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News



Runners prepare to race at the Marine Corp Marathon in Arlington on Sunday, Oct. 25.



Montel Williams, former marine and daytime talk show host, gives an motivational speech to the marathon's runners.

34th Marine Corps Marathon



Graham Fenton from the hit **Broadway show "Jersey Boys"** sang the National anthem before the Marine Corps Marathon began at Arlington Cemetery.

It's That Bad

County Board sets guidance that next year's budget shouldn't exceed current spending.

By Michael Lee Pope The Connection

ith the county manager expected to present a proposed budget in February, the County Board last weekend adopted a budget guidance that requests a budget for fiscal year 2011 budget no greater than the adopted budget for fiscal year 2010. That's \$947 million. Board members directed the county manager to

close the anticipated budget gap by equally "... layoffs will be very dividing between service reductions and probable although revenue increases.

"Closing a gap of this nothing is certain yet." magnitude will require a strategic balancing of tax and fee increases

and noticeable service reductions," said County Board Chairwoman Barbara Favola in a written statement. "In the end, I am confident the final fiscal year 2011 budget will reflect our community's values."

County budget officials are expecting to receive about \$40 to \$50 million less in revenues this year, the product of a flagging real-estate market and dwindling allocations from state and federal coffers. In addition to those losses, the county is expecting to have about \$40 to \$50 million in additional costs with uncontrolled expenses. That includes an additional \$4.6-million increase in debt service and \$2-million increase in Metro payments. Adding the lost revenues to the increased expenses creates a budget shortfall of somewhere between \$80 to \$100 million.

"This is a budget gap that's unprecedented

in recent years," said Mark Schwartz, director of Management and Finance for the county, "Given the scope of cuts that must be made, layoffs will be very probable although nothing is certain yet."

DECLINING REAL-ESTATE assessments are the main reason for the county's falling revenue projections. Although residential assessments are only expected to fall 5 percent, commercial real-estate assessments are anticipated to drop by 14 percent. The

precipitous drop in commercial real-estate assessments reflects the tightest credit environment for commercial developers in a genera-— Mark Schwartz, director of tion or more — a phenomenon that will influence how this year's budget cycle will be

shaped in the coming months.

Management and Finance

"Commercial real estate saved Arlington's tax base the last couple of years as residential declined," said Stephen Fuller, director of the Center for Regional Analysis at George Mason University. "Now that residential has stabilized and is expected to grow in value next year and commercial real-estate cycle is headed downward, it looks like a liability.'

Fuller said that Arlington's deficit is small in comparison to other jurisdictions in Northern Virginia, and that he expects the commercial real-estate cycle to lag the residential recovery by only one year. Meanwhile, Arlington's budget officials are bracing themselves for a difficult budget year that is expected to include service cutbacks

SEE LOW-REVENUE, PAGE 10

A Night To Decide D.C.'s Funniest Feds

Facebook:

"a Google map

— John Quirk

for stalkers."

Government workers by day, stand-up comedians by night.

BY DELIA SAVA The Connection

ohn Quirk said he was absolutely terrified his first time. "I still couldn't tell you what I said that night. I was blinded by the spotlight and vaguely remember hearing chuckles emerging from the darkness." The stand-up comedian has gotten past his fear. He is at the Arlington Cinema 'N' Drafthouse to perform in front of a sold-out room in the Finals of D.C.'s Funniest Fed contest.

The doors open at 6:30 p.m. and the combination club/movie theater begins to fill with a diverse adult crowd wanting to get contestants are here with family members, vants." The San Francisco-based comedian friends and coworkers. Before the show be-said, "My comedy is for people who read or

gins, the movie screen displays the photos and names of the comedians and the agencies they work for in the federal government. The mood is festive and the beer is flow-

Veteran political satirist Will Durst warms up the audience

and acts as the emcee. When he asks for a that I did stand-up," said Johnson. The Alshow of hands to see who works for the federal government, not surprisingly, about half the hands go up, prompting Durst to

a good seat for the show. Several of the six remark, "Oh, a lovely group of civil ser-

know someone who does," adding "I like D.C. because of what I do."

Producer Naomi Johnson came up with the concept in 2003 while she was working for the State Department. "People were always so excited when they found out

exandria resident who has had a life-long love of comedy suspected there was an audience that would enjoy smart, clean com-

edy. And with 300,000 federal employees between D.C., Maryland and Virginia, she was confident the talent was there. "It took me a long time to get up the courage to do it ... it's a big financial risk." In 2007 Johnson who works for the Department of Homeland Security did the first contest and sold out.

This is the second time Johnson has produced the event. One major change is that there are two winners. "Novice comics were getting squashed out by comics with more experience so I redesigned this year so we'd have a novice winner and an experienced winner." It was important for Johnson to make it fair for the newer comics. "If they have the courage to try ... we should give

SEE D.C.'S FUNNIEST FEDS, PAGE 4

HALLOWEEN HOME OPENER

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COMMITMENT





The Wizards take on the New Jersey Nets on Halloween night, Saturday, October 31 at 7pm. Bring the family and scream for the home team! Giveaways and prizes make this game a real treat:



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News

D.C.'s Funniest Feds

From Page 3

them a chance," she said.

Doug Hecox started doing stand-up as a way to meet women while he was at the University of Wyoming. The D.C. resident jokes that he's now "too old for cougars and too young to be a sugar daddy." When he's not working at F.H.W.A. or telling jokes, Hecox teaches journalism at American University. In his set he noted, "People in Baltimore hate being called Baltimorons ... I really feel sorry for people in Tampa."

Shahryar Rizvi works for the U.S. Census. The Laurel, Md. resident was encouraged to enter a comedy contest in college; he performed in front of 800 people and won third place. "I come from a far away place. We don't have surprise birthday parties. We have surprise weddings. Surprise, surprise, this is your wife."

Jeff Maurer of Vienna did so badly the first time he performed for an audience, "my hand was literally shaking." The E.P.A. employee joked about the tricks men use to cover up pre-mature baldness and observed, "If the guy is 20 and bald, let the guy have a drink."

"It's easy to tell a joke at a party," said Kevin Blackerby of Hyattsville, Md. The



John Quirk of Arlington won in the novice category.

