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PHOTO BY DELIA SAVA/THE CONNECTION

Dan Lesniak goes for a run in Clarendon's snow-covered streets.

Back-to-Back Snowstorms

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O'Connell's Marshall Selected as McDonald's All-American

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Jogging in Olympic Torch Relay

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Concert for Senegal

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NEWS

Resident Jogs in Olympic Torch Relay

McDonald's franchisee wins honor.

By BONNIE HOBBS
THE CONNECTION

The 2010 Winter Olympics are well underway in Vancouver, Canada. But for Arlington's Max Van Valkenburg, the festivities began in December, when he participated in the Olympic Torch Relay.

"It was a lot of fun, and humbling," he said. "There were a lot of people on each side of the street, waving banners and cheering everyone along. And when we stopped, they crowded around and shook our hands. They were just the nicest people."

Van Valkenburg, his wife of 56 years, Neva, their son and daughter own 18 McDonald's franchises — including restaurants in Chantilly, Centreville, Clifton, Fairfax and Fair Lakes. And the



Max Van Valkenburg carries the Olympic Torch through the streets of Hamilton, Canada.

opportunity to carry the torch came about because of that association, plus McDonald's relationship with Coca Cola.

Both Coca-Cola and RBC, a Canadian bank, sponsored the relay. "Coca-Cola is one of McDonald's major vendors and we're Coca-Cola's biggest customer," said Van Valkenburg. "So Coca-Cola invited McDonald's to participate in the

relay."

He then won the chance to be in the torch relay at a McDonald's Operators Convention in April 2009 in Orlando, Fla. There, Coca-Cola put the attendees' names in a hat and drew Van Valkenburg's. "It was the luck of the draw, but I was honored," he said. "It was a once-in-a-lifetime experience."

He didn't do anything out-of-

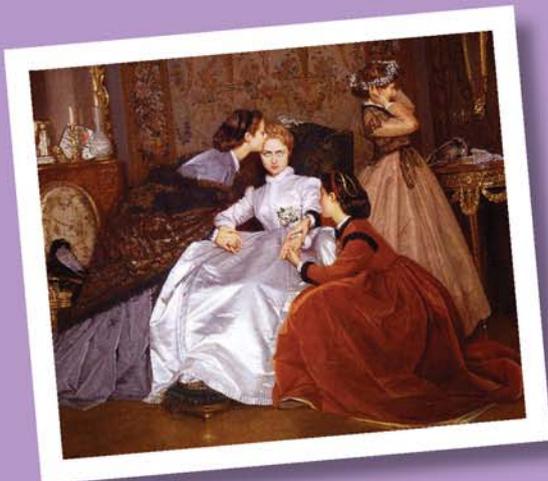
the-ordinary to prepare for the event. But he exercises regularly on a treadmill, so he just continued. "You could walk, jog or run in the relay," he said. "So I told them I'd jog."

The entire relay was 45,000 kilometers, or 27,945 miles. According to Van Valkenburg, the Canadians decided to run all the way around their country so 90 percent of the Canadians would be within 10 miles of where the relay was run so as many people as possible could see the torch pass by. "It took 106 days and 12,000 torchbearers to complete that run," he said. "It was the longest torch run of any Olympics."

Van Valkenburg participated Dec. 20; his portion was 300 kilometers — about two blocks — in Hamilton, Ontario, about 30 miles south of Toronto. He wore a white uniform, and his red mittens were adorned with Canadian maple leaves.

"Everybody had a number and they marked the route on the street," he said. "They gave me a torch with a propane tank and, as

SEE RESIDENT, PAGE 7



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earn some honors!”

• Louisa May Alcott

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Getting through Back-to-Back Snowstorms

With deep snow,
some high spirits.

BY DELIA SAVA
THE CONNECTION

The blizzard on Wednesday, Feb. 10, disrupted daily life for a second time in less than a week. People were urged to stay home as schools, government offices and businesses were forced to close as the second storm pounded the area.

Arlington Fire Station #4's Battalion Chief Dale Smith said, "I can't remember when the federal government has been closed this many days." He added, "This storm has really immobilized the entire area."

Lieutenant Richard Shupe noted that many of the calls they'd responded to were snow-related injuries from shoveling and sledding, as well as, eye injuries from snowball fights and flying debris in the windy conditions.

Jason Hart, a firefighter and paramedic at the station looked out a window as the snow and winds continued through late Wednesday afternoon. "I've lived in the area all my life and this is the worst I've ever seen," said Hart.

The Arlington station had taken measures to ensure that they did not have a problem with their roof. "We've had two fire stations in Fairfax County whose roofs collapsed — we've been picking up the extra work load," said Smith.

According to Shupe, one of the more memorable medical calls was from a business owner who was shoveling his roof and inadvertently dumped the snow on a customer who was about to enter the building. The customer was treated and transported to the hospital; the injuries sustained were not life-threatening.

DESPITE the blustery conditions, some were compelled to brave the elements.

SEE DEEP SNOW, PAGE 6



Justin Melnikoff (left) and Jay Greenberg shovel out to get to work.



Andrea Tripi, the manager at Sette Bello restaurant, shovels a path for the emergency exit.



Jason Hart, one of the firefighters/paramedics at the station on 10th Street, watches the blizzard conditions.

"We're all in it together, just doing the best we can."

— Aharon Polatian, owner, Clarendon Valet



Clarendon Valet: Many businesses were forced to close temporarily as snow piled up.

Benefit Concert Planned for Senegal

9-year-old boy organizes event for children in Niroro.

BY SANDY LEVITZ LUNNER
THE CONNECTION

In many ways, Eric Lusby is a lot like most nine-year-old boys.

He plays tennis and basketball, does Tae Kwon Do. And, he plays the piano.

But this Sunday, Eric is doing something that's not even on the radar screen of most nine-year olds. He's playing piano at a benefit concert that he organized to raise money for children in Niroro, Senegal.

"It was all his idea," said his mother Khady Lusby, a native of Niroro. "I didn't even know it was something he wanted to do until his piano teacher told me."

Khady has been helping the women in her hometown of Niroro for many years, traveling there every summer with clothes, used books and money. When asked to help build a school, she put on a benefit back home in Northern Virginia called "A Taste of Africa." That fund-raising event raised \$3,000. Khady matched that amount with personal

funds and this past November the school opened with two classrooms, an office, and a full-time staff. Already the school has 50 students and a long waiting list of other children who would like the opportunity to be educated.

Eric, a fourth grade student at Arlington Traditional Elementary School, explained he got the idea for the concert during one of his piano lessons. "I was thinking about

SEE CONCERT, PAGE 6

County Budget To Be Unveiled

Acting County Manager Barbara Donnellan will formally present the FY 2011 Budget to the County Board during its public meeting on Saturday, Feb. 20, 8: 30 a.m., in the County Board Room 307, 2100 Clarendon Blvd.

Donnellan has indicated that she will propose closing the anticipated budget gap for FY 2011 with a combination of cuts in services and an increase in the property tax rate.

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OPINION

Too Easy To Miss Heart Disease in Women

BY RACHEL BERGER,
M.D.

VIRGINIA HOSPITAL CENTER



AMERICAN HEART MONTH

Hear disease is the leading cause of death among women. More than all forms of cancer, lung disease and stroke, heart disease kills over 400,000 women each year. In fact, women are more likely to die from heart disease than men.

There are over 38 million American women living with heart disease and half of all women will develop heart disease during their lifetime. Unlike men, in whom heart disease often presents when they are younger, women tend to develop heart disease later in life, often after the age of 65.

Why are women more likely to die of heart disease? Although men and women have many of the same risk factors for developing

heart disease such as lack of physical activity, being overweight, high cholesterol, and smoking, women over the age of 65 are more likely to have hypertension and diabetes, two major risk factors for the development of lethal heart disease.

Women are also less likely to recognize the symptoms of heart disease. While men may present with more typical chest pain symptoms, women often present with atypical, non-specific symptoms such as increased fatigue, nausea, back pain, and difficulty breathing. Women are therefore less likely to recognize their symptoms and are often delayed in seeking medical attention.

