

The Arlington Connection

This Arlington row house on North Nash Street in Arlington sold for more than \$2 million in September 2010, and was one of the most expensive attached houses to sell in Northern Virginia last year.

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Life
Style

Technology Helps at Home

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\$2 Million Townhouses?

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A Daughter's Lasting Legacy

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PHOTO BY LOUISE KRAFFT/THE CONNECTION



DEPORTED

Active in Arlington High School's Junior ROTC, Brian always dreamed about defending our country by serving in the US military. But his dream turned into a nightmare last year when he was separated from his family and friends by a cruel and broken immigration system that deported him.

Tell your senator to say no to HB1430 and to stop the deportations of hardworking immigrants ready to give it all for America.



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Church Battles Hardships in Haiti

Mission follows
13-year commitment.

BY ORRIN KONHEIM
THE CONNECTION

Thirteen years ago, Father Jeff Duaine of Our Lady Queen of Peace church in Arlington volunteered to take the more difficult assignment when it came to selecting villages in Haiti with which to partner for missions.

“He said to give us a parish that no one else wants,” recalled Dr. Sue Carlson. “He realized all the overwhelming hardships in the remote areas of Haiti and he knew that so many parishes in the U.S. wouldn’t be able to have a special relationship with them.”

The church’s latest medical mission to the community of Medor was featured on NBC Dateline last month.

Carlson led a trip of four other congregants Dec. 5-19, 2010 on a medical relief mission to the remote village of Medor where they treated people for cholera and conducted clinics in addition to repairing roads, delivering supplies and building up infrastructure. Carlson has been the head of the Haiti Committee for six years and this past December marked her ninth trip.

“You get hooked,” said Carlson. “I feel like every time I go, I’m seeing old friends and family.”

THE GROUP was faced with unique and



People in Medor wait outside the eye and dental clinic in December. According to Sue Carlson, chair of Our Lady Queen of Peace’s Haiti Committee, these two clinics were held in a back room of the new church: “There was no light in the room and it was dark — imagine drilling teeth and checking people’s vision and refractions by flashlight.”

dire conditions on its December trip. The aftershock of the highly publicized earthquake of a year ago left the primary school decimated. Because Medor is in the mountains, helicopters were needed to transport the 8,000-pound sea containers to the community.

“We began writing grant proposals as soon as we heard the school had been de-

stroyed,” said Carlson.

Carlson then started contacting anyone she could think of from NGO’s (non-governmental organizations) to the United Nations to various organizations in the government. It wasn’t until she forwarded her letter to other members of the church’s Haiti committee that progress was made. Dr.

SEE MISSION, PAGE 4

Budget Mirrors Economy

Residential tax bill
would rise by
1.4 percent.

BY MICHAEL LEE POPE
THE CONNECTION

Under a proposal outlined this week by County Manager Barbara Donnellan, the tax rate would stay the same — minimizing the impact on homeowners who have seen tax bills rise in recent years. That means none of the 160 positions that have been cut over the last two years will return anytime soon, saving county taxpayers about \$33 million. But the county manager does have a plan to increase parking meter rates 25 cents to raise money for safety net needs and additional staffing at the county’s emergency communications center.

“We’ve come through a rough economic period with our community’s values and vision intact,” said Donnellan. “This is a sustainable budget. It is a sensible, balanced response to the gradual recovery we’re seeing.”

Donnellan’s \$985.2 million proposed budget is a 2 percent increase over last year, increasing funding for public safety and the county’s social safety net. She briefed County Board members on the budget for fiscal year 2012 last week, and formally presented the proposal to elected officials this week. Now it’s up to County Board members to make changes to the budget before adopting a final spending plan this spring.

“We have treated the adopted FY 2011 budget as ‘the new baseline,’” said Donnellan. “While we continue to analyze whether and how to address reductions from the past two years, my budget presents my best thoughts as to current priorities in FY 2012 and includes no restoration of services that have been cut.”

DONNELLAN SAID county residents have a “solid basis for optimism” about the future, with the county’s real property tax base growing 6.3 percent in the past year. During that same time, county officials say, developers expressed a renewed interest in the county’s major corridors. Nevertheless, the county manager cautioned that “demand for services for the

SEE BUDGET, PAGE 4

Daughter’s Life Leaves Lasting Legacy

Battle against pediatric
brain cancer continues.

BY DELIA SAVA
THE CONNECTION

Jonathan Agin sits at his kitchen table and speaks lovingly of his daughter Alexis, but he explains that he cannot speak of her in the past tense.

On Jan. 14, just two weeks prior to her fifth birthday, Alexis lost her battle with brain cancer. Her father looks at her colorful drawings taped on the refrigerator and reflects on the short but remarkable life of his little girl.

Alexis was diagnosed with Diffuse Intrinsic Pontine Glioma (DIPG), a form of pediatric brain cancer in April of 2008. Her parents received the news that their child was afflicted with a cancer that has a terrible prognosis — 95 percent of children make it just 9 to 12 months after diagnosis. Throughout their ordeal the Agins tried their best to maintain a sense of normalcy in the life of Alexis. “As normal as any child could have being sedated over 70 times in



Alexis Agin

a 33-month period and having three surgeries and radiation and chemotherapy,” said Agin. In their efforts to learn as much as possible about the disease and to research treatment options, Agin and his wife, Neely, discovered the Caring Bridge sites, where family, friends and supporters can stay in touch. They established a site for Alexis: www.caringbridge.org/visit/teamalexis.

“You realize that there are others out there and that’s comforting and the online exchange of information is significant and creates what I like to think of as educated consumers of the medical aspects of trying to manage this disease,” said Agin.

The couple also established the Washington D.C. chapter of The Cure Starts Now, a 501(c)(3) organization that raises money for pediatric brain cancer research. The

To Help

To learn more or to donate, visit www.thecurestartsnow.org

National Race Against the Odds, a Team Alexis 5k, raised \$60,000 in 2009 and \$80,000 last year. The couple expressed their gratitude for the overwhelming support they have received and said he plans to continue with this work of helping children afflicted with brain cancer and their families.

Agin stressed that much needs to be done to address the lack of research funding at the federal level, the lack of awareness by the general public, and the lack of involvement by drug manufacturers that are not specifically focused on pediatric drugs. He added that the administrative and bureaucratic hurdles faced by parents to have children participate in clinical trials is all part of “an extremely difficult network for parents to navigate.”

Dr. Roger J. Packer, senior vice-president with the Center for Neuroscience Research at the Children’s National Medical Center in D.C. said the field is entering a new era

SEE LEGACY, PAGE 5

A Rising Star

Yorktown grad takes to Philadelphia stage.

BY MEGHAN MARVILLE
THE CONNECTION

When she was a little girl, Emily Johnson thought she might grow up to be a professional athlete, a cartoonist, or maybe a primate specialist like Jane Goodall, but in high school she surprised her family and herself when she discovered a passion for acting.

"I always did the school talent shows with my twin sister Katie, but it was more for her. She was always the more outgoing twin, garnering more attention and making people laugh, while I was much quieter, and more introspective. I was told that I grew up watching everything," Johnson said.

Now this 2010 Yorktown graduate has discovered what she will make her career. "It wasn't until high school that I really started thinking like an actor. It had seemed silly, but I was able to put all my people-watching to good use.

"I am obsessed with self-reflection and understanding how I tick. I love observing others at a distance and up-close and personally. I allow myself to care about other people and I commit myself to the process of finding out what makes them and how they are different and similar to me.

"I am overwhelmed, in the most joy-filled way, by how all of my reflections and this process of discovery influence my creation of a character that has deep relationships with characters that have been created by other actors who use, with pleasure, this same mammoth of a process," she said.

AT YORKTOWN, Johnson performed in such shows as "Animal Farm," "The Imagi-

nary Invalid," and a 30 minute one-woman show about Josephine Nivison Hopper that she wrote, directed and designed over her senior year.

"I taught and directed Emily for four years at Yorktown, she is fabulous," said her drama teacher Carol Cadby. "Throughout high school Emily was a very versatile, receptive and creative Theatre Arts student who approached every assignment, role or project with passion and intensity. It was a joy to watch her learn a concept and then apply it ... masterfully. She was also a strong ensemble member who supported the people around her and worked for the good of the whole," Cadby said.



Emily Johnson

"I like to explore different things about myself, it helps me identify with my character," Johnson

said. "But sometimes they [her characters] feel emotions that I might not have, and by being someone else, I feel safe to delve into their rich and raw emotions and come out of that knowing myself even better."

She made her professional debut at Arlington's Signature Theatre, and is now a freshman theatre major at Temple University, in Philadelphia, Pa. where she will perform in the Smile Frown Theatre Guild's "After Carpathia," written by the guild's founder Kevin Stackhouse and directed by Drew Garza and Kevin Stackhouse. The play is written as a sequel to James Cameron's movie "Titanic" and picks up with the aftermath in the lives of Caledon Hockley and Rose's mother, Ruth DeWitt Bukater (played by Johnson) 17 years after that fateful night

the ship sank.

"The beauty of the character is in her memories. She believes Rose to be dead and has lived 17 years in a catatonic state reflecting on memories of her beloved daughter," Johnson said.

When it comes to acting, Johnson said, "Actors have an obligation to their characters to develop a memory for them; they're not believable to the audience and cannot be honestly lived in by the actors until they have memories and that's the closest Ruth can get to Rose. Ruth knows she wasn't a good mother, she grew up being taught that motherhood was just a level in the life of a woman and she never challenged that upper-class notion. Only when she lost her daughter was she able to allow herself to be raw — to feel regret, shame, anger, terror, the deepest possible sadness and the greatest ridiculous joy for the first time in her life. There are a never-ending amount of memories for her to live through again, only this time she lives them sitting in a wheelchair in the vastness of her mind.

"I learned the most about Ruth when I was exploring her mentality given what the movie, the script, and historical information had given me. I created memories that I use on stage nonstop, and they create real emotions in me. It's such a natural feeling, trailing off into Ruth's mind to watch Rose at her first Communion or to wash Rose's hands inside mine under a faucet."

