

# The Arlington Connection

## 'Shakespeare, Will'

NEWS, PAGE 3

Guest artist Anne Veal is the narrator/Anne Hathaway in the play "Shakespeare, Will" to be performed March 15 at Signature Theater as part of its Signature in the Schools program.

### Learning To Be Green

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### Pentagon Shooting Investigation Continues

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### New Coach for Yorktown Lacrosse

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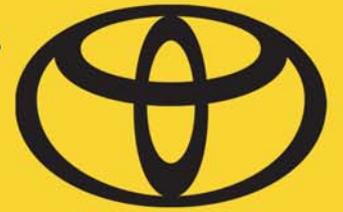
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CALENDAR, PAGE 12 ♦ SPORTS, PAGE 16 ♦ CLASSIFIED, PAGE 17

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## Upcoming

Students from Wakefield High School will perform the play "Shakespeare, Will" at Signature Theater on March 15. The original play was written by Joe Calarco for the theater's Signature in the Schools program. For reservations, call 703-820-9771.



PHOTOS BY  
LASHAWN AVERY/  
THE CONNECTION



Jamé Jackson rehearses her lines for the Signature Theater production. See article on page 12.



Alexis Lodsun, Irene Cassey and Brenda Nascimento rehearse on Saturday, March 6, for the play "Shakespeare, Will."

## Learning To Be Green

Being good to the environment and one's pocketbook.

BY DELIA SAVA  
THE CONNECTION

"Getting green" on St. Patrick's Day won't just be for the Irish this year: Arlington residents will have an opportunity to give "green" a new meaning by learning about energy efficiency and renewable energy. The program sponsored by the Chesapeake Climate Action Network will be held at Potomac Overlook Park on March 17. Kent Baake, owner and founder of Continuum Energy Solutions, will be conducting the seminar.

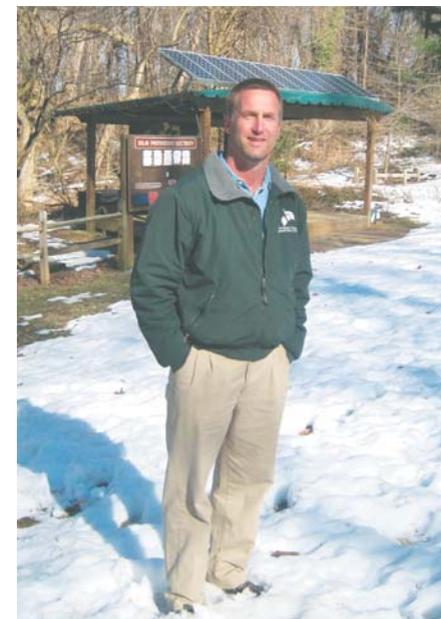
"I actually came to a similar event at this location five or six years ago that helped inspire me to pursue this great opportunity to save money and choose clean energy," said Baake.

Martin Ogle, chief naturalist at Potomac Overlook Park, says anyone interested in learning how energy efficiency and renewable energy measures can be used in homes and businesses is encouraged to attend the program.

"I am there to educate them [the public] so they could do it themselves or to choose a contractor wisely for efficiency and for clean energy," Baake said. "It's for homeowners, people interested in the business, as well as builders or people thinking of building — we help show them how to do it."

According to Baake having a home or business that's energy efficient doesn't have to involve big changes. "We look at the whole picture and first we look at efficiency because you're really getting the best bang

SEE LEARNING. PAGE 6



Martin Ogle, chief naturalist at Potomac Overlook Park, stands in front of solar panels at the park.

PHOTO BY DELIA SAVA/THE CONNECTION

## Investigation Continues in Pentagon Shooting

The Federal Bureau of Investigation, along with the Pentagon Force Protection Agency and Arlington County Police Department, are investigating why a California man approached the entrance to the Pentagon at approximately 6:40 p.m. on March 4, and shot two PFFA officers.

The lone shooter, John Patrick Bedell, born May 20, 1973, was shot in the head and left tricep during an exchange of gunfire outside the Pentagon, near the entrance adjacent to the Pentagon Metro Transit Center. Bedell was transported to George Washington University Hospital and died at ap-



Bedell

proximately 10 p.m.

Two Pentagon Force Protection Agency officers, Jeffery Amos and Marvin Carraway, injured in the exchange were treated at George Washington University Hospital and released. A third officer was also involved in the exchange of

gunfire but that officer's name is not being released at this time.

Bedell, of Hollister, California, is believed to have driven to Washington, D.C. in a vehicle that has been located and removed

from the Fashion Centre Pentagon City Mall parking garage. The vehicle is a 1998 green Toyota Avalon. At the time of the shooting, Bedell, who has a full beard, was dressed in slacks, a white collared shirt and blazer.

Investigators are searching the car, conducting interviews and reviewing a video of the shooting in an effort to piece together a timeline of Bedell's activities leading up to the incident.

The investigation is ongoing and anyone who believes he or she may have witnessed the shooting, or may have additional information, is urged to call the FBI at 202-278-2000.

## 30 Years for Armed Robbery

Reginald Arnold Waddell, 53, of Washington, D.C., was sentenced to 360 months in prison for using a pistol to rob the Dunkin' Donuts in Arlington. Waddell has an extensive criminal record, including two armed bank robberies, and was sentenced as an armed career criminal.

Neil H. MacBride, United States Attorney for the Eastern District of Virginia, and Shawn Henry, Assistant Director in Charge of the FBI Washington Field Office, made the announcement following sentencing by United States District Judge Liam O'Grady on Feb. 26.

Waddell was convicted on Dec. 15, 2009, following a jury trial that showed that he and his nephew, Jerome Proctor, decided to rob the store when they drove by it while looking for an AT&T store where Waddell hoped to exchange his broken cellular telephone. But, first they had to wait for an Arlington County Police car, which was parked in front of the Dunkin' Donuts, to leave. They waited at a used car lot across the street where Waddell left a fingerprint on a car parked in the lot. When the police car left, they entered the store and Waddell brandished a pistol at the lone employee. They fled with approximately \$250, but not before Proctor left a fingerprint on the cash register drawer. Proctor testified against his uncle.

On Jan. 2, 2010, Proctor was sentenced to 132 months imprisonment following his pleading guilty on Sept. 2, 2009, to charges arising from the Dunkin' Donuts robbery as well as five unarmed bank robberies in Fairfax and Prince George's Counties.

This case was investigated by the FBI's Washington Field Office and was prosecuted by Assistant United States Attorney Michael E. Rich.

## Help Identify Burglary Suspect

The Arlington County Police Department's Burglary Unit is seeking the public's help to identify the suspect in a commercial burglary from the 1500 block of Lee Highway in January. The suspect was seen on surveillance cameras, exiting the building with several stolen items including a laptop computer.

Anyone with any information that may be relevant to this investigation is asked to call the Arlington County Police Department Tip Line at 703-228-4242, or Detective Will Couvillon at 703-228-4170. Couvillon can also be reached by email at [Wcouvi@arlingtonva.us](mailto:Wcouvi@arlingtonva.us).

Witnesses can also call Arlington County Crime Solvers at 866-411-TIPS (8477). Crime Solvers offers a reward of up to \$1,000 for information leading to an arrest. Callers to Crime Solvers do not have to give their names and do not need to testify in court.



Suspect

## Guilty Plea in Money Laundering

A lawyer associated with a crystal meth ring in Arlington, pled guilty to laundering the ring's drug money, including using the cash to hire legal counsel for a co-conspirator.

Neil H. MacBride, United States Attorney for the Eastern District of Virginia; John P. Torres, Special Agent in Charge for U.S. Immigration and Customs Enforcement (ICE)'s Office of Investigations in Washington, D.C.; Ava Cooper-Davis, Special Agent in Charge for Drug Enforcement Administration (DEA)'s Washington Division; and M. Douglas Scott, Arlington Chief of Police, made the announcement after the plea was accepted by United States District Anthony J. Trenga.

Brian Chase Malady, 42, of Rochester, N.Y., pled guilty on Feb. 25, to conspiring to commit money laundering and faces a maximum penalty of 20 years in prison when he is sentenced on May 28. According to court documents, Malady is part of an Arlington meth ring that distributed large amounts of crystal meth throughout the Washington, D.C., metro area. Nine members of the conspiracy have been charged to date, and authorities are seeking the public's help in locating another member of the conspiracy who has been charged but remains a fugitive: Shawn Michael Morris. Anyone with information about him should call ICE's tip line at 1-800-XSECTOR (1-800-973-2867).



PHOTO BY MECHELLE SCHLOSS/THE CONNECTION

From left, Arlington County Extension Agent, Kirsten Buhls, with Arlington resident and Master Gardener Mary Taylor, join presenters Emily Lancaster of Animal Welfare Approved and Northern District Community Viability Specialist Matt Benson at the kick off of the County Extension's Lecture series.

## Organic: What Does That Mean?

The Arlington branch of the Virginia Cooperative Extension kicked off its year-long Sustainable Urban Agriculture lecture series on Thursday, March 4, at the Fairlington Recreation Center. Emily Lancaster, of Animal Welfare Approved, gave participants a look into the food industry's standards of labeling. In question was the use of the terms, "Organic", and "All Natural"

on the packaging of everything from meat to vegetables. The lecture also delved into the realities and misconceptions behind such labels as "cage free" and "free range" with the caution "Buyer Beware."

For more information on food labeling, visit [animalwelfareapproved.org](http://animalwelfareapproved.org), or speak with Kirsten Buhls of the Arlington County Virginia Cooperative Extension, at 703-228-6423



PHOTO BY LASHAWN AVERY/THE CONNECTION

**Catholic Charities Ball** Catholic Charities Ball 2010 co-chair Elizabeth Loranger, Diocese of Arlington's Catholic Charities director Steve Luteran, Arlington Diocese's Bishop Paul Loverde, Special Gifts Committee chair George Forrester and Catholic Charities Ball 2010 co-chair Julie Theobald are at the Catholic Charities Ball to benefit the programs of the Catholic Charities of the Diocese of Arlington inside the Ritz-Carlton Hotel, Tysons Corner on Friday, Feb. 26. For more information about Catholic Charities, its mission and how one can help, contact Catholic Charities of the Arlington Diocese at 703-841-3835 or [www.cdda.net](http://www.cdda.net).

# Whither the Magistrates?

Should magistrates have the power to change bonds set by judges?

BY MICHAEL LEE POPE  
THE CONNECTION

**A**rlington magistrates are about to be stripped of their power to change bonds set by Virginia judges. The change comes after years of frustration and lobbying on behalf of prosecutors that magistrates were acting against the wishes of the court.

"I wouldn't call them rogue magistrates exactly," said Arlington Commonwealth's Attorney Richard Trodden. "But they don't know all the facts."