Because their symptoms are often different, when women present to an emergency room or to a physician with heart disease, they are more likely to be misdiagnosed or to not receive the proper treatment they need.

What can women do to help prevent heart disease? First, women should learn to recognize the atypical symptoms of heart disease. Second, women need to seek medical attention if they have any questions about the way they are feeling. Third, women must advocate for their own health, especially if they feel as though they are not being heard.

Taking care of your heart and preventing heart disease involves preventing those risk factors that lead to heart disease. This includes a heart healthy diet that is low in fat, cholesterol and salt and high in fiber, whole grains, lean proteins, fruits and vegetables. Physical activity, with at least 30 min-

utes of aerobic activity most days of the week is essential. Losing weight and quitting smoking are likewise critical in a heart healthy lifestyle.

Understanding your risk of developing high cholesterol, high blood pressure and diabetes is vital in preventing heart disease. Women should be screened for elevated cholesterol, elevated blood sugar and elevated blood pressure regularly. If you are diagnosed with one of these conditions, you should work with your physician to make lifestyle adjustments and possibly use medications to help control these very important risk factors.

Heart disease is preventable. Often, women spend so much of their time caring for others that they forget to take care of themselves. By leading a heart-healthy lifestyle, understanding the body's signals, and being a self-advocate, women can continue to lead the fight against heart disease.

LETTERS TO THE EDITOR

Re-evaluate Priorities

To the Editor:

I would hope the County has learned from the recent snowfalls that its snow removal plan needs serious re-evaluation.

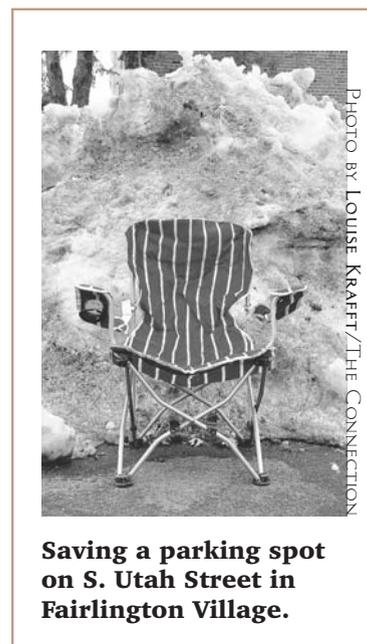
I live on a dead end street which I realize is not a priority. However, I find it unacceptable that the first treatment we received was salt exactly seven days after the first storm began. Our street was never plowed — neighbors had to dig it out by hand.

What I found astounding is the fact that the County prioritizes all libraries and recreation centers for removal over streets. Are you kidding me? A quick look at several area libraries and rec centers (which were all closed during the storm), and I found black top parking lots, while streets were untouched and covered.

From an emergency response perspective, this is unacceptable. And it's a waste of resources. Had County trucks not been digging out the library lots, more streets would have been cleared.

Having lived in Arlington all my life, I have seen it does not have the internal resources to handle much more than 10 inches on its own. Proof of that is the number of neighborhood streets that never get plowed or treated.

I am grateful for all the staff that put in long hours to clear roads. But the poor and inadequate planning for snow removal after years of complaints by our street (and



**Saving a parking spot
on S. Utah Street in
Fairlington Village.**

PHOTO BY LOUISE KRAFFT/THE CONNECTION

others I'm sure) has become inexcusable.

Some suggestions for our local officials:

1. Re-evaluate priorities. Streets should always be prioritized over libraries and rec centers, except for a few ones specifically designated as emergency shelters.

2. Thresholds need to be set for what is considered acceptable "durations to treat." I feel most residents believe every street should get plowed or treated within 48 hours. This isn't just for convenience, it's primarily for emergency access.

3. More outside resources are needed for any significant snowfall, or for back-to-back snowfalls. The county did call in contractors to help haul in salt from Baltimore

and clear Rosslyn and Crystal City, but clearly needs more help.

Reade Bush
Westover

Thoughtful Management

To the Editor:

I wanted to take a moment to recognize the professionalism of the Arlington Potomac Yards Massage Envy team, especially Danette Mertz, Damian Williams and Amani Hussein when they made special arrangements over a two-month period to accommodate my daughter, Mary Ady, during a period she was adjusting to new epilepsy medication.

Mary is a massage therapist with 10 years of practice, a graduate from Potomac Massage Training Institute in 2000, and a professional member of the AMTA and NCBTMB.

For about two months she would leave work early due to adverse effects of trial medication, called in crying on a holiday saying she couldn't come in due to her unstable condition, and otherwise really testing the loyalty of the management team. And each time she came to work to hear from this staff about their interest, it was in how Mary was feeling. She brought in letters from Johns Hopkins from her neurologist when she did miss work, which the staff never pressured her for. They were amazing, in every way.

The team worked hard to imme-

diately adjust her schedule to what best accommodated her needs. They would frequently ask her how she was feeling throughout the day in the most sincere way and let her know it was OK. She even has been given her own room on many days to help reduce her underlying stress. They would ask her how she was feeling, and genuinely cared while her team at Hopkins helped her through medications to solve her medical problems.

Never once was she reprimanded or treated like an inconvenience, or even brought to her attention the time spent rescheduling clients on days her disability made her unable to work.

I take this treatment of my daughter by the staff of Massage Envy very personally, and wanted to give a sincere thank you for a job well done. Upon retiring from the Department of Defense, I was given the Distinguished Civilian Service Medal for exceptional service, including this statement by the Secretary of Defense: "Mr. Ady also developed a successful program objective memorandum for \$10 million which will provide computer support for the disabled civilians in the Department of Defense workforce." This was in 1989, before I knew I would be the father of a daughter with a disability, my heart was in this voluntary service.

I personally want to take the time to say thank you to this incredible team, for sending my

SEE LETTERS, PAGE 13



'King of the Beasts' Long Branch Elementary School's fifth-graders are painting a life-size fiberglass lion for the Parent Teacher Association's annual auction fund-raiser at the Arlington Arts Center on Saturday, March 20. The 8x4-foot, 100-pound lion — named, "Lionel" — arrived by trailer on Saturday, Jan. 23, primed white and ready for paint. The lion is the school's mascot. Proceeds from the sale of Lionel will support a one-time purchase to benefit the entire Long Branch family; the PTA is considering a multi-media weather station. Art teacher Gwenn Zaberer is leading the class project.

Studying Chronic Health Care

Freshman delegate's bill would initiate study to investigate case management system.

BY MICHAEL LEE POPE
THE CONNECTION

Calling Virginia's Medicaid system "dysfunctional," freshman Del. Patrick Hope (D-47) wants to add an ounce of prevention to the way chronic health care is treated in the commonwealth. The only thing that stands in the way is money — a barrier Hope says can be overcome if lawmakers understand the cost-savings that could come from reforming the way Virginia deals with chronic health ailments.

"This is one of the reasons I came to Richmond," said Hope, who frequently raised the issue of Medicaid reform during the fall campaign. "If this is successful, it will probably be the most significant accomplishment of my legislative career."

Virginia is a long way from enacting sweeping reform of its Medicaid system. Yet the newest member of the Arlington delegation was successful in shepherding a resolution through the House that would direct the Joint Commission on Health Care to review available information about how chronic health care is handled in other states. According to the language of the resolution now being considered by the Senate, the study would present recommendations related to the development of a system of chronic health care homes. Hope says his ultimate aim is to create a system of case management similar to one recently instituted for Medicaid patients

in North Carolina.

"Case management is expensive because it involved working one-on-one with patients," said Debbie Oswalt, executive director of the Virginia Health Care Foundation. "But it can also be worth the investment because when patients get sick and have to go to the hospital that ends up being much more expensive than a case manager."

AFTER THE STUDY has been completed, Hope would like to launch a series of demonstration projects. The pilot programs would show how case management would work more efficiently than the current system, which he calls "disease care." The new system would encourage doctors to accept Medicaid patients by paying extra monthly fees that reflect the level of sickness of their patients. By managing chronic health-care issues instead of treating its symptoms, Hope says, North Carolina has been able to save about \$260 million a year in Medicaid payments.

