

The Arlington Edition

Henry Mojano is a key contributor to this season's Wakefield wrestling team. Mojano advanced to second-day action at the NOVA Classic this weekend at Fairfax High School.

Spotlighting Stream Safety

NEWS, PAGE 3

Maywood at A Milestone

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Caring for Athletes

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CALENDAR, PAGE 8 ♦ SPORTS, PAGE 12 ♦ CLASSIFIED, PAGE 13

PHOTO BY LOUISE KRAFFT/THE CONNECTION

Competing in NOVA Classic

SPORTS, PAGE 12

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FOR THE HOLIDAYS

For Less than \$20 ...

BY DELIA SAVA
THE CONNECTION

Feeling stressed by a long list when short on cash? Local retailers offer up some suggestions for gifts that make big statements but carry little price tags. Gifts as gestures of love this season do not

need to cost a fortune.

Sue Pryatt, owner of Kinder Haus Toys likes the Toddler Tote puzzles from Lauri Toys, for ages 2-5, \$15.75. "It comes in its own carrying case and has all kinds of fun things you can do." Kinder Haus carries a large selection of books, including two Pryatt has written about a little girl who

wants to be president, "Call Me Madame President"

and "President Amanda's Whistle Stop Trip," \$18. www.kinderhaus.com. 703-527-5929.

For ages 5 and up the Green Toys indoor gardening kit will grow flowers and herbs in days. The



Green Toys indoor gardening kit

little flowerpots are made from recycled plastics like old detergent bottles, \$19.50. www.greatergoods.com. 202-449-6070 or 800-383-3050.

Friends and relatives, especially grandparents will love receiving the



Tao Digital Picture keychain

Tao Digital Picture keychain. Give them a photo album worth of pictures: more than 50 images can be downloaded and saved to display, \$14.99. www.taoelectronics.com. 888-920-0829.

Men on the list will love the organic cotton t-shirts from Alternative Apparel which come in lots of colors and can be worn with anything. Carley Litchfield, manager at South Moon Under says they are available in crew and v-neck styles and they are super soft, \$18. Gal pals will like the Himalayan soy wax candle in a fresh green tea and lemon grass scent, \$12.50. Litchfield notes, "This is an awesome price for a soy candle with 50 hours of burn time that comes in a pretty decorative glass ... and the clean smell is good for anyone." www.southmoonunder.com.



Himalayan soy wax candle



Heavy Seas Yule Tide Ale

703-807-4083.

Christina Simms, general manager at Best Cellars, recommends the Heavy Seas Yule Tide Ale from Clipper City Brewery in Baltimore, \$5.99 a bottle. "This Belgian-style ale is extremely flavorful, it's from a local brewery that produces small quantities that are high quality." Simms also likes the crème brûlée stout from Southern Tier, \$6.99 a bottle. "It's a perfect dessert beer for this time of year." www.bestcellars.com (703) 741-0404.

Add a bottle opener (made from a recycled bike chain) to the beer for a thoughtful and practical gift to take to a holiday party, \$10.

SEE FOR LESS, PAGE 4

www.CONNECTIONNEWSPAPERS.COM

Happy Holidays & Warm Wishes from Burke & Herbert Bank!



Congratulations to Mark A. Seamon, age 10, of Herndon, VA, winner of our Kids' Holiday Art Contest! Mark wins a \$100 U.S. Savings Bond.

Thank you to all the young artists who submitted over 150 wonderful and fun holiday drawings. Many of them are on display at our Main Office at 100 S. Fairfax Street, Alexandria. Special thanks to The Art League for judging the entries!

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NEWS

ARLINGTON CONNECTION EDITOR STEVEN MAUREN
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PHOTOS BY LASHAUN AVERY/THE CONNECTION

Families and volunteers participate in Wreaths Across America Day at Arlington Cemetery on Dec. 12.

Wreaths Across America

Families and volunteers stop to view the wreath placed upon former President John F. Kennedy's gravesite.



Taking Care of Athletes

Local volunteer to work at Winter Olympics.

By DELIA SAVA
THE CONNECTION

Penny Capps beams as she slips on the new Ralph Lauren navy cardigan sweater. The sweater has not been designed to make a fashion statement; it's part of the uniform Capps, a massage therapist, will wear when she goes to Vancouver in February for the 2010 Winter Olympics. Ralph Lauren is one of the corporate sponsors along with Nike providing the apparel for the U.S. team. This is the second time Capps will have the honor of serving on the volunteer medical team at an Olympic event. Her first experience was the 2002 Olympics in Salt Lake City.

Capps grew up in the area and lives in Arlington. While she was growing up, and through high school and college she says she was always interested in sports. "I was always involved in some sport, tennis, field hockey, karate." Having first-hand knowl-

edge of competitive sports gives her an understanding and appreciation of what the athletes go through. "One of the things I really enjoy is seeing how the athletes push themselves ... to me it's really exciting to watch."

When it was time to choose a career, Capps says that she was not sure what she might want to do. "I got a summer job with an engineering research lab and they said as a female you'd be able to get a good job." Capps took the advice to study engineering: she holds a bachelor's degree in mining engineering from West Virginia University and a master's from Virginia Tech in civil engineering. "For 18 years I worked for the Army and I got to travel." Capps says she appreciated the great training she received while working for the Army. But in 1997 Capps decided that she wanted to make a change. "I really wanted something that was people oriented."

Capps had been teaching classes at a health club when a friend encouraged her to try her hand at massage therapy. Capps

SEE ATHLETES, PAGE 6

Eye on Stream Safety

Rain, snow dilute chemicals discharged into Four Mile Run.

By MICHAEL LEE POPE
THE CONNECTION

The banks of Four Mile Run have always been a sort of dumping ground. Last year, county officials issued a warning about raw sewage being dumped into the waterway separating Arlington from Alexandria. Earlier this month, Arlington County issued another alert warning people to be aware of hazardous materials oozing into the stream.

"People who live near Four Mile Run often let their pets swim in the water," said Mary Curtius, a spokeswoman for the county. "So we always try to let people know as soon as something happens with Four Mile Run."

The fire started at Hercules Jack's Guaranteed Used Auto Parts. Owner Louis Burris says



Posted signs within the dog park east of Hercules on Four Mile Run in Arlington.

Warning Lifted

Arlington County has lifted the advisory it issued on Dec. 4 to avoid the water in Four Mile Run, downstream from the Walter Reed bridge that crosses Four Mile Run to the Potomac River. The advisory was issued following a significant fire at an automobile parts facility on South Four Mile Run Drive that resulted in the release of automobile fluids and firefighting materials into Four Mile Run. The precaution was meant to allow the effect of the discharge to be diminished by the natural flushing of the streams.

Following several days of stream flow and precipitation events, the County is lifting the advisory. Residents may resume normal precautions for safe use of its urban streams.