Smithsonian employee who is new to comedy took a class at the D.C. Improv to help ease him into the scary transition of performing on stage and said he gets his material everywhere: "If God wants to leave

SEE COMEDIANS, PAGE 7



BULLETIN BOARD

Know of something missing from the community calendar? E-mail it to arlington@connectionnewspapers.com. Deadline is 2 p.m. the Thursday before publication. For more volunteer opportunities, classes, announcements visit www.arlingtonconnection.com and click on Community.

SUNDAY/NOV. 1

Race for a Cause. 8 a.m. Acumen Solutions, a leading business and technology consulting firm, will hold its Acumen Solutions Race for a Cause 8K on Sunday, Nov. 1 in Arlington. Cost is \$30 before Oct. 31, \$35 on race day. The race will be on a fast out-and-back, flat course that begins and ends on North Quincy Street, near the intersection of Wilson Boulevard in Arlington. To register, go to

www.theraceforacause.com.

10th Annual Senior Info/Expo

Fair. Noon to 4 p.m. WUSA-TV (Channel 9) news anchor, JC Hayward, will emcee the event which will include exhibits, speakers, health screenings, flu shots, entertainment and information on the needs and interests of adults 50 years of age and older. At the Ballston Mall, Arlington. Call 301-949-9766.

Jobs for People with Disabilities.

1-5 p.m. Epilepsy Foundation Metropolitan Washington's Health, Wellness and Beauty Event. Contact the Epilepsy Foundation Metropolitan Washington at 301-918-2121. At the Crystal Gateway Marriott, 1700 Jefferson Davis Highway, Arlington.

MONDAY/NOV. 2

Inaugural Organ Concert. 8 p.m.

Free. Features Thom Robertson, organist. At Grace Episcopal Church, 3601 Russell Road (corner of W. Glebe), Alexandria. 703-549-1980

NOV. 2-3

Information Evening/Observation Morning. Monday at 7:30 p.m.
Tuesday at 9 a.m. Classes for 2 years old through the early grades. At Potomac Crescent Waldorf School, 923 S. 23rd Street, Arlington. Go to www.PotomacCrescentSchool.org.

NOV. 2, 9, 16, 24

Newly Diagnosed MS Group. 7-8:30 p.m. Adults diagnosed with MS in the last two years, plus adult family members and friends, are welcome to join the Society for this program. At the Central Library, 1015 North Quincy Street, Arlington. Advance registration is required by calling the National Capital Chapter at 202-296-5363 or by visiting www.MSandYOU.org no later than

WEDNESDAY/NOV. 4

Nov. 6.

Green Home Remodeling. 6:30-8:30 p.m. Learn how you can remodel your home or add an addition in a more environmentally friendly manner. At the Central Library, 1015 N. Quincy Street, Arlington. Call 703-228-3599

THURSDAY/NOV. 5

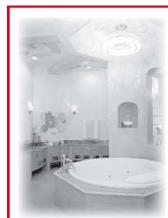
Bishop O'Connell Open House. 7 p.m. No RSVP is required. At 6600 Little Falls Road, Arlington. Contact the Admissions Office at 703-237-1433.



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Information Sessions Wednesday, Nov. 4

Wednesday, Dec. 2

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garage entrance:

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OPINION

Vote Nov. 3 Outcome of governor's race depends on who in Northern Virginia turns out to vote.

t's all about turnout.

Statewide, voters in Virginia will pick a new governor and attorney general, vote for lieutenant governor, plus one House of Delegates seat. Turnout for these "off year" elections is notoriously low, meaning every vote will count.

The outcome will also count. Both statewide and in delegate races, there are stark differences between candidates. In a very tough economic environment, those who are elected will have tremendous influence on some very important details of living and working in Virginia.

You can find a link to all of the Connection's election coverage, plus to the Voters Guide of the League of Women Voters, which was published last week in the Connection, at www.ConnectionNewspapers.com.

VOTERS' RIGHTS, excerpts from the State Board of Elections:

As a Virginia voter, you have the following

- * To be treated with courtesy and respect by the election officials
- * To seek help from the election officials if you are unsure about anything relating to the voting process.
- To be given a demonstration of how the voting equipment works.
- * To enter the full name of a write-in candi-
- * To have a ballot brought to your vehicle instead of entering the polling place if you are 65 years of age or older, or if you are disabled.
- * To vote even if you have no identification with you at the polling place. You must sign the "Affirmation of Identity" statement before voting if you have no ID.

❖ To vote by provisional ballot if your status as a qualified voter is in question, and to be present when the Electoral Board meets to determine if your ballot will be counted.

❖ To bring your child age 15 or younger into the voting booth with you to observe you vote. To vote if you are in line by 7 p.m. when the polls close.

IF YOU FEEL your voting rights have been violated or that you may have witnessed an election law being broken, it is important to report the incident before the polls have closed, preferably while you are still there. Contact the State Board of Elections at 1-800-552-9745, or via email at info@sbe.virginia.gov.

If you still believe your voting rights may have been violated, you have 10 days to file a formal complaint with the State Board of Elections.

For more information and to find your polling place, go to www.sbe.virginia.gov and click on "voter information." Polling places will be open from 6 a.m. to 7 p.m. on Election Day, or consult the local office of elections:

General Registrar

2100 Clarendon Blvd. Suite 320 Arlington VA 22201 703-228-3456

Really Scary

day night this year, and Halloween being the sort of holiday that young adults and others can embrace in the midst of a recession, it could more than live up to its reputation as a holiday associated with drinking and driving.

More than half the fatal car accidents over Halloween weekends are caused by drunk drivers, according to the Washington Regional Alcohol Program.

As a means of making the Washington-metropolitan area's roadways a little less frightening this Halloween, the local organization will sponsor free cab rides to would-be drunk drivers throughout Northern Virginia and Suburban Maryland on Saturday, Oct. 31.

We encourage Halloween celebrants to plan ahead, party near public transportation, bring a designated driver, or make other arrange-

ith Halloween falling on a Satur- ments to stay off the roads after drinking. But if all of that fails, you can call for a free cab ride home.

> Offered by the nonprofit Washington Regional Alcohol Program (WRAP), the Halloween SoberRide program will be in operation beginning Halloween at 10 p.m., Saturday, Oct. 31, and operate until 6 a.m. on Sunday, Nov. 1 to keep impaired drivers off the road during this traditionally high-risk holiday period.

> During this eight-hour period, area residents ages 21 and older and celebrating with alcohol may call the toll-free SoberRide phone number 1-800-200-TAXI for a no-cost (up to a \$50 fare), safe way home.