"Our Medicaid program is broke," said Hope. "And what we've got in place now is essentially a sick-care program rather than a health care program."

The concept of "chronic health care homes" allows doctors to see fewer patients but spend more time coordinating their care. Essentially, the plan would create a system of case managers who would work with patients dealing with chronic conditions — heart disease, diabetes, asthma, hypertension and other ailments. The case managers would work with patients to make sure they know how to manage their illness, take their medication and set up medical appointments. The goal is to work on the front end to manage illness rather than dealing with problems in the emergency room, when they are more costly and destructive.

SEE CHRONIC CARE, PAGE 13

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PEOPLE

How To Help The public is invited to the concert and admission is free. Donations can be made at the door or mailed to Eric Lusby's mom at Khady Lusby, 5925 10th Road N, Arlington VA 22205.



Rock band "Take 2" practices for Sunday's benefit concert. Pictured from left are Alec Hudd, 14, Eric Lusby, Kyle Lusby on drums, 14, Sam Burke on guitar, 15, and Marcus Lusby, 14, on guitar.

Concert For Senegal

FROM PAGE 3

my mom's "Taste of Africa" and two things came together — raising money for my mom's school and playing piano.

"I told my piano teacher about my idea and she helped me organize the benefit concert," Eric said. "I want to raise enough money to help build another classroom so more kids can go to school."

Khady said she wasn't too surprised to hear from piano teacher Danielle Dotson about how her son wanted to help. "Eric is very caring. He watches me, sees what I do. My boys hear me tell them all the time how fortunate they are."

Eric's brothers, Marcus and Kyle, both, 14, are part of the benefit concert, too. They will be there with their rock band, Take 2. Cousins and friends of Eric are participating in the concert as well. One friend, Ndri Sligh-N'Cho, 15, will be playing solo saxophone.



Eric Lusby, 9, at his piano.

Concert Details

DATE: Sunday, Feb. 21
TIME: 4 p.m. to 6 p.m.
PLACE: Community Praise Center, 1400 Russell Road, Alexandria
For directions visit www.cpcpsda.org

Some of the selections Eric is playing include Sonatina, Minuet 7, and a jazz number called Low C Boogie. He says the whole concert will last over an hour.

"I'm excited," Eric shared. And, he added, "I'm pretty nervous."

Deep Snow, High Spirits

FROM PAGE 3

Dan Lesniak was spotted jogging on Highland Street in Clarendon. Lesniak says he liked having the street to himself: "I know it seems crazy but it's actually safer than when there's traffic."

New Jersey native Chris Worth was able to work from home. Worth had invited his fiancée to stay at his place in Clarendon during the "snowcation." Worth had walked to one of the few restaurants nearby that was still open. He said he likes to "stay busy and move around" and he was using the time to get caught up on administrative work.

In the days after the second storm, resi-

dents struggled to get back to some sense of normalcy. In North Arlington many side streets had not been plowed and large patches of sidewalk were impassable, forcing pedestrians to walk in the street.

A postal carrier who delivers mail in the Lyon village neighborhood, Wu Bei, was having trouble navigating the sidewalks to perform her job. "I am afraid of falling, I don't want to have an accident," Bei said.

Friends Justin Melnikoff and Jay Greenberg whose street had not been plowed were shoveling out and said they had been at it for hours. They had tried call

SEE BLIZZARD, PAGE 13

SELF STYLING

Claire Huschle

BY DELIA SAVA
THE CONNECTION

Claire Huschle, the executive director of the Arlington Arts Center, was photographed during the opening reception for the current exhibition, Transhuman Conditions.

Talk a little bit about what you are wearing, where you found it, why you like it ...

I was on vacation with friends in St. Martin last winter and stumbled into a fashion house resale place. The shop wasn't much bigger than shoebox, but they had fabulous deals on designer pieces, including this wrap by DKNY. I like that I can drape it or tie it in about 1,000 ways and it looks different each time. The brooch belonged to my Great Aunt Mae. She got this in Mexico, probably back in the '40s or '50s. She traveled all over and had some great pieces like this mixed in with a bunch of costume stuff.

Describe your fashion style.

Well, when I take the quizzes in the fashion magazines, I usually get pegged as "Classic" but I'd like to think there's just a tiny bit of Bohemian in there.

Do you have any formulas for putting together your look?

Honestly, yes, almost literally. Black/white/gray + a color + a signature accessory = Done. Good jewelry or a classic scarf can go a long way.

For you, what's the key to looking good?

I only wear clothes I feel fully confident in.

Do you have a "dress code" for work you need to follow?

One of the perks of working in the arts is that really anything goes. I could probably spend more time reading the fashion blogs, because I'm way more conservative in my dress than some of my arts



PHOTOS BY DELIA SAVA/THE CONNECTION

Claire Huschle

colleagues, but who has the time?

Where do you like to shop? Favorite designers?

I have no strict rules here, because I actually don't like shopping that much, except (1) I will drop a bunch of money if I find a designer liquidator like United Apparel Liquidators in New Orleans and (2) I only buy things on sale.

Do you have any beauty secrets you'd like to share?

It's all about my hair: Aveda, Aveda, Aveda, and the best curly hair stylist in Metro D.C.: Yodit at Salon Revive.

What's been your worst fashion faux pas and/or what do you consider a fashion "don't"?

Pants that aren't long enough. I am just tall enough that most designers' pants are the tiniest bit too short. I'll take something home and as soon as I put on heels, I realize it just won't work. It's hugely frustrating!

What do you own that you just can't live without? Favorite purchase?

Oh, I don't have that sort of attachment to my clothes — at the end of the day, it's all just "stuff." But I do have a sentimental attachment to the hand-woven wool scarf I picked up in Killarney a few years ago. Reminds me of my Irish ancestors.



PHOTO BY LASHAWN AVERY/THE CONNECTION

Back in Service

The streets are packed with snow as residents walk to the Crystal City Metro station on Friday, morning, Feb. 12.

Resident Jogs in Olympic Torch Relay

FROM PAGE 2

each person finished their segment, you put the torches together and lit the next person's torch. Afterward, we each got to keep our torches — minus the propane tanks — as a souvenir, which was great.”

Van Valkenburg said the relay was organized perfectly — “which was monumental, when you think about how long it was.” He was also impressed by seeing, firsthand, what having the Olympics in Canada means to the Canadian people.

Although he was only there for that weekend, Van Valkenburg enjoyed himself. “Canada is a happy place; the people love their country and think the

world of it,” he said. “They’re very proud to be hosting the Olympics.”

His granddaughters were going to fly to Canada to see him run, but their flights were cancelled because of the huge snowstorm here. So when he returned home to Dulles Airport, he changed into his relay uniform just for them and they were thrilled.

All in all, said Van Valkenburg, “It was a wonderful experience. Being a part of such an uplifting event made me so proud to be associated with Coca-Cola and McDonald’s. As I reflect on [it], I can only imagine what the Olympic athletes must feel as they participate in their chosen events.”

“FLOURISHING AFTER 55”

“Flourishing After 55” from Arlington’s Office of Senior Adult Programs March 1-6:

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

Brain fitness activities to stimulate thinking and improve memory, Monday, March 1, 10:30 a.m., Walter Reed, 703-228-0955. Free.

Open **Tai Chi** practice, Monday, March 1, 2 p.m., Aurora Hills, 703-228-5722; Saturday, March 6, 9 a.m., Culpeper Garden, 703-228-4403. Free.

Walter Reed Walkers, walk along Four Mile Run Trail, Monday, March 1, 9:30 a.m. Cost \$2.50. Call to register, 703-228-0955.

Ice skating, exclusive senior hours, Monday, March 1, 8 a.m. - 9:15 a.m., Ketter Capitals Iceplex, Ballston Mall. Cost \$1 (includes skates). Details, 703-228-4745.

Choreographer Jane Freanklin’s **Forty Plus dance group** will perform Tuesday, March 2, 12:30 p.m., Langston-Brown, 703-228-5321. Free.

Voices of Arlington singing ensemble with international flavor, Tuesday, March 2, 10 a.m., Walter Reed, 703-228-0955. New members welcome. Free.