The County issued a reminder to residents that stream water can contain microorganisms that can make people sick, whether the stream is located in an urban area or in the middle of a forest. Even after the discharge is naturally flushed from the streams, the County's normal precautions for safe use of streams apply. Find information and safety tips on Arlington streams, including information on reporting stream pollution incidents, on the Arlington County Department of Environmental Services Web site.

he's not really sure what originally started the fire, although he suspects it was a car with a fuel leak and a shorted-out battery. When workers attempted to move the car, the fire unexpectedly started and quickly spread.

"We're 99 percent sure that's what started it," said Burris. "Once that rubber starts burning, the whole thing looks 10 times worse than it really is."

THE STRECH OF land known as Four Mile Run was part of a tract of land originally owned by George Washington. Since that

SEE STREAM SAFETY, PAGE 10

Maywood at a Milestone

Photographer compares today with 100 years ago.

By SENITRA McCOMBS
THE CONNECTION

What does a community look like a 100 years ago? Amateur photographer and Cherrydale resident Greg Embree captured the answer through his photo lens in the exhibit "Maywood at a Milestone" at Cherrydale Library in Arlington.

The exhibit will be up until mid-January.

Photos from the exhibit can also be seen on the Maywood's Facebook page.

The exhibit is a mixture of regular photos and "Then and now" type of photos of places and people. For the comparison photos, he sent out advertisements on Maywood's neighborhood listserv for residents with similar characteristics as

their counterparts in the older photos. Then, he shot their portraits in his home studio.

"One of my favorite photos is of a little seven year old girl from 1917 or 1918 and a seven year old girl from today ... and another one is of a little boy and his grandparents all holding American flags at the Fourth of July Bicycle Parade," Embree said.

The project was originally started to drum up interest in the Cherrydale Library. Embree thought that capturing Maywood's centennial celebration would be a great idea for a photo exhibit, so he brought it up at the annual neighborhood meeting.

With the help of Maywood's neighborhood president Alex Berger and Karen Praed, Embree was able to capture the closeness of Maywood at various centennial celebrations such as the Fourth of July Bicycle Parade, block party and Potluck anniversary dinner.

Through Berger, he was also able to SEE MAYWOOD, PAGE 6



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FOR THE HOLIDAYS



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a special gift this year that will open up a world of creativity to family and friends. Call 703-248-6800 or visit www.arlingtonartscenter.org.

— MECHELLE SCHLOSS



Art teacher with the Arlington Arts Center, Alison Spain, works with a local student on design and composition.



"Flipbooks and Storyboards" teacher Eric Piccione brainstorms with his students on animation concepts in one of the art centers most popular classes for youths.

For Less than \$20 ...

FROM PAGE 2

www.uncommongoods.com.
888-365-0056.

The Italian Store has a perfect gift for chocoholics: a box of Perugina's Baci chocolates, 7.5 ounces/15 pieces, \$15.99. Or how about some bubbly for New Year's Eve? General manager Tom Parsons says the prosecco (an Italian sparkling wine) from Villa Jolanda is one of their best selling at this time of year, \$10.99. www.italianstore.com. 703-528-6266.

A trio of organic handmade

soaps from the Flower Peddler (tucked into a natural fiber sinamay bag) in a "scentsational" choice of blends like lavender lovers, fruity tootie and herban legends, \$18. www.flowerpeddler.com. 804-496-6381.

Any hostess will appreciate a pair of natural, dripless and scentless beeswax candles from MTW, a company in Bethesda, \$9 a pair, available at The Lemon Twist Shop,



Bottle opener made from a recycled bike chain

4518 Lee Highway, Arlington,
703-524-4680.

Cravens Nursery and Pottery has a wide assortment of seasonal flowering plants, like poinsettia and Christmas cactus that are certain to produce smiles. A 6-inch cyclamen is \$12.99. www.cravensnursery.com. 703-573-5025.



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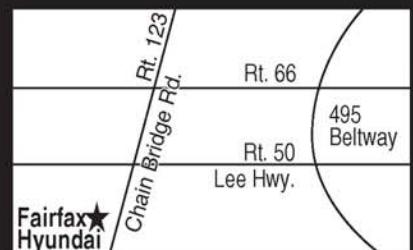
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PEOPLE



PHOTOS BY GREG EMBREE

Maywood's centennial potluck dinner on May 23, 2009, held in celebration of the anniversary of the neighborhood's founding in May 1909. This photo went into the Maywood time capsule, the key to which was buried in Thrifton Hill Park on Sept. 13, 2009.

Maywood at a Milestone

FROM PAGE 3

get digitized copies of some photos from Robert McAtee, Maywood's oldest living resident who has a "stash of older photos" of life in Maywood around the turn of the century.

He described Maywood as a very cohesive and attractive neighborhood.

"Everyone that I met was very friendly and energetic people. They realized that they live in a very special place in a special time," Embree said.

Another fun aspect of the project for him was "the architectural" part. His wife, Suzanne, also helped him in framing various shots.

"I went around Maywood and photographed over 200 homes. The organizers of the block party in September had a photo of each house on a large pin and they gave it out at the block party ... so people would recognize each other



"Young Maywood Resident, 1917"

by their homes," Embree said.

In addition, the neighborhood association put up plaques near each original Victorian house featured in the exhibit.

He also mentioned how physically Maywood is a very attractive



"Young Maywood Resident, 2009."

place where "it's like going back 50 to 100 years."

Embree stated that the exhibit demonstrates what he enjoys most about photography — "capturing time." By capturing what

SEE MAYWOOD, PAGE 7

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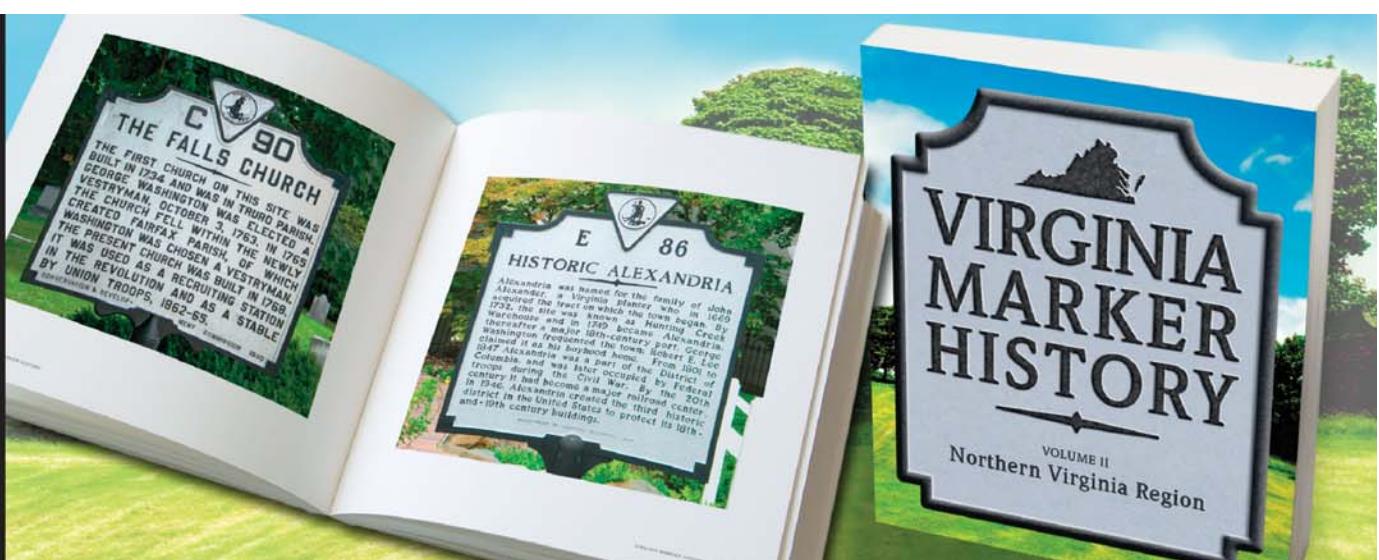


PHOTO BY DELIA SAVA/THE CONNECTION

Penny Capps will be working with athletes at the 2010 Winter Olympics.