WRITER AND co-director Kevin Stackhouse reflects on his first impression of Johnson: "It was at the audition. She blew me away with her acting chops. My jaw dropped and I knew right then that we had our Ruth. Since then she's grown so much, she's worth the drive from Arlington to see. The biggest thing about an actor isn't nec-



Emily Johnson as Ruth DeWitt Bukater in "After Carpathia."

essarily talent, it's drive — and she has that in spades. She's graceful with notes and criticism — she'll be a welcome member with Smile Frown forever, people will want ... should want to work with her."

Stackhouse isn't the only one to see big things for Johnson. Her parents, Priscilla and Chips Johnson, are very excited for her. "We're proud of how Emily is living her life interests of people, history, words and her skills as an artist. As soon as she could pick up a pencil she began to cleverly draw the silly and absurd situations she saw. Now she seems to be extending that eye and curiosity to acting in theatre and film and we couldn't be happier for her."

"My dream is to act internationally," Emily Johnson said. "I want to explore the stages and films of other countries. I want to make a name for myself at being creative."

Details

"After Carpathia" will premiere Feb. 23 - March 6 at the Playhouse at Trehouse Books, 1430 West Susquehanna Street, Philadelphia, Pa. For more information on this or other shows with the Smile Frown Theatre Guild go to www.smilefrown.weebly.com

Mission to Haiti Follows 13-Year Commitment

FROM PAGE 3

Heidi Sampag had previously worked with a Tennessee-based group called Remote Area Medical on a relief trip to Honduras. As the two groups were discussing integrating their plans for a joint Haiti trip, Remote Area Medical was contacted by NBC who wanted to do a story to mark the one-year anniversary of the earthquake.

As a result, the five members from Our Lady Queen of Peace were joined on their trip by members of Remote Area Medical as well as an eight-person team from NBC which included Ann Curry.

"She's a woman with a heart," said Carlson.

Because of the political unrest in Port-au-Prince, the NBC crew was delayed but they spent a week with the mission and endured the same harsh conditions. The town of Medor has no running water, no place to take a shower, and no lights.

"It was nice that they came to Medor and put a spotlight on some of the problems of



Dr. Sue Carlson, nurse practitioner Lori Clements, NBC's Ann Curry and Dr. Heidi Sampang.

rural Haiti. But OLPQ has been working in Medor for 13 years," said Carlson.

SINCE BEGINNING the program in 1997, the church has sent more than 100 members to Medor and has built and provided continuous support to a school of 1,250 stu-

dents. They have also sanitized the water, provided free medical clinics and reforested the area by planting more than 70,000 trees.

The December mission was one that called for extra medical care because the town of Medor suffered at least 40 deaths due to an outbreak of cholera. Because of this, the Haiti Committee limited the participants to medical personnel.

In addition to Sampag and Carlson, the participants included nurse practitioner Lori Clements, public health nurse Minhtu Lyagh and Heidi's father Ray Sampag who works for Virginia Hospital in a non-medical capacity.

"I wanted him to see the extreme of poverty in Haiti," said Sampag who grew up with him in the Philippines. "I grew up in the Philippines and I'm so grateful to go on these trips once a year because working in the U.S. is such a luxury."

Our Lady Queen of Peace is located at 2700 South 19th Street in Arlington. Information on the Haiti program can be found at ourladyqueenofpeace.org.

Budget

FROM PAGE 3

neediest in our community continues to grow, and revenue streams from property, sales and other non-real estate taxes are projected to be generally flat."

The county manager's budget includes a transfer to Arlington Public Schools of \$378.2 million, an increase of \$17.8 million in new local tax revenue. That's a 5 percent increase compared to the current fiscal year. The added amount for schools includes \$8.6 million to cover the costs of 1,008 new students and \$9.2 million in additional tax revenue for other schools needs.

At the current tax rate of 95.8 cents for every \$100 of assessed value, the overall tax and fee burden for the average Arlington homeowner would increase 1.4 percent from \$6,398 to

SEE ARLINGTON BUDGET. PAGE 6

Legacy

FROM PAGE 3

that will offer better diagnostic techniques and a better understanding of the tumors, resulting in new therapies but these changes cannot come fast enough. "Our medical knowledge was just not there yet to save Alexis but the sacrifices that the family made allowing Alexis to be on investigational therapies ... may help future generations of children." He added, "I'm always amazed by the strength of families like the Agins."

Alexis was transferred to hospice care last fall when her participation in a clinical trial at Sloan-Kettering Cancer Center in New York City was stopped due to an acute bleed that occurred inside the tumor.

Liz Bettini, RN with Capital Hospice explained that the goal of hospice care is to allow the patient to have the best quality of life possible. She noted that even though a child has a terminal illness, it does not mean that they have to be in a hospital setting to have their symptoms managed. "For Alexis that meant being able to stay in her beautiful pink room filled with stuffed animals and surrounded by the love of her parents, family and friends."

The couple worked closely with the staff at Capital Hospice — pain management was a major aspect of her 24-hour-a-day care. "It was extremely important working with our nurse and Capital Hospice that Alexis remain as peaceful as possible throughout and I think we were truly able to achieve that." Bettini added that she and the staff at Capital Hospice are "truly grateful to have met such a special girl who has inspired a whole community with her heroism."

On Jan. 31, what would have been Alexis' fifth birthday, her family observed the day by eating chocolate cake (her favorite) and releasing balloons in her memory. The Agins, who also have a 2-year-old son, Gabriel, have maintained a journal of their experiences and say they have been comforted by the emotional support of those who came to know and love Alexis, many of them in a virtual way through the blog.

"We asked if people wanted to release either pink or purple balloons to either send us pictures, email us pictures, or tell us about it," said Agin adding, "We've gotten responses from Australia, Japan, Germany, California, Florida, Alaska — essentially all over the world, all over the U.S. people released balloons for Alexis on her birthday, and for my 5-year-old daughter to have touched so many people just makes me very proud."

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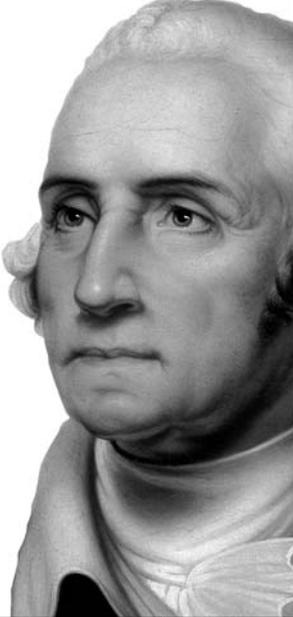
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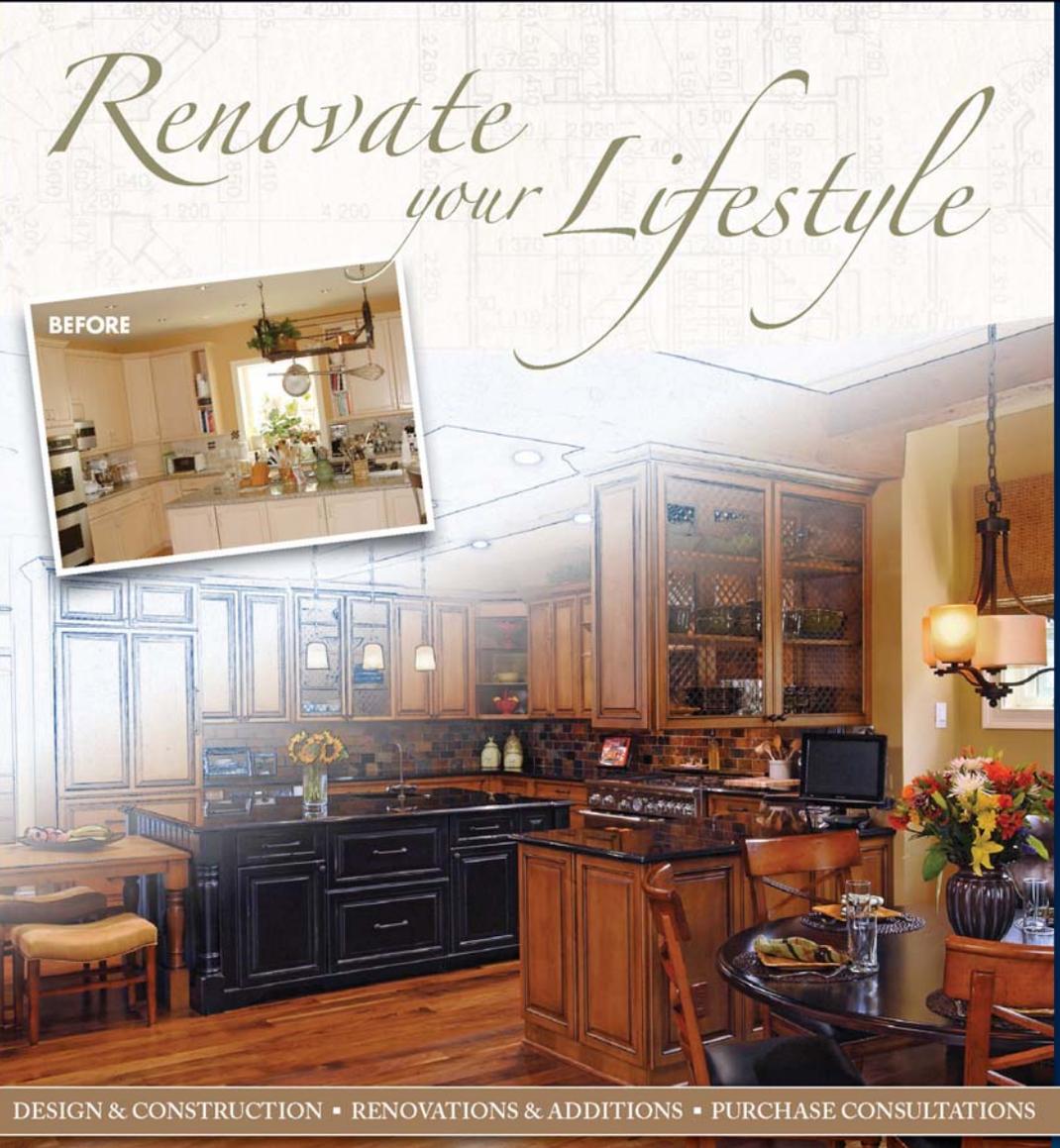
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Arlington Budget Reflects Economy