Volleyball games, Tuesday, March 2, 1:30 p.m., Langston-Brown, 703-228-5321. Free.

English/French weekly dialogue sessions, Wednesday, March 3, 1 p.m., Langston-Brown, 703-228-5321.

Oil painting classes begin Wed., March 3, 10 a.m. - noon, Walter Reed.

\$24, four two hour sessions. Register, 703-228-5321.

Senior Forum on Arlington County budget and concerns relating to senior programs, Thursday, March 4, 10 a.m., Langston-Brown. Free. Open to the public. Details, 703-228-5321.

AARP’s two day **safe driving** course, Thursday, March 4, Friday, March 5, 10 a.m. - 2:30 p.m., Aurora Hills. Cost \$14 (\$12 for AARP members). Register, 703-228-5722.

Fast-paced walking group, Fast Forwards, Friday, March 5, 9 a.m., Aurora Hills. Free. Register, 703-228-5722.

Music appreciation group at Culpeper Garden, Friday, March 5, 1 p.m., to discuss music set in the city of Venice, Italy. Free. Details, 703-228-4403.

Origins of belly dancing, Friday, March 5, 11 a.m., Culpeper Garden, 703-228-4403. Free.

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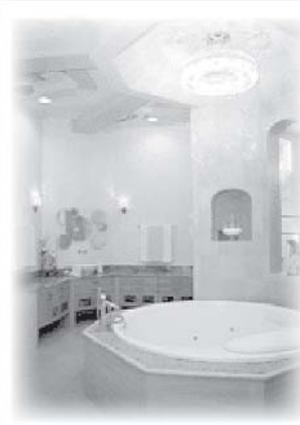


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D.O.B. Jan. 1, 2008. Walker Hound, Neutered Male, 45 lbs. One day while hiking in the woods, Cordell noticed he had been left all alone. His hiking pals were gone and his home nowhere to be found. After many nights alone and no food to eat, the next thing he remembers was being picked up by animal control and taken to a kill shelter. Now he's safe in our care and getting lots of meals to put some weight back on, but he's still looking for a special home. A home where he who won't be abandoned again. He's only 2 years old, likes female dogs and people of all ages. He still likes to hike, but has decided

he'd rather have a jogging partner than a hunting partner. Put on your jogging shoes and come meet Cordell today. Attributes: He's more fun than Weight Watchers!



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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

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 FEB. 28

Redheads. An exhibit of works by Melissa Hackmann and Kathy Beynette. Hours are Mon.-Fri. 9:30 a.m. to 6 p.m., Thur. 9:30-9 p.m. Artist's Reception and Talk on Feb. 17 from 6:30-8:30 p.m. At Lee Arts Center, 5722 Lee Highway, Arlington. Call 703-228-0560.

NOW THROUGH MARCH 2

Cancer Prevention Cooking Course. \$25/class or \$80 total. Tuesdays 6:30-8:30 p.m. Sponsored by the Cancer Project. Call Cornelia Lesh at 703-558-6740 or e-mail CLesh@virginiahospitalcenter.com. At Virginia Hospital Center, 1701 N. George Mason Drive, Arlington.

WEDNESDAY/FEB. 17

POESIS. 7-9 p.m. Free. Hosted by Simki Ghebremichael, will feature Teri Ellen Cross and Kathi Morrison-Taylor, accompanied by Shep Williams on keyboard and Curly Robinson on drums. Open mike follows. Pentagon City Borders, 1201 South Hayes Street, Arlington. (Pentagon City metro). Call 703-418-0166.

FEB. 18-20

Lions Fund-Raiser. 8 a.m. to 5 p.m. Northwest Arlington Lions Charities Fundraiser. Fresh Florida Citrus, pure Vermont Maple Syrup, and Pecans for sale at the Overlee Pool lower parking lot, 6030 Lee Highway. Call 703-243-7938.

FRIDAY/FEB. 19

Blast Out Leukemia. A rock benefit for the Leukemia and Lymphoma Society, Rhodeside Grill, 1836 Wilson Blvd., 7-10 p.m. \$10 in advance, \$12 at door. Call 571-338-4967.

"Cyborg Ear, Cyborg Mind." Noon to 1:30 p.m. Guest lecture by Michael Chorost, Ph.D., on what's it like to "hear" using cochlear implants? At the Potomac Institute for Policy Studies, 901 North Stuart Street, Suite 200, Arlington. Go to www.potomacinstitute.org and www.neurobioethics.org.

FEB. 19-MAR. 7

"Once on this Island." Chalice Theatre in partnership with The Keegan Theatre presents this Caribbean-themed musical with a multi-generational cast that earned eight Tony nominations. Story is based on The Little Mermaid legend. Fridays and Saturdays at 7:30 p.m., Sundays at 3 p.m., additional matinee performance Saturday March 6 at 3 p.m. At the Unitarian Universalist Church of Arlington, 4444 Arlington Blvd., Arlington. \$20 per ticket, \$15 for students and seniors. For tickets, call 703-892-0202 ext. 6.

SATURDAY/FEB. 20

Feel the Heritage. Noon to 5 p.m. With Avon Dews, Image Band, Soul in Motion. Also BBQ, crafts, jewelry, exhibits and more. Part of the Festival of African American Culture and History. At the Charles Drew Community Center, 3500 S. 23rd St., Arlington. Call 703-228-5725.

Row for Humanity. 10 a.m. to 9 p.m. Yorktown High School students to support Habitat for Humanity with a Rowing Competition. More than 100 Yorktown students are expected to participate, taking turns "erging" on indoor rowing machines. At Arlington's Ballston



Bernardine Mitchell as Mahalia Jackson in "Mahalia," a gospel musical at MetroStage.

Commons Mall. Contact Steve Knizner at knizner.steve@epa.gov

Potomac Jazz Project. With Lena Seikaly. At Extra Virgin Lounge in Shirlington Village.

Country Western Dance. Sponsored by the Northern Virginia Country Western Dance Association. Kat Fanelli will be the DJ and will also teach the "Crazy Legs" line dance beginning at 7:30 p.m., and Linda Bloyer will teach the "McGraw Stroll" couples specialty dance at 8 p.m. Open dancing is from 8:30-11 p.m. and includes Two Step, Waltz, line, Swing, Cha Cha, and specialty dances. 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 www.nvcwda.org or call the hot line 703-860-4941.

Open House. 10 a.m. to noon. Arlington Unitarian Cooperative Preschool (AUCP) will hold an Open House for interested families. All classrooms will be open. Teachers, members of the board, and current parents will be on hand to answer questions. Children are welcome to attend. The preschool is located at 4444 Arlington Blvd. Call 703-892-3878 or visit www.aucpva.org.

SUNDAY/FEB. 21

The Art League's Annual Patrons' Show Fund-Raiser. 5 p.m. Features 500-600 works of art donated by Art League and Torpedo Factory artists. The show may be viewed in the Art League Gallery from Feb. 4-21. Visit www.theartleague.org. Tickets, \$175, are available wait list only.

A Celebration of Women in Music. 1 p.m. Free. With Dr. Julia Mortyakova and Kacey Link on piano. At Arlington United Methodist Church, 716 South Glebe Road, in the sanctuary, Arlington. Go to www.arlingtonumc.com.

The Pope, The Anglicans, and The Mass. 7:30 p.m. Lecture sponsored by the Institute of Catholic Culture. At St. Ambrose Catholic

Church in Annandale, 3829 Woodburn Road, Annandale. Visit www.insituteofcatholicculture.org or call 540-635-7155.

Kidsave Summer Miracles. 1-2:30 p.m. Attend info session to learn about helping/hosting orphans this summer. At the Arlington Central Library, 2nd Floor Meeting Room, 1015 N. Quincy St., Arlington. RSVP to castilloaa@gmail.com or 202-280-6331. www.kidsave.org.