> Since 1993, WRAP's SoberRide program has provided 44,120 free cab rides home to wouldbe impaired drivers on specific holidays in the Greater Washington area. See www.sober ride.com.

"FLOURISHING AFTER 55

"Flourishing After 55" from Arlington's Office of Senior Adult Programs, Nov. 9-

Senior centers: Aurora Hills, 735 S. 18th St.; Walter Reed, 2909 S. 16th St.; Culpepper Garden, 4435 S. Pershing Dr.; Langston-Brown, 2121 N. Culpeper St.; Lee, 5722 Lee Hwy.; Madison, 3829 N. Stafford St.; TJ Comm. Center, 3501

Traditional Hatha Yoga classes begin Monday, Nov. 9, 1 p.m., 90 minutes, including chanting, eye exercises, additional breath work, meditation, Langston-Brown Senior Center. Previous experience helpful. Cost \$35/7 classes. Call to register, 703-228-5321.

Community crafters needed for Holiday Bazaar (Dec. 5), Culpepper Garden Senior Center. Table rental \$5. Call Monday, Nov. 9, 10 a.m. - 3 p.m., for more information, 703-228-4403.

Employment counseling, Monday, Nov. 9, 10 a.m. - noon, Walter Reed Senior Center. Meet with Haile Woldu, Arl. Employment Center. Free. Call for appt., 703-228-0955.

Wyatt Schroeder, outreach coordiand Hammers, Tuesday, Nov. 10, 11 a.m., Langston-Brown Senior Center. Learn about H&H's services to low income seniors. No fee; newcomers welcome. Details, 703-228-5321.

Walk Away the Pounds, Tuesday, Nov. 10, 4:30 p.m., Walter Reed Senior Center. Safe, easy, indoor walking program. Free. Call to register, 703-228-0955. Closings: Arlington County Senior Centers will be closed Wednesday, Nov. 11 in observance of Veterans Day.

AARP's two-day safe driving refresher course, Thursday, Nov. 12, Friday, Nov. 13, 9 a.m. – 1 p.m., Walter Reed Senior Center. Participants must attend both days to receive certificate. Cost is \$14 (AARP members \$12), Call to register, 703-2228-0955.

How to talk about end-of-life issues will be discussed Thursday, Nov. 12, 1 p.m., Walter Reed Senior Center. Program presented by Joan Brown, R.N., community education mgr., Capital Hospice of Virginia. Free. For more information, 703-228-0955

Learn how to use Facebook, Thursday, Nov. 12, 10:15 a.m., Lee Senior Center. One-on-one coaching; free. Call for appt., 703-228-0555

"What's in the national Archives?" is a presentation Thursday, Nov. 12, 10:15 a.m., Walter Reed Senior Center. Program conducted by Archives docent Bonnie-Lorraine Thiele. Free. Details, 703-228-0955.

Writers and noe Thursday, Nov. 12, 1-4 p.m., Langston-Brown Senior Center. Free; newcomers welcome. Details, 703-228-5321.

The music appreciation group at Culpepper Garden Senior Center will discuss composer Franz Shubert's work, Friday, Nov. 13, 1 p.m. Free; newcomers welcome. Details, 703-228-4403.

ARLINGTON CONNECTION

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

Steven Mauren

Editor 703-778-9415 smauren@connectionnewspapers.com

Steve Hibbard Associate Editor 703-778-9412

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Jon Roetman Sports Editor 703-224-3015

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Editor in Chief:

Steven Mauren

Managing EditorsMichael O'Connell, Kemal Kurspahic

Photography: Robbie Hammer, Louise Krafft

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Geovani Flores, Laurence Foong, John Heinly, Wayne Shipp, John Smith

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CIRCULATION: 703-778-9427

CONNECTION NEWSPAPERS,

Peter Labovitz President/CEO

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Рното ву LOUISE KRAFFT/

Snapshot

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resident

and her

friend

of the

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from on top

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Parade in

Del Ray

Fire Truck at

6 ARLINGTON CONNECTION OCTOBER 28 - NOVEMBER 3, 2009

News

Comedians

From Page 4

America, let him go."

During her few minutes on stage, Kate Taylor, the only female and one of the "newbie" contenders, joked about moving to D.C. from Utah. Taylor who works for the U.S. Senate made fun of her challenges being "a conservative Republican Mormon among millions of Democrats."

The more experienced of the novice comedians, Arlington resident John Quirk acknowledged that doing stand-up has gotten easier with each time. In his set, the former Army captain described Facebook as "a Google map for stalkers." Quirk who works in the U.S. Senate has honed his comedic skills at Ri Ra in Clarendon where he hosts the open mic comedy sessions every Wednesday. In an e-mail, he wrote, "It's cheesy to say but I think you grow as a person by putting yourself in new situations."

Part of the proceeds from the event are donated to Fisher House, a nonprofit helping military families. Johnson presented a check for \$1,000 to Andrew Kayton, donations coordinator at Fisher House. Kayton also served as one of the judges, along with Dave Nuttycombe, a comedy writer and John Xereas, a comedy booker.

The two winners, Jeff Maurer and John Quirk, received top rankings from the judges and the audience vote. In an autograph to a local comedian, Will Durst wrote, "Remember the only ones still doing it are the ones who never quit." His advice for the young comedians is the same advice his father gave him, "just keep doing it."



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Dear Virginia Voter:

On behalf of Virginia members of the Laborers International Union of North America (LiUNA!), I urge you to vote next Tuesday, November 3rd for Creigh Deeds for Governor, Jody Wagner for Lieutenant Governor and Steve Shannon for Attorney General. The stakes have never been higher for Virginia.

When American working families are struggling to pay a mortgage or medical expenses, we continue to see that we live in a world with serious inequities between management and working families. We represent all that is fair in America: family-supporting wages, affordable healthcare for all, quality craftsmanship and the best value for taxpayers who rely on the roads, bridges and tunnels that we build. LiUNA! works with our employers to keep them competitive while still providing employer paid family health care coverage and retirement benefits. This is good for all Virginians!

The Democratic ticket consisting of Mr. Deeds, Mrs. Wagner and Mr. Shannon will create a climate in Virginia where both labor and businesses can work together to create a positive economic environment that creates good-paying jobs with benefits. They understand the importance of economic recovery and how to forge alliances where both workers and management reap the benefit.