Caring for Athletes

FROM PAGE 3

went to school at night while working full time to get her certification as a massage therapist. In addition to having a thriving massage therapy practice, she is also a certified personal trainer and a certified fitness instructor. She teaches at XSport in Alexandria.

According to Capps, to be accepted as part of the U.S. Olympic medical team — comprised of orthopedic physicians, chiropractors, athletic trainers and massage therapists — one has to demonstrate an ability to perform well at "elite" sporting events. Capps says she has "worked her way up" by proving she can work a grueling schedule under intense pressure. "I'm volunteering my time but they will pay my expenses."

"It's the athlete first. You're working together, taking care of them, making sure they have what they need."

— Penny Capps

Capps says she loves seeing how athletes from all the different countries become friends. "It's [sports] a common language, like music," she said adding, "It's the closest to world peace that we get."

The training for the Vancouver games was held in Colorado Springs at the Olympic Training center in early December. Capps says that it was very organized, very upbeat: "It was fun to go back and to meet the other people who are working."

Capps will be working at the Olympic Village, a designated "safe" place only for athletes. "It's the athlete first. You're working together, taking care of them, making sure they have what they need," said Capps.

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PEOPLE

Maywood

FROM PAGE 6

Maywood looked like via photos, future generations will see what Maywood looked like in the past.

He hopes that future generations will see the "common humanity" they share with people from 100 years ago.

"Hairstyles and clothing changes but people still get married or fall in love."

Some of his photos were placed in Maywood's time capsule that they will open in another 100 years.

Maywood was originally a "trolley suburb" in the early 1900s because the Washington and Old Dominion Railway and trolley lines serviced the Maywood and Cherrydale neighborhoods. Many of the federal workers lived in Maywood and took the trolley or train to their workplace in Washington, D.C.

Embree is a retired federal worker who was originally from Tennessee. He has lived in the Arlington-Cherrydale neighborhood since 1972. Last September, he was named an honorary citizen of Maywood at the annual block party.

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8102.290	Tuesday, Dec. 2	9 a.m.-Noon
8103.290	Wednesday, Dec. 30	9 a.m.-Noon

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For ages 5-9.
\$60 per day/\$50 McLean district residents

Activity No.	Day and Date	Time
8105.290	Monday, Dec. 28	9 a.m.-4 p.m.
8106.290	Tuesday, Dec. 29	9 a.m.-4 p.m.
8107.290	Wednesday, Dec. 30	9 a.m.-4 p.m.

The McLean Community Center
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703-790-0123; TTY: 711
www.mcleancenter.org/special-events

CALENDAR

Know of something missing from our community entertainment Calendar? Send it to The Arlington Connection, e-mail it to arlington@connectionnewspapers.com. Deadline is 2 p.m. the Thursday before publication. Call Steve Hibbard at 703-778-9412 with any questions. Photos are welcome.

ONGOING

Encore Chorale. Conducted by Jeanne Kelly. Will meet on Tuesdays at 2 p.m. at the Langston-Brown Senior Center, 2121 N. Culpeper Street, Arlington. First rehearsal on Tuesday, Jan. 12 at 2 p.m. call Jeanne Kelly at 301-261-5747; 571-215-6118 or email Jeanne.kelly@encorecreativity.org. Visit the Web site <http://encorecreativity.org>.

Tree Stewards. Volunteer to improve the health of urban trees through educational programs, tree planting and maintenance throughout Arlington and Alexandria. The next volunteer training program will be held Tuesday evenings, from Feb. 16 through April 27 at the Walter Reed Community Center in Arlington. \$120 covers the cost of the course, a training manual and all handout materials. Deadline for applying is Jan. 22. Call 703-228-6423 or email TreeStewards_ArlAlex@verizon.net.

NOW THROUGH DEC. 20

"Tis the Season." Celebrates the winter illuminated by the stars, the customs and the character that mark the holidays with warmth and goodwill. At Arlington's David M. Brown Planetarium, 1426 N. Quincy Street, Arlington. Fridays and Saturdays at 7:30 p.m.; Sundays at 1:30 and 3 p.m. Admission is \$3/adults, \$2/seniors and children. Reservations not needed. Call 703-228-6070.

NOW THROUGH JAN. 10

"The Snow Queen." Price: \$12, \$15 at the door, \$10 for groups of 10 or more. Dates: Dec. 5, 6, 12, 13, 19, 20, 24, 26, 27, 30 at 12:30 p.m.; Dec. 20, 26, 27 at 3:30 p.m.; Jan. 1, 2, 3, 9, 10 at 12:30 p.m. and 3:30 p.m. Mixes original music, masks, pantomime, puppetry, and live action. Based on the play by Alexander Pushkin. Presented by the Synetic Family Theater, Shirlington Village, 4041 Campbell Ave., Arlington. Call 1-800-494-8497 or visit <http://classika.org>.

DEC. 15-18

Christmas Prayer Walk. 6-9 p.m. Experience the magic and splendor of Christmas with an indoor self-guided prayer walk as you follow the story of the birth of Jesus and the Good News of the season. At Clarendon United Methodist Church, 606 N. Irving, Arlington. Call 703-527-8574 or www.morefaith.org.

DEC. 15-20

Swingin' Santas Cabaret. Tickets are \$33. Swingin' Santas Michael Barry, James Gardiner, Zachary Prince, and Stephen Gregory Smith belt, croon, and harmonize through refreshingly different holiday offerings for eight performances. Tuesday, Dec. 15 at 8:30 p.m.; Wednesday, Dec. 16 at 8:30 p.m.; Thursday, Dec. 17, at 8:30 p.m.; Friday, Dec. 18, at 7:30 p.m. and 9:30 p.m.; Saturday, Dec. 19, at 7:30 p.m. and 9:30 p.m.; Sunday, Dec. 20, at 2 p.m. At Signature's ARK Theatre, 4200 Campbell Ave., Arlington. Call Ticketmaster at 703-573-7328 or visit www.signature-theatre.org.

TUESDAY/DEC. 15

Green Film Screening: Affluenza. 7 p.m. Affluenza documents the toll that



SATURDAY/DEC. 19

Breakfast with Santa. 9:30 a.m. Food, photos and fun. Cost is \$10.95/children; \$16.95/adults. At the Hyatt Arlington Hotel, 1325 Wilson Blvd., Arlington. For reservations, call 703-908-4670.