FROM PAGE 5

\$6,487 — about \$7 a month. The increase is less than the current inflation rate of 1.5 percent in the metropolitan area.^o

THE PROPOSED BUDGET includes no increases for personal property tax, business tangible property, business and professional licenses or the commercial transportation tax. Fees for trash and recycling will go down 5 percent or \$18.52 per household, reflecting a decrease in costs for those services. To fund safety net needs and additional staffing at the Emergency Communications Center, Donnellan proposed a 25-cent

increase in per-hour parking rates.^o

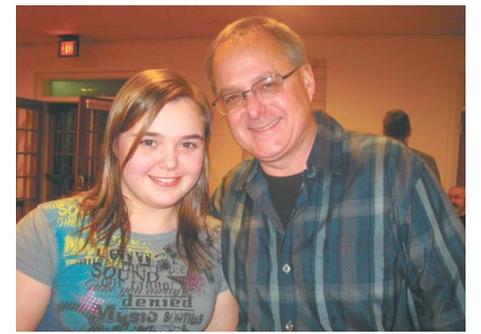
“We have seen an increase in demand,” said Budget Director Richard Stephenson. “This money will go to the neediest.”

The proposed budget also includes about \$800,000 for a budget stabilization fund “to potentially address any uncertainties regarding the Commonwealth’s budget deliberations as well as County needs ... if the economic recovery stalls,” Donnellan said. The county manager also included a merit step increase and fully funded the county’s annual requirements toward retirement and health-care obligations, citing the need for “renewed investment in our workforce.”

PEOPLE

‘Heavenly Concert’

A free Valentine’s Day concert and reception were held on Sunday, Feb. 13 at the Rock Spring Congregational United Church of Christ. The program, part of the church’s Recital Series, featured the Ibis Chamber Music Society.



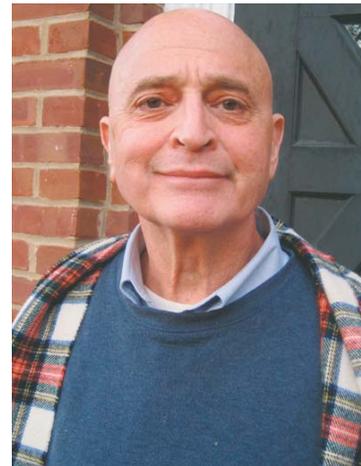
Lillie with dad, Joe Scheer, co-founder of Ibis



Volunteer Daena Kluegel



Susan Robinson, co-founder of Ibis



Mark Glaser



Kristina Koegel

PHOTOS BY DELIA SAVA/THE CONNECTION

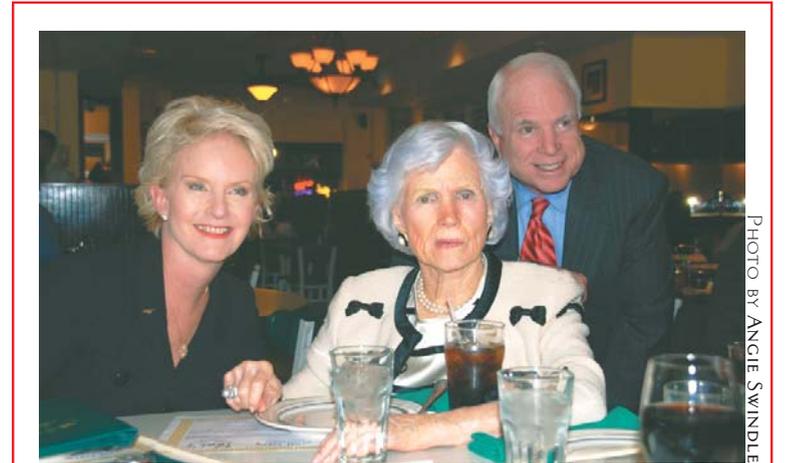


PHOTO BY ANGIE SWINDLE

99th

Roberta McCain, center, celebrates her 99th birthday Feb. 7 at Nam Viet restaurant in Clarendon with her son U.S. Sen. John McCain and his wife Cindy. Also at the celebration were Joe McCain and decorated Vietnam veteran Orson Swindle and his wife Angie. Roberta McCain’s twin sister, Rowena Fay, marked the day with celebrations in Los Angeles. “Plans are already underway for the sisters to celebrate the grand 100th together next year,” said Joe McCain.

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Pageant Seeks Candidates

Ms. Virginia Senior America spotlights women 60 years of age or better.

By SENITRA MCCOMBS
GAZETTE PACKET

“Senior ladies rock,” Ms. Virginia Senior America 2010 Linda Huntley said.

Huntley’s philosophy of life sums up what the Ms. Virginia Senior America Pageant is all about: encouraging women in the 60 or better age bracket.

With the 2011 Ms. Virginia Senior America Pageant candidates’ orientation luncheon approaching on Feb 17 in The Fountains at Washington House in Alexandria, the search is on for all eligible candidates.

All candidates must be 60 years of age or older, be a citizen of the United States and have lived in Virginia for three months. The entry deadline is April 1.

During the orientation luncheon, potential candidates learn about the pageant and what it involves in it including the Community Service Award and how to become Ms. Congeniality. Plus it’s free.

Sign up forms for the candidates’ luncheon and other entry forms are available via the website <http://www.msvirginiasenior.com>.

According to the Ms. Virginia Senior Pageant State Director Annmarie Pittman, the pageant is a chance to “pay homage to women who’ve reached the age of elegance (60 or better).”

“In 2009, we had someone from Virginia to win the national Ms. Senior America. These are fascinating women. We’ve had doctors, PhDs and one of the girls here worked in the State Department. It’s an interesting group and it becomes a sisterhood,” she added.

The contest includes an interview (5 minutes), talent (2 minutes and 45 seconds), philosophy of life (35 seconds) and evening gown sections.

Similar to other beauty pageants, the talent portion is always full of surprises. Past contestants have done everything from a hula hoop presentation to photography displays. They even had one contestant roller skate on stage.

“This year our second runner up Kathy Fanelli did a tribute to Michael Jackson’s ‘Thriller’ — sequined glove and all. She has been invited to encore this act at several different venues,” Pittman said.

She acknowledged that she had to overcome her own self-doubts when she entered the pageant. “It was more enjoyable than I thought. I just thought it would be a lot of people in competition with each other ... but we’ve become like sisters,” Fanelli said.

However, once she competed and got a chance to show off her dancing skills with her rendition of Jackson’s “Thriller” she was hooked.

The Cameo Jewels, the performing arm of the Cameo Club, was the second reason Fanelli entered the pageant. “I wanted to join the Cameo Club so that I could go out and dance with them and gain some sisters since I only had brothers growing up,” she said.

The Cameo Jewels, a dancing troupe, performs at community events, retirement communities, senior centers, and veterans’ hospitals across the state of Virginia and the Washington Metropolitan area. In 2000, they performed at the White House.

Since both the queen and the first runner up have busy schedules, she has occasionally done speaking engagements to recruit candidates. She tells women to ignore the little voice in their heads that say I could never do this.

“So many women have this idea that there are certain things you aren’t able to do just because you reach a certain age. Your hopes and dreams and goals don’t have expiration dates,” she said.

Fanelli and her husband run a DJ business. Her husband is providing the music for this year’s pageant.

As part of her philosophy of life for this year’s pageant, she hopes to demonstrate how she uses her skills as a DJ to connect with the younger generation.

In addition, Fanelli believes the pageant helps to showcase the beauty and value of women who have reached “the age of elegance”



Ms. Virginia Senior America 2010 Linda Huntley of Staunton.

to the local community.

She remembers “a young man who was helping with the ushering at the pageant said to me that he had no idea women of this age could be so beautiful.”

Huntley, who is the reigning queen, also wants to spread the message that women in the “age of elegance” are a “viable part of our society” and that it is important for them to stay busy and active.

“It just goes to show that senior ladies are very much a productive part of society, and this organization provides us with the opportunity to show that we are still going strong. “No stopping us now,” she said.

Huntley practices what she preaches. She has performed the same tap dance routine to “Puttin on the Ritz” she did for the pageant at various speaking engagements across the state.

Although Huntley has worked in the pageant industry for 40 years (directing, choreographing, judging or coaching), she still enjoyed the talent and evening gown sections: “I love to dress up and model. It just makes you feel so elegant. So the evening gown competition was fantastic.”

This year’s Ms. Virginia Senior America Pageant will be held at the Lee Center located at 1108 Jefferson St. in Alexandria on May 19.

The Ms. Virginia Senior America Pageant began in 1984.

“FLOURISHING AFTER 55”

“Flourishing After 55” from Arlington’s Office of Senior Adult Programs for Feb. 28- March 4.

Arlington senior centers: Aurora Hills, 735 S. 18th St.; Walter Reed, 2909 S. 16th St.; Culpeper Garden, 4435 N. 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., Arlington Mill at Fairlington Comm. Center, 3308 S. Stafford St.

Mind Your Mind vocabulary session, Monday, Feb. 28, 1:30 p.m., Lee. Free. Details, 703-228-0555.

Madison Chess Club, Monday, Feb. 28, 9:30 a.m. Free; newcomers welcome. Details, 703-534-6232.

Strength training using weights, Monday, Feb. 28, 9 a.m., TJ. \$60/15 sessions or \$4 per drop in. Details, 703-228-4745.

Table tennis, Tuesday, March 1, 10 a.m., Walter Reed. Instruction available; free. Details, 703-228-0955.

Book club organizing at Lee, Tuesday, March 1, 1 p.m. Free. Details, 703-228-0555.