While the opponents of the Democratic ticket have chastised them for their support of these principles, Mr. Deeds, Mrs. Wagner and Mr. Shannon have refused to compromise their support of middle and working class families, nor should they. LiUNA! firmly believes that we should never have to apologize or be ashamed to ask for living wages and healthcare for all, and we are proud to support candidates that want to keep Virginia moving forward instead of backward. A vote against these principles is a vote against working families. Again, the members of LiUNA! in Virginia ask for your support of the Democratic ticket on Tuesday, November 3rd.

Sincerely,

Damin L. Mortin

Dennis L. Martire

Vice President and Regional Manager Laborers International Union of North America Mid-Atlantic Region

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SCHEDULE

Oct. 29, 30, 8 p.m. — URUGUAY: Zapatos Andaluces (Walking in Light) by Laura Echenique.

Oct. 31, 3 p.m. and 8 p.m. Troupe: Teatro del Sur

Nov. 5, 6, 8 p.m. — DOMINICAN REPUBLIC: Nuestra Señora de las Nubes (Our Lady of the Clouds) by Arístides Vargas.

Nov. 7, 3 p.m. and 8 p.m. Troupe: Teatro Guloya

Nov. 7 and 14, 11.30 a.m. — U.S.A.: El Gato y la Gaviota (The Cat and the Seagull) by Jacqueline Briceño, based on 'The Story of the Seagull and the Cat Who Taught Her How to Fly' by Luis Sepúlveda. Troupe: Teatro de la Luna

Nov. 12, 13, 8 p.m. — VENEZUELA: Dra. Sexo (Dr. Sex) by Aníbal Grunn and Flor Núñez from a free adaptation of Tengamos el Sexo en

Paz (Let's Have Sex in Peace) Nov. 14, 3 p.m. and 8 p.m. by Dario Fo. Troupe: Ff Theatrical Productions,

Nov. 19, 20, 8 p.m. — ARGENTINA (Cordoba): La Cáscara del Huevo (The Eggshell) by Daniela Trakál and

Nov. 21, 3 p.m. and 8 p.m. Troupe: Grupo Kill Bob

General Information:

- Tickets are Regular \$30; Students and Seniors over 60, \$25
- ❖ \$10 discount when buying three tickets for three different plays (3-Ticket Pass)
- * Call 703-548-3092 / 202-882-6227 Email: info@teatrodelaluna.org www.teatrodelaluna.org



(L-R): Rob Lavery, Senior Vice President; Tom Grantham, Senior Vice President; Dennis Griffith, Executive Vice President; Katie Golden, Vice President; Andy Peden, Senior Vice President

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CALENDAR

WEDNESDAY/OCT. 28

"Nora's Lost" — A one-act play by Yorktown High School's Theatre Department. 7 p.m. Showcases one woman's struggle with Alzheimer's Disease and life's joys, losses and loves. At Williamsburg Middle School, 3500 N. Harrison Street. Tickets \$5 adults, \$3 students at door. Call YHS Theatre Office 703-228-5414.

THURSDAY/OCT. 29

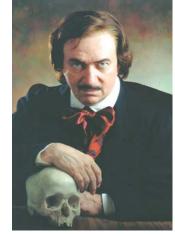
The U.S. Army Band

Downrange. 7:30 p.m. Deranged, a pop/rock variety show with tunes from Rihanna, The Eagles, and Bon Jovi. At Brucker Hall, Fort Myer.

Lunchtime Chamber Concert.

Noon to 1 p.m. Free. Presented
by the Friday Morning Music
Club (On Thursdays). At the
Rosslyn Spectrum, 1611 N.
Kent Street, Arlington. Call
703-228-1850. Go to
www.arlingtonarts.org.

Fall Pops Concert. 7 p.m. Free.
Features performances by the
Madrigals, Advanced Chorus,
High School Chorus, Orchestra
and Jazz Band. Presented by Washington-Lee High
School Music Department.



WEDNESDAY/OCT. 28

Edgar Allan Poe Comes Alive. 7 p.m. Celebrate 200 years of Poe as the master of macabre returns

as the master of macabre returns for a Halloween Week performance of his classic poems and short stories including "The Raven," "Annabel Lee," "The Tell-Tale Heart" and "Spirits of the Dead." At the Arlington Central Library Auditorium, 1015 N. Quincy St., Arlington.

MONDAY/NOV. 2

Stars tonight for November. 7:30 p.m. Admission is \$3/adults, \$2/seniors and children. Enjoy the changing night sky of November with Jonathan Harmon, Planetarium Director, and learn more about meteor showers and other interesting things. At the David M. Brown Planetarium, 1426 N. Quincy Street, Arlington. Call 703-228-6070 or log onto www.apsva.us/planetarium.

G-Men and Journalists. 3-4:30 p.m. Top News Stories of the FBI's First Century with speaker Susan Bennett. At the Arlington Central Library, 1015 Quincy Street, Arlington. Call ALRI at 703-228-2144.

NOV. 2-30.

New Works. The Arlington Artists Alliance will host a show for the entire month of November 2009 at the Gallery at Convergence, 1801 N. Quaker Lane, Alexandria. "New Works" will hang from Nov. 2-30. A reception will be held on Friday, Nov. 20 from 6-8:30 p.m. Wine

and light refreshments will be available.

OCT. 29-30

Downrange Halloween Concert. 7:30 p.m. Free. In gothic Halloween garb, the 9 singers and 14-member Combo will perform tunes with 'Halloween' titles: Thriller, My Immortal, Witchy Woman, Disturbia ... and many more. "Pershing's Own" U.S. Army Band has enlisted the support of "2 the Pointe' Academy of the Arts" for its Deranged Halloween Performances. Staff Sergeant Martha Krabill is the featured vocalist. At Brucker Hall, Fort Myer, Arlington. Contact Norma Rodriguez at 703-750-1160.

FRIDAY/OCT. 30

APC Fall Music Series. 7 p.m. The Army Strings has a wide repertoire of music including familiar names like Bach and Vivaldi as well as Traditional Folk songs from around the world. At Arlington Presbyterian Church, 3507 Columbia Pike, Arlington. Email apc@arlingtonpresbyterian.org or 703-920-5660.

The U.S. Army Band Downrange. 7:30 p.m.
Deranged, a pop/rock variety show with tunes from Rihanna, The Eagles, and Bon Jovi. At Brucker Hall, Fort Myer.

SATURDAY/OCT. 31

Country Western Dance (Halloween Dance).