Trodden says judges know the complete background of the defendants, stories that often include years of probation violation and substance abuse. So when a judge sets a particularly high bond in a failure-to-appear case, that determination is often informed by a familiarity that isn't shared by magistrates who are presented with a limited amount of information. As a result, Trodden says, when Fairfax magistrates lower bonds set by Arlington judges, it raises con-

cerns in the county.

"When it happens," he added. "You can see the vexation on a judge's face."

**ENTER HOUSE** Bill 1194, introduced by Del. H. Morgan Griffith (R-8), which ties the hands of magistrates. Under the language of Griffith's bill, magistrates would be required to stand by bonds set by judges. That's a change that was supported unanimously by members of House of Delegates in January. On March 1, the bill passed the Senate unanimously. Now the measure is on its way to the Governor's Mansion. That means that the change will probably take place this summer.

"Everybody has a boss in this world, and the magistrates' boss is the judges," said Del. David Albo (R-42). "This bill makes that clear."

The change comes at a time of dramatic changes for magistrates, a little-known group of judicial officers who issue warrants, admit bail and issue emergency protection orders. Back in 2008, the General Assembly ordered a sweeping reorganization that shifted control of the county's magistrates from the Circuit Court to the Virginia Supreme Court — essentially weakening the local control of magistrates. Now their power over bonds has been significantly reduced as well.

**"I wouldn't call them rogue magistrates exactly. But they don't know all the facts."**

— Arlington Commonwealth's Attorney Richard Trodden

SEE CHANGES, PAGE 7



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For more information on the PVI Options Program contact Mrs. Chris Desmarais @ 703 352-0925 Ext 333 or visit our website: [www.paulvi.net/academics/departments/options](http://www.paulvi.net/academics/departments/options)

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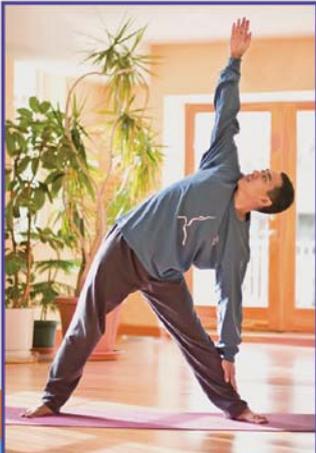


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**'Green Matters' On Cable Access**

Volunteer camera operator with Arlington Independent Media (Arlington's public access cable television), K. Quin Paek, videotapes Dale Roberts, owner of the Java Shack, as part of the "Green Matters" cable television program.



Sonya Dunn, a volunteer with Arlington Independent Media placing a microphone on Susan Anderson, executive director of the Clarendon Alliance.



K. Quin Paek setting up the shot on location at the Clarendon Alliance.

PHOTOS BY DELIA SAVA/THE CONNECTION

**Learning To Be Green**

FROM PAGE 3

for your buck there — you don't spend very much and usually you get all your money back in three years, it's like a 33 percent annual return on investment." Baake says some of the products they use in the remediation work include rain barrels, solatube lights and solar roof vents.

The savings can be significant. Ogle notes that an energy renovation at the nature center resulted in reducing their energy consumption by 25 percent. The reduction was accomplished by using insulation, energy efficient light bulbs, new energy efficient HVAC units, fans and other methods of transferring cooled or heated air.

Baake says the savings in energy consumption translate to considerable savings in utility bills: he estimates that his own heating bill has dropped \$1,500 since he switched to pellet stoves, a biomass fuel that burns much cleaner and is 85 percent more efficient than similar products.

The presentation, according to Baake will also cover the tax credits that are available. "There are incentives for the energy audits and the remediation work. I'll be reviewing the incentives for the efficiency as well as the clean energy products."

Ogle is enthusiastic about educating the public on ways to conserve energy. He notes that renewable

**Going Green**

**Getting Green in Honor of St. Patrick's** — an introduction to home renewable energy and energy efficiency. March 17, 7 p.m. cost \$5 per person. Reservations required; [info@ces-va.com](mailto:info@ces-va.com) or 703-354-0262.

**Green Living Expo**, March 20, 10 a.m. to 4 p.m., National Rural Electric Cooperative Association, 4301 Wilson Blvd (in Ballston) To learn more, visit [www.arlingtonenvironment.org](http://www.arlingtonenvironment.org) or 703-228-6427.

energy is becoming more affordable all the time, "And in addition it offers the value of helping to move away from fossil fuels."

**ANOTHER** enthusiastic supporter of "green living" is Elenor Hodges, the executive director of Arlingtonians for a Clean Environment, ACE. Hodges says the non-profit has been promoting green living activities through a "green living challenge," a list of 25 ways

people can create a healthier and cleaner community. The group is sponsoring a first-time event, the Green Living Expo on March 20 at Ballston.

Hodges says the Expo will provide information for anyone interested in "greening" their lifestyle. "We will have products and services to help people reduce their energy use, make their homes healthier, complete a green home remodeling project, choose eco friendly transportation, create sustainable landscaping and minimize waste." In addition to seminars and exhibits, the expo will offer plenty of activities for children. The message is simple. "Every action we take to green our lifestyle does make a difference," Hodges said.

Baake agrees, "Everybody can make a difference, a big difference and you end up with a more comfortable house and money in your pocket so come learn how to do it."

# Changes for Magistrates?

FROM PAGE 5

"Judges know more about cases than magistrates," said Trodden. "So I would support any effort that would take away power of magistrates to change a judge's ruling."

**THE OFFICE OF** magistrate traces its development through centuries of English and American history, a role that was known for most of that time as "justice of the peace." A 1974 reorganization did away with the elected "justice of the peace" officers and created a new system of appointed magistrates with local supervision by the circuit court. Then oversight moved to a system of regional managers reporting to a magistrate director in the Office of the Executive Secretary of the Supreme Court. Now the role of magistrates is about to change again, with the judicial officers played a diminished role in Virginia's judicial system.

"A magistrate is a fellow who is behind two-and-a-half inches of sweaty, blood-ridden Plexiglas, who is faced with DUI number 37 of the evening at 2 a.m. — interrupted only by a warrant from someplace he's never heard about," said Jim Lay, a defense attorney who practices in Arlington. "That's why the courtroom is a better place to make the determination about the bond."

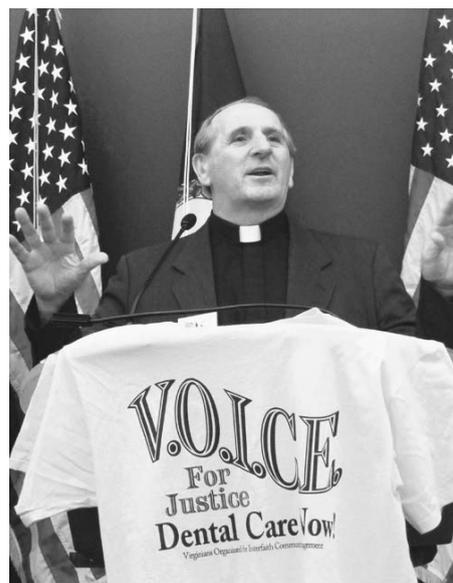
## BULLETIN BOARD

Know of something missing from the community calendar? E-mail it to [arlington@connectionnewspapers.com](mailto:arlington@connectionnewspapers.com). Deadline is 2 p.m. the Thursday before publication. Call Steve Hibbard at 703-917-6407 with any questions. Photos are welcome. For more volunteer opportunities, classes, announcements visit [www.arlingtonconnection.com](http://www.arlingtonconnection.com) and click on Community.

## SATURDAY/MARCH 13

**Spring Lawn Care Classes.** 9:30 a.m. Master Gardeners of Northern Virginia in cooperation with Arlington Cooperative Extension are sponsoring two classes on the basics of spring lawn care designed to help Northern Virginia residents save time and money while protecting the Chesapeake Bay Watershed. At Fairlington Community Center, 3308 S. Stafford St., Arlington.

SEE BULLETIN, PAGE 15



Fr. Gerry Creedon of St. Charles Borromeo parish in Arlington.



Members of VOICE — Virginians Organized for Interfaith Community Engagement — gather at an interfaith service at St. Paul's Episcopal Church in Richmond.

# Interfaith Group Rallies in Richmond

Seeking to protect dental care in state budget.

**M**ore than 200 individuals from VOICE — Virginians Organized for Interfaith Community Engagement — traveled to Richmond on Tuesday, March 2, to urge the budget conferees to adopt the Senate's bi-partisan budget that restores and protects the dental health safety net.

They met with senators and delegates individually and then gathered with 17 Northern Virginia legislative leaders, including three of the budget conferees at a meeting in the Capitol.

VOICE, which successfully fought to increase dental services to low-income adults in Northern Virginia, including a \$100,000 increase in funding for the Northern Virginia Dental Clinic, opposes proposed budget cuts that would slash dental services for poor.

State Sen. Janet Howell, Senate Finance Chair Charles Colgan of Prince William County and Senate Majority Leader Richard Saslaw urged the organization to continue to pressure the conferees over the week. Del. Richard Anderson, one of two Republican delegates to attend the VOICE gathering, committed to spread the word

among his colleagues.

"A budget is a moral document" stated Fr. Gerry Creedon, of St. Charles Borromeo parish in Arlington, "VOICE believes that our budget should not be balanced on the backs of the poor — pregnant women and children in need of health care and the vulnerable and the infirm who depend on Virginia's dental safety net."

Joe Pettit, a V.O.I.C.E. leader from Burke, explained that Virginia is already among the lowest states in providing dental services to low-income adults, and while the dental community has been generous in organizing two-day Mission of Mercy (MOM) clinics around the state, this is not the solution: "A recent Pew study has just documented the Commonwealth's progress in increasing access to dental care for children... do we want to squander that progress by making these reckless cuts?"

VOICE speakers praised the restoration of cuts to dental programs in the Senate budget proposal, and acknowledged as "good stewardship" efforts in both the Senate and House budgets to avoid deeper cuts to health and safety net programs by proposing fees and closing tax loopholes. "In

times like these, the wisdom of our faith traditions instructs us to protect the vulnerable," Creedon stated. "The suffering must be shared."

The Rev. Keith Savage of First Baptist Church in Manassas asked senators and delegates to urge support for the bi-partisan Senate budget proposals, including: no cuts to free clinics, community health centers, and the Virginia Health Foundation; keep all dental health clinics open, and no reduction of FAMIS, FAMIS MOMS, Virginia's health insurance programs for children and pregnant mothers.