Benefit Concert. 4-6 p.m. Organized by Eric Lusby, age, 9, to benefit children in rural Senegal. Will include musical performances by children. Eric Lusby is a student at Arlington Traditional Elementary School and a piano student with Danielle Dotson who teaches in Arlington at Rock Spring Church. At Community Praise Center Church, 1400 Russell Road, Alexandria. Visit www.cpcda.org. E-mail khadylusby@verizon.net.

MONDAY/FEB. 22

Book Review. 1 p.m. The Woman's Club of Arlington will discuss the book: "Franklin Delano Roosevelt: Together We Cannot Fail." FDR's American Presidency in the years in crisis. Plus: Audio recording of his most famous fire side chats. Bring a memory of yours to share relating to this important time in history. At 700 S. Buchanan Street, Arlington. Call 703-553-5800.

TUESDAY/FEB. 23

Swing Dancing. 9-11 p.m. Admission is \$10. With the Craig Sparks Swingtet. At the Clarendon Ballroom, 3185 Wilson Blvd., Arlington.

Author Event: "K Blows Top" by former Washington Post Writer Peter Carlson. 7 p.m. At the Arlington Central Library Auditorium.

"Rooms With a View." 6 p.m. TV journalist Gordon Peterson and POLITICO's Assistant Editor Jeanne Cummings, discuss the challenges facing President Obama as he enters the second year of his presidency. Leadership in political journalism will be part of their talk at the Boeing Conference Center at 1200 Wilson Blvd. Call 703-582-6628 or email rsvp@rosslynva.org.

WEDNESDAY/FEB. 24

Film: "Revolution '67" [2007]. 6:30 p.m. Not Rated, 90 minutes. Focuses on the black urban riots of the 1960s. At the Shirlington Library.

FEB. 24-MARCH 24

Prayer Service and Supper. 6 p.m. Light Supper. 7:30 p.m. Evening Prayer Service. At Resurrection Lutheran Church, 6201 N. Washington Blvd., Arlington. Call 703-532-5991 or visit <http://www.relcarlington.org>.

THURSDAY/FEB. 25

Author Event. "On Hallowed Ground: The Story of Arlington National Cemetery" by Robert M. Poole. 7 p.m. At the Arlington Central Library.

John Niles Speaks. Artistic Director and Conductor of Northern Virginia Opera Theatre will talk about the Opera season and upcoming Tango, Tango. Follows a worship service at 12 p.m. and hot meal at 12:30 p.m. At Clarendon United Methodist Church, 606 N. Irving, Arlington. Contact Jane Dixon at 703-465-0341.

DINING

Tallula Introduces a 'Neighborhood Nosh'

Tallula of Arlington is giving locals a delicious reason for venturing out on a week-night with its new "Neighborhood Nosh" menu. Priced at \$35 per person, the three-course prix-fixe menu is offered Monday to Thursday from 5:30 - 6:30 p.m.

The prix-fixe menu allows guests to choose any appetizer, an entrée and a dessert right off Executive Chef Barry Koslow's dinner. Patrons opting to try this new offer can look forward to dishes such as Ahi Tuna Tartare with snow peas, sesame crackers and red pepper coulis, Hazelnut and Coriander Suzuki with fennel, broccoli, cippolinis and mussel miso broth and Slow cooked Lamb Shank with white beans, northern neck kale and chorizo.

Tallula and EatBar are located at 2761 Washington Blvd. in Arlington. For reservations or more information, visit the Web site www.tallularestaurant.com or call 703-778-5051 for Tallula and 703-778-9951 for EatBar.

What's New on Columbia Pike

The new Kabobs Inn Restaurant offers an extensive menu of samosas, biryanis, tandoori breads, seafood and fresh Halal meat specialties, kabobs galore and more! Located at 3207 Columbia Pike (the old Pines of Naples restaurant), the new owner has put together a renovated full-service restaurant, including a new color scheme, carpet and drapes, furniture, dinnerware and matched by all new kitchen and cooking appliances. The dining area seats over 70 and is open 11 a.m. to 10 p.m. for lunch and dinner. Right next door, at 3205 Columbia Pike, Kabobs Inn presents a smaller and more casual space that will open by the end of this month. Here you can get fast and delicious Kabobs, served with fresh cooked rice and bread made in their clay oven. With over 40 seats, you can sit and have a casual dining experience or just stop by for take-out.

JOURNEYoga Offers Yoga Class Fund-raiser. On Friday, Feb. 19, after all the heavy snow shoveling, here's an opportunity to stretch those muscles, feel better, and raise money for Barcroft Elementary School (located on S. Wakefield, just off the Pike). JOURNEYoga at 2628 Columbia Pike, will teach a Yoga Basics class on Friday, Feb. 19 from 7-8:30 p.m. The cost is \$20, and proceeds go to the Barcroft Elementary PTA.

Columbia Pike Business Networking Event at 55Hundred on March 18. The next breakfast gathering of the Columbia Pike Business Opportunity Network is Thursday, March 18, from 8-9:30 a.m. Co-presented by Columbia Pike Revitalization Organization and AED's BizLaunch, these events offer entrepreneurs an opportunity to meet other local business people, promote their own businesses and develop new contacts. Engage in a productive business networking experience while enjoying the elegant interiors of the newly delivered 55Hundred (located at 5500 Columbia Pike, at S. Greenbrier Street — free underground parking available). Call 703-892-2776 or email pholcomb@columbiapike.org.

Arlington Home Show & Expo returns on April 10. The 4th Annual Arlington Home Show & Expo will be held on Saturday, April 10. About 60 exhibitors will be on hand to offer valuable information, products and services to local homeowners who will benefit from the convenience of one-stop shopping for a wide variety of home improvement solutions. Admission is free. Presented by the Columbia Pike Revitalization Organization in partnership with Arlington County's Housing Division, this event will once again take place at the Walter Reed Community Center (2909 16th Street S, Arlington). The show will also include a variety of classes/seminars on subjects of interest to residents and landlords. Exhibitors from Arlington County and area non-profits will also be available to offer valuable advice and assistance. Booth space is available for home improvement professionals interested in exhibiting, and sponsorship opportunities are also still available. Call 703-892-2776.

The Columbia Pike Farmers Market takes place in Pike Park at the corner of S. Walter Reed Dr. and Columbia Pike every Sunday from 10 a.m. until 1 p.m. Note these are new hours just for the colder months of January, February and March. The stalwart vendors have had their share of cold feet dealing with this winter's weather and appreciate all the customers who have come out during this long string of cold Sundays to buy homemade pasta and sauces, breads and other baked goods, coffee and teas, eggs, organic meats, Amish cheeses, pickles, canned fruits and vegetables, soaps and bath salts, and more.

THEATRE

FEB. 26, 27, 28 AND MARCH 5, 6, 7

"Hansel and Gretel." Fridays at 7:30 p.m. Saturdays at 3 and 7:30 p.m.; Sundays at 3 p.m. At the Thomas Jefferson Community Theatre, 125 S. Old Glebe Road, Arlington. Call 703-548-1154 or visit www.enceorestage.org

FEB. 18-MARCH 13

"Chumbale" — Every Love Bird Needs a Nest. By Oscar Viale (Argentina). Thursdays, Fridays, Saturdays at 8 p.m.; Saturday matinees at 3 p.m. Tickets are \$25/regular, \$20/students and seniors. At Teatro de la Luna. At the Gunston Arts Center - Theater Two, 2700 S. Lang St., Arlington. Call 703-548-3092; www.teatrodelaluna.org.

NOW THROUGH APRIL 4

"Sweeney Todd." At Signature Theatre. Tickets are \$52 to \$76. Show times are Tuesday and Wednesday at 7:30 p.m., Thursday and Friday at 8 p.m., Saturday at 2 p.m. and 8 p.m., and Sunday at 2 p.m. and 7 p.m. There is no "Sweeney Todd" performance on Saturday, Feb. 13 at 2 p.m. Call Ticketmaster at 703-573-SEAT or go to www.signature-theatre.org.