7:30 p.m. line dance. 8 p.m. couples specialty dance. Open dancing from 8:30-11 p.m. includes Two Step, Waltz, line, Swing, Cha Cha and specialty dances. Admission is \$10 for NVCWDA members, \$12/non-members. At Luther Jackson Middle School, 3020 Gallows Road, Falls Church. Visit the web site, www.nvcwda.org or call our hot line 703-860-4941.

Guided Walking Tour of Westover. 10:30 a.m. to noon. Free. Two-mile, 10-stop Westover Walkabout route begins and ends in front of the new Reed School/Library facility, 1644 North McKinley Street. Part of Halloween Day Reed School Westover Branch Library Community Celebration.

SUNDAY/NOV. 1

Dia de los Muertos. Noon to 2 p.m. workshop; 2-4 p.m. family celebration. The Day of the Dead is a Mexican holiday that celebrates the memories of deceased ancestors through storytelling, crafts, food, music and dancing. At the Arlington Arts Center, 3550 Wilson Blvd. Arlington. Contact Sara Yousefnejad, 703-248-6800 or sara.yousefnejad@arlingtonartscenter.org.

Reeb Hall Artists Annual Open Studio Event.
1-4 p.m. At Reed Hall, 4451 First Place South,
Arlington. Most of the 15 artists working at Reeb
Hall Studios will be available to meet and discuss
their work. Visit www.reebhallstudios.com or call
703-772-3861.

FRIDAY, NOV. 6.

Maurice Duruflé's Requiem and Suite pour

Orgue. 8 p.m. In celebration of a new Di Gennaro-Hart pipe organ. Featuring Nathan Laube, Organist; Debby Wenner, Mezzo-Soprano; Jonathan Hoffman, Baritone; Thom Robertson, Music Director; and the Grace Church Choral Society. At Grace Episcopal Church, 3601 Russell Road (corner of W. Glebe), Alexandria. Call 703-549-1980.

SATURDAY/NOV. 7

Dominion Hills Craft Show. 10 a.m. to 5 p.m. Twelve local artisans featuring: paintings, jewelry, fine woodturning, papercutting, stationery, decoupage boxes, handbags, pottery, body products, table linens, homewares, and edibles. At the Dominion Hills Community House, 6000 Wilson Blvd., Arlington. Contact Julie Jernigan at 703-533-0957 or at jules@julesjewelsjewelry.com

Fall Fest. 10 a.m. to 2 p.m. Features a treasures/ yard sale, crafts, homemade baked items, a silent auction and lunch from 11:30 a.m.-1 p.m. All proceeds go to local charities. At Rock Spring Congregational United Church of Christ, Carpenter Hall, 5010 Little Falls Road, Arlington. Call 703-538-4886. Church Bazaar. 9 a.m. to 1 p.m. handmade

Church Bazaar. 9 a.m. to 1 p.m. handmade items, Christmas gifts, decorations, knit and crochet sweaters, hats, gloves and scarves, used books, white elephants, bake sale and lunch. At St. Agnes Catholic Church Parish Center, 1914 N. Randolph St., Arlington. Call 703-524-8627.

Civitan Club of Arlington's I-66 Garage Sale. 7 a.m. to 1:30 p.m. At N. Quincy and N. 15th Street, Arlington (1470 N. Quincy St.). Free admission. Vendors are invited to bring their merchandise beginning at 5 p.m. on Friday July 3. Parking spaces rent for \$20/space for yendors.

Travel Tales Too. 8 p.m. A concert recalling dances from the past 12 years of Jane Franklin Dance. At Gunston Theatre One, 2700 S. Lang Street, Arlington. Tickets \$28 - \$10 at 703-933-1111 or http://www.janefranklin.com.

Soup & Pie/Bazaar. 9 a.m. to 2 p.m. Yard sale items, homemade soups and pies, Christmas crafts and bake sale items. At Arlington Church of the Brethren, 300 N. Montague St., Arlington (in North Arlington just east of Seven Corners.) Call 703-524-4100 or email acob@arlingtoncob.org.

NOV. 7-8

Jane Franklin Dance Performs. Saturday at 8 p.m. and Sunday at 2 p.m. Program called "Travel Tales," a journey through dance, media and text created in partnership with distinctive visual and music artists. At Gunston Theatre One, 2700 S. Lang Street, Arlington. Tickets are \$28-\$12. Go to at www.janefranklin.com, by phone 703-933-1111, or at the door.



OPEN HOUSE • Thursday, November 5, 7:00 p.m.

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Your Health, Your Way!

Inova Alexandria Hospital Women's Health Expo 2009 Saturday, November 7 • 10 a.m. - 2 p.m.

Inova Alexandria Hospital • 4320 Seminary Road • Alexandria, VA

Free health screenings, seated chair massage and and wellness booths. Seasonal Flu Shots: \$25 (cash or check only.)

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Free Seminars:

10:30 - 11:30 a.m. • Varicose Veins

Keith Sterling, MD, Chief of Cardiovascular & Interventional Radiology, will discuss an innovative technique to remove varicose veins.



11:45 a.m. - 12:45 p.m. • Healthy Meals in 30 Minutes
Robyn Webb, Guest Chef, Cooking Demonstration
Nutritionist, cookbook author and food editor of the award winning
Diabetes Forecast, Robyn has been featured on Food Network TV
and in Washingtonian and Cooking Light magazines.

1:00 - 2:00 p.m. • Pelvic Floor Disorders

Dr. Alok Desai, a fellowship-trained expert in female urology and pelvic floor reconstruction, will lead a discussion on urinary incontinence, vaginal prolapse, and pelvic pain. He will discuss simple solutions, new medical treatments and minimally invasive techniques.

10:30 - 11:30 a.m. • Free Infant CPR and Safety Class Registration required • 703-750-8800 • Class limited to 40.

Bring your mom, daughters, and friends! The first 150 guests will receive a free gift and a chance to win a \$100 gift certificate to Trader Joe's!



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Register today 703-750-8800 or inova.org/events

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WHERE: Civitan 166 Garage Sale 1426 N. Quincy St / W&L Admin Bldg, Arlington, VA 22207

WHEN: Saturday *Nov 7, 2009* 10am-1:00pm

A Fund Raising Service Event sponsored by the Civitan Clubs, a non-profit organization. Your donations will go towards helping the mentally disabled & other worthy projects throughout our communities. Please be as generous as possible to help us help others. (\$10 minimum recommended) 5-box maximum

For information - Arl Co. Calendar: Chris Wahl, 703-536-8686 or Helen Kelly, 703-599-9576 or e-mail capitolfundg@msn.com

News

Low-Revenue Expectations

and tax increases. County officials said that everything is on the table, including the possibility of furloughs.