**AFTER MEETING** at the Capitol, VOICE leaders prayed for the budget conferees at an interfaith service at St. Paul's Episcopal Church. VOICE is a multi-racial, multi-faith, multi-issue, multi-county, strictly non-partisan citizens' power organization dedicated to making change on social justice issues — immigration, affordable housing, healthcare, among others — affecting the lives of low- and middle income residents in four Northern Virginia jurisdictions: Prince William, Fairfax, and Arlington counties as well as the City of Alexandria. VOICE's 45 member institutions — congregations, synagogues, and mosques — represent 150,000-plus persons.

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# OPINION

## No Way

Assembly should kill bill that would pave way to hand state tax revenues to private companies in public-private transportation projects.

While most states are working on ways to increase revenues during the recession, which cost states across the country more than \$80 million in just 12 months in 2009, Virginia's governor appears to be looking for a way to give away future state revenue.

Virginia already has a public-private transportation act, which paved the way for the ongoing construction of "High Occupancy Toll" Lanes on the Beltway for example.

Public-private partnerships have their place.

But a last minute proposal in the Virginia General Assembly would not only allow the private entity to collect direct revenue from a project, like tolls, but would also allow agreements that would pay the private company a portion of increases in tax revenues that might result from the project.

If this were in place when the HOT-Lanes agreement was written, for example, the Commonwealth of Virginia might be paying the private company in this public-private partnership quarterly payments equal to as much as 50 percent of income taxes paid by construction workers and engineers working on the project, plus a similar proportion of sales taxes paid on equipment and materials purchased for the project, plus "multiplier or spin-off economic activity," and so on, in addition to the agreement that allows the company to collect

the tolls on the road for more than half a century.

**CONSIDER:** The bill, HB 1395, allows for the state to pay grants to a private entity out of a "portion of the growth in state taxes attributable to the development of the project."

"State tax revenues attributable to such economic activity may include, but shall not be limited to, state tax revenues from (i) wages, salaries, and contract payments paid to persons in the development of the transportation facility; (ii) purchases of machinery, equipment, and materials in the development of the transportation facility; (iii) insurance premiums paid; (iv) the production of goods or services at business locations within a geographical area surrounding or adjacent to the transportation facility; and (v) multiplier or spin-off economic activity relating to the development of the transportation facility including, but not limited to, wages, salaries, and contract payments paid to multiplier or spin-off jobs."

The money would be paid out of the General Fund, money intended to pay for basics of education, public safety and a social safety net, all facing draconian cuts right now.

If that isn't scary enough, the bill would also allow localities and "authorities" to enter into such agreements.

**MANY OTHER STATES** that have entered

into public-private transportation projects have done so by having the private company pay huge up-front cash payments, billions of dollars, in exchange for "leasing" a toll road, that is collecting the tolls for some often very long period of time into the future. In the HOT Lanes example, the company is widening the Beltway and replacing and repairing bridges, etc., between approximately the American Legion Bridge and the Mixing Bowl, in exchange for being able to charge an as-yet-to-be determined toll to drive in a lane that will be kept free of congestion by raising the tolls, likely much higher than the \$4.15 each way currently charged on the Dulles Greenway. Vehicles with three or more occupants (high-occupancy) will ride in the congestion-free lanes without charge. Or that's the plan.

At the point that the state believes that it's appropriate to collect tolls approaching \$10 for a round trip on a portion of their commute, it makes sense to investigate the funds available to the state directly by issuing bonds based on that revenue stream.

It's not clear who is looking out for the best interests of the citizens of Virginia in these partnerships. Details of some proposals, like a proposal for HOT-Lanes on I-95 appear to build in many guarantees and protections for the private companies, but less for the Virginians who would be paying the tolls or who could be getting less benefit for their tax dollars.

EDITORIAL

## Keep the Doors Open

BY NICHOLAS EVANS  
BOARD PRESIDENT  
DOORWAYS FOR WOMEN AND FAMILIES

Our affluent county has numerous heart breaking stories about families desperate for shelter and struggling to stay afloat in these tough economic times. These families rely on the county's safety net of private and public organizations to ensure their survival.

Now one of the very organizations tasked with caring for these families is also in desperate need of help. Doorways for Women and Families, Arlington's leading provider and advocate for victims of homelessness, violence and abuse, has been getting by for years with only 27 percent of support for its Safehouse and Family Home coming from Arlington County. However, as the demand for services skyrockets, now it needs more.

We know this level of support is not the norm. In Arlington, other shelters receive 75-95 percent of their funding from the county. Although Doorways has consistently raised the remaining funds from the private sector, the economic challenges of the past year have dramatically impacted our revenue. As an Arlington resident and the board president for this outstanding, financially prudent nonprofit, I want to ensure Doorways continues to provide critical shelter services for families and women who are homeless or fleeing domestic vio-

lence.

That is why we have launched our "Keep the Doors Open" Advocacy campaign. Our goal is to encourage the Arlington County Board to increase funding of our Safehouse and the Family Home, which together provided nearly 8,200 bed nights. By doing so, the county and our community will affirm our value of safety net services and underscore the value of Doorways' historical return on investment.

What is that "historical return?" Over the past year, for every \$1 the county invested in Doorways' shelters, another \$3 was returned in leveraged dollars. That's quite an investment particularly in this economy and one hard to find elsewhere. By raising their operating share from 27 percent to 40 percent, Doorways will still be among the top returns on investment for county taxpayers.

These investments help real people. Our clients are families, some who have lifelong struggles, living in poverty all their lives. Other families have experienced temporary job loss, an unexpected health crisis, or a loss of a family member. Having already been living check-to-check, these additional crises force the families into precarious housing situations.

However, I am inspired by our successes, such

SEE KEEP THE DOORS OPEN, PAGE 19

## LETTERS

### Save VCE Programs

To the Editor:

Today the folks down in Richmond — the State House Budget committee — are deciding whether or not to eliminate one of North Virginia's most beloved community education programs — Virginia Cooperative Extension, VCE.

Several years ago when I was looking around for information on trees — I discovered Tree Stewards and VCE. And then a friend told me about Master Gardeners. Both of these programs are run by Virginia Cooperative Extension and are threatened by being "eliminated" here in Arlington, Alexandria and Fairfax.

VCE is more needed than ever in a recession. This is where the community gets expert, research-based, unbiased quality advice on personal finance, nutrition and environmental issues. There is no other organization here in suburban North Virginia — not even in Arlington County — that provides so much vision, outreach and education. According to Jennifer Abel,

SEE LETTERS, PAGE 19

## ARLINGTON CONNECTION

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## OPINION

# Importance of Colorectal Cancer Screening

By JENNIFER McQUADE, MD  
VIRGINIA HOSPITAL CENTER



**M**arch is Colorectal Cancer Awareness Month. Colon and rectal cancer is the second leading cause of cancer death in the United States for men and women combined. It is estimated that over 140,000 new cases will be diagnosed this year and of those cases 56,000 Americans are expected to die. However, colorectal cancer is a highly preventable and treatable disease if it is caught early. It is estimated that 40,000 lives could be saved each year if men and women underwent appropriate screening.

### HEALTH AWARENESS

It has been shown that regular exercise coupled with a low-fat diet, high in fruits and vegetables providing needed fiber, can significantly reduce your risk for developing colorectal cancer. Colorectal cancer screening is an essential component to risk reduction and is covered by Medicare and most insurances.

Colorectal cancer is often a silent killer that rarely produces symptoms early on. Most colon cancers start as non-cancerous growths called polyps which are precursors to colorectal cancer. Regular screening can detect these polyps and allow us to remove them before a cancer develops or at its earliest and most curable stage.

The Gold Standard for detecting colorectal cancer is the colonoscopy, a direct visual examination of the entire colon and rectum that allows polyps to be removed directly at the time of the procedure. Typically this outpatient procedure is performed using conscious sedation to keep patients relaxed and comfortable. Average risk patients without any family history or any symptoms should undergo screening beginning at age 50. Other patients should consult their colon and rectal surgeon or other health care providers regarding when to be screened.

If a large polyp or cancer is found, surgery is the primary treatment and can often be done through small incisions. As a Board Certified Colon and Rectal Surgeon, I specialize in minimally invasive/laparoscopic surgery that utilizes these small incisions. Over the last 10 years, we have moved from surgeries requiring six-inch or longer incisions and long hospitalizations to surgeries with smaller incisions, less post-operative pain, shorter hospital stays and minimal scarring. Studies have shown that patients treated by colorectal surgeons are more likely to survive because of the advanced training and the large number of colon and rectal disease surgeries colorectal surgeons perform. The chance of curing patients after symptoms develop is only 50 percent, but if colorectal cancer is found and treated at an early stage before symptoms develop, then the chance for cure is 80 percent or better. Please take the time to learn your family medical history, and talk to your doctor about your risk factors and when it's time for your first screening.

*The writer is a colorectal surgeon at Virginia Hospital Center, 1625 N George Mason Drive.*

### CRIME REPORT

*The following incidents, from Feb. 25 to March 3, were reported by the Arlington Police Department.*

**ARMED ROBBERY/ABDUCTION.** Feb. 27, 600 block of N. Wakefield Street. On Feb. 27 at 4 a.m., a man approached two women from behind. He displayed a handgun and forced them

into a house. He restrained both women inside, and then forced one to leave the area with him. The victim was found suffering from serious injuries in Prince William County. A suspect was later arrested on separate abduction charges.

**ASSAULT WITH INTENT TO DEFILE.** Feb. 27, 4500 block of N. 4th St.

On Feb. 27 at 3 a.m., a man approached a woman walking into her house, and forced her inside. He then used a "stun gun" device to stun her on the neck. When she yelled, her roommate woke up and the suspect fled. This case is believed to be connected to the above suspect.

**ASSAULT BY MOB-ARREST.** Feb. 27, 4200 block of Wilson Boulevard. On Feb. 27 at midnight two subjects working together assaulted a security guard at the mall. Police located the offenders nearby. Two men were both charged with Assault by Mob. They were both held on a \$3,000 bond.

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# Arlington REAL ESTATE

For information about appearing on this page, contact Deb Funk at 703-778-9444 or debfunk@connectionnewspapers.com

## On the Market



### Lyon Village Bungalow

This five bedroom, four and a half baths, 5400 sq ft bungalow in the heart of Lyon Village is only blocks to Clarendon Metro & Whole Foods, and offers exceptional living & entertaining space on four-finished levels. Craftsman details meet modern living. Gourmet kitchen (Wolf, SubZero, Asko) opens to great room and covered rear porch. Formal living and dining rooms. Butlers pantry. Master bedroom suite offers a private screened porch and spa-like bath with steam shower. Four bedrooms, laundry room & loft on upper levels. Huge bright lower level offers a rec room, study, bedroom & full bath. Detached garage. Extensive landscaping and hardscaping. 1504 N. Hancock Street, Arlington 22201.