FEB. 19-MAR. 7

"Once on this Island". Chalice Theatre in partnership with The Keegan Theatre presents this Caribbean-themed musical with a multi-generational cast that earned eight Tony nominations. Story is based on The Little Mermaid legend. Fridays and Saturdays at 7:30 p.m., Sundays at 3 p.m., additional matinee performance Saturday March 6 at 3 p.m. At the Unitarian Universalist Church of Arlington, 4444 Arlington Blvd., Arlington. \$20 per ticket, \$15 for students and seniors. For tickets, call 703-892-0202 ext. 6.

NOW THROUGH MARCH 7

"I am My Own Wife." Andrew Long plays all 33 characters, from Charlotte, her aunt and her father, SS commanders and Stasi officials, to

international reporters and the playwright himself. Showtimes are Tuesdays and Wednesdays at 7:30 p.m.; Thursdays and Fridays at 8 p.m.; Saturdays at 2 p.m. and 8 p.m.; Sundays at 2 p.m. and 7 p.m. Presented by Signature Theater in the ARK Theater. Tickets are \$47-\$71, and are available by calling Ticketmaster at 703-573-SEAT or visiting www.signature-theatre.org.

MARCH 5-APRIL 11

"The Light in the Piazza." Sunday, Tuesday and Wednesday evenings at 7:30 p.m.; Thursday, Friday and Saturday evenings at 8 p.m. Saturday and Sunday matinees at 2 p.m. Tickets range from \$25 to \$74. Tickets may be purchased online at ArenaStage.org, by phone at 202-488-3300. At Arena Stage in Crystal City, 1800 S. Bell St., Arlington.

NOW THROUGH MARCH 14

"Mahalia, a Gospel Musical." Starring Bernardine Mitchell as Mahalia Jackson will be in performance at MetroStage. A musical biography of the "Queen of Gospel Music" directed by Thomas W. Jones II. Performances are Thursdays and Fridays at 8 p.m., Saturdays at 3 p.m. and 8 p.m., and Sundays at 3 p.m. and 7 p.m. All tickets \$45-\$50. Call 800-494-8497, Groups/703-548-9044. At 1201 North Royal St. Alexandria.

NOW THROUGH MARCH 14

"Puss 'n Boots." Adapted by Ramola D from the French fairy tale by Charles Perrault. Saturdays and Sundays at 12:30 p.m. Additional performances: Feb. 13, 20; March 6 at 3:30 p.m. For ages 4 and up. Tickets are \$12/advance, \$15/door, \$10 for parties of 10 or more. Presented by Synetic Family Theater, 4041 Campbell Ave., Arlington in Shirlington Village. Call 800-494-8497 or www.classika.org.

The new opening for "Gdirl from Gdansk" is Thursday, Feb. 18 at 8 p.m. at the Church Street Theater through March 7.

2009 WAMMIE Awards on Sunday, Feb. 28

The 24th Annual Wammies Award Show is Sunday, Feb. 28 at 8 p.m. at The State Theatre in Falls Church. Tickets are \$35/non-WAMA Member, \$20/WAMA Members, and \$15/nominees.

To purchase tickets or for more information on sponsor/patron tables go to: www.wamadc.com, or call 703-368-3300.

This year's WAMA performers include: Afro Bop Alliance, Bela Dona, Tabi Bonney, Martí Brom, Elikeh, Hotspur, Patty Reese Band, Rosslyn Mountain Boys, and The Dede Wyland Band. Seth Kibel & the DC Time Machine will be the pit band.

The pre-Wammie VIP Reception with The Esther Haynes Group, sponsored by the Falls Church News-Press, will be held at Argia's, Falls Church.

An After-Event Party with Jr. Cline and the Recliners will be held at Bangkok Blues, Falls Church, starting at 11:30 p.m.

Awards will be given in the following categories: A Cappella, Big Band/ Swing, Bluegrass, Blues / Traditional R & B, Cabaret / Musical Theater, Children's Music, Choral, Classical, Country, Electronica, Folk - Contemporary, Folk - Traditional, Go Go, Gospel / Inspirational, Jazz, Latin, Rap / Hip Hop, Reggae, Modern Rock, Pop Rock, Roots Rock, Urban Contemporary, and World Music.

For a full list of the nominees, go to: <http://www.wamadc.com/wama/wammies/wnoms24.htm>.

❖ MUSICIAN OF THE YEAR

Brian Simms
Chris Watling
Danny Knicely
Frédéric Yonnet
Jon Carroll
Mike Woods
Yuliya Gorenman

NOMINATIONS

❖ ARTIST OF THE YEAR (Solo/Duo/Group)

Afro Bop Alliance
Billy Coulter
Fools & Horses
Honky Tonk Confidential
Margot MacDonald
Patty Reese
Raheem DeV Vaughn
Tabi Bonney
Wale

❖ NEW ARTIST OF THE YEAR (Solo/Duo/Group)

Be'la Dona
Diamond District
Hotspur
L' Tanya Mari'
Monako
The Sweater Set

❖ ALBUM OF THE YEAR

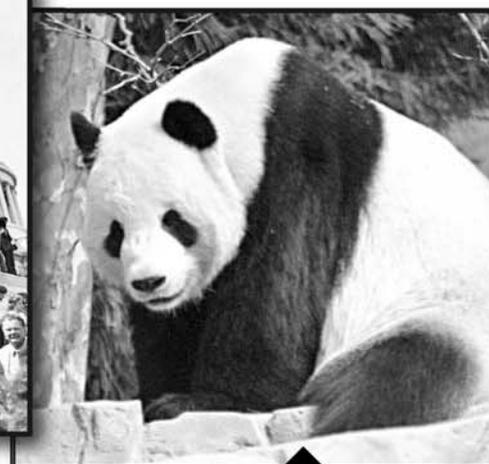
Ake Doni Doni - Take it Slow / Cheick Hamala Diabate
Americana Express / Ruthie & the Wranglers
The Caribbean Jazz Project / Afro Bop Alliance
Gold Rush / Crash Boom Bang
Keep the Light On / Dede Wyland
Peace, Love and Coffee / The Alexandria Klezmet
Putty and Paint / Tommy Lepson
Stong Medicine / Patty Reese
Walls / Margot MacDonald
You Should Know Better By Now / Hotspur

❖ WAMA/SAW SONGWRITER OF THE YEAR

Billy Coulter
Cheick Hamala Diabate
Joe Mach
Karl Straub
Lori Kelley
Luke Brindley
Massama Dogo
Matt Hutchison
Patty Reese

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WASHINGTON

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Luxurious One Bedroom Condo

This luxurious one bedroom condominium also has a den and one bathroom. It has hardwood floors, granite counters, and stainless steel appliances. The building has party, game, computer, conference, theater, and fitness rooms. There is also an outdoor pool and grill. It is close to metro and shopping. 880 North Pollard Street #507 Arlington, VA 22203.

**For more information contact Rick Bosl, Keller Williams Realty, 703-791-9755 www.ArlingtonCondo.com.
Priced at \$389,000.**



1940 Center-Hall, Brick Colonial

Classic styling, arched doorways, glass doorknobs on many doors. There are three bedrooms and three baths. The master bedroom has a full bath and walk-in closet. There are hardwood floors on the main- and upper-levels. Attractive tile surround the living room gas fireplace with glass door insert.

There is lots of light in the family room and on the main level. There is also a private, beautifully landscaped yard and attached garage. This house has a walkout lower level with recreation room, utility space, and third full bath. Convenient to Lee Heights shops and restaurants. The schools serving this house are: Nottingham Elementary, Williamsburg Middle and, Yorktown High Schools. The address is 4716 23rd St. North, Arlington, VA 22207 and the first open house is on Sunday, February 21, 1-4 pm.

**For more information, contact Debbie Miller, McEneaney Associates, Inc., www.DebbieMiller.com, 703-241-0223.
Priced at \$664,950.**



Profile in Real Estate – Kevin Love

“If you like what you do, the job is half done.” Sound advice given Kevin by his father. Kevin’s intimate familiarity and enthusiastic pride he holds for Arlington is not often lost on prospective purchasers. Growing up at 3607 N. Peary Street in Bellevue Forest, the last of six children and son of Special Agent, Warren L. Love, FBI, Kevin credits his father as instrumental to his success in real estate. “I know my father would have liked one of us to follow in his footsteps with the FBI, but he lived by the advice he gave, encouraging each of us to follow our own path.”