'Our budget situation is serious but manageable," said Mary Curtius, media-relations manager for the county government. "We won't have to raise taxes enor-

The guidance emphasized the fiscal year 2011 budget must fund services that protect health and safety, invest in affordable housenvironmental and sustainability, fund schools and ensure a safety net. The board also directed the county manager to provide a budget that abides by the county's revenue sharing agreement with the schools, explore other cost cutting and efficiency steps and provide options for employee compensation that address competitiveness and

health care pressures.

"The County Board's decision to squirrel away \$6 million for employee compensation seems to be a wise move," said Tim Wise, president of the Arlington County Taxpayers Alliance. "But if there was ever any year to scrap the revenuesharing agreement with the schools and tell the School Board to present a budget based on needs rather than wishes, this would have been it."

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🗎 Call Specific Agents to Confirm Dates & Times. 📙

22201

1108 Randolph N.......\$530,000.....Sun 1-4pm......John Eric. . Wash Fine Prop ... 703-798-0097 1050 Taylor St #207......\$429,500.....Sun 1-4pm.......Donna Johnson...... ... Samson Prop......571-209-8659

22203

3800 Fairtax Dr #901	\$355,000	Sun 1-4pm	Julie Pearson.	McEnearney	/03-862-4543
104 N Edison St	\$619,900	Sun 1-4pm	Dave Lloyd	Weichert	703-593-3204
3830 N 9th St #405	\$339,900	Sun 1-4pm	Dave Lloyd	Weichert	703-593-3204
4141 N Henderson Rd #826.	\$334,900	Sun 1-4pm	Jim Shirey	McEnearney	202-607-6534

22205

.McEnearney......703-598-7653 2300 N Kentucky......\$475,000.....Sun 1-4pm...

22206

3050 Buchanan St S #C	1\$369,900	Sun 1-4pm	Valerie Gaskin	Weichert	703-881-2787
3427 Utah St N	\$1,999,333	Sun 2-4pm	Sharon Chamberlin	McEnearney	703-244-2588
4612 S 34th St	\$439,000	Sun 1-4pm	Bruce Fall	Fall Prop	703-677-2812
3073 S Abington St	\$419,000	Sun 1-4pm	Carol, Tracy, & Leslie Wilde	rMcEnearney	703-599-1066

22209

1201 Nash St N #106	\$580,000	Sun 1-4pm	John Eric	Wash Fine Prop.	703-798-0097
1600 Clarendon Blvd #W211.	\$536,000	Sun 1-4pm	John Eric	Wash Fine Prop.	703-798-0097
1111 Arlington Blvd #1005	\$350,000	Sun1-4pm	Marion Cloud	Keller Williams	.703-314-7033

For an Open House Listing Form, call Deb Funk at 703-518-4631 or e-mail debfunk@connectionnewspapers.com All listings due by Monday at 3 p.m.

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Baptist
Bon Air Baptist Church...703-525-8079 McLean Baptist Church...703-356-8080

Buddhism The Vajrayogini Buddhist Center 202-331-2122

Churches- Catholic

St. Agnes Catholic Church...703-525-1166 athedral of St Thomas More ...703-525-1300 Our Lady of Lourdes...703-684-9261 Our Lady Queen of Peace Catholic 703-979-5580

St Ann Catholic Church...703-528-6276 St. Charles Catholic Church...703-527-5500

Church of Christ Arlington Church of Christ...703-528-0535

SUNDAY LITURGY SCHEDULE:

Saturday Vigil: 5:30 PM

1:30 PM Spanish Liturgy

Arlington Virginia 22205 Parish Office: (703) 528-6276 PARISH WEBSITE:

www.rc.net/arlington/stann

5312 North 10th Street

Sunday: 8:00, 9:30, 11:00 AM

0

Churches-Episcopal
St Andrew Episcopal Church...703-522-1600
St George Episcopal Church...703-525-8286
St Johns Episcopal Church...703-671-6834
St Mary Episcopal Church...703-527-6800

Churches-Episcopal
St Michael S Episcopal Church
703-241-2474
St Paul Episcopal Church...703-820-2625
St Peter's Episcopal Church...703-842-0330
St Thomas Episcopal Church...703-442-0330
Trinity Episcopal Church...703-920-7077 Churches Lutheran(ELCA)

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Monday-Friday, 6:30 AM & 8:30 AM

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Churches Lutheran(Missouri, Synod)

Churches-Nazarene Arlington First Church of the Nazarene... 703-525-2516

Church- Brethren

Church of The Brethren...703-524-4100

Churches-Baptist Arlington Baptist Church...703-979-7344 Cherrydale Baptist Church...703-525-8210 First Baptist of Ballston...703-525-7824 Mt. Zion Baptist Church...703-979-7411

Churches -Baptist-Free Will Bloss Memorial Free Will Baptist Church...703-527-7040

Churches- Presbyterian lington Presbyterian Church...703-920-5660 Church of Covenant ...703-524-4115

Clarendon Presbyterian Church 703-527-9513 Little Falls Presbyterian Church 703-538-5230

Trinity Presbyterian Church...703-536-5600 Westminster Presbyterian ... 703-549-4766

Churches- Unitarian Universalist Unitarian Universalist Church of Arlington 703-892-2565

Churches-United Methodist

Charles Wesley United Methdist
...703-356-6336
Calvary United Methdist...703-892-5185
Cherrydale United Methdist...703-527-2621
Chesterbook United Methodist

Chesterbrook United Methodist ...703-356-7100 Clarendon United Methodist...703-527-8574 Community United Methodist...703-527-1085 Mt. Olivet United Methodist...703-3527-3934 Trinity United Methodist...703-356-3312 Walker Chapel United Methodist ...703-538-5200

Churches- United Church of Christ Bethel United Church of Christ ...703-528-0937 Rock Spring Congregational United Church of Christ...703-538-4886

Metaphysical Arlington Metaphysical Chapel ...703-276-8738

Presbyterian Church in America Churches

Christ Church of Arlington...703-527-0420

Synagogues - Conservative Congregation Etz Hayim...703-979-4466 Synagogues - Orthodox
Fort Myer Minyan 703-863 45

Synagogue - Reconstructionist Kol Ami, the North Virginia

To highlight your Faith Community call Karen at 703-917-6468

Schools

Gov. Tim Kaine presented Claremont Elementary School in Arlington with the Governor's Nutrition and Physical Activity Gold Award on Wednesday, Oct. 21. The program promotes health and wellness in Virginia's public schools by encouraging good nutrition and increased physical activity. Schools earn either a bronze, silver, or gold award for best practices that promote healthy lifestyles while combating childhood obesity, hypertension, and other preventable diseases. The school is located at 4700 S. Chesterfield Road, Arlington.