**For more information contact**  
**Ruth Boyer O'Dea – Agnes Davis Team, American Realty Group,**  
**www.amrgrealty.com, rboyer@mrisc.com, 703- 338-2277.**  
**This house is priced at \$1,850,000.**

### N. Arlington Condo

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**For more information, contact Carol, Tracy & Leslie Wilder, McEneaney Associates, Inc. Realtors®, 703-599-1066, www.3wilders.com.**  
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**For more information contact Fran Orr, Coldwell Banker**  
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## Profile in Real Estate - David Maier

David Maier, #1 Agent at RE/MAX Distinctive Arlington for 2008 and 2009, loves what he does and it shows. A Native Arlingtonian, David and his Associates have over 27 years of experience in Arlington Real Estate. While working at the Pentagon, he ventured into real estate buying investment properties all over Arlington. The experience of buying and selling, "flipping," ignited the passion and compelled him to leave the Department of Defense to pursue a full-time career as a Realtor.

Within two years of getting licensed, his entrepreneurial spirit lead him to form his own LLC (DSP Real Estate) within RE/MAX Distinctive. He customer base is wide ranging, from first-time to move-up buyers, investors, to corporate and military relocations. His listings range from studio condos to over \$2 Million estates. He was selected to be a REO

Agent and works with a major banks to sell their foreclosures. The short sale market is another segment he has successfully navigated for a multitude of distressed homeowners.

David holds a Bachelor's Degree in Psychology from James Madison University and a Master's in Business from Central Michigan University. For his sales volume, he received the Platinum Club Status 2008 and will garner the Lifetime Top Producer from the NVAR 2010. A firm believer in learning, he holds the professional designations: e-PRO, Accredited Buyer Representative (ABR) and Certified Negotiation Expert (CNE).

This Fall, David will be featured on an upcoming episode of HGTV's My First Place. When not working, David enjoys renovating homes, traveling, and collecting cars.



David W. Maier & Associates  
 703-403-5712  
 www.david.maier.remax.com

# REAL ESTATE

## Determining Residential Market Value

The following information is from Arlington County's Web site: [http://www.arlingtonva.us/departments/realEstate/assessment\\_information/RealEstateAssessmentsinformation.aspx](http://www.arlingtonva.us/departments/realEstate/assessment_information/RealEstateAssessmentsinformation.aspx)

### What is the definition of market value?

The definition of market value as defined by the International Association of Assessing Officers is: The most probable sale price of a property in terms of money in a competitive and open market, assuming that the buyer and seller are acting prudently and knowledgeably, allowing sufficient time for the sale, and assuming that the transaction is not affected by undue pressures.

### How is property appraised?

To find the value of any piece of property, the assessor must first know what properties similar to it are selling for, what it would cost to replace it today, how much it takes to operate and keep it in repair, what rent it may earn, and many other dollar facts affecting its value, such as the current rate of interest charged for borrowing money to buy or build properties like yours.

Using these facts, the assessor can then go about finding the property's value in three different

ways:

#### Sales Comparison Approach:

The first method compares your property to others that have sold during the analysis period. These prices, however, must be analyzed very carefully to get the true picture. One property may have sold for more than it's worth because the buyer is in a hurry and would pay any price. Another may have sold for less than it was actually worth because the owner needed cash right away and the property was sold to the first person who made an offer. When using the sales comparison approach, the assessor must always consider such overpricing and underpricing and analyze many sales to arrive at a fair valuation for your property. Size, time, quality, condition, location are also important factors to consider.

#### Cost Approach:

A second way to value your property is based on how much money it would take, at current material and labor costs, to replace your property with one similar. If your property is not new, the as-

essor must also estimate how much value has been lost to wear and tear or other factors such as obsolescence. The adjustment called depreciation is then deducted from the replacement cost. Finally the assessor estimates the value of your lot and adds this to the depreciated cost to arrive at the total property value.

#### Income Approach:

The third way is to evaluate how much income your property would produce if it were rented as an apartment house, a store, or a factory etc.. The assessor must consider operating expenses, taxes, insurance, maintenance costs, and the return most people would expect on your kind of property. The net income from operation of the property is then capitalized into a value estimate by using a capitalization rate that provides a return on and of the property investment. This method is seldom used to appraise single family residential properties. Arlington County uses this approach on income producing properties such as offices, shopping centers, apartments and like properties.

Residents with questions about their real estate assessment should call the county at 703-228-3920.

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1410 N. Johnson St.....	\$1,169,000...Sun 1-4.....	Ingrid Wooten.....	Long & Foster.....	703.309.0411
3142 N. 18th St.....	\$1,169,000...Sun 1-4.....	Ingrid Wooten.....	Long & Foster.....	703.309.0411

22203

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1321 N. McKinley Rd.....	\$625,000.....Sun 1-4.....	Ron Cathell.....	Keller Williams.....	703-975-2500
945 Quantico St N.....	\$689,500.....Sun 1-4.....	Celia Donahue.....	Keller Williams.....	703.224.6000
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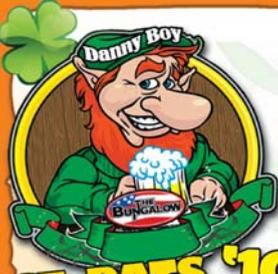
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## SCHOOLS

# Wakefield High Students To Perform 'Shakespeare, Will'

Signature Theatre's educational program, Signature in the Schools, will present a free performance of "Shakespeare, Will," a new one-act play by Joe Calarco performed by students from Arlington's Wakefield High School on Monday, March 15 at 7:30 p.m.

In the play, students from an all-girls school accidentally invoke a young Will Shakespeare. Finding that his conjurers know more about his work than he does, Shakespeare gains confidence that his destiny is to create immortal characters and reveal timeless truths. His doubting wife, Anne Hathaway, follows him into the future to challenge his aspirations, and in confronting her, young "Will" becomes the "William" of his dreams.

Signature in the Schools is currently in its 15th year of producing world premiere plays that introduce high school actors and crews to professional theater. Each year a different historical or literary subject is explored, and for Shakespeare, this year's topic, playwright Calarco set out to reverse the conception that Shakespeare's work is dull and reveal the excitement of Elizabethan language to a modern, hip audience.

Wakefield's student actors include Houda Bekkali, Irene Casey, Jamé Jackson, Alexis Lodsun, Jocelyn Magsumbol, John "Waffles" Morgan, Lintle Motsoasele, and Loreal Watts. Production stage manager Max Rosenberg and backstage manager Amanda Smith are both freshmen at Wakefield. Additional students from Wakefield High School comprise the 2010 technical crew. TC Williams High School senior Brenda Nascimento is also in the cast.

For tickets, call the Signature Box Office at 703-820-9971.

The annual production of an original play gives students the opportunity to be part of the new play development process, while collaborating with a professional playwright. A professional director, actor, and designers act as mentors and guide the students through their production. In addition to public performances, the student actors also present five matinee performances for their peers in high schools across the region. Each student who attends a production receives a resource guide, researched and written by Signature's Education Director Marcia Gardner. Gardner also visits many classrooms, where she teaches students to explore history and theater and enact a scene from the play.

The student cast of "Shakespeare, Will" started rehearsals in December. In January, playwright Joe Calarco spent three days with the students forming a revised script. Joined by professional actress Anne Veal, the cast read through the play, examined the characters, discussed the pertinent issues and themes, and asked questions about the story and the Shakespearean language integral to the dialogue of the piece. Based on input from the cast and director, Calarco strengthened the conflict and language and created an ending that enhanced the entire piece.

Mentoring the students are director Marcia Gardner, assistant director and dialect coach Alexander Strain, set designer Jim Kronzer, costume designer Diana Khoury, lighting designer Mark Lanks, sound designer Matt Rowe, props director Eileen Garcia, and stage manager Kerry Epstein.

## SCHOOL NOTES

The following students have been named to the dean's list for the fall 2009 semester at the University of Vermont:

❖ **Matthew Judd, of Arlington**, a junior Environmental Studies major in the Rubenstein School of Environment & Natural Resources.

❖ **Amy Law, of Arlington**, a first-year student Nutrition and Food Sciences major in the College of Agriculture & Life Sciences.

These students were named to the Dean's List of Emory College, the undergraduate, liberal arts college of Emory University in Atlanta, Ga., for the 2009 fall semester.

❖ **Justin Etkin of Arlington**, son of Steven A. Etkin and Nancy U. Etkin.

❖ **Jeremy McKibben-Sanders** of Snellville, Ga., son of Linda McKibben and Raymond A. Strikas of Arlington.

**Alison Reshma Mohamed of Arlington** was named to the dean's honor roll at Fort Hays State University for the fall 2009 semester.

**Arlington's four high schools** are ranked in the top 100 of area high schools according to The Washington Post's 2010 Challenge Index. The Washington Post Challenge Index measures a public high school's effort to challenge all of its students.

The Challenge Index school rankings are:

#1 - H-B Woodlawn Secondary Program

#6 - Washington-Lee High School

#10 - Yorktown High School

#53 - Wakefield High School

Superintendent Dr. Pat Murphy noted that students are encouraged to take at least one AP or IB course during their high school years. The rating is determined by dividing the number of Advanced Placement, International Baccalaureate or other college-level tests a school gave in 2009 by the number of graduating seniors. Tests taken by all students, not just seniors, are counted. According to the Challenge Index, any school with a rating of 1.000 or above is in the top 6 percent of all U.S. high schools in encouraging students to take AP, IB or Cambridge tests.

**Sam Nottingham**, a senior at Yorktown High School in

Arlington, is one of eight winners of the 2010 Student Playwrights Project Ten-Minute Play Competition sponsored by Arena Stage. He won for his play, "Baggy Jeans." More than 500 works were submitted from D.C. area middle and high schools. Noa Lynn Nir, a senior at Yorktown High School, won an honorable mention for "Chekhov's Dinner."

The winning playwrights will receive master classes in playwriting and work with an Arena Stage dramaturg to develop their plays. The plays will then be directed by an Arena Stage director and performed by professional actors. In addition, Arena Stage will host two evenings of readings for the middle school and high school honorable mention plays.

Admission to the Student Playwrights Project performances is free, but reservations through the Arena Stage Sales Office are required: 202-488-3300. All performances take place at Source, 1835 14th Street, NW, Washington, D.C. Note: Some of the plays contain mature content and language and may not be appropriate for younger children.

Performances of Winning Plays  
Sunday, March 14 - 7:30 p.m.  
Monday, March 15 - 7:30 p.m.  
Tuesday, March 16 - 7:30 p.m.

**Emilia Lynch of Arlington** was named to the Saint Joseph College Dean's List for the fall 2009 semester.

**Washington-Lee High School alum Andrew M. Barr** has donated \$150,000 to provide scholarships for Washington-Lee students. The Arlington Community Foundation will manage the funds and will award 10 scholarships valued at \$1,000 each to Washington-Lee students from the Andrew M. Barr Scholarship Fund each year until the fund is depleted. The Barr Scholarship Fund will make added contributions to this new scholarship fund with the Community Foundation in the coming years to ensure that future W-L students can benefit from this scholarship opportunity.