Country Western Dance. Kat Fanelli will be the DJ. Mal and Linda Zerden will teach a full hour of beginner/intermediate waltz moves beginning at 7:30 p.m. Open dancing is from 8:30-11 p.m. and includes Two Step, Waltz, line, Swing, Cha Cha, and specialty dances. Couples and singles are welcome. Admission is \$10 for NVCWDA members, \$12 for non-members, and \$5 for ages 16-20 with student ID. At Luther Jackson Middle School, 3020 Gallows Road, Falls Church. Visit the web site, www.nvcwda.org or call the hot line 703-860-4941.

Holiday Concert. 4 p.m. Free. More than 200 singers between the ages of 55 and 96, all members of eight area Encore Chorales, directed by Jeanne Kelly, will perform a combined concert of holiday favorites. At Kenmore Middle School, 200 South Carlin Springs Road, Arlington. Call Jeanne Kelly at 301-261-5747 or 571-215-6118 or Jeanne.Kelly@encorecreativity.org or visit <http://encorecreativity.org>.

Spaghetti Dinner and Silent Auction. Sponsored by the Mount Vernon High School Girls Basketball team. Tickets are \$5. See a student athlete from the girls basketball team or contact Terry Henderson at 703-619-3146 or Terry.Henderson@fcps.edu.

Shop and Drop. 5-9 p.m. Kids ages 7-12 will have a fun-filled evening of activities while parents do last-minute shopping. Obstacle courses, tumble tramp, foam pit, games and more. At Barcroft Sports and Fitness Center. Call 703-228-4747 or visit www.arlingtonva.us/prcr

SUNDAY/DEC. 20

Nutcracker Tea. 2-4 p.m. Enjoy afternoon Tea, pictures with the Sugar Plum Fairy, a mini-Nutcracker performance, live string quartet, and the chance to get autographs from your favorite Nutcracker character. Tickets: \$55 adults; \$35/ages 4-12; \$15 under 4. Available online at www.BalletNova.org. At the Westin Arlington Gateway, 801 North Glebe Road, Arlington.

stress, overwork, consumerism, and debt can take, as well as the lives of women and men who are working and shopping less, spending more time with friends and family, volunteering in their communities, and enjoying their lives more. Sponsored by Arlingtonians for a Clean Environment and Arlington County Fresh AIRE. At Shirlington Library, 4200 S. Campbell Ave., Arlington. For questions or to RSVP, email lily@arlingtonenvironment.org or call 703-228-6406.

WEDNESDAY/DEC. 16

Judy's Holiday Place. At the Sisterhood at Temple Rodef Shalom, 2100 Westmoreland Street, Falls Church. A special place where children ages 12 and under can purchase new, pre-wrapped gifts for family and friends. The shop will be open on the following: Wednesday, Dec. 16 from 4-7 p.m.

THURSDAY/DEC. 17

Ukrainian and Mongolian Music. 7:30 p.m. Admission is \$15. Mongolian-born pianist Shuree and Ukrainian violinist Solumia Gorokhivska unite in an evening of Western classical and contemporary Ukrainian and Mongolian music. At the Rosslyn Spectrum Theatre, 1611 North Kent Street, Arlington. Call 703-228-1850, or visit www.arlingtonarts.org or www.planetarlington.com.

FRIDAY/DEC. 18

Bowen McCauley Dance. 10 a.m. Performing "The Little Engine That Could" in collaboration with Glebe Elementary School students. At Glebe Elementary School, 1770 N. Glebe Road, Arlington. Visit www.bmdc.org

MONDAY/DEC. 21

Tree Dedication. 6-6:30 p.m. Red Sunset Maple Tree dedication and celebration by candlelight. At Church of the Covenant, 26666 Military Road, Arlington. Call 703-524-4115. Go to covenantchurcharlington.org. **Christmas Tea.** 1 p.m. An old fashion Christmas Tea with inspirational program by the United Methodist Women. At Clarendon United Methodist Church, 606 N. Irving, Arlington. RSVP at 703-527-8574 or go to www.morefaith.org.

TUESDAY/DEC. 22

Swing Dancing. 9-11 p.m. \$10 admission. With Natty Beaux, a mixture of the Billy Coulter Band, Junkyard Saints, Alexandria Klezket and Western Bop. Hosted by Gotta Swing. At the Clarendon Ballroom, 3185 Wilson Blvd., Arlington.

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PETS OF THE WEEK



Mark is a gray and white tabby neutered male short-haired cat. He is 2 years old. Mark was brought into the shelter when his owner's home burned down and she was out of work. The shelter kept Mark for her for a month while she tried to get back on her feet, but it took longer than she expected, so, much as it broke her heart, she said it would be best to put Mark up for adoption. Mark is very sweet and social. He loves string toys, especially ones with suede tassels on the ends. His other favorite toys are little fuzzy toy mice. But Mark's favorite thing in the world is to be held by people. The shelter has visiting rooms, so come down and cuddle with Mark and have a nice play session with him and some of his favorite toys.



Pee Wee is an adorable puppy who is growing like a weed. He is a 6-month-old yellow Labrador retriever mix who was surrendered to the shelter with a congenital abnormality that required the amputation of his right front leg. The surgery was completed in October, and after recovering at a foster home, Pee Wee is adjusting well. Although social and full of energy, he is very mouthy in play and shows a few subtle signs of guarding his food. He will do best with an experienced owner who can train, socialize and channel his energy into positive activities. Pee Wee would do best in a home with children over the age of 8.

To meet these or any other animals available for adoption, visit the animal shelter at 2650 S. Arlington Mill Drive, Arlington. It is open for viewing from noon-7 p.m. on weekdays (closed on Tuesdays) and noon-4 p.m. on Saturday and Sunday. Adoption requirements can be reviewed on the Web site at www.awla.org by clicking on "Adopt," as well as all pictures of all of the animals available for adoption. Call 703-931-9241.

PEOPLE NOTES

To have engagements, weddings, obituaries, or other significant personal events listed in The Arlington Connection, e-mail arlington@connectionnewspapers.com or fax to 703-917-0991. Deadline is 2 p.m. the Thursday before publication. Call Steve Hibbard at 703-778-9412. Photos are welcome.

Thomas C. Capretta has graduated from the Army ROTC (Reserve Officer Training Corps) Leader Development and Assessment Course, also known as "Operation Warrior Forge," at Fort Lewis, Tacoma, Wash. Capretta is the son of James C. and Claire M. Capretta of N. Abingdon St., Arlington.

Air Force Airman Courtney R. Taylor graduated from basic military training at Lackland Air Force Base, San Antonio, Texas. She is the daughter of Douglas Taylor and stepdaughter of

Paris Taylor of S. Eads St., Arlington, Va.

Navy Seaman Recruit Matthew L. Menoche, son of Barbara P. and Edmond E. Menoche of Arlington, recently completed U.S. Navy basic training at Recruit Training Command, Great Lakes, Ill. Menoche is a 2009 graduate of Langston Brown High School of Arlington.