Amy Leigh Vassallo, a resident of Arlington, has earned an Associate in Science from Excelsior College.

Yorktown High School Crew Wreath Sale. Support Yorktown Crew by purchasing a fresh and fragrant, decorated with pine cones and a red velvet bow, 24-inch balsam wreath. Wreaths are \$23 for deliveries in the Arlington area, or \$33 for shipments via UPS anywhere in the U.S. Proceeds help fund the purchase of needed boats and equipment and support the Yorktown Crew team of over 100 rowers. Wreaths will arrive the first week of December. To place an order, contact Karen Monborne at 703-534-5599 or mkmonborn3@comcast.net, by Nov. 7.

People Notes

Salma Qarnain was named the new managing director of Synetic Theater in Arlington. A three-year veteran of Synetic's acting company, Qarnain joined the business team in July as the special assistant to the artistic director, focusing on new business development and strategic planning.

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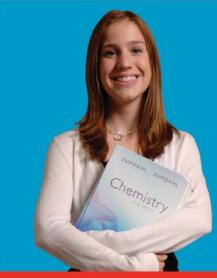
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If your daughter is looking for an academic environment where she can really develop her sense of self and her unique abilities, we encourage your family to attend one of the following Open Houses:

Monday, November 2 • 9:00 a.m. Sunday, December 6 • 1:00 p.m. Thursday, January 21 • 7:30 p.m.

Please contact the Admissions Office at 703.556.8273 for program details or to arrange an alternate time to visit.

We look forward to seeing you.

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Sports

Cohen Moves Forward by Competing in Marathon

Arlington native doesn't want sympathy for stroke in 2005.

> By Jon Roetman The Connection

riel Cohen doesn't want to be known as the "stroke girl" anymore. On Sunday, she went to great lengths — 26.2 miles to be exact — to help put that stage of her life in the past.

The Arlington native, who nearly four years ago suffered a stroke while swimming at the age of 13, competed in the 34th Marine Corps Marathon. The 17-year-old Cohen finished 69th in her age group with a time of 5 hours, 29 minutes and 18 seconds. While Cohen accomplished her goals of finishing the race and coming in with a time faster than 5:30, simply competing at all was a feat in itself.

"It's really kind of a capstone on a four-year process," Cohen's father, Dan, said.

Ariel Cohen, a senior at Holton-Arms School in Bethesda, Md., suffered a stroke while competing in a school swim meet on Nov. 30, 2005. It was not known why the stroke occurred, though it was suggested at the time Cohen might spend the rest of her life in a wheel battle battle. Battle hard to parent return the stroke occurred, though it was suggested at the time Cohen might spend the rest of her life in a wheel



Courtesy photo

Seventeen-year-old Arlington native Ariel Cohen, right foreground, competes in the 34th Marine Corps Marathon on Sunday. Cohen suffered a stroke when she was 13 and has been working to move forward with her life.

chair.

After initially being taken to Children's Hospital, Ariel Cohen battled through rehab at National Rehabilitation Hospital. Through hard work and the support of her parents and doctors, Ariel Cohen returned to a fairly normal life. She's the captain of the volleyball team. She also swims and runs track

Cohen's journey has brought her plenty of praise and attention. As she moves forward with her life, however, she no longer wants the sympathy and notoriety which comes with her story — she declined to be interviewed for this story. As part of moving forward from her past, she decided to accomplish the feat of completing in

She decided less than a year ago to compete in Sunday's marathon, meaning dedication was key in order to finish the 26-mile test of endurance.

Dan Cohen said his daughter would get up at 5:45 a.m. two or three times a week to train for the marathon. She also went on long runs during the weekend. She bounced back from a bout with

H1N1 influenza — commonly known as the swine flu — and pushed through minor injuries common with running. She balanced her training with a full load of classes, being the managing editor of the school newspaper and applying to colleges.

"She made up her mind several months ago that she wanted to do it and didn't give herself a margin for error," Dan Cohen said. "There were plenty of times she could have made excuses and we would have let her, but she refused to."

Ariel Cohen's mother, Rachel, also participated in the marathon, pacing her daughter for the first seven miles. Ariel Cohen also ran with friends and mentors before her father paced her from mile 20 to 25.

Ariel Cohen wanted to run the last mile-plus by herself.

When the marathon was over, Ariel Cohen said, "We did it mommy," Rachel Cohen said. "She had tears in her eyes. She won't let on, but it was an amazing, amazing accomplishment."

Ariel Cohen ran with a tracking chip in her shoe. Rachel Cohen carried her phone while she ran and received text message updates every time Ariel Cohen reached a 3.1-mile mark. Relatives in Florida, Las Vegas and Ohio followed Ariel Cohen's progress by computer

Her participation also raised money for Children's Hospital.

Ariel Cohen is ready to move to SEE MOVING, PAGE 15

Washington-Lee Field Hockey Controls Game, Loses

Generals shut out at home by Mount Vernon.

By Jon Roetman The Connection

he Washington-Lee field hockey team fired shot after shot toward Mount Vernon goalkeeper Sara Duncan. Numerous corners produced ample opportunities for the Generals.

But when time expired on the National District Tournament championship game, the top seed was left with a goose egg on the scoreboard and disappointment over what could have been.

Mount Vernon defeated Washington-Lee 1-0 Thursday for the National District title. The Generals were on the attack for most of the game, but failed to score.

Mount Vernon's Allie Schray scored the game's lone goal in the first half.

"I think that when they scored in the first two minutes, they came out with a lot of intensity and I think that we didn't come out with as much intensity — and then we just couldn't capitalize on our opportunities," said Washington-Lee senior defender Kelsey Clark, the district Player of the Year. "We had so many corners in a row and we couldn't score on a single one."