**Sher Afgan Tareen**, the son of Fauzia Deeba Tareen of Arlington, has been named to the dean's list of Macalester College for academic achievement during the fall semester of the 2009-2010 school year. A graduate of Washington Lee High School, Tareen was a junior at Macalester last fall.



# metropolitan

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# CALENDAR

Know of something missing from this community entertainment calendar? Send it to *The Arlington Connection*, e-mail it to [arlington@connectionnewspapers.com](mailto: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

**Meditation and Buddhism for all levels.** Mondays, 7 p.m. to 8:30 p.m. Cost \$12. Vajrayogini Buddhist Center, Arlington Branch, 3800 Fairfax Dr., Suite 5, Arlington (The Griffin Center). Class will explore Buddha's timeless advice for finding true and lasting happiness. Topics include: Can't Get No Satisfaction - The Thirst of Dissatisfaction - A Path to Freedom. Each class includes a teaching, guided meditation and Q&A. Visit [www.meditation-dc.org](http://www.meditation-dc.org) or call 202-986-2257, email [info@meditation-dc.org](mailto:info@meditation-dc.org).

## NOW THROUGH 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.relcarlinton.org>.

## NOW THROUGH MARCH 27

**G-40: The Summit** will occupy 75,000 square feet of exhibit space with four floors. Each floor will have 10-30 featured artists who will activate the space with murals and installations, setting the mood for their state. Sponsored by The Crystal City BID, Art Whino and Vornado. Hours are: Wednesdays & Thursdays: 5-10 p.m.; Fridays: 5 p.m.-12 a.m.; Saturdays: 12 p.m.-12 a.m.; Sundays: 12 p.m.-6 p.m.; Mondays and Tuesdays: Closed. Held at 223 23<sup>rd</sup> St., Arlington. Contact Abbey Franke at [afanke@scottcircle.com](mailto:afanke@scottcircle.com) or at 202-362-1444.

## NOW THROUGH 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](http://ArenaStage.org), by phone at 202-488-3300. At Arena Stage in Crystal City, 1800 S. Bell St., Arlington.

## WEDNESDAY/MARCH 10

**Fund-Raiser for Leukemia & Lymphoma Society.** 6-8 p.m. Hosted by Lizzy Walker Conroy, Lead Associate Agent for the Huckaby Briscoe Group, Keller Williams Realty. To attend the happy hour, R.S.V.P. by Monday, March 8 to Lizzy Conroy by email to [lizzy@hbgroup.us](mailto:lizzy@hbgroup.us), or by phone to 202-441-3630. A \$10 donation to the Leukemia & Lymphoma Society is suggested. At Restaurant 3 in Arlington.

**Film: "In Love We Trust (Zuo you)" [2007].** 6:30 p.m. The "World Cinema Spotlight" series presents "In Love We Trust (Zuo you)" [2007]. Not rated, 115 minutes. Chinese with English subtitles. Directed by Xiaoshuai Wang. A divorced couple learns that the way to possibly save their daughter from blood cancer is to have another child. The problem is that they're both remarried to other people. At the Shirlington Branch Library, 4200 Campbell Ave., Arlington.

## THURSDAY/MARCH 11

**Lunchtime Chamber Concert.** Noon to 1 p.m. Free. At the Rosslyn Spectrum, 1611 N. Kent Street, Arlington. Call 703-228-1850.

**Gadget Advice from "Teen Tech Squad."** 3:30-6 p.m. Got a gadget but don't know how to use it? Bring your device to Central Library for assistance from the "Teen Tech Squad" experts. And if you have the device manual, bring that along too. Sometimes it helps. At the Westover Branch Library, 1644 N. McKinley Street, Arlington.

## FRIDAY/MARCH 12

**Wisconsin Lutheran Choir.** 8 p.m. The choir will present a diverse, mostly a capella program



## SUNDAY/MARCH 14

**Coming to America Concert.** 4 p.m. The National Chamber Ensemble, Leonid Sushansky, artistic director. Music of great American composers and works inspired by America. Classical music traditions came to this country from Europe and were modified by American artists who were trying to establish their own musical voice and traditions, while European composers were inspired by their visits to the New World. Tickets are \$25/general, \$15/students. Call 703-573-SEAT. Info Only: 703-685-7590; TTY: 703-228-1855. visit [www.ticketmaster.com](http://www.ticketmaster.com) or [www.nationalchamberensemble.org](http://www.nationalchamberensemble.org). At the Rosslyn Spectrum Theater, 1611 N. Kent St., Arlington.

of sacred and secular choral works in original languages. At St. Paul's Lutheran Church in Falls Church, 7426 Idylwood Road, Falls Church. Call 703-534-1719.

## SATURDAY/MARCH 13

**Arlington Republican Women's Club.** 10 a.m. to noon. At the home of José and Shannon Sorzano, will feature presentations by Republicans Matthew Berry, Patrick Murphy, Laurence Socci, and Will Radle. All are running for Virginia's 8th Congressional District. Find ARWC at <http://www.arlingtongop.org/women> and on Facebook.

**Youth Program Fund-Raiser.** 7 p.m. Monte Carlo-style gaming, a silent auction to benefit Leadership Arlington's Youth Program, a Texas Hold 'Em tournament, dancing and more. At "Terminal A" of the Ronald Reagan National Airport. Tickets are \$140 until March 7, \$175 thereafter. Visit [www.leadershiparlington.org](http://www.leadershiparlington.org) or call 703-528-2522.

**The Armed Man: A Mass for Peace and Stabat Mater.** 8 p.m. A concert featuring two works by Welsh choral composer Karl Jenkins. At Mt. Olivet Methodist Church, 1500 N. Glebe Road, Arlington.

**The Metropolitan Chorus.** 8 p.m. Karl Jenkins: The Armed Man: A Mass for Peace and excerpts from Stabat Mater. Admission: Adults: \$20; Senior citizens/Military: \$18; Youth: \$5. At Mount Olivet United Methodist Church, 1500 N. Glebe Road, Arlington. Call: 703-933-2500

**Kids Stuff Sale.** 8 a.m. to noon. Features used, seasonally appropriate kids clothes, toys and gear, plus maternity clothes, books, videos, kids furniture and more. At St. Andrew's Episcopal Church, 4000 Lorcom Lane, Arlington. Go to [www.kidsstuffsale.com](http://www.kidsstuffsale.com).

**Casino Night and Charity Auction.** 7 p.m. to 11 p.m. Tickets are \$85/person; \$725 for table of 10. Sponsored by the Arrow Foundation of the Northern Virginia Alumnae Club of Pi Beta Phi. At Army Navy Country Club, 1700 Army Navy Drive, Arlington. Tickets may be purchased and donations made online at [www.pibetaphi.org/NorthernVirginiaAC](http://www.pibetaphi.org/NorthernVirginiaAC). Click on Arrow Foundation.

**Inaugural Anglican Insights Speaker Series.** 9 a.m. The Anglican District of Virginia is hosting the first installment of the series led

by Archbishop Robert Duncan, Primate of the Anglican Church in North America. He will speak to his perspective on Anglicanism and bring an Anglican Christian in the world today. This is the first in ADV's "Anglican Insights" speaker series exploring the topic of Anglicanism. At The Falls Church's Historic Church on 115 E. Fairfax Street, Falls Church. Contact James Guthrie at 703-273-1300 or email [jamesguthrie@anglicandistrictofvirginia.org](mailto:jamesguthrie@anglicandistrictofvirginia.org).

## NOW THROUGH MARCH 13

**Photo Exhibit.** "Arlingtonians on Photo Safari," an exhibit of travel and architectural photography by J. Fenimore Elliott and William Murray, is on display at Cherrydale Library, 2190 Military Road, Arlington (703-228-6330; [www.CherrydaleLibrary.org](http://www.CherrydaleLibrary.org)), through March 13. Hours: Mon.: 10 a.m.-9 p.m.; Tue.: 1 p.m.-9 p.m.; Wed.: 1 p.m.-9 p.m.; Thu.: 2 p.m.-6 p.m.; Fri.: 10 a.m.-2 p.m.; Sat.: 10 a.m.-5

p.m. Free. **"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.teatrodela luna.org](http://www.teatrodela luna.org).

## MARCH 13, 20

**American Red Cross Wilderness and Remote First Aid Course.** 8 a.m. to 5 p.m. both days. Cost is \$110. This course is ideal for anyone who is employed or participates in recreational activities in wilderness or remote areas where emergency care may be delayed. At the Arlington Chapter of the National Capital Region, 4333 Arlington Blvd., Arlington. Call 703-527-3010, Ext. 736 or contact [cbenitez@arlingtonredcross.org](mailto:cbenitez@arlingtonredcross.org).

## MARCH 13-14

**Alexandria Symphony with Bowen McCauley Dance.** The concert will include

works by Grofe, Ravel, Debussy, Vivaldi and Mahler. Bowen McCauley Dance has created a new work for Kim Allen Kluge's Haiku Suite: Three Nature Poems for Sakahachi and Orchestra. At the Schlesinger Concert Hall.

## SUNDAY/MARCH 14

**Antique Photo Show.** 8:30 a.m. to 4 p.m. \$25 admission. Participating will be members of The Daguerrean Society, National Stereoscopic Association, The Photo Historical Societies of Canada and New England and Magic Lantern Societies, both US and UK. At the Holiday Inn Rosslyn/Key Bridge, 1900 N. Ft. Myer Drive, Arlington. Visit [AntiquePhotoShow.com](http://AntiquePhotoShow.com) or call 703-534-8220.

**Storytime/Afternoon Tea for Children.** 2 p.m. At the Columbia Pike Branch Library, 816 S. Walter Reed Dr., Arlington.

**City Choir of Washington.** 7:30 p.m. Free. Come join The City Choir of Washington for "The Sound of France," an evening of French music. At the Cathedral of Saint Thomas More, 3901 Cathedral Lane, Arlington. Call 703-524-2815 or visit [stmccathedralconcerts.org](http://stmccathedralconcerts.org).

**Garden Activity in Preparation for a Rose Show.** 2 p.m. Presented by Diana Klassy, Consulting Rosarian and winning exhibitor at the 2009 Arlington Rose Foundation Rose Show. At Merrifield's Garden Center, Upstairs, 12101 Lee Highway, Fairfax. Call 703-371-9351.

## TUESDAY/MARCH 16

**Swing Dancing.** 9-11 p.m. Cost is \$10. With the band Bad Influence. At the Clarendon Ballroom, 3185 Wilson Blvd., Arlington.