Kevin’s career in real estate began while simultaneously earning his Bachelor’s Degree in Economics from George Mason University. Since then, Kevin’s career accolades have been numerous, including Life Member, NVAR Top Producer 1989-2009, Top 1% Nationwide, Remax Hall of Fame & Lifetime Achievement Awards. Additionally, Kevin was among the very first agents in our area to earn his Senior Real Estate Specialist Designation, S.R.E.S., further enhancing Kevin’s ability to serve a particularly important segment of friends and neigh-

bors that Kevin derives much enjoyment and satisfaction assisting—and excelling particularly well at it, too.

Recently, in December, during NVAR Awards Ceremony, Kevin was recognized for his 25 years’ dedication and achievement of excellence as a recent inductee to the NVAR Pioneer Club. Kevin’s very honest straightforward candor often surprises clients initially, but it is exactly this same quality that draws them back repeatedly, attracting numerous referrals of friends, family and co-workers.

Free time, although limited, often involves activities close to home in Woodmont with his puppy, Jackie, sometimes down the street at Fort C.F. Smith Park or exploring Windy Run/Heritage Trail, which connects further up river to Gulf branch Trail where much of his childhood was spent.

Kevin’s familiarity with Arlington’s neighborhoods, homes, schools and amenities coupled with his vast experience spanning 25 years and more than 1,200 transactions enable Kevin to provide his clients a competitive edge.



Kevin Love
Remax Allegiance,
(703) 807-1986,
www.KEVINLOVE.COM

REAL ESTATE

Monday Properties, the largest commercial property owner in Rosslyn, announced that three companies — CPS Healthcare, ACT College and Health Communications — have each signed new deals in Monday Properties' Rosslyn portfolio. This marks the second major announcement in as many months for Monday Properties; in December the firm announced an almost 300,000 SF deal with the GSA.

CPS Healthcare signed a 12,400 SF lease at 1401 Wilson Blvd. CPS provides healthcare information technology solutions and products to federal, state and local government agencies, commercial healthcare providers and industry technology partners. Eugene J. Martin, Damon Rothman and Kerry Colclough of The Ezra Company represented the tenant.

ACT College, which provides training for medical, dental and pharmacy technicians, as well as medical office administration, signed an 8,500 SF lease at 1400 Key Boulevard. David Scheinberg of Studley represented the tenant.

Health Communications is the global leader in education and training for the responsible service, sale, and consumption of alcohol, signed a 7,800 SF lease at 1400 Key Boulevard. Eugene J. Martin, Damon Rothman and Kerry Colclough of The Ezra Company represented Health Communications.

MTFA Architecture announces the newest additions to its team, James Huynh and Grace Lee. Huynh, an experienced Revit and BIM designer, brings to MTFA a specialized expertise in government and commercial projects. Lee is a talented designer in architectural planning and interior design.

MTFA Architecture Inc. is a full-service award-winning architectural, interiors and planning firm located in Arlington. Established in 1989, MTFA has steadily grown in size and in service to its diverse clients. MTFA received the Best Business Award by the Arlington County Chamber of Commerce for outstanding service to clients and contributing design excellence in the community.

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O'Connell's Marshall Selected as McDonald's All-American

Point guard one of 24 seniors to play March 31 in Columbus, Ohio.

BY JON ROETMAN
THE CONNECTION

Bishop O'Connell boys basketball coach Joe Wootten pulled Kendall Marshall into his office, congratulated the standout point guard and handed him a packet.

Marshall opened the packet, smiled and called his father.

The message inside the packet: Marshall is a McDonald's All-American.

Marshall will suit up for the East team after being selected to play in the boys McDonald's All-American Game at 8 p.m. on March 31 in Columbus, Ohio. Marshall is one of 24 athletes to receive the honor, which is bestowed upon the top prep seniors across the country. The game will air live on ESPN.

"It means a lot to me," Marshall said. "It's one of the most prestigious awards you can receive. For me to be picked, it's a special feeling."

The 6-foot-4 Marshall signed with the University of North Carolina as a sophomore. He is the No. 22-ranked recruit in the class of 2010 and the No. 6 point guard, according to ESPN.com.

"I can't remember a practice where he hasn't worked his tail off," Wootten said of Marshall last month. "He enjoys passing the ball, which I think is something that any great point guard does — they enjoy seeing someone else find success. ... He's a great kid off the court. He's the type of kid you want to be around."

The Dumfries native garnered media attention early in his career when an editor of an online publication rated Marshall as the best sixth-grade basketball player in the country. While recognition is nothing new to Marshall, he said being named an All-American ranks near the top of honors he's garnered.

"There are things you always dream about growing up," Marshall said. "Getting a college scholarship [is one]. ... At the high school level, [players dream about] being a McDonald's All-American."

More than 750 male athletes have competed in the McDonald's All-American Games since 1977, including former and current NBA stars Magic Johnson, Reston's Grant Hill, LeBron James, Dwight

Howard, Carmelo Anthony and Kevin Durant.

Washington-Lee High School's Crawford Palmer was selected in 1988.

Marshall is the only player from Virginia to be selected in the class of 2010. What did his dad think of the news?

"He was happy," Marshall said, "because he knew how bad I wanted it."

"It means a lot to me. It's one of the most prestigious awards you can receive."

— Bishop O'Connell point guard Kendall Marshall on his McDonald's All-American selection



PHOTO BY LOUISE KRAFFT/THE CONNECTION

Bishop O'Connell point guard Kendall Marshall was the only Virginia athlete selected to play in the McDonald's All-American game.

Five questions with Yorktown forward Jack Earley:

5Qs

Q: What is your favorite food?

A: Philly cheesesteak.

Q: What is your favorite music artist?

A: If I had to choose one, I'd say the Red Hot Chili Peppers. They're just classic.

Q: What location is the farthest you've traveled from the Washington, D.C. metro area?

A: That would be visiting my uncle and his family in Taiwan.

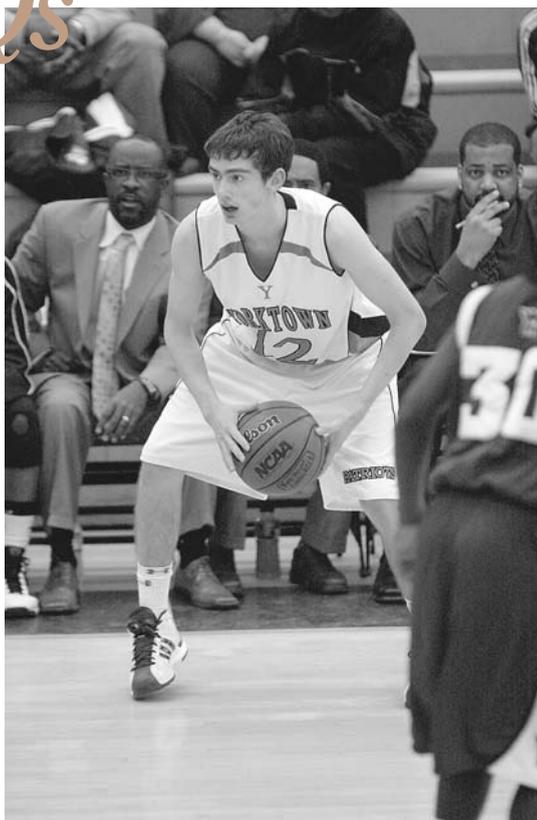
Q: What snow experience was the most fun for you?

A: Sledding.

Q: What do you like to do when you're not playing basketball?

A: Play video games and hang out with friends.

— JON ROETMAN



SPORTS BRIEFS

Basketball Regular Season Cancelled

The National District cancelled regular season basketball games which were postponed due to inclement weather. Yorktown, Washington-Lee, Wakefield and the rest of the National District will start the district tournament on Thursday.

For the boys, No. 5 Yorktown travels to face No. 4 Washington-Lee and No. 3 Wakefield hosts No. 6 Stuart during Thursday's opening round. For the girls, Yorktown will host Wakefield.