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OPINION

Important Step for Autism

Governor should sign bill that would require limited insurance coverage for needed therapy.

Thanks to Delegates Tim Hugo and Tom Rust, along with state Sen. Janet Howell and a majority of members of the Virginia General Assembly, for passing a bill that would require some insurance companies to provide limited but critically important coverage for therapy for children with autism.

Now, Gov. Bob McDonnell should sign the bill into law.

“With these treatments, you can prevent some of these children from being impacted for life. You can make sure they do not become wards of the state,” said Hugo. ... “If we don’t do something, we risk leaving these kids in the darkness.”

Behavior therapy at an early age can make the difference between a child who speaks and interacts and a child who is non-verbal. But the therapy, often not covered at all by insurance, can cost \$20,000 a year or more per child.

Consider the heartbreak of one family who was able to afford therapy for one of their chil-

dren with autism. Unfortunately, the family has two children with autism.

As they become adults, children with autism will cost Virginia more if they don’t receive early intervention services.

And this is a growing problem.

For example, in Fairfax County Public Schools, one in 83 students has been diagnosed with some form of autism, an 846 percent increase since 1997. Last year, the county’s human services department announced that local government’s fiscal health would be greatly impacted by providing services to the rapidly growing percentage of young adults with autism diagnoses.

Missing the Point

As the U.S. Department of Justice presses Virginia to provide services for people with intellectual disabilities and more options to live in the community, it’s important to remember that it’s not just a question of moving some current residents out of training centers.

Families across Northern Virginia and the state are stretching budgets, going into debt and hanging on by their fingernails as they care for family members with intellectual disabilities who should have “waivers” providing for services in the community.

Right now, more than 6,400 Virginians with intellectual and related developmental disabilities are on waiting lists for community-based services, according to the Arc of Virginia. Nearly 3,000 of these individuals are in urgent

need because they live with an aging caregiver, are at risk of abuse or neglect, or are aging out of foster care.

See www.arcofva.org.

Cheap and Effective Traffic Fix: Telework

While National Telework Week officially began Monday, Feb. 14, last month’s commuting-home debacle probably did more to push individuals, governments and companies to contemplate real teleworking measures than any other advocacy.

Increasing the number of people who regularly work from home at least one day a week is the only possible cure for the current traffic nightmare in the region. On most days, rush hour in Northern Virginia is a pain. But it only takes one hiccup (a man threatening to jump of the Woodrow Wilson Bridge or an inch of badly timed snow) to bring the region to a standstill and worse.

Telecommuting can also be good for the environment, good for employee morale, good for families, good for productivity. And anything that decreases the chances of a 10-hour commute or being stranded overnight on the George Washington Parkway is a step in the right direction.

The technology exists to make this work.

- MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

Buttressing the Legal Safety Net

BY CAROLINE JONES

INTERIM EXECUTIVE DIRECTOR
DOORWAYS FOR WOMEN AND FAMILIES

Kudos to the Virginia General Assembly! They are taking important steps to improve legal protections available to domestic violence survivors. In the proposed legislation, Virginia lawmakers are seeking to broaden the terms of those who are eligible for protective orders by including dating partners. The bill would grant dating partners equal access and protection — the increased access many need to safely leave an abusive partner — and redefine family abuse.

Currently, Virginia laws that are designed to protect victims of domestic or intimate partner violence too narrowly define what a relationship is, leaving a large percentage of people at risk. For instance, a person is only eligible for a protective order if they live with a partner, are married or have a child in common. That means a majority of teenagers, young adults, and increasingly older adults who are in dating relationships have no recourse.

The reality is that domestic violence isn’t just a “married” or “committed” couple’s issue.

Domestic violence doesn’t start when two people legally commit to each other. It typically happens over time and the warning signs start long before the relationship becomes formal.

A Doorways intern — Dominique Lamb — experienced this herself. While in college, she was in a dating relationship that turned violent. Even though she broke up with the man, he continued to stalk and terrorize her, but she was unable to get a protective order since they had only dated. Today Dominique advocates on behalf of other women like her. Stories like Lamb’s helped the Virginia General Assembly understand the need to expand legal protections.

The statistics also support the need to protect those in violent relationships. According to the Department of Justice, women ages 16 to 24 experience the highest per capita rate of intimate partner violence. At Doorways, we’ve seen this reflected in calls to our hotline. In addition, according to the Virginia Sexual and Domestic Violence Action Alliance, a 10-year assessment by the State’s Chief Medical Examiner revealed that 39 percent of domestic violence victims are killed by a boyfriend/girlfriend, compared to 41 percent by a spouse.

At Doorways for Women and Families, we have spent decades raising awareness and advocating for policy changes that support and protect individuals in violent relationships. Without the legal safety net, we’ve relied on efforts to raise public awareness about dating violence. A cornerstone of these efforts is the Red Flag Campaign, an awareness effort on college campuses designed to raise awareness about dating violence and to help students rec-

ognize the warning signs of an unhealthy relationship. Through the program, we encourage students to seek help for themselves or friends, call a hotline and/or create a safety plan.

This proposed law will buttress our education and advocacy efforts, protecting even more women and men who are in dangerous relationships. We encourage the General Assembly to finalize this law, so that more survivors have a legal option for protection and a societal validation of their experience.

LETTERS

Time To Privatize

To the Editor:

Contrary to the views expressed by one of your readers, I can see no good reason not to privatize the Virginia liquor stores. In a true capitalistic society, such as we profess to have in the United States, commercial enterprises should be owned and operated by private firms. The function of a government is to operate the government. It secures the necessary funds for its operation by taxing its citizens and the businesses the citizens own.

I have no fear that as a result of privatizing the liquor stores, Virginia will end up with outlets on virtually every street corner. Supply and demand will determine the number of stores and where they will be located.

SEE LETTERS, PAGE 15

ARLINGTON CONNECTION

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Home Life Style

Security, Convenience and Green Innovation

Northern Virginia companies debut home technology trends in Las Vegas.

BY JEANNE THEISMANN
THE CONNECTION

Getting a lot of attention at this year's Consumer Electronics Show were several Northern Virginia companies who were among the more than 2,700 exhibitors displaying some of the world's most cutting edge home technology trends.

This year was all about the "apps" as more than 150,000 people from around the world descended on the Las Vegas Convention Center last month for the 2011 Consumer Electronics Show.

Homeowners can have more control over their homes using many newly developed smartphone applications, getting real time information from home security systems even when not at home, controlling room temperatures, raising and lowering window shades or even starting dinner or the laundry from anywhere with an internet connection.

Surveillance Systems, Archerfish: Reston

For homeowners looking for a home surveillance system, Reston's Cernium Corporation has developed the Archerfish Solo, an IP-based wireless camera that sends video clip emails to your smart phone or computer whenever it senses unusual activity.

"There's been a lot of interest in the Solo," said Debbie Shuey of Archerfish, a CES exhibitor for the last three years. "We've had far more people stopping by this year than the last two."

Homeowners can use Archerfish to view live video via computer, smart phone or tablet devices, as Shuey demonstrated by monitoring the cameras at Reston Skate Quest cameras from the show floor in Las Vegas.

"The number of people interested in this for personal use has multiplied tremendously," Shuey said. "Even our competitors have been stopping by."

Debuting at CES this year was the Archerfish Solo Flood Light Adapter, which allows the camera to be installed simply by screwing it into an existing flood light socket.

"We're continuously developing products to help consumers keep an eye on the places that matter to them," said Cernium president Craig Chambers. "The Archerfish Flood Light Adapter makes installing the Solo as easy as screwing in a light bulb."

WWW.MYARCHERFISH.COM



Herndon-based Simplikey president Jason Pizzillo, right, demonstrates the new lockset to Oracle's Joel Storm at the Consumer Electronics Show.

Tablet Times Two, Entourage: McLean

McLean-based Entourage Systems used this year's CES to launch the Pocket Edge, a portable version of its bestselling Entourage Edge.

"We just launched last year and are doing very well, especially internationally," said Entourage vice president Doug Atkinson. "As a consumer device, we are just getting started and are excited to be here." The mission is to provide an all-inclusive personal technology device that combines the functions of several products into one solution.

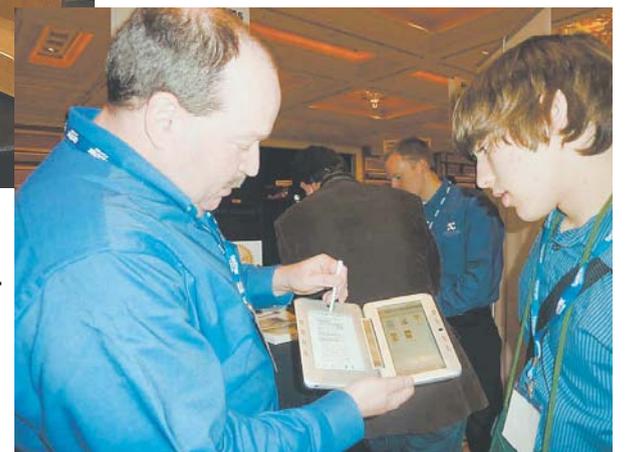
Both the Entourage and Pocket Edge are dual screen e-reader, Android-based tablet computer, notepad and audio/video recorder and player. Connected to the internet, it can manage any connected home security system or smart appliances. Prices start at \$349.

"We can build a tablet by cutting off half, but then we'd be just like everybody else," Atkinson said. "But people still write and along with many other features, we offer that with our product."

WWW.ENTOURAGEEDGE.COM



Jon Kelman demonstrates a light-up security vest by Fairfax Station-based MAXSA Innovations.



Entourage vice president Doug Atkinson, left, demonstrates the new Pocket Edge to David Goldhagen of San Antonio.



Skip West, founder of Fairfax Station-based MAXSA Innovations, displays his latest home technology solutions at the Consumer Electronics Show in Las Vegas last month. West teaches the course "From Geek to Gazillionaire" at George Mason University.