**Arlington Community Foundation Night at Jaleo.** 5-10 p.m. Benefit for the Arlington Community Foundation. 30 percent of total sales for the night will be donated to ACF. At Jaleo in Crystal City, Arlington.

## WEDNESDAY/MARCH 17

**Film: "The Quiet Man" [1952].** 6:30 p.m. The Shirlington Screens series presents John Ford's "The Quiet Man" [1952]. Not rated, 129 minutes. Starring John Wayne and Maureen O'Hara, it's the story of an Irish-American boxer who returns home to Ireland, where he falls in love with a local woman. Their romance is complicated by local customs and traditions. At the Shirlington Branch Library.

**El Paso Café.** 5 to 10 p.m. Enjoy a Saint Patrick's Day themed dinner at El Paso Café and 20 percent of the proceeds will go to support SCAN (Stop Child Abuse Now) of Northern Virginia. At 4235 North Pershing Drive in Arlington. Call 703-243-9811

## THURSDAY/MARCH 18

**Holistic Moms Network.** 7-9 p.m. The topic is organic gardening with Mitch Baker, American Plant. At Arlington United Methodist Church, 715 S. Glebe Road, Arlington. Visit <http://arlalexva.holisticmoms.org/> or call 703-824-6167.

**Panel Discussion.** 6:30-8:30 p.m. "We Have Decided Not to Die." Held in conjunction with Transhuman Conditions. At the Arlington Arts Center, 3550 Wilson Blvd., Arlington. Call 703-248-6800.

**Watershed Planning Workshop.** 7-9 p.m. Learn about Arlington County's recent project to reduce and filter polluted stormwater runoff. For Gulf Branch, Donaldson Run and Upper Four Mile Run Watersheds. At Langston Brown Community Center, 2121 N. Culpeper Street, Arlington. Call 703-228-3588 or [cjolicoeur@arlingtonva.us](mailto:cjolicoeur@arlingtonva.us).

**Breast Cancer Program.** 6:30-7:30 p.m. An oncologist and a breast surgeon explains tools used to classify breast cancer risk as low, moderate or high and addresses screening guidelines and risk reduction strategies. At Virginia Hospital Center, Conference Center, 1701 N. George Mason Drive, Arlington. Registration required. Call 703-558-0877.

**Hamilton College Choir.** 7:30 p.m. Free. Will perform both sacred and secular works ranging from the Renaissance to the present day. At St. Andrew's Episcopal Church, 4000 Lorcom Lane, Arlington.



## SATURDAY/MARCH 20

**"Song and Dance."** 10:30 a.m. Kids of all ages have two opportunities to meet the harp, flute and string family in a concert entitled "Song and Dance." Members of The Kennedy Center Orchestra and the Boston Pops perform in this free, 40-minute program. At Clarendon Presbyterian Church, 1350 N. Jackson Street, Arlington. Visit [www.ibischambermusic.org](http://www.ibischambermusic.org). The program repeats itself at 1 p.m. at the Arlington Central Library, 1050 N. Quincy Street, Arlington.

# Artfest Art Show Is March 19-26 in Arlington

The Arlington Artists Alliance presents a week full of Art at Fort C.F. Smith, 2411 N. 24<sup>th</sup> Street. In conjunction with an all-media art show and sale in the historic Hendry House, there will be ongoing events. All events are free, but some require registration. To register, email: sparkerart@yahoo.com with your name, email address and phone number. For more information about the show, contact Beth Hudgins at eghudgins@gmail.com or 703-532-4450.

**FRIDAY, MARCH 19: OPENING RECEPTION, 6-8 P.M.**

**SATURDAY, MARCH 20: ART SHOW OPEN 10 A.M.-5 P.M.**

**DEMONSTRATION:** Kiln Carved Glass, 10 a.m.-12 noon. Ages: All. In this ongoing demonstration, artist Katherine Corigliano will use fiber paper and transparent glass to show how motifs are carved into glass. Samples of finished glass featuring the technique will be on display.

**WORKSHOP:** Nature Sketching for All Ages, 12 noon-2 p.m. Ages: All, children under 12 accompanied by an adult. Take a short hike around the Fort Smith property on graded roads to stop and sketch anything interesting — be it a plant, tree, or even old farm equipment! Instructors Jocelyn Hunn and Liz Macklin will demonstrate easy techniques for sketching lines, shapes and textures in objects found throughout the park. Participants will learn by observing and drawing. Bring an HB or #2 pencil and paper (or sketchbook). Recycled paper will be available for beginners. Bring an easy-to-carry camping stool or cushion or sit upon, if desired. Maximum: 16. Free, Registration Required, email: sparkerart@yahoo.com

**STAR DUST DANCE BAND,** 2-4 p.m. Some Golden Oldies

played by this well-known local band. [www.stardustdanceband.com](http://www.stardustdanceband.com)  
**WORKSHOP:** Colored Pencil Basics, 2-4 p.m. Ages: 10 and up. This hands-on workshop with demonstrations presented by Marie Baumann will introduce participants to basic colored pencil techniques: mixing and blending colors, layering, and burnishing. Bring plain drawing paper, a basic set of colored pencils, and a favorite photograph to draw. Minimum participants: 3, Maximum: 15 free, Registration Required, email: sparkerart@yahoo.com

**SUNDAY, MARCH 21: ART SHOW OPEN 12 NOON-5 P.M.**

**DEMONSTRATION:** What's Up With Acrylic Mediums?, 1-2 p.m. Ages: Adult. Gloss, matte, soft gel, heavy gel, molding paste, mica-ceous paint, interference colors — curious about all the new products for acrylics? Linda Maldonado shows how various mediums can be used to create textural and optical effects. Minimum: 3, Maximum: 8. Free, Registration Required, email: sparkerart@yahoo.com

**MUSIC OF THE AMERICAS,** 2-4 p.m. Charlotte Roe will play a selection of Celtic, classic rock and music of the Americas on the harp.

**TUESDAY, MARCH 23: ART SHOW OPEN 12 NOON-6 P.M.**

**OPEN AIR POETRY,** Noon-2 p.m. Age: All. Bring your original poetry to share. Artist and Poet Meg MacKenzie will be sharing hers. Free.

**ARTIST TALK:** The Origins of Abstract and Non-Representational Art, 4-6 p.m. Ages: 15-Adult. Rusty Lynn will present fascinating information and surprises about the pioneer 20th century artists who began to explore and create abstract and non-representational art. Through lecture, questions and answer, presentations of pictures, and group discussion we will explore the artistic, scientific, and psychological developments leading to this innovative chapter in the history of art. Minimum: 5, Maximum: 20. Free, Registration Required, email: sparkerart@yahoo.com

**WEDNESDAY, MARCH 24 : ART SHOW OPEN 12 NOON-4 P.M.**

**DEMONSTRATION:** A la Prima in Oils, 2-4 PM. Ages: 10 and up. Working out doors in this "all at once" demo, Jackie Afram will finish a painting in one session, starting with canvas painted a neutral color. With mineral spirits and translucent paint she will paint her outline design, then using straight paint she blocks in her highlights. Next she will apply other colors and finally the background color. Maximum 12. Free.

**THURSDAY, MARCH 25: ART SHOW OPEN 10 A.M.-4 P.M.**

**ARTIST TALK:** Kinetic Art (Art that Moves), 10:30-noon. Ages: 12 and up. Art styles, techniques and mediums advanced dramatically during the 20th century. Kinetic art — art that moves — is the lasting legacy of American artist Alexander Calder whose dazzling, colorful, whimsical mobiles changed the paradigm of western art. Nan Morrison's power point presentation will focus on Calder's career and contribution to modern art. Free, Registration Required, email: sparkerart@yahoo.com

**PLEIN-AIR PAINTOUT,** 2-4 p.m. Ages: 15-Adult; some experience necessary. Greet spring at Fort C.F. Smith by painting outdoors. Come a little early for a brief orientation to alternative venues within this historic site. Moderator Tony Neville will provide individual guidance as needed. Bring your portable materials, including seating. If weather does not cooperate, limited views of the site exist from the sheltered veranda. Find useful checklists and information at: <http://painting.about.com/library/weekly/aapleinairchecklist.htm>. Minimum: 5, Maximum: 10. Free, Registration Required, email: sparkerart@yahoo.com

**FRIDAY, MARCH 26: LAST CHANCE! ART SHOW OPEN 10 A.M.-12 NOON**

## Visit These Houses of Worship

Join A Club, Make New Friends, or Expand Your Horizons...

**Assemblies of God**  
Arlington Assembly of God...703-524-1667  
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  
Holy Transfiguration Melkite Greek Catholic Church...703-734-9566  
Our Lady of Lourdes...703-684-9261  
Our Lady Queen of Peace Catholic Church...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. Johns Episcopal Church...703-671-6834  
St. Mary Episcopal Church...703-527-6800

**Churches-Episcopal**  
St. Michael S Episcopal Church  
703-241-2474  
St. Paul Episcopal Church...703-820-2625  
St. Peter's Episcopal Church...703-536-6606  
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...703-526-8952  
Lutheran Church of The Redeemer  
703-356-3346  
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-Christian Science**  
McLean-First Church of Christ, Scientist...  
703-356-1391

**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**  
Trinity United Methodist Church  
of McLean...703-356-3312  
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. Olive United Methodist...703-527-3934  
Walker Chapel United Methodist  
...703-538-5200

**Churches- United Church of Christ**

Bethel United Church of Christ  
...703-528-0937

Rock Spring Congregational  
United Church of Christ...703-538-4886

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

**Presbyterian Church in America Churches**  
Christ Church of Arlington  
703-527-0420

**Synagogues - Conservative**  
Congregation Etz Hayim...703-979-4466

**Synagogues - Orthodox**  
Fort Myer Minyan...703-863-4520  
Chabad Lavavitch of Alexandria-Arlington  
...703-370-2774

**Synagogue - Reconstructionist**  
Kol Ami, the North Virginia  
Reconstructionist Community  
...571-271-8387

### Saint Ann Catholic Church

**SUNDAY LITURGY SCHEDULE:**

Saturday Vigil: 5:30 PM  
Sunday: 8:00, 9:30, 11:00 AM  
1:30 PM Spanish Liturgy  
5312 North 10th Street  
Arlington Virginia 22205  
Parish Office: (703) 528-6276

**DAILY EUCHARIST:**

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

All Are Welcome!



**PARISH WEBSITE:**  
[www.rc.net/arlington/stann](http://www.rc.net/arlington/stann)

**BON AIR BAPTIST**

11am

**IGLESIA EL CAMINO**

2pm

We don't have visitors, only members that haven't realized it.

**BON AIR BAPTIST CHURCH**  
800 N. Illinois St.  
Arlington, VA 22205  
(703)525-8079  
[www.bonairbaptistchurch.org](http://www.bonairbaptistchurch.org)



Come join us March 21 at 6pm for an Easter concert by the Youth Choir of FBC Alexandria, followed by a church-wide fellowship.