District Track Meet Cancelled

The district track meet was cancelled due inclement weather. The regional meet is Saturday.

YMCA Establishes Diener Scholarship Fund

The YMCA of Metropolitan Washington will establish the Carl Diener Memorial Tennis Scholarship Fund in memory of its beloved staff member who was killed on Dec. 29, 2009 in Arlington.

Contributions to the Carl Diener Memorial Tennis Scholarship Fund may be sent to the YMCA Arlington Tennis & Squash Center, 3400 N. 13th Street, Arlington, VA 22201.

SEE SPORTS BRIEFS, PAGE 15

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Blizzard

FROM PAGE 6

ing VDOT and Arlington County but had not received a response. "We took matters into our own hands," said Melnikoff. "At this point, it's all we can do," said Greenberg.

Freddie Bonilla drove in from Woodbridge to work in Arlington. When asked to describe his commute, Bonilla shook his head, and said, "It's pretty bad in this area, I am anxious to get back home." Bonilla had to shovel his way out from a parking space on one of those side streets that had not been plowed.

The manager of Sette Bello, Andrea Tripi, was clearing a path to the emergency exit at the restaurant. "It's been slow since the first storm — nobody was out," Tripi said. With the sunshine on Thursday, Tripi was hoping that the mounds of snow would melt and bring customers back out.

Aharon Polatian, owner of the Clarendon Valet, was forced to close on Saturday during the first blizzard and then again on Wednesday for the second storm. "It's Mother Nature, there's nothing you can do," said Polatian. In the 26 years he has operated his dry cleaning business in Clarendon, he does not recall any other time when he's been forced to close two days in less than a week.

Knowing that the storm would create delays, Polatian says he was careful not to make promises for scheduled pick up times for dry cleaning. He added, "We're all in it together, just doing the best we can."

Chronic Care

FROM PAGE 6

"Yes, there are some up-front costs," said Hope. "But in the long run this will save money and offer better care to patients with chronic conditions."

Instituting a system of case managers similar to the ones in North Carolina could save Virginia millions of dollars each year, Hope said. Eventually, he would like to see that money funneled back into the Medicaid program to make more patients eligible. Virginia consistently ranks toward the bottom of the states in terms of how many people are eligible for Medicaid.

"We don't need to be number one," he said. "But we can do better than being at the bottom of the list."

LETTERS

FROM PAGE 4

daughter home with a smile on some of the hardest days she has had this year, and always being supportive and never once treating her any less than you would your own child. I cannot express my thanks enough. Their treatment of employees deserves a Distinguished Service Medal.

Howard Ady
Arlington

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A Mutiny on this Bounty



By KENNETH B. LOURIE

Now I don't want to pick on a paper towel any more than I have to, especially when it comes to First Amendment rights, but if they can print it, I can certainly talk about/object to it; Fletcher Christian (Clark Gable) wouldn't have it any other way. I don't know if anybody's noticed, I only have of late, but on some of the paper towel rolls in my last "8-like-getting-12" jumbo pack, there were sayings, expressions, philosophical points of view (albeit with a garden theme for some reason), about how to live that I found somewhat objectionable. Not quite intrusive or offensive, but inappropriate somehow.

Who exactly is a paper towel manufacturer to advise me on how to live my daily life, in or out of the garden? What follows are their exact words: "No two gardens are the same." "You can bury a lot of troubles digging in the dirt." "The flowers of all tomorrows are the seeds of today." "Friends are flowers in a life's garden." As my recently deceased mother might have said, and I quote, "Puke city." Is there a reason why, as a paper towel-buyer, I am being subjected to, proselytized to even, concerning my life (with the garden serving as some kind of metaphor)? I'm not looking for absolution here, I'm looking for absorption, not some observance to some subtle code of conduct. Hubris could not be more clearly evident than when a paper product, a disposable "quicker picker upper," presumes to pontificate in print for its buyers, who are presumably not yet aware. Caveat Emptor has just taken on a whole new meaning, for me. I used to be careful what I wished for; now apparently, I have to be careful about the reasons the manufacturers are selling their products for.

I naively thought that their reasons were product performance, market share, profitability, jobs, retirement, maybe even improving/enhancing their buyers' quality of life vis-à-vis the use of an affordable and effective product. I never thought it was for mind control. Who do they think they are? They're making paper towels (napkins, toilet paper, tissue, etc.); they're not feeding the homeless/changing the world. They're providing goods and services for it, not providing answers to philosophical questions. Have they all of a sudden begun to think of themselves as role models of altruism? Has the pursuit of the almighty buck empowered them to believe they have powers beyond their receipt of dollars and the sense that it accrues? Is there some sort of entitlement which their success has created/spawned? I realize money is paper (linen, actually), but what do they hope to gain (other than more paper/currency) by preaching more than cleanliness?

Oh, I just got it. Since cleanliness is next to Godliness, I suppose the manufacturer figured that they would straddle that blurry line between business and religion (the commercial equivalent of church and state) to win friends and influence lots of people, and hopefully generate profits in the process. "Not a sermon, just a thought."

Whether I'm tilting at windmills here or making much to do about nothing is for readers/buyers to assess. My objection to this paper-towel ploy is really about abuse of power. Just because your product makes it into my home on a regular basis, don't think for a minute that you can influence what we think before or after we actually use it. However, if I have any philosophical questions or concerns in the interim, I'll make sure to call the 800 number listed on your package.

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

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SPORTS BRIEFS

FROM PAGE 12

The YMCA plans to hold an annual Carl Diener Tennis Tournament in addition to establishing the memorial tennis scholarship fund. Tournament dates are yet to be determined.

Yorktown Students To Host Competition

On Saturday members of the Yorktown High School rowing team will hold their sixth annual Row for Humanity, an all-day event designed to raise money for Habitat for Humanity, as well as to providing fundraising to support the crew team's activities. More than 100 Yorktown students are expected to participate, taking turns "erging" on indoor rowing machines, from 10 a.m.-9 p.m. at Ballston Commons Mall. Members of the Arlington community are invited to participate in this fitness-oriented event by sponsoring a rower.

Universities and high schools rowing teams around the country hold simultaneous "ergathons" during the annual Row for Humanity Day, with participating schools donating part of the funds raised to local Habitat for Humanity chapters. These funds support continued home construction for the less fortunate in local communities throughout America. In 2009, Row for Humanity donated over \$30,000 to Habitat for Humanity organizations

across the nation.

Umpires Needed

Northern Virginia Baseball Umpires Association (NVBUA) is in need of officials for baseball and volleyball. Umpires are needed for colleges, men's leagues, high schools and youth recreational leagues. Experience is helpful but not required. Formal classroom and on-the-job training will be provided. Classes will begin in mid-February. Umpires are needed for all communities in the greater Washington D.C. Metro area. Support local community's sports leagues by signing up. Call Ken Williams (703-400-3232) for more information or go to umpires.org to fill out a "New Ump" form.

Umpires Needed For Adult Slowpitch Softball

Fairfax Adult Softball (FAS), the largest softball organization in the area, is seeking umpires for our adult slowpitch softball leagues in Fairfax County. Umpires net pay starts at \$25 per one-hour game and are paid monthly. Experience is desired but ASA training is provided beginning early February. Flexible scheduling is based on availability. Contact FAS at 703-815-9007 or email to: office@fairfaxadultsoftball.com.

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21 Announcements **21 Announcements** **21 Announcements** **21 Announcements**

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21 Announcements **21 Announcements**

Superior Court of the District of Columbia Civil Division
Order of Publication - Change of Name
In RE:
Application of Lindsay Greer McCullough
Civil Action Number: 0000478-10

Lindsay Greer McCullough, having filed a complaint for judgment changing Lindsay Greer McCullough name to Lindsay Greer and having applied to the Court for an order of publication of the notice required by law in such cases, it is by the Court, this 27 day of January, 2010, ORDERED that all persons concerned show cause, if any there by, on or before the 3 day of March, 2010, why the prayers of said complaint should not be granted: PROVIDED that a copy of this order be published once a week for three consecutive weeks before said day in the Arlington Connection.

"Judge Eilperin"

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