SEE HOME, PAGE 11

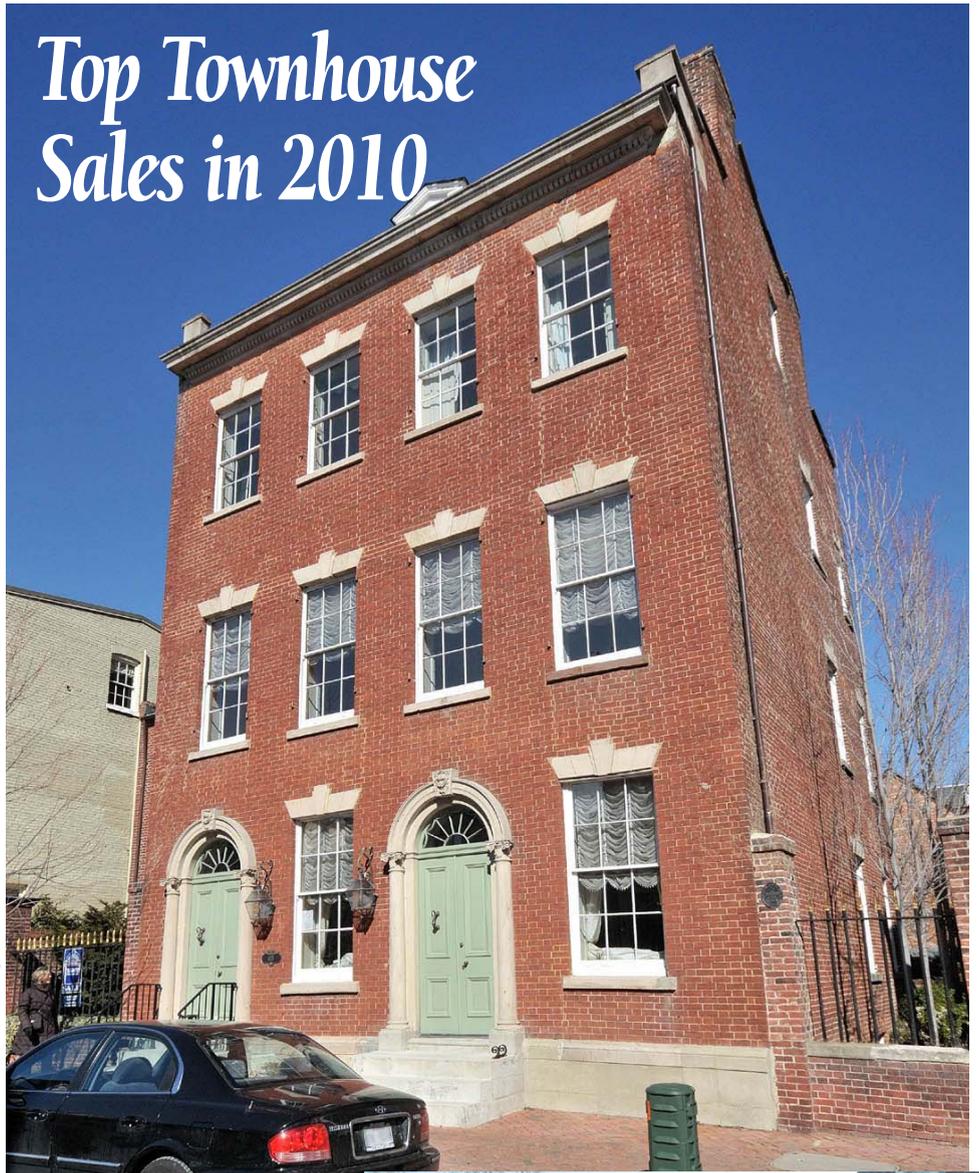
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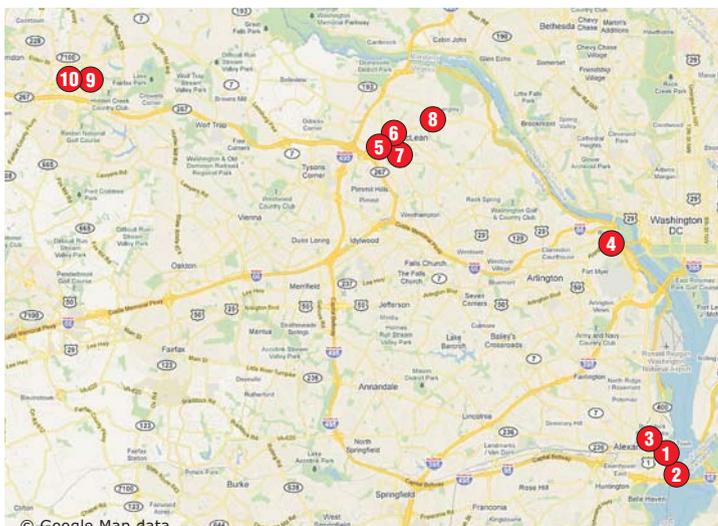
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SOURCE: MRIS, INC. FOR MORE INFORMATION ON MRIS, VISIT WWW.MRIS.COM.

Security, Convenience

FROM PAGE 9

First Impressions, Simplikey: Herndon

If the employees of Herndon-based start-up Simplikey all look young, it's because they are.

"We hired 11 people, all between the ages of 21 and 35," said Carl Guerrerri, president of parent company Electronic Warfare Associates, a government defense contractor. "I told them to wander the world for a year to come up with an idea that best utilized our technology."

The result is the Simplikey lock, a remote control electronic deadbolt.

"We wanted to make something worthy of a front door," said D'Veil Garrison, vice president of sales and marketing. "The lock is all metal with a carbon core center deadbolt, concealed light-up keypad and remote key fob that works from up to 50 feet away."

The slim design lock is programmable with up to 16 different codes and runs on 4 AA batteries.

"This is our first time at CES," Garrison said. "It's great seeing all the first adapters' eyes light up when they see the lock."

The Simplikey uses standard deadbolt installation and is available in three finishes.

"I started early this morning and haven't stopped talking since," said Simplikey president Jason Pizzillo. "But people love the product and it's been a great show."

WWW.SIMPLICIKEY.COM

Going Green, MAXSA: Fairfax/Fairfax Station

Skip West is no stranger to the crowds of the Consumer Electronics Show.

"This is my eighth year here and it just keeps getting better," said West, founder and president of the Fairfax Station-based MAXSA Innovations. "I love inventing new products and this is the place to introduce them to consumers."

West debuted a dozen new items at this year's show, most focusing on "green" technology.

"We now have solar powered motion activated flood lights, along with our solar walkway lights for decks, stairs and driveways," West said. "We've been taking lots of orders and getting a great response."

MAXSA also offers laser garage parking systems and personal devices such as a reflective safety vest with 16 LED lights, devices to avoid automobile/deer collisions and special flashlights.

"I sold my last company but didn't like being retired," said West, who teaches the course "From Geek to Gazillionaire" at George Mason University. "I love helping students develop their ideas into successful companies."

West, one of the first to produce the now popular battery powered votive candles, donates his salary from GMU to a student business competition.

"I love what I do and have been fortunate in my success," West said. "It's very rewarding to help my students see their dreams become reality."

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Capital Home & Garden Show, Feb. 25-27

The Capital Home & Garden Show will feature hundreds of displays and exhibits this year, with a special emphasis on "Going Green." Exhibitors include all aspects of home design and improvement, gardening, kitchen and bath remodeling, flooring, roofing, doors, windows, fencing, pools, interior and exterior lighting, home entertainment, interior designs and much more. Get ideas, investigate new products, gather information and meet the professionals who can help. **Dulles Expo Center, Feb. 25 - 27**, www.capitalhomeshow.com.

10 WAYS TO GOGREENER

SOURCE: Capital Home & Garden Show

- 1. Energy Efficient Appliances:** The refrigerator is one of the home's highest consumers of energy. Use the water and energy-saving settings on your refrigerator and dishwasher.
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3. Biodegradable Cleaning Products,

and use common supplies like baking soda and vinegar.

4. Indoor air quality: Look for products that don't have **synthetic formaldehyde resins**. **Proper ventilation** will help maintain superior indoor air quality.

5. Green Cabinetry: Many are made from renewable and salvaged materials

6. Skip the bottled water.

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8. Countertops and backsplashes made

of recycled glass that make stunning backsplashes.

9. Buy Local and Organic: Buying local keeps fuel usage at a minimum, supports local economy and encourages local farming. Check out a local Community Supported Agriculture (CSA) program.

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Dance Wednesdays. 7:30 to 8:30 p.m. dance classes; 8:30 to 11 p.m. dancing. Tickets are \$15/\$12 at door. On Wednesdays, dance the night away at Artisphere, to zydeco, cajun, rock, R&B and swing. The new center features a 3,000 square foot dance floor, one of the best in the area. At the Ballroom at Artisphere, 1101 Wilson Blvd., Arlington. Call 703-228-1850.

❖ Wednesday, Feb. 16 — Caz and the Commotions — Swing, hand dance, shag and boogaloo.
❖ Wednesday, Feb. 23 — The Natty Beaux.
❖ Wednesday, March 2 — Steve Riley and the Mamou Playboys.

SALSA TUESDAYS

Salsa Tuesdays. 7:30 to 8:30 p.m. dance class; 8:30 p.m. to 11 p.m. dancing. At the Ballroom @ Artisphere, 1101 Wilson Boulevard, Arlington. Call 703-228-1850. The following events are \$15/\$12 students, all tickets at the door only.

❖ Tuesday, Feb. 22 — Orquesta La Leyenda.
❖ Tuesday, March 1 — La Romana.

FEB. 14 TO MARCH 13

“Haysha Royko” by Miranda July. New Media in the Bijou Theatre. Free. Three people negotiate space and energy in the Portland International Airport in this four-minute video by artist Miranda July, writer and director of the feature film “Me, You & Everyone We Know.” At the Artisphere, 1101 Wilson Blvd., Arlington. Call 703-875-1100.