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

## THEATRE

**NOW THROUGH 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](http://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. Call Ticketmaster at 703-573-SEAT or go to [www.signature-theatre.org](http://www.signature-theatre.org).

**NOW THROUGH 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](http://ArenaStage.org), by phone at 202-488-3300. At Arena Stage in Crystal City, 1800 S. Bell St., Arlington.

**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: 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 Syntetic Family Theater, 4041 Campbell Ave., Arlington in Shirlington Village. Call 800-494-8497 or [www.classika.org](http://www.classika.org)

# BULLETIN BOARD

FROM PAGE 7

## MARCH 13, 20

**American Red Cross Wilderness and Remote First Aid Course.** 8 a.m. to 5 p.m. both days. Cost is \$110. This course is ideal for anyone who is employed or participates in recreational activities in wilderness or remote areas where emergency care may be delayed. At the Arlington Chapter of the National Capital Region, 4333 Arlington Blvd., Arlington. Call 703-527-3010, Ext. 736 or contact cbenitez@arlingtonredcross.org.

## MONDAY/MARCH 15

**Public Hearing.** 9 a.m. to noon. Hosted by the Arlington Commission

### "FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington's Office of Senior Adult Programs March 22-27.

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

**Building a Better Budget,** Monday, March 22, 11 a.m., Culpepper Garden. Free. Call early to register, 703-228-4403.

**ESL** (English as a Second Language) classes, Monday, March 22, 11 a.m., Langston-Brown. Free. Details, 703-228-5321.

**Employment counseling,** 10 a.m., Monday, March 22, Walter Reed. Free. Call for appt., 703-228-0955.

on Aging. At the Warren G. Stambaugh Department of Human Services building, 3033 Wilson Boulevard, 7th floor. Call the Agency on Aging at 703-228-1700, TTY 703-228-1788, or e-mail Arlaaa@arlingtonva.us.

## TUESDAY/MARCH 16

**Spring Lawn Care Classes.** 7 p.m. Each class will focus on caring for both new and established lawns and cover such issues as how to water and apply fertilizer, lime, and weed killer; how to choose the best turfgrass for specific conditions; how to avoid mower damage to the turf; the use of overseeding, dethatching, and aeration to improve the health and appearance of the lawn; and how to ensure the

safety of people, pets and wildlife when using lawn products. At Glencarlyn Library, 300 S. Kensington Street, Arlington.

## WEDNESDAY/MARCH 17

**Home Renewable Energy.** 7 p.m. Cost is \$5. Join Kent Baake, president of Continuum Energy Solutions, to learn how to add renewable energy and energy efficiency features to your home. At Potomac Overlook Regional Park, Arlington. RSVP at info@ces-va.com or by calling 703-354-0262.

**New to Medicare Seminar.** 6:30 p.m. At the Arlington Department of Human Services Building, 3033 Wilson Blvd., Room 7C. Pre-register by calling 703-228-1700, or email: Arlaaa@arlingtonva.us.

**Eating smart and moving more** nutrition program, Monday, March 22, 10:45 a.m., Langston-Brown. Free. Register, 703-228-5321.

Free **Tai Chi demonstration** by expert Take Toma, Monday, March 22, 1:30 p.m., Culpepper Garden; Tues., March 23, 3 p.m., Walter Reed. Register, 703-228-4403 (CG), 703-228-0955 (WR).

**Home tax credits** seminar, Tuesday, March 23, 1 p.m., Lee. Free. Register, 703-228-0555.

**Simple solutions to making home safer** and accessible, Tuesday, March 23, 11 a.m., Lee. Free. Register, 703-228-0555.

Beginners level **full fitness exercise** class, Tuesday, March 23, Lee. \$3.50 per class. Details, 703-228-0555.

The **Merrymakers** song and dance group rehearsal, Tuesday, March 23,

10:30 a.m. Free; new members welcome. Details, 703-228-4403.

**Making Spring Cleaning Green,** Thursday, March 25, 10:15 a.m., Walter Reed. Free. Details, 703-228-0955.

**Living and Laughing with Hearing Loss,** Thursday, March 25, 1 p.m., Langston-Brown. Free. Register, 703-228-5321.

**Gardening** class in English and Spanish, Friday, March 26, 9:30 a.m., Fairlington Community Center; free. Details, 703-228-7791.

**Fast-paced walking** group, The Fast Forwards, Friday, March 26, 9 a.m., Aurora Hills. Free. Register, 703-228-5722.

The **Arlingtones Barbershop Chorus** show, Saturday, March 27, 2 p.m. and 7 p.m., Thomas Jefferson Theatre, So. 2nd St. and Old Glebe Road. Tickets: Door \$15, advance \$12. Senior and groups rates available. 703-521-9331.

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# YHS Looks for Continued Success under New Coach

**Bodnar enters sixth year with program, first with Patriot varsity.**

BY JON ROETMAN  
THE CONNECTION

**F**ive years with the Yorktown JV will help Anne Bodnar with her transition to head coach of the varsity girls lacrosse team in 2010. However, the program's four consecutive National District championships will do nothing to lessen pressure or expectations.

Bodnar takes over a program with 14 seniors and three returning all-district athletes, including Player of the Year Hope Barrazotto. The Patriots have the talent and experience for continued success, which also provides ammunition for critics if the team falls short.

"It's a little bit of pressure on me, for sure," Bodnar said. "I'm ready for it."

Bodnar is familiar with many of the Patriots, either from coaching them at the JV level or watching them during varsity games — an element which figures to help ease the transition as players grow accustomed to Bodnar's leadership on the varsity level. A senior-dominant roster figures to help with communication.

"I've had experience with [Bodnar], I've talked to her — she's a really great coach," Barrazotto said. "She's seen us play. ... She knows how we work."

With four straight district titles and Bodnar's familiarity with the program, it would make sense if she decided to follow a blueprint to success already in place. But while Bodnar spoke highly of the program's status, she said she wants to implement some of her own style.

"I think the program as it stands is really good and I don't have any complaints," she said. "But I think I have some new ideas to add. We're working on some new drills and some new plays. I think it's great where it is, [but] I think I'm adding some little touches."

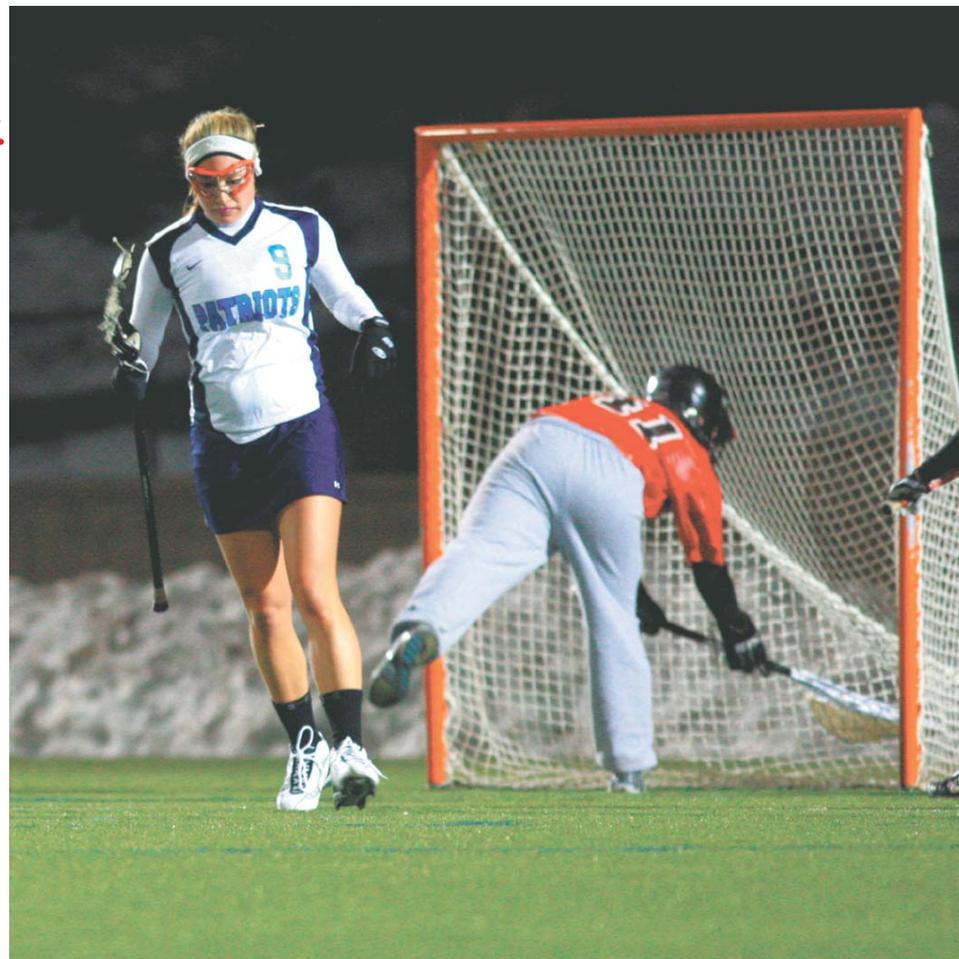
What are those touches?

"I'd like to keep the trade secrets," she said.

**LEADING THE WAY** on the field during Bodnar's first season is Barrazotto, a goal-scoring threat from the midfield position.

"She's got great stamina," Bodnar said. "She can play the entire field. She also encourages the other girls, which I think is great. She's a great team player, not just looking out for herself but really looking out for her teammates, as well. She's got good game sense. She's just a good all-around player."

Barrazotto said she wants to add some new elements to her game since other teams are familiar with her skill set. Bodnar said she wants to keep the senior motivated after earning the district's top individual honor.



**Yorktown senior Hope Barrazotto, left, was the 2009 National District Player of the Year.**



**The Yorktown girls lacrosse program has won four consecutive National District championships.**

"It's hard because when you're given that title [of Player of the Year], I don't want her to think that she knows everything," Bodnar said. "She's willing to listen, she asks questions and she definitely wants to continue to do better. I think she's pushing herself."

Another key returner for Yorktown is two-time first-team all-district goaltender Libby Kane, a senior.

"She sees the game, she sees what's going on," Bodnar said. "She talks to her team-

mates — she's probably one of the most vocal girls on the field. [She is a] great communicator — she just wants to win."

Kane said while there's pressure to remain successful, the Patriots are focused on playing up to their own expectations.

"We definitely want to continue the legacy," Kane said. "There is sort of that pressure, but ... it's not so much, 'Oh, we have to do it because they did.' It's because that's what we want to do."

Defender/midfielder Ashley Mandel-

Fredericks is also a returning first-teamer for the Patriots. Bodnar said the senior is "very fast" and has "good game sense."