Arlington resident Rhonda Colley was recently invited to join more than 75 of her peers at an international summit in Berlin, Germany, hosted by Cultural Care Au Pair. Colley is a Cultural Care Au Pair local childcare coordinator for Arlington, McLean, and Washington, D.C.

Air Force Airman Miguel A. Batista graduated from basic military training at Lackland Air Force Base, San

Antonio, Texas. The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills. Batista is the son of Carlos Batista of Seventh Road S., Arlington. He is a 2008 graduate of Garfield High School, Woodbridge, Va.

Navy Seaman Recruit Luke Ellison, son of William Ellison of Arlington, recently completed U.S. Navy basic training at Recruit Training Command, Great Lakes, Ill. with honors. During the eight-week program, Ellison completed a variety of training which included classroom study and practical instruction on naval customs, first aid, firefighting, water safety and survival, and shipboard and aircraft safety. An emphasis was also placed on physical fitness.

SCHOOL NOTES

Amy Walter of Arlington has been named an overseer of Colby College in Waterville, Maine. Walter, editor-in-chief of The Hotline, Washington's premier daily briefing on American politics, is a 1991 graduate of Colby.

Elected by the college's Board of Trustees, Colby overseers help assess the effectiveness of academic and administrative departments and serve as an informal advisory group to the college's president and trustees.

Derek Stotler of Arlington, a freshman majoring in engineering in the College of Engineering, has gained membership to the Virginia Tech Corps of Cadets Regimental Band, the Highty-Tighties. The Highty-Tighties are celebrating their 116th anniversary this year under the direction of Maj. George McNeill. A retired member of the U.S. Army, McNeill joined the Highty-Tighties after 22 years of enlisted military service in the Army Band Program.

The Virginia School Boards Association recognized Washington-Lee High School architects Grimm + Parker Archi-

tects with the Distinguished Design Award - Platinum Level, in the 2009 Virginia School Boards Association's Exhibition of School Architecture. The Platinum Level is the top award. The awards were presented at the VSBA convention in Williamsburg, Va. Nov. 18-20.

Winning projects were selected from 20 entries in the areas of new construction, renovation, and adaptive use of existing space.

Grimm + Parker Architects was one of five architectural firms to receive recognition.

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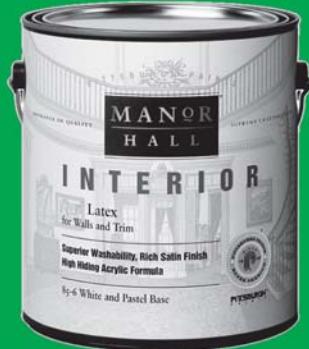
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NEWS

Stream Safety

FROM PAGE 3

time, the banks of the stream have been home to a railroad line, an amusement park and massive flooding after Hurricane Agnes in 1972. Today the area is part of a study currently being conducted by the United States Army Corps of Engineers to restore the natural infrastructure, create a habitat for birds and species, restore natural stream channels and remove fish blockages. In October, U.S. Rep. Jim Moran (D-8) announced a \$500,000 appropriation to the Alexandria-Arlington partnership to restore the Four Mile Run watershed. In total, Moran has earmarked \$9.1 million for the project.

"Caring about the quality of our water, the diversity of our wildlife and the fate of our historic landmarks isn't limited to one region or special interest," said Moran in a written statement announcing the funding.

The fire at Hercules Jack's has created a setback to the long-awaited restoration effort—dumping untold gallons of polluted water into the stream. Arlington

County firefighters used a foam-producing chemical known as AFFF when fighting the junkyard fire. That sent a toxic mixture of automobile fluids and firefighting chemicals into the channel towards the already-polluted Potomac River. According to a spokesman for the Arlington Fire Department, AFFF is diluted so much that it would be barely noticeable at 6 percent chemical to 94 percent water.

"We're talking about drops in a gallon," said Capt. Jose Ortiz, an assistant fire marshal. "It creates a blanket to prevent any flammable vapors from gasoline."

COUNTY OFFICIALS say they acted in "an overabundance of caution" when they issued a press release warning residents to stay away from Four Mile Run to avoid "the risk of exposure to auto fluids and fire-fighting chemicals." Because Four Mile Run includes parkland flanked by recreational trails, officials in the county's Department of Environmental Services wanted to make sure that residents were warned about both potential health threats.

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Calvary Gospel Church...703-525-6636

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
Cathedral 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

Church of God-Anderson, Indiana

Church of God...703-671-6726

Churches-Episcopal

St Andrew Episcopal Church...703-522-1600
St George Episcopal Church...703-525-8286
St John's Episcopal Church...703-671-6834
St Mary's 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...703-536-6606
St Thomas Episcopal Church...703-442-0330
Trinity Episcopal Church...703-920-7077

Churches-Lutheran(ELCA)

Advent Lutheran Church...703-521-7010
Faith Lutheran Church...703-525-9283
German Lutheran Church...703-276-8952
Resurrection Lutheran Church...703-532-5991

Churches Lutheran(Missouri, Synod)

Our Savior Lutheran Church...703-892-4846

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

Arlington 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 Methodist
...703-356-6336

Calvary United Methodist...703-892-5185

Cherrydale United Methodist...703-527-2621

Chesterbrook United Methodist
...703-356-7100

Clarendon United Methodist...703-527-8574

Community United Methodist...703-527-1085

Mt. Olivet United Methodist...703-527-3934

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...703-488-4886

Metaphysical

Arlington Metaphysical Chapel
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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...703-863-4520

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PEOPLE



PHOTO BY SANDY LEVITZ LUNNER/THE CONNECTION

Helping Media Professionals Connect

Northern Virginia filmmakers meet in Shirlington to network.

BY SANDY LEVITZ LUNNER
THE CONNECTION

They act or direct. Some write and produce. There's even a videographer, a self-described digital guru, and one guy who calls himself a TV Mercenary. But they all have something in common.

They are members of the Greater Washington DC chapter of Women In Film and Video (WIFV). And, on the second Tuesday of every month, they gather at Bear Rock Café in the Village of Shirlington to break bread and network.

"We all benefit from what the group has to offer," said writer, director, producer Zohar Rom of Arlington. "It's a way to get away from our desks, whether we work out of our homes or an office, and share news about our projects and

our lives," he added as colleagues viewed photos of his wife and new baby.

Producer Abby Sternberg of Annandale organizes the Shirlington Lunch Bunch. She says the group is representative of the professional, vibrant production community in Northern Virginia.

"We come here with production and technical questions and freely share information," Sternberg said. Because the "Lunch Bunchers" have different skills and expertise, she says, they often bid on projects together and hire and work with each other when a job comes through.