WEDNESDAY/FEB. 16

“Yoo-Hoo Mrs. Goldberg” (2009). 8 p.m. Admission is \$6. A film by Aviva Kempner. A humorous story of television pioneer Gertrude Berg. She was the creator, principal writer and star of The Goldbergs, a popular radio show for 17 years, which became television’s very first character-driven domestic sitcom in 1949. Berg received the first Best Actress Emmy in history, and paved the way for women in the entertainment industry. At the Dome @ Artisphere, 1101 Wilson Blvd., Arlington. Call 703-875-1100 or www.arlingtonmedia.org.

SATURDAY/FEB. 19

Children’s Theater Festival. 11 a.m. to 5 p.m. Tickets are \$10; free for children under 4. Six hours of bi-lingual theater and other activities to delight the entire family. Folkloric dance troupes from Bolivia and Peru will participate, as well as the Lao Heritage Foundation. Planned activities focus on different areas of the world and emphasize cooperation in our ever-shrinking world, while maintaining distinct artistic traditions and cultures. All activities are bilingual. At the Rosslyn Spectrum Theatre, 1611 N. Kent St., “LL” Level, at the Artisphere. Call 703-548-3092 or www.teatrodelaluna.org.

FEB. 17 TO MARCH 20

“Juno and the Paycock,” by Sean O’Casey. 7:30 p.m. Presented by the Washington Shakespeare Company. Tickets are \$25 to \$35. Juno chronicles Captain Boyle, his long-suffering wife Juno, his drinking companion, Joxer Daly, a daughter desperate to escape their world any way she can, and a son caught up in the internecine struggle that followed the Irish Civil War. Thursday (7:30 p.m.) - \$25; Friday (7:30 p.m.) - \$30; Saturday (2 p.m.) - Pay-What-You-Can; Saturday (7:30 p.m.) - \$35; Sunday (2 p.m.) - \$30; Previews & Saturday matinees are always Pay-What-You-Can (PWYC). At Black Box @ Artisphere, 1101 Wilson Blvd., Arlington. Call 703-418-4808 or visit <http://www.washingtonshakespeare.org>.

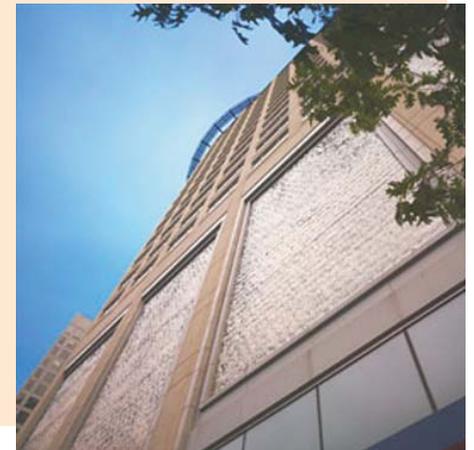


Caz and the Commotions

FRIDAY/FEB. 18

Public Art in Rosslyn. 12:30 p.m. Free. Join Geoffrey Aldridge, associate Public Art Projects Curator for Arlington Cultural Affairs, for this lunchtime discussion and visit to Rosslyn’s public artworks. At the Artisphere, 1101 Wilson Blvd., Arlington.

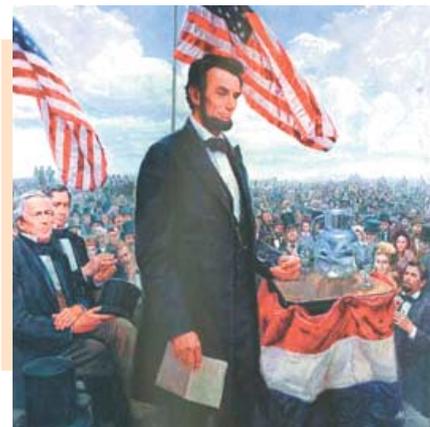
Liquid Pixels by Ned Kahn, located at 1801 N. Lynn Street, Rosslyn



SATURDAY/FEB. 19

Winter Nature Celebration.

10 a.m. to 2 p.m. Nature crafts, activity booths, live animal visits, coupons from Kettler Iceplex, and a kid-friendly Ballston Walkabout with WALKArlington. Refreshments including hot beverages courtesy of Chik-fil-A. At Ballston Mall Food Court, 4238 Wilson Blvd., Arlington. Snow date Feb. 26. To RSVP, email office@arlingtonenvironment.org or call 703-228-6427.

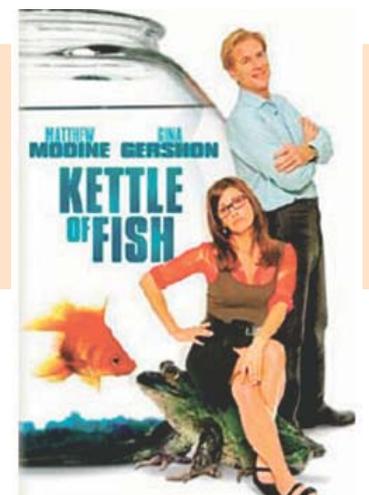


FEB. 21 TO MARCH 2

“The Gettysburg Address” by Adam Gault. Free. New Media in the Town Hall. Artist Adam Gault breathes new life into Lincoln’s most famous speech and shows us that design can change the way we look at history. Screening will begin on President’s Day and continue throughout the week. At the Artisphere, 1101 Wilson Blvd., Arlington. Call 703-228-1850.

WEDNESDAY/FEB. 23

“Kettle of Fish” Film. 8 p.m. Admission is \$6. A lifelong bachelor confronts his intimacy issues when he sublets his apartment to a fetching biologist. His heartsick fish and his wise best buddy are on hand to provide perspective. At the Artisphere, Dome Theatre, 1101 Wilson Blvd., Arlington. Call 703-228-1850.



SATURDAY/FEB. 26

The Ash Lovelies CD Release Party. 7 p.m. Free. Arlington’s indie-pop band, The Ash Lovelies, perform in celebration of the release of their new album, “Ode to Arlington”. The live performance will be accompanied by a multi-media show. At the Dome Theatre, Artisphere, 1101 Wilson Blvd., Arlington. Call 703-228-1850.



Actor Stephen Fry

SUNDAY/FEB. 27

Evening of Shakespeare in Klingon. 7:30 p.m. The evening will begin with an introduction by Marc Okrand, creator of the Klingon language. Presented by the Washington Shakespeare Company. Writer/actor Stephen Fry will perform a Klingon role in a scene from “Hamlet.” At the Black Box Theatre at Artisphere, 1101 Wilson Blvd., Arlington. Call 703-228-1850.

WEDNESDAY/MARCH 2

Steve Riley and The Mamou Playboys. 9 p.m. Tickets are \$15. At the Artisphere, 1101 Wilson Blvd., Arlington.

WEDNESDAY/MARCH 2

“Better Living through Circuitry.” 8 p.m. Admission is \$6. Get an insider’s look at the electronic dance community and the culture it has spawned. Part of Movie Nights @ Artisphere. At the Dome @ Artisphere, 1101 Wilson Blvd., Arlington. Call 703-875-1100.

Ballston-MU

Virginia Sq-GMU

Clarendon

Court House

Rosslyn

ENTERTAINMENT

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

SATURDAY NIGHTS

Skate Night. Every Saturday night from now to March 26, 2011. Family skating from 6:30 to 8:30 p.m.; Teen-only skating from 9 to 11 p.m. Live deejay. Admission is \$2/person; skate rental is \$3/person. At Thomas Jefferson Community Center, 3501 2nd Street South, Arlington. Call Mary McMullen at 703-228-4711 or visit www.arlingtonva.us/teens/

FRIDAY MORNINGS.

Line Dancing Class. 10 to 11 a.m. Line dancing with Barbara Allen. Covers the basic steps, then combines them to music for a gentle, social, aerobic workout. More experienced line dancers are welcome as they can assist the newer dancers. At Aurora Hills Senior Center. Call 703-228-5722.

NOW THROUGH MARCH 6

Passport to the World: A Festival of Music, Dance, Art and Story. Music and Dance troupes will perform on Saturday evenings at 7:30 p.m. (2/5, 2/12, 2/19, 2/26 and 3/5). These performances will be preceded by free dance workshops and demonstrations at 4 p.m. on select Saturdays. (2/5, 2/12, 2/26) Sunday afternoons will feature family-friendly puppet and story theater presentations (2/6, 2/27 at 2 p.m. and 2/13 at 4 p.m.). Tickets for performances are \$15 for adults and \$12 for students and seniors, and \$5 for puppet and story theater events. ArtSpace Falls Church is located at 410 South Maple Avenue in the Pearson Square Building. Free Parking is available in the 400 and 410 South Maple Buildings. For tickets, visit www.creativecauldron.org.

NOW THROUGH FEB. 28

Treasures from the Heart. A show and sale that will feature art by Arlington artists, specially themed for Valentine's Day. Presented by the Arlington Artists Alliance. Opening reception is Saturday, Feb. 5 from 5 to 8 p.m. At the Arlington Arts Gallery, 5179 Lee Highway, Arlington.

WEDNESDAY/FEB. 16

Afternoon Movies for Parents and Kids. 12:45 p.m. at St. John's Episcopal Church, 415 South Lexington St., Arlington. For more information, contact Beth Cavey at elizabeth.cavey@verizon.net

Arlington Free Clinic Night. 6:30 to 10:30 p.m. Support medical care for the uninsured. Drink and food specials, guest bartenders every hour, door prizes. \$10 donation at the door. At Velocity Five, 2300 Clarendon Blvd., Arlington. Visit www.arlingtonfreeclinic.org.

THURSDAY/FEB. 17

Floral Designer Sarah von Pollaro. 11 a.m. Free. Will speak to the Rock Spring Garden Club on the basics of floral design and flower care to show how you can create your own floral designs at home. At Little Falls Presbyterian Church, 6025 Little Falls Road, Arlington. RSVP to 607-425-4176.

2011 Economic Update. 6:30 p.m. Dr. Lawrence Yun, chief economist and senior VP of research for the National Association of Realtors. At Bishop O'Connell High School, 6600 Little Falls Road, Arlington. Contact Gerry Vent at gvent@bishopoconnell.org or 703-237-1445.