Barrazotto, Kane and seniors Liz Verrecchia (defense) and Molly Adair (attack) are the team captains.

Seniors Amy Snelling (defense), Ashley Casteel (defense), Colleen Cooper (defense/midfield), Krista Vikander (defense), Maggie Leeker (attack), Meghan Albrittain (attack), Olivia Shipley (midfield), Shannon Smith (defense), Wallis Taylor (defense), juniors Christine Downie (attack),

Erinn Spack (attack), Hannah Madison (attack), Michelle Casteel (defense/midfield), Virginia Brady (defense) and sophomores Addy Savarino (attack/midfield), Beni Yuzawa (defense/midfield) and Ella Richardson (attack) will compete for playing time.

**"It's a little pressure on me, for sure. I'm ready for it."**  
— First-year Yorktown head girls lacrosse coach Anne Bodnar

Shiple's family lived in New Zealand during the 2009 season, but is expected to be a big contributor this season.

"She's got a little catching up to do," Bodnar said, "but I'm expecting to see good things from her this year."

Yorktown opens its season March 16 at West Potomac.

"I expect some really good things," Bodnar said. "I think we have a really stellar team. We've got a lot of skill [and] we've got a lot of returning players."

## SPORTS BRIEF

### O'Connell Boys Win VIS Title

The Bishop O'Connell boys basketball team closed the 2009-10 season with six games in six days. When the dust settled, the Knights were champions of the Virginia Independent Schools tournament and just missed advancing to the finals of the Washington Catholic Athletic Conference tourney. O'Connell defeated St. Stephen's/St. Agnes 53-52 on March 2 and Episcopal 68-34 on March 3 to advance to the VIS semifinals. On Thursday, the Knights faced Good Counsel in the WCAC quarterfinals, winning 61-57 in overtime.

Back to VIS tourney, O'Connell defeated Benedictine 56-44 on Friday and Blue Ridge 80-72 Saturday to claim the title.

The Knights were edged by Gonzaga 63-61 on Sunday in the WCAC semifinals.

Senior point guard and North Carolina commit Kendall Marshall averaged 21.5 points during O'Connell's final six games.

O'Connell (19-14) won 10 of its final 13 games, starting with a 75-52 victory over Carroll on Feb. 4.

# EMPLOYMENT

703-917-6464

ZONE 6 AD DEADLINE:  
TUESDAY 11 A.M.

## Phase Two (Year Two, Diagnosis to Date)



By KENNETH B. LOURIE

Now that year one is over, what next? Ergo, the problem. So much of year one (post diagnosis) is spent assimilating; facts, feelings, and figuring out all the new people, places and things that cancer and its treatment present. Eventually, for me, anyway, it all becomes routine, second nature, almost. The mental energy/capacity needed to coordinate, arrange and integrate all the cancer elements into your life has lessened as year one has come to an end. No longer am I stressing over where do I go, who do I see, how do I get there and when will I know, whatever; now it has simply become, what happens next?

However, it's that uncertainty concerning what does happen next which is likely responsible for the malaise, the ennui, the lack of drive that has characterized my attitude/behavior over the past month or two. Originally I thought my missing motivation was simply a natural reaction to the cable-computer disconnect I wrote about ("Not Able Without Cable," 1/20/2010) and experienced during the last two weeks of December. Now, I'm beginning to think that the neutral in which I'm stuck might be more symptomatic and probably characteristic of cancer patients who've been given 13-month to two-year life expectancies; at some point, reality has to take its toll. As I find myself saying recently (and regularly) in trying to explain my feelings, I can be naive or I can be in denial, but I don't think I can be both. I have a serious situation here and pretending/presuming that somehow it's not, is hardly a long-term solution.

But it has been a year-one solution. However, that year is up and so too is the effectiveness of that solution. So now, I have to come up with a year-two solution, a solution which has been difficult to find, and one whose non-existence is likely responsible for my less-than-chipper mood of late. Fortunately, this mood is not the result of any new pain or deficit that I'm experiencing. Generally speaking, my symptoms remain relatively manageable, all things considered, and have not changed appreciably. My problem is more mental than physical. I'm in the second year of a diagnosis whose original prognosis was that patients rarely, if ever, live beyond two years. As my Oncologist said, "There are no paradises for lung cancer survivors;" (in fairness, it was in response to one of our questions). Nevertheless, am I supposed to ignore that medical (albeit statistical) fact and forget that I ever heard it just because I feel – and look – pretty good?

What really complicates finding a year-two solution is that much of what was new and difficult and emotionally overwhelming in year one for me, after becoming a cancer patient; (again, I feel I have to qualify since I can't speak for all or any other cancer patients) is not nearly so in year two. As a consequence, I now have "brain space" available, space that previously was filled with all sorts of cancer treatment/lifestyle stuff. It's not exactly gone but, it has found its own level, and in that leveling, has enabled my brain (subconsciously and consciously; heck, maybe even unconsciously) to wander the emotional landscape and begin to consider and assess the past, present and hopefully future of, Kenny-the-cancer patient/survivor. Considerations that were beyond its reach/grasp while dealing with all the cancer clutter of year one.

And it's wearing on me. I wouldn't say I'm worrying about dying it but it's getting increasingly more difficult to ignore certain facts/arrangements – medical, financial, insurance, funeral etc. – that might need to be made, and better made in advance, presumably. If you think I need some help, you're probably right. At the least, I needed to write about it. It's a start, anyway. Thanks for reading.

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

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### P/T Executive Director

The Alliance for Housing Solutions, a non-profit organization that works to increase the supply of affordable housing in Arlington through research, public education and advocacy, seeks a part time (20 hours a week) executive director. For information about the position and the search, see [www.allianceforhousing.com](http://www.allianceforhousing.com)

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## Home Support Clinical Manager

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# Keep the Doors Open

FROM PAGE 8

as Christina and her 15-month-old son, who entered our Domestic Violence Program last year. After stabilizing at our Safehouse, the family moved to Doorways' Family Home, where Christina partnered with staff to find employment and create a healthy environment for her son. Soon, she earned a position as a receptionist. By participating in Doorways' financial education program, she was even able to settle debts and save money. Last summer, Christina moved into a two-bedroom apartment of her own. Today, she's blossomed into a nurturing, proud, and present mother.

Our community's investment in Christina and her young son came at a fraction of what it will cost the county if we close our Family Home and Safehouse. Many families like Christina's will no longer have access to life-changing support and services. Instead, the community can expect:

❖ The county will have to fund more than 11,000 nights of temporary shelter for women, children and families;

❖ More children may end up in foster care, costing the county nearly \$1 million per year;

❖ Approximately 90 county children will not receive the safe, stable housing and intensive support services.

All this adds up to a scenario where the county will have to pay four times as much to fund the services Doorways currently offers.

As a taxpayer myself, this is unacceptable. Arlington has always stood out as a progressive, caring community that takes care of its own. Now we need to take care of one of our own for the good of the whole. So join me in letting the County Board know that you support keeping the doors open at Doorways. Learn more about saving the safety net at [doorwaysva.org/advocacy](http://doorwaysva.org/advocacy). Desperate families are counting on us.

## LETTERS TO THE EDITOR

FROM PAGE 8

VCE's agent for Family and Consumer Sciences, over 7,000 people in Arlington and Alexandria receive direct financial and nutrition education services from VCE each year. These services will no longer be available if the programs are cut.

VCE volunteers teach Financial Planning to jail inmates, as well as citizen investors, teenagers and elementary children. VCE also runs the Master Gardeners, Tree Stewards and 4-H youth programs, and sponsors Master Naturalists. These well-loved and respected groups volunteer many hours at very low-cost to the community.

These organizations are responsive to the needs of our rapidly growing region: for instance, two new 4-H clubs are setting up this week in Arlington. VCE Master Gardeners responded immediately to the winter storm-damage by hosting seven pruning workshops. Several new community garden projects are ongoing at low-income apartment complexes e.g. Harvey Hall (Arlington) and the Ruby Tucker/Ladrey Garden (Alexandria) to teach the community about healthy food and living.

Seven restaurants purchased food from 68 local farms in VCE's "Local Foods: Local Chefs" program started last year. VCE is not only relevant to rural agriculture, it is also vital to our urban situation, teaching residents to use pesticides and fertilizers safely, and how to increase productivity on small plots — even balconies. Invasive plants — weeds — such as English Ivy and wild garlic grow in our parks and decrease our biodiversity. The invasive removal program, with many dedicated volunteers at VCE, cleared 203 acres of land in Arlington in 2009.

Please email your Senator and House Delegates to vote No to HB 30 amendment 219 #2H — and to continue to support urban VCEs and these excellent programs — such as Family and Consumer Sciences that are being threatened with statewide elimination.

❖ Senator Patsy Ticer, District 30, Alexandria, [district30@senate.virginia.gov](mailto:district30@senate.virginia.gov)

❖ Senator Mary Whipple, District 31, Arlington, [district31@senate.virginia.gov](mailto:district31@senate.virginia.gov)

❖ Delegate David Englin, District 45, [DelDEnglin@house.virginia.gov](mailto:DelDEnglin@house.virginia.gov)

❖ Delegate Patrick Hope, District 47, [DelPHope@house.virginia.gov](mailto:DelPHope@house.virginia.gov)

❖ Delegate Bob Brink, District 48, [DelRBrink@house.virginia.gov](mailto:DelRBrink@house.virginia.gov)

❖ Delegate Adam Ebbin, District 49, [DelAEbbin@house.virginia.gov](mailto:DelAEbbin@house.virginia.gov)

❖ Delegate Kay Kory, District 38, [DelKKory@house.virginia.gov](mailto:DelKKory@house.virginia.gov)

Please also email Arlington County Board, [countyboard@arlingtonva.us](mailto:countyboard@arlingtonva.us) and call Richard Stephenson — the County Budget Director, 703 228 3412, to ask them to continue to fund VCE including the VCE invasive removal agent, program and education.

**Mary Van Dyke**

Arlington Virginia Cooperative Extension — Extension Leadership Council — 4-H Liaison, Arlington

## Legislative Long View

To the Editor:

It is time to take the long view and enact a fairer, more progressive tax structure for Virginia's citizens. The policy enacted several years ago to reduce or cancel altogether the property tax on vehicles was a product of short-sightedness and has continued to cost Virginia much needed revenue. It was clearly a short-term political move with terrible long-term consequences reflected in today's increasingly severe budget crunch.

There are many ways we can re-evaluate our current tax structure and make it fairer and more efficient for all Virginians. Truly progressive tax reform will take a commitment by the state legislature to think long-term. I am asking our state government to take the long view, for once.

**Linda R. Christenson**  
Arlington

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-Ethiopian Proverb

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