"For instance," she said, "if I have to get shots from an airplane or helicopter, I go to Peter Roof. When a project requires someone who speaks French and knows about dance, it's Mikael Manoukian. If it's an animation question, no matter how small, I

Shirlington Lunch Bunch
Media Mavens: Standing, left, Mikael Manoukian, Ear of the Eye Productions, Arlington; Heather Tveten, freelance producer, Arlington; Tim Lorenz, Digital Guru, InterfaceMediaGroup, Alexandria; Peter Roof, AltGobo MediaWorks LLC, Arlington; Louis Garcia, freelance producer/writer, Arlington; Zohar Rom, I Laughed I Cried.com, Arlington; seated, left, Janet Aldrich, Broadway Actress, Vienna; Charlotte Rinderknecht, President, Studio Kinate, Fairfax, and Abby Sternberg, Media Masters, Annandale

Details

What: Shirlington Lunch Bunch

When: Second Tuesday of every month, 12:30 PM

Location: Bear Rock Café in The Village at Shirlington 2751 Campbell Ave. Arlington, VA 22206

Sponsor: Women In Film & Video of Washington DC

E-mail: abby@mediamasters.tv

know I can e-mail or facebook Charlotte Rinderknecht."

While a core of regulars keeps the Shirlington Lunch Bunch going, WIFV members of northern Virginia are always welcome to join. Actress Janet Aldrich, who just relocated to Vienna, Va. from New York with her husband and children, dropped by for her first Lunch Bunch gathering this month.

"It's hard to find community when you move and don't work in an office," Aldrich said. "I need people to connect with, who speak the same language. Being here felt like I could breathe for the first time since moving."

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The senior centers will be closed, Thursday, Dec. 30, Friday, Jan. 1.

Learn about the **Peer Transition Guide Program**, sponsored by the Office of Senior Adult Programs and Alliance for Arlington Senior Programs by calling Monday, Dec. 28, 10 a.m. - 3 p.m., 703-228-4759. Guides assist Arlington seniors, one-on-one, with retirement options and volunteer opportunities.

Deciphering codes and comments on **personal credit reports** will be explained Monday, Dec. 28, 11 a.m., Thomas Jefferson Community Center. Program presented by Zaida Gonzalez, financial education specialist, Arlington Federal Credit Union. Register early by calling, 703-228-4403.

Benefits of leaving a **written legacy** for future generations, Tuesday, Dec. 29, 1:30 p.m., Langston-Brown Senior Center. Call 703-228-5321 to register.

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SPORTS

ARLINGTON CONNECTION SPORTS EDITOR JON ROETMAN
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‘Ox’ Whelden a Force on the Mat for Yorktown

Wakefield, W-L, O’Connell compete during NOVA Classic in Fairfax.

BY JON ROETMAN
THE CONNECTION

In a matchup of Arlington high school heavyweights, it was the escape ability of the wrestler referred to as “Ox” which determined the winner.

Yorktown sophomore Charlie Whelden earned an escape point in double overtime to defeat Wakefield junior Luis Contreras, 2-1, in a heavyweight match Saturday during second-day action of the NOVA Classic at Fairfax High School. The win helped propel Whelden to a fourth-place finish, the Patriots’ highest of the meet.

The victory was especially sweet for Whelden after losing to Contreras twice the previous year, including a one-point defeat at districts.

“I had a pretty good idea of what he was going to do,” Whelden said. “I tried specifically to beat him this year. It wasn’t the blowout I wanted, but I think I did a good job.”

The grapplers have developed a friendly rivalry. Whelden’s desire to improve paid off with fewer errors against Contreras.

“Whelden got better,” Wakefield head coach Jeff Humphries said. “He’s more aware out there; he started believing in himself more. ... He wouldn’t give up a takedown. Last year we scored on his mistake. He took a bad shot,

we fell on him and spun, he reaches back, we throw a half and pin him. We capitalized on it. Well, if he doesn’t make a mistake, then we’re kind of screwed.”

Contreras’ comments after the match shined light on why Whelden is nicknamed “Ox.”

I knew he was strong, but this year he just got bigger,” Contreras said. “My strategy was to wait for him to make a mistake. But when he went down, I just couldn’t keep him down.”

Whelden was one of three Yorktown wrestlers to finish in the top six in his respective weight class, joining Hunter Rheaume and Sam Burton.

Last year as a freshman, [Whelden] went out there, he’s big and strong, but he didn’t know what to do,” Patriots head coach James Blanton said. “This year, he’s putting things together in his mind. ... [He has improved his] mat awareness, knowing what the score is, understanding the situation and what he needs to do.”

Blanton, who wrestled for Howard University at 174 pounds, competes against the Patriots during practice, saying “Every day I’m out there banging, usually with the upper-weight guys. It’s part of the job. I love getting on the mat, rolling around with them. ... I let the guys know, if they can hang with me, they’re going to be able to hang with anybody in the state.”

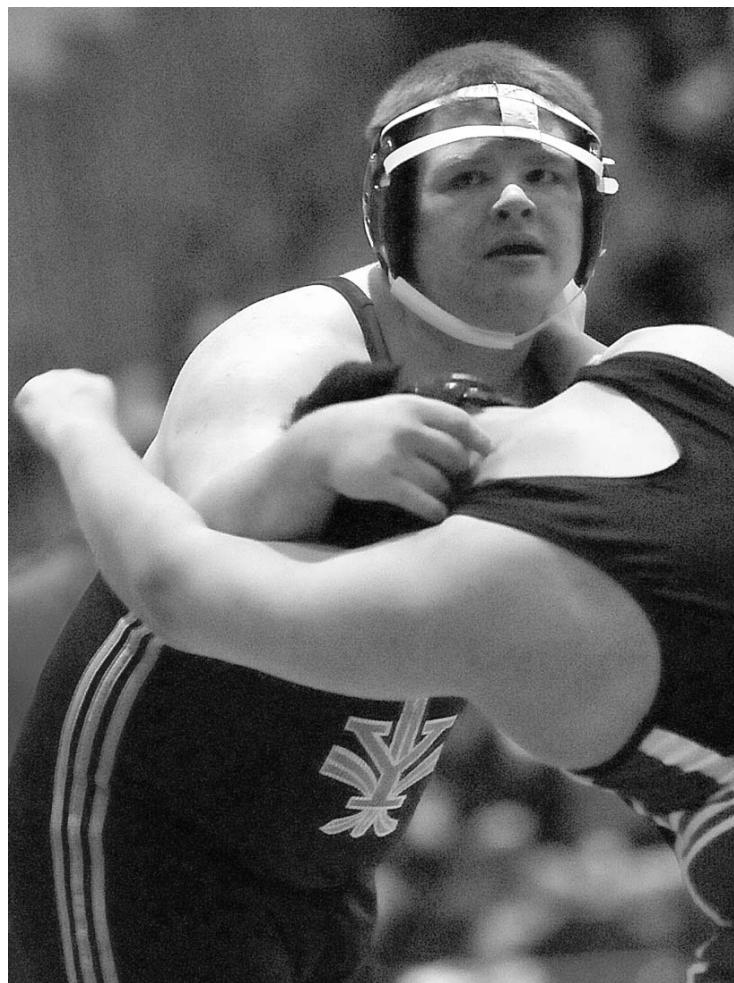


PHOTO BY LOUISE KRAFT/THE CONNECTION

Yorktown heavyweight Charlie Whelden, left, wrestles Wakefield’s Luis Contreras during Saturday’s NOVA Classic at Fairfax High School. Whelden won, 2-1, in double overtime.