While Washington-Lee struggled scoring earlier in the season, the Generals increased their offensive output leading to Friday's game. While Washington-Lee controlled the game, its offense sputtered.

"Sometimes you dominate," Washington-Lee coach Beth Prange said, "and you don't get it in."

Mount Vernon coach Jess Hebel praised her goalkeeper Duncan, but also said the Generals played well.

"Our goalkeeper played awesome tonight," Hebel said. "They had a lot of shots on goal — they played a hell of a game."

Four Generals were named first-team all-SEE GENERALS, PAGE 15



Photo by Louise Krafft/The Connection

Washington-Lee sophomore Adrianna Gorsky chases the ball during Thursday's loss to Mount Vernon in the National District Tournament championship game at WLHS.

Less Turns Out To Be More

By KENNETH B. LOURIE

Chronicling, as I have, my unexpected ride on the cancer train these past three months, I thought I'd acquaint you, in this column, anyway, with some of the unexpected benefits I've enjoyed, benefits I never would have thought would have mattered under such trying (I'm trying, I'm trying) circumstances.

Chemotherapy causes problems/has side effects (front effects, back effects, too): nausea, vomiting, fatigue, loss of appetite, increased risk of infection, nose bleeds, loss of hair, and the list goes on. The prospect of losing my hair, however, didn't sit well with me initially, but as the follicles fell, that hairy loss (scalp, eyebrows, eye lashes, nasal, body and anywhere else hair grows) created certain opportunities/efficiencies that I didn't anticipate:

No more shampooing and conditioning, no need for more shampoo and conditioner; no more shaving, no more shaving cream and razors needed; less deodorant used since less in its glide path, less deodorant purchased; less soaping since less hair/obstructions to absorb it (and more sedentary lifestyle), so fewer bars bought. In summary; less time, effort and money spent on hair-related personal hygiene (and believe me, no one suffered as a consequence).

Surprisingly, I began to realize other advantages of my condition: much less appetite so much less time and money spent on food and food preparation; commuting to work one day a week instead of five leading to much less wear and tear (stress) on the driver (yours truly) and of course on the vehicle, too, including much lower commuting costs for gas, oil, tolls, etc; fewer in-office and business appointments as a result meant less dressing for success and less laundering of "success" efforts, so less time and money spent on clothes and their cleaning and maintenance; and most importantly, greater control of my life and more freedom, too; for appointments; business, pleasure and medical; for errands; banking, shopping, activities of daily living; and so forth, all at my convenience.

To summarize further: I am now spending much less time doing the things that I don't want to be doing and spending a lot less money not doing them. Moreover, regaining freedom from my previous nine-to-five focus and in turn now being able to spend more time at home, doing more of the things that I never had time to do while working – and never being at home, has enhanced my life immeasurably, health and budget constraints/realities notwithstanding. Control and independence, that's what I feel. Empowered, too. As odd as it might sound, the stress/reality of the lung cancer is almost offset by the corresponding reduction in stress brought on by this change in lifestyle.

As my oncologist first advised, in response to my first question after hearing him read the reports from all the various doctors/scans (X-Ray, C.T., P.E.T, biopsy) identifying my cancer: "No, you shouldn't be working, and should also consider taking that vacation you've always dreamed of." WHAT!

It was brutal to hear. So unexpected, too. Surreal was the first word that came to mind to describe my/our emotional state. But eventually over time, over treatment (it's now been seven months since I started chemotherapy) and over the fear, you find a place for it (I did, anyway). And the place that I have found, and chosen to focus, are the positives that have resulted, some of which I've listed in this column. Perhaps in your reading of them, they seem rather insignificant in the scheme of things. Not to me. To me, they feel like building blocks of normalcy, fuel to energize my emotional engine and salve to soothe my furrowed brow.

I have to admit, though, a furrowed brow is the least of my problems (heck, I don't even have a brow). Nevertheless, life is easier. Much less stress and a lot more control. Who says cancer is a bad thing? (Everybody, I know, and of course, it is: just go with my flow.) But my postdiagnosis life has been all right. It may be a funny perspective for a cancer patient to have but if humor is indeed the best medicine, then I am happy to over medicate.

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

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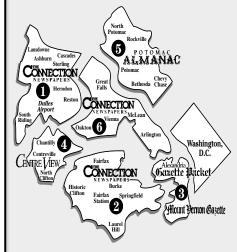
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Virginia CVS Pharmacy, LLC trading as CVS/Pharmacy #2705, 1555 Wilson Blvd Arlington, VA 22209, The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL for a Wine/Beer off Premises license to sell or manufacture alcoholic beverages. Linda M. Cimbron Assistant Secretary

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SPORTS

Moving Forward at Marathon

From Page 12

21 Announcements the next stage of her life — college. She takes daily medication and is sensitive to Virginia CVS Pharmacy, LLC trading as CVS/Pharmacy cold weather — she would like to go to attend a warm-weather college — but is oth-#1372, 6404 Williamsburg Blvd, Arlington, VA 22207. The above establishment is

erwise back to normal.

"She wanted to put a capstone on being the stroke girl," Dan Cohen said. "She doesn't want people to think about that. ... She wants to be just like everyone else."

Generals Shut Out at Home

From Page 12

district: Clark, senior defender Anne Murray, senior midfielder Molly Wolford and senior goalkeeper Mandy Maggio. Washington-Lee also had four second-team members: senior defender Camelia Rubalcava, junior forward Catherine Pricone and senior midfielders Patricia

Murray and Margaret Duarte.

Sophomore forwards Adrianna Gorsky, Robin Gordon, Raleigh Mills and sophomore midfielder Emily Gursky received honorable mention accolades for the Generals.

Washington-Lee faced Chantilly in the opening round of regionals Tuesday. Results were not available as of press time.

Sports Briefs

W-L Loses To Edison

The Washington-Lee football team lost to Edison, 32-23, on Friday.

Washington-Lee's Anthony Taylor rushed 20 times for 73 yards and three touchdowns. Richard Lewis completed 12 of 20 passes for 197 yards.

Washington-Lee travels to take on Wakefield on Friday.

Yorktown Football **Beats Wakefield**

The Yorktown football team beat National District foe Wakefield, 51-18, on Friday. Yorktown's Khalil Doles rushed for 125 yards. Wakefield's Drew Powell completed 10 of 19 passes for 180 yards. Yorktown travels to face Mount Vernon and Wakefield hosts Washington-Lee on Friday.

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