FEB. 18 TO MARCH 6

"A Midsummer Night's Dream." Directed by Elena Velasco with music composed by Barbara Schelstrate. Fridays and Saturdays, Feb. 18 to March 6 at 7:30 p.m.; Sundays at 3 p.m.; Adults \$20; Students and seniors \$15. For tickets, call 703-892-0202, ext. 6. At the Unitarian



MARCH 1-5

"BeautyBeast." A retelling of the classic story of Beauty and the Beast" by Aurora Opera. School day performances March 1-3 at 10 a.m.; public performances March 5 at 2 and 4 p.m. For tickets, go to www.auropera.org/tickets. At the Thomas Jefferson Community Theatre, 125 S. Old Glebe Road, Arlington. (Route 50 and N. Glebe Road).

Universalist Church of Arlington, 4444 Arlington Blvd. (Route 50 and S. George Mason Dr.), Arlington.

FEB. 18 AND 19

Comedian Amy Schumer. Cost is \$18. Amy has performed on "Late Night with Jimmy Fallon" and "John Oliver's New York Stand-Up Show." At the Arlington Cinema & Drafthouse, 2903 Columbia Pike, Arlington.

SATURDAY/FEB. 19

William Walter & Co. 10 p.m. Free. At Whitlows on Wilson, 2854 Wilson Blvd., Arlington. Call 703-276-9693.

South Arlington Band Pyramid Concert. 1 p.m. Students in grades 4-12, grouped by their feeder school progression. Students from Drew, Randolph, Campbell, Oakridge, Claremont, Key, Carlin Springs, Abingdon, Henry, Barcroft, Barrett, Gunston, Kenmore, Jefferson and Wakefield will participate in the concert. At Wakefield High School 2901 S. Chesterfield Rd., Arlington.

Raspberry Brothers. Cost is \$12. NYC comedians mock the movie "Point Break." At the Arlington Cinema & Drafthouse, 2903 Columbia Pike, Arlington.

SUNDAY/FEB. 20

25th Wammies Award Show. 8 p.m. Tickets are \$35/general; \$20/WAMA members; \$15/nominees. A pre-Wammies VIP reception will be held at Argia's, Falls Church. To be held at The State Theatre in Falls Church. Visit www.wamad.com or call 703-368-3300.

MONDAY/FEB. 21

Author Ingrid King. 6:30 to 8:30 p.m. Author of *Buckleys Story: Lessons from a Feline Master Teacher*. Will sign copies of her book and answer cat health questions at Stray Cat Café in Arlington.

TUESDAY/FEB. 22

Swing Dancing. 9 to 11 p.m. Admission is \$10. With King Teddy. At the Clarendon Ballroom, 3185 Wilson Blvd., Arlington.

Brucker Hall Chamber Music Series. 7:30 p.m. Music for Woodwind Quintet: works by Paul Hindemith, Anton Reicha, and Greg Danner. At Brucker Hall, Ft. Myer. Visit www.usarmyband.com

WEDNESDAY/FEB. 23

Religious Peacemaking. 7:30 p.m. With the Rev. Dr. David Smock of the U.S. Institute of Peace. At Rock Spring Congregational United Church of Christ (UCC) of Arlington, 5010 Little Falls Road, Arlington. Call 703-538-4886 or www.rockspringucc.org.

THURSDAY/FEB. 24

"Deeper" Film. 7 p.m. Admission is \$12. By Teton Gravity Research. At the Arlington Cinema & Draft House.



FEB. 22-26

Signature Cabaret Featuring Katie Thompson. Tuesday, Feb. 22 to Saturday, Feb. 26 at 8:30 p.m. Tickets are \$35 per person and available by calling Ticketmaster at 703-573-SEAT. At Signature Theatre, 4200 Campbell Ave., Shirlington.

Butterfly Club Meeting. 7:30 p.m. This program about Butterfly Gardening will be presented by Marie Rojas. At Long Branch Nature Center, 625 South Carlin Springs Road, Arlington. Call Long Branch Nature Center 703-228-6535.

FEB. 24 TO 26

Lions Charity Fundraising. Fresh Florida citrus and pure Vermont Maple syrup for sale at the Overlee Pool, 6030 Lee Highway, lower parking lot. Feb. 24 to 26 (or until sold out), 8 a.m. to 5 p.m. Call 703-243-7938.

FEB. 25-26

Comedian Jon Lovitz. Admission is \$30. At the Arlington Cinema & Drafthouse, 2903 Columbia Pike, Arlington. Visit <http://ArlingtonDrafthouse.com>.

FEB. 26 AND FEB. 27

Crystal City 1K Wine Walk. 2 to 6 p.m. Presented by the Crystal City Business Improvement District in partnership with the Washington Wine Academy. 1K Wine Walk promises "racers" the opportunity to taste and learn about between 30-40 wines as they make their way through the shops and interior walkways of Crystal City. At the Crystal City Shops and Interior Walkways, 2200 Crystal Drive, Crystal City, Arlington. Tickets are \$30 and are available at www.washingtonwineacademy.org. Contact Abbey Watson at awatson@scottcircle.com or 202-207-3660.

SATURDAY/FEB. 26

Feel the Heritage Festival. Noon to 5 p.m. Free. A Celebration of African-American culture and history. Music and dance performances from the Image Band and Soul in Motion, comedy routines, the unique Washington, D.C. art form of seven step hand dance, arts and crafts, educational programming, photo exhibits of historical African American neighborhoods in Arlington, food, and more. At Charles Drew Community Center, 3500 23rd Street S., Arlington.

SUNDAY/FEB. 27

The Capitol Steps. 5 p.m. Perform at Yorktown High School, 5200 Yorktown Blvd., Arlington. Tickets are available at <http://yhscapitolsteps.eventbrite.com> for \$30 (plus a service charge). Tickets may also be ordered by mailing a check for \$30, payable to Yorktown Theatre Arts Parents (YHS TAP) to: YHS Theatre Arts Parents, c/o C. Wysor, 1019 N. McKinley Rd., Arlington VA 22205.

TUESDAY/MARCH 1

Swing Dancing. 9 to 11 p.m. Admission is \$10. With JP McDermott and Western Bop. At Clarendon Ballroom, 3185 Wilson Blvd., Arlington.

WEDNESDAY/MARCH 2

Lunafest. 7:30 p.m. Short films by, for, and about women. Admission is \$15/advance; \$20/door. At the Arlington Cinema & Drafthouse, 2903 Columbia Pike, Arlington. Visit www.arlingtondrafthouse.com.

MARCH 3 TO APRIL 14

Watercolor 1.0. 1 to 4 p.m. Cost is \$170 for seven weeks. Have fun learning the basics of watercolor painting with two local artists, Beth Hudgins and Linda Maldonado. At St. Andrew's Episcopal Church, 4000 N. Lorcom Lane, Arlington. Visit www.arlingtonartistsalliance.org or call 703-894-0539.

MARCH 4-5

Comedian Gallagher. Cost is \$25. At the Arlington Cinema & Drafthouse, 2903 Columbia Pike, Arlington. Visit <http://ArlingtonDrafthouse.com>.

SATURDAY/MARCH 5

Party for a Cure. 7:30 to 11:30 p.m. Third-annual 2YF GALA. Enjoy hors d'oeuvres and an open bar while listening to Burnt Sienna! In addition, a raffle, silent auction and dancing 'til you drop! Tickets are \$95. At the Washington Golf and Country Club. Visit <http://www.2yf.org>.

SUNDAY/MARCH 6

Saint Misbehavin': The Wavy Gravy Movie. 3 p.m. The film will be followed by a question and answer session with filmmaker, Michelle Esrick and Dr. Patch Adams (subject of the Robin Williams' movie of the same name). Admission is \$12. At the Arlington Cinema & Drafthouse, 2903 Columbia Pike, Arlington.

THURSDAY/MARCH 10

"Women of the Vine" Tasting & Book Signing. 7 to 8:30 p.m. Join Morton's and fellow wine lovers for an evening of wines from Women of the Vine Cellars paired alongside Morton's hors d'oeuvres. Author Deborah Brenner will lead a tasting followed by a signing of her book, "Women of the Vine." Cost is \$52/person. At Morton's The Steakhouse — Crystal City, 1750 Crystal Drive, Arlington.

MARCH 11 AND 12

Rich Vos and Bonnie McFarlane. Admission is \$20. At the Arlington Cinema & Drafthouse, 2903 Columbia Pike, Arlington. Visit <http://ArlingtonDrafthouse.com>

SUNDAY/MARCH 13

DC Antique Photo Show. Cost is \$25 preview admission at 11 a.m.; then \$10 public admission from 11 a.m. to 4 p.m. Participating in the program will be members of The Daguerreain Society, National Stereoscopic Association, 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 Dr., Arlington. Visit AntiquePhotoShow.com or call 703-534-8220.

WEDNESDAY/MARCH 16

Author Ashley Merryman. 7:30 p.m. Co-Author of *NurtureShock: New Thinking About Children*. Presented by Arlington Unitarian Cooperative Preschool, 4444 Arlington Blvd., Arlington. RSVP to aucp@verizon.net. Call 703-892-3878 or visit www.aucpva.org.

MARCH 18-19

Comedian Charlyne Yi. Cost is \$20. Charlyne Yi from *Knocked Up*, *Paper Heart*, *Semi-Pro*, *Craig Ferguson*, *Jimmy Fallon* and *Conan*. At the Arlington Cinema & Drafthouse, 2903 Columbia Pike, Arlington. Visit <http://ArlingtonDrafthouse.com>

Artisphere and Barroso Inc. Launch Public Naming Contest for Restaurant and Bar

Artisphere and restaurant group Barroso Inc. are inviting the public to help name Artisphere's new restaurant and full bar. Teaming up with the Washington Post Express, the public can submit names through Expressnightout.com/contests from now through Feb. 18 and vote for their favorite out of the top three entries — chosen by Artisphere and Barroso Inc. — from March 1 to 11.