The coach, from experience, said Whelden provides a tough matchup for opponents.

“He’s a tough guy to wrestle,” Blanton said. “I can understand why heavyweights get frustrated wrestling him. He’s strong. He’s

not like a sloppy heavyweight where he’s fat all over. His weight is evenly distributed: big legs, big thighs, big stomach, big arms. He’s hard to move around, hard to get out of position.”

Rheaume finished fifth at 152

pounds at the NOVA Classic, but wants to get down to 145. Blanton said the senior dedicated himself in of late and has become a better wrestler.

“He’s put in the work in the offseason,” Blanton said. “I think at some point after his sophomore year he decided he wanted to be good at the sport. He committed himself to it. He has a positive attitude and he works hard.”

Rheaume said he wrestled three days per week during the summer and has noticed an improvement. He has his goals written next to his bed — win the National District and go to the state meet — to keep him motivated when he’s not in the mood to work.

“I look at them every morning and I realize, ‘Hey, I need to work today if I want to reach that goal,’” Rheaume said. “Can’t take days off. My coach says every day you miss is a day you can’t make up.”

Rheaume is in his seventh year of wrestling. How did he get started?

“I used to be a really angry kid and then my dad was like, ‘I’ll just stick him in wrestling,’” Rheaume said. “And I really suck at basketball, so that’s what really tied the knot, there.”

Burton, a senior, finished sixth at 160 pounds, but would like to get down to 152. He stopped wrestling early due to an injury precaution.

Other members of the Yorktown wrestling team include: Cody Cummings (112 pounds), Dean

SEE NOVA CLASSIC, PAGE 13

SPORTS BRIEFS

Yorktown Girls Searching for First Win of 2009-10

The Yorktown girls basketball team is off to an 0-4 start, but head coach Dave Garrison notices improvement.

The Patriots lost at home to Chantilly, 73-51, on Dec. 8, on the road to Bishop O’Connell, 72-66, on Thursday and on the road to McLean, 61-55, on Friday. After dropping its first two games by an average of more than 20 points per contest, including a 19-point season-opening loss to Robinson, Yorktown lost by six in its latest two matchups.

“We’re playing better from the first game to the fourth,” said Garrison, who added the Patriots’ best performance was their most recent, against McLean.

Lena Negri and Peyton Lee led Yorktown with 12 points each against

McLean. Lindiwe Rennert scored 11 points and Brooke Huffman added 10.

Against O’Connell, Huffman led the way with 21 points. Lauren Dresser scored nine points, and Emily Rebh, Negri and Lee each added eight.

Against Chantilly, Rennert scored a team-high 13 points, while Lee and Negri each finished with 11.

“They played hard and we’re continuing to improve,” Garrison said. “We’re starting to play as a team.”

Yorktown opens National District competition with a home game against Washington-Lee at 6 p.m. Tuesday. The Patriots will host Wakefield at 6 p.m. Friday.

Yorktown Boys Split Non-District Games

The Yorktown boys basketball team lost at Chantilly, 55-37, on Dec. 8 and beat McLean at home, 68-46, on Friday.

Against Chantilly, Nikko Eshierick led the way for Yorktown with 13 points, while Mike Veith added nine.

In the victory over McLean, the Patriots had four players score at least eight points. Jack Earley scored a team-high 20 points, Veith finished with 11, Kevin Bailey totaled 10 and C.J. Bartholomew added eight.

Yorktown head coach Richard Avila said he hopes the Patriots produce a balanced scoring attack like Friday’s on a more consistent basis.

“If we can get eight or nine guys to score eight to 10 points,” Avila said, “it would be better than relying on one or two” for the majority of our points.

Avila said he’ll have a better idea where his team is at after this week, when the Patriots open National District play against Washington-Lee (7:45 p.m. Tuesday) and Wakefield (7:45 p.m. Friday).

O’Connell Wins 2 of 3

The Bishop O’Connell girls basketball team won two of three games during a four-day span, improving its record to 4-1.

The Knights dropped a Washington Catholic Athletic Conference game to Good Counsel, 83-64, on Dec. 7, but bounced with wins over Washington-Lee (59-48, Dec. 8) and Yorktown (72-66, Friday).

O’Connell buried 12 3-pointers in its win over Yorktown. Kara DeGuisto scored a team-high 21 points for the Knights, while Sarah Jones added 16.

O’Connell played a conference game against St. John’s on Monday. Results of the game were not available as of the Connection deadline. The Knights will travel to face E.C. Glass (Lynchburg), Liberty Christian Academy (Lynchburg) and Collegiate School (Richmond) Wednesday-Friday. The Knights will play another road game on Dec. 21 against

SEE BRIEFS, PAGE 13

SPORTS

NOVA Classic

FROM PAGE 12

Kime (119), Danilo Downing (125), William Young (130), Nolan Paduda (135), Bati Tsogtsaikhan (140), Maliek Wilson (160), James Greene (171), Hasan Hiraoglu (189) and Desi Ondo (215).

Hard Work Pays Off for Wakefield

Wakefield head coach Humphries has a message for his team after the NOVA Classic: For the most part, it's the guys who show up to practice every day who found success at Fairfax High School.

Humphries, a Wakefield graduate who has coached at the school since 1992, wants to restore wrestling popularity in Arlington and build a hard-working group at WHS. This year's team is led by two-time district champion Carlos Bonilla (140), and district runner-ups Henry Mojano (119) and Victor Leavell (145). Other standouts for the Warriors are: Henry Vasquez (103), Oscar Lobos (189) and Contreras (heavyweight).

Leavell said he feels "a lot healthier" moving from 135 to 145. He wrestled late into the second day.

W-L Looking To Improve

The Washington-Lee wrestling team finished sixth out of seven teams in the National District last season, a performance head coach Jim Mon described as "poor," and the Generals are looking to improve. Led by Rhyler Heining (152), Manik Sarik (140), Ulysses Smith (189) and Alex Goodahl (heavyweight), Mon said this team is putting forth the effort to get better.

"They know what we did last year wasn't good enough," Mon said, "and this year they're working harder."

The coach said Sarik, Goodahl and Smith have shown strong senior leadership.

New O'Connell Coach Not Changing Much

First-year Bishop O'Connell head wrestling coach Brad Drummond inherits a Washington Catholic Athletic Conference championship team from Bill Carpenter, who coached the Knights for nearly three decades. Leading the way on this year's team are Jacob Ramos (112), Curtis Jeney (119) and Luke Milligan (160).

Ramos, a junior, was a state runner-up last season.

"He is aggressive," Drummond said. "He's a tough top wrestler. He has a knack of figuring out ways to win a match."

Jeney and Milligan are also returning starters.

"[Jeney is] battle tested," Drummond said. "Luke knows what it takes to get it done."

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"Serve-Us" Contracts?



