV PURCHASE. (††) FROM DATE OF TCUV PURCHASE. (†††) 1.9% APR FINANCING ON ALL CERTIFIED PRE-OWNED VEHICLES FOR UP TO 60 MONTHS WITH APPROVED CREDIT ON SELECT MODELS THROUGH TFS. 60 MONTHLY PAYMENTS OF \$17.05 PER \$1,000 BORROWED. \$399 DEALER DOC FEE. SEE DEALER FOR COMPLETE FINANCING DETAILS. (††††) *PURCHASERS CAN RECEIVE \$1,000 CASH BACK FROM TOYOTA OR CAN APPLY CASH BACK TO DOWN PAYMENT. TAX, REGISTRATION, INSURANCE, AND DEALER FEES ARE EXTRA. NOT ALL CUSTOMERS WILL QUALIFY. CASH BACK OFFER NOT VALID WITH ANY OTHER APR OR LEASE OFFER. ALL OFFERS EXPIRE 02/28/13.

Jack Taylor's
ALEXANDRIA
TOYOTA / SCION

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3750 JEFFERSON DAVIS HWY. | ALEXANDRIA, VA 22305

1-866-616-8420 | ALEXANDRIATOYOTA.COM