By KENNETH B. LOURIE

Can someone please explain to me the pros and cons of these after market, service contracts, available for purchase after your car dealer's/manufacturer's warranty/warranties have expired? Their solicitations on television, radio and print are almost replacing the credit card companies in their vigorous pursuit of American consumers. Just yesterday, I received in the mail, what looked like a very official, certified-type, for your-eyes-only directive, aimed very specifically at yours truly, owner of an expiring automobile warranty. When I tore the four perforated sections and opened the remaining fold, what I found was yet another "If your car is not more than 15 years old and has less than 200,000 miles on it" offer of automobile repair and maintenance relief.

However, since I wasn't born yesterday (or even the day before), I can't help being cautious and concerned about the "relief" offered. Moreover, I can't help thinking that there's likely so much fine print, finely printed, that I won't be able to read or, won't likely understand, that as a car owner with future repair bills ahead, what I'll likely be relieved of is my money, not my worry about those future bills. But what do I know? As has been proven in this space many times before, not much.

My instincts, as a former Life & Health insurance broker, is to be concerned – and to plan for – worst case scenarios and pre-existing conditions (meaning exclusions). With respect to life and health insurance, I am well aware of the issues and conditions under which medical and lifestyle-type, pre-existing conditions/considerations might adversely affect one's coverage. However, I don't have near that same level of experience and instinct when it involves car repairs and maintenance. What little I can say is, with absolute certainty, that the longer a car is driven/owned and the more miles it accumulates, the more likely repairs will be needed. And if I may presume a little bit more, the more expensive and involved those repairs likely will be.

That presumption being logical and agreed to, in theory; why would companies take on that unfunded – and likely undocumented by the car's owner – commitment, to assume liability of future repair bills likely to be "major:" engine, transmission, struts, gaskets, etc., as listed in the company's advertisements? Further presuming that these companies are not in business to lose money and are not advertising (putting their money where their marketing mouths are) because they are stupid, I'm left with no other conclusion than to paraphrase one of my recently deceased father's favorite expressions: the idea must have merit.

Still, I can't get past the "If it sounds too good to be true..." feel of these promotions/assurances. Are these companies regulated in some way like Life and Health, and Property and Casualty insurance companies are? Must these service-contract companies have a certain amount of cash reserves on hand to to pay for their future – and as yet undetermined – liabilities? Have they been vetted/investigated/researched and/or evaluated by consumer groups, consumer magazines or even Consumer Agencies? Has the Better Business Bureau done any due diligence?

I understand the coverage is not free. However, if I am to believe – and ultimately buy in to – all that I hear, read and see about these reassuring offers, I'd have to be crazy to not to want to learn more and see if I really can eliminate the worry I will admit to having, about these inevitable future car repairs. But I'm hesitating. I must be crazy, right? (Maybe that's a side effect of the oral chemotherapy?)

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

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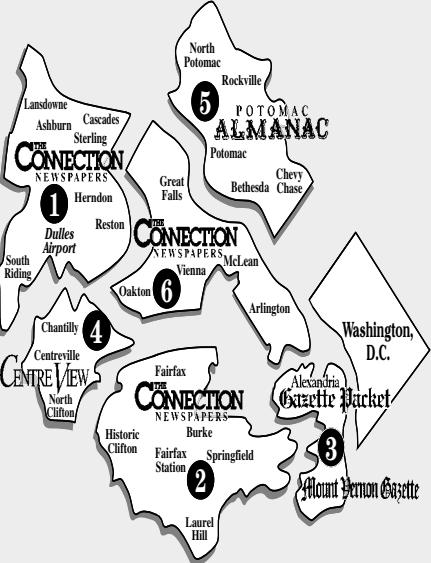
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21 Announcements

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ABC LICENSE
Guest Services of Virginia, LLC trading as General Dynamics-Fairfax Park, 2941 Fairview Park Dr, Suite 100, Falls Church, VA 22042. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL for a Wine & Beer Premises, Mixed beverage on Premises Restaurant license to sell or manufacture alcoholic beverages. Gerard T. Gabrys, President/CEO

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SPORTS



PHOTO BY MADDIE MEYER

Lindiwe Rennert scored double figures in two of the Yorktown girls basketball team's last three games. Patriots head coach Dave Garrison said the team is improving.

SPORTS BRIEFS

FROM PAGE 12
Georgetown Visitation.

Yorktown Swimming Sweeps Mount Vernon

The Yorktown Swim & Dive teams swept the visiting Mount Vernon Majors in a meet held at Yorktown Pool on Friday. Both Yorktown teams improved their dual meet records to 3-0 for the season. The boys won, 107-78, and the girls won, 122-64.

The boys meet was close with Yorktown holding a nine-point lead after the 100 freestyle. A late surge that included a 1-2 finish in the 500 free by Andrew Leach and Jimmy Linek and a sweep in the 100 breaststroke by Greg Crosswell, Drew Findley, and Linek led to the final margin. The boys won nine of 12 events, including all three relays. Leach (200 free and 500 free) and Crosswell (200 IM and 100 breast) were double winners. The other event winners were Fabian Propers (50 free) and Collin Condron (100 fly). Angus Moloney finished second to lead Yorktown divers. First place relays - 200 Medley Relay (Linek, Crosswell, Leach, Propers), 200 Free Relay (Leach, Scott Liddell, Propers, Wren Rudolph), and 400 Free Relay (Condron, Linek, Propers, Rudolph).

The girls won of nine of the 12 events, including all three relays and two sweeps (500 free and 100 back). A couple of freshmen shined in their first meet. Amanda Didawick won the dive event and followed

that up with a victory in the 100 butterfly. Abigail Young introduced herself to Yorktown swimming with a 100 backstroke victory. The other individual event winners were Abigail Ortmaier (200 IM), Emma Lehene (50 free), and Angela Slevin (500 free). First place relays - 200 Medley Relay (Young, Ann Carpenter, Lehene, Lydia Carpenter), 200 Free Relay (Slevin, Olivia Shipley, Didawick, Stephanie Romano), and 400 Free Relay (Ellie Belilos, Katie Gentsch, Young, Slevin). Young (100 back) and Ortmaier (100 breast) achieved Region-qualifying times.

The Patriots return to action Dec. 18 when the Stuart Raiders visit Yorktown Pool. The meet begins with diving at 6:30 p.m.

Washington-Lee Boys Fall to 0-4

The Washington-Lee boys basketball team lost to Park View, 69-61, on Dec. 8 and fell to Oakton, 60-39, on Friday. The Generals (0-4) travel to face Yorktown at 7:45 p.m. Tuesday and host Mount Vernon at 7:45 p.m. Friday.

Washington-Lee Girls Drop Two Games

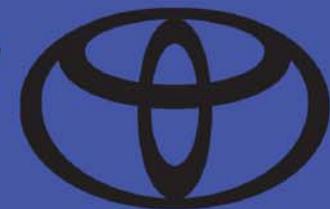
The Washington-Lee girls basketball team dropped to 2-3 with losses against Bishop O'Connell (59-48, Dec. 8) and Oakton (60-28, Friday). Washington-Lee travels to face Yorktown on Tuesday and Mount Vernon on Friday.

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