Artisphere's restaurant menu will feature a seasonal menu of comfort food with Latin flavors made from locally-sourced and fresh ingredients. The restaurant will also offer delicious alternatives to the usual intermission concession items, including homemade guacamole, fire-roasted salsa and chips, tortas (Mexican sandwiches), empanadas and charcuterie plates.

The restaurant and bar, open the same hours as Artisphere, will be an exciting addition to



Cast your vote at Expressnightout.com/contests.

Rosslyn's daytime dining, happy hour and nightlife scene. Patrons will now be able to grab a bite or enjoy a drink before, after or during their adventure in Artisphere's 62,000 square foot cultural campus that features four performance venues, three visual art galleries,

a 4,000 square foot ballroom and free Wi-Fi. Artisphere's focus on being a less formal arts space includes welcoming patrons to take a drink from the bar and wander through its galleries and performance venues.

For the third year running, Yorktown High School won first place at the National District One-Act Play Festival, held Jan. 22 at JEB Stuart High School in Fairfax. Yorktown's show, "Bottom's Dream," an adaptation of William Shakespeare's "A Midsummer Night's Dream," advanced to the Northern Region One-Act Play Festival Feb. 5 at Lake Braddock Secondary School. Three cast members also were named to the District's All Star Cast — seniors Alex Zaloum, Patrick Dwyer and Bailey Nassetta. Falls Church High School placed second in the competition with its performance of "Pillow Talk." They also will advance to the regionals.

Out of nearly 1,000 students who auditioned for the approximately 250 seats in the three honors bands, 19 Arlington students were chosen to participate. They performed with the All-District Honor Band Feb. 3-5 at Chantilly High School. The students selected to participate in the District Honor Band are:

Middle School Band: **Gunston** — Corwin de Boor (French Horn); **Jefferson** — Aidan Farley (Tenor Trombone), Caeley Niess (Trumpet) **Kenmore** — Katherine Taylor (Bassoon), Garrett Janson (Euphonium), Myles Stremick (Trumpet), and **Swanson** — Torey Driggs (Clarinet), Ben St. Pierre (Tuba)

High School Symphonic Band: **H-B Woodlawn** — Jillian Cohen (French Horn); **Washington-Lee** — Thomas Farris (Alto Sax), Greg Lemek (Alto Sax), Claire Rogers (Flute), Katri Gurney (Tenor Trombone), and **Yorktown** — Naransukh Sukhee (Contra Clarinet), Caleb Rakestraw-Morn (Trumpet)

High School Wind Ensemble: **H-B Woodlawn** — Ava Oaxaca (Oboe);

Washington-Lee — Greg Wicks (French Horn), and **Yorktown** — Andrew Logan (Clarinet), Jenna Anders (Bass Clarinet)

The following students represented APS in the District Chorus, which performed Feb. 10-12 at Herndon High School.

Middle School Chorus: **Gunston** — Dyani Echiverria, Elise Offutt, Sarah Mason, Jeremiah Rhodes; **Jefferson** — Allison White, Georgia Allin; **Kenmore** — Nathalie Gabutin, Sophia Constantine; **Williamsburg** — Julianna Grover, Katherine Lerner, Natasha Hone, Apollo Yong, and **H.B. Woodlawn** — Ciara Hockey, Lili Ferrufino-Esteves, Olivia Prosak, Luke Bultena, Miles Kelley, Christine Wanda, Sabrina Kundu

High School Chorus: **Wakefield** — Rosemary Girard, Arami McCloskey, Dominique Lopez-Piper, Isabel George, Adriana Lopez-Piper, Carla Astudillo, Shelton Siegel, Vanya Craven, Tyler Lazzari, Marquis Allgood; **Washington-Lee** — Alicia Hartz, Eva Shuman, Betsy Yuhua, Sarah Echols, Esther Ullberg, Ashley Granados, Emily Mathae, Mallory McKenzie, Kinsey Scholl, Morgen Scott, John McElderry, Katie Menoche, Faris Sanjakdar, Gretchen Schroeder, Maggie Siddle, Sonia Garfinkel (Alternate), AJ Sutter (Alternate), DiAnthony Talmadge, Peter Vernia; **H-B Woodlawn** — Jonathan Bloom, Jack Crawford-Brown, Kelly Crowley, Claudia Dimick, Liza Gibbs, Noah Harrington, Irene Khuu, Sebastian Moorefield, Kaylee Shuey, Katie Turner (1st Alternate), Grace Evans, Arianna Hume, Ivy Kabbani, Catie Mitchell, Kyra Klontz, and **Yorktown** — Kevin Konort, Katie Freund, Rachel Gomberg, Anne Lacey, Margaret Fogarty.

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Sunday Brunch-Lunch
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- Manicotti
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Join A Club, Make New Friends, or Expand Your Horizons...

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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
Memorial Baptist Church...703-538-7000

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

Vatican II Catholic Community
NOVA Catholic Community...703-852-7907

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

St. Michael's Episcopal Church
703-241-2474
St. Paul Episcopal Church...703-820-2625
St. Peter's Episcopal Church...703-536-6606
St. Thomas Episcopal Church...703-442-0330
Trinity Episcopal Church...703-920-7077

Churches Lutheran(ELCA)
Advent Lutheran Church...703-521-7010
Faith Lutheran Church...703-525-9283
German Lutheran Church...703-276-8952
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. Olivet 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

Non-Denominational
New Life Christian Church - McLean Campus ...571-294-8306

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

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

Synagogues - Conservative
Congregation Eitz 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



To highlight your Faith Community call Karen at 703-778-9422

Virginia Hospital Center Partners with Library

BY ARCHIE MCPHERSON, MD
CHIEF MEDICAL OFFICER AT VIRGINIA
HOSPITAL CENTER



McPherson

The National Health Interview Survey in 2009 reported 45.6 percent of adults said they had looked up health information on the Internet in the past 12 months. To ensure that Arlington County residents have

access to good, reliable health online health information Arlington Public Library & Virginia Hospital Center teamed up to create iSalud!

iSalud! is an easy-to-use portal of online health information and resources available in both English and Spanish. The content was chosen by medical experts and the site

is designed to provide quality information for common questions such as: Where can I get a flu shot? How do I find a doctor? What are the side effects of this prescription drug? Visitors to the web site can also submit personalized information

requests which are forwarded through an email link to Virginia Hospital Center's medical librarian.

iSalud! contains information in a variety of formats and languages with special emphasis on local health resources. Directories of local physicians, clinics, and services are highlighted and robust, quality infor-

mation on addiction, prenatal care, asthma, heart disease, and diabetes can be found by clicking on the "Dig Deeper" tab.

Patient participation in healthcare is supported by professional associations and government agencies, as well as physicians at Virginia Hospital Center. Providing access to quality information is important to patient participation and patient safety.

Access to the iSalud! web site is free at any Arlington Public Library computer station. A dedicated computer work station is available at the Arlington Public Library Columbia Pike Branch which is located at 816 South Walter Reed Drive. An additional computer work station for patients and their families will be in the Medical Library at Virginia Hospital Center.

With iSalud! offering a rich selection of

information in Spanish, especially for local Arlington health programs, librarians will be reaching out to the Latino community to demonstrate the value of iSalud! at English as Second Language classes and other gatherings. The direct URL for iSalud! is <http://saludarlington.info/>. Once on the homepage, click "Enter" or "Entrar en Salud" to enter the English or Spanish version of the health information portal where you are just a few clicks away from a wealth of reliable and accurate health content and resources. This project has been funded in whole or in part with Federal funds from the National Library of Medicine, National Institutes of Health, Department of Health and Human Services, under Contract No. NO1-LM-6-3502 with the University of Maryland Baltimore.

Plan Provides Funds But No Long Term Solution

BY ADAM EBBIN
STATE DELEGATE (D-49)

Recent studies have confirmed what you and I have long known: Northern Virginians suffer the worst commute in the United States.

Clearly, we cannot afford to let another session of the General Assembly go by without taking action to address the traffic congestion that is crippling our region. That is why I feel I owe it to you, my constituents and supporters, to explain why I voted against the preliminary House version of Governor McDonnell's transportation plan.

RICHMOND REPORT

LETTERS TO THE EDITOR

FROM PAGE 8

However, the implied argument that the privatization of liquor stores will lead to a deterioration of our society is especially absurd to someone like myself who remembers, far too many years ago, during Prohibition, when I was an elementary school kid in lower Harlem in New York City, just about every one of us knew which neighborhood stores were also selling liquor. Those who wanted it usually could purchase it without too much difficulty, and too often from pharmacies and physicians who could easily take advantage of the privileges they had. It was common to see alcoholics on the streets. Only after repeal, when one could purchase liquor legally, did conditions really improve.

If the sale of liquor in Virginia is privatized, if its sale is permitted not only in specialty stores but also

If making a \$4 billion investment in transportation over three years, without raising taxes, seems too good to be true ... well, in some ways it is.

The bill relies almost entirely on debt and borrowing to finance a one-time infusion of cash that, not coincidentally, will decline rapidly after Governor McDonnell's term expires. This will ensure that the Governor gets credit for new construction, but leaves future administrations and legislatures with a limited ability to deal with the long-term infrastructure problems that this plan fails to address.

The plan also diverts \$150 million from the state's "General Fund," taking away much-needed funding for education, public

safety, and paying back the cash-strapped Virginia Retirement System. Thankfully, the version of the bill passed by the Senate does not touch the general fund surplus, and it is my sincere hope that this provision doesn't make it into the final version of the bill.

I'm also concerned that the bill focuses too heavily on expanding roadways, setting aside too little for transit and rail. If we truly want to reduce congestion and shorten commute times, we need to find ways to get cars off the road instead of encouraging more sprawl.

We will not solve Virginia's transportation problems in just three years. It will require a long-term funding mechanism to generate sustained revenues.

you operate and, in keeping with the spirit of recycling and Freecycle, allow someone to rescue good, useable items that you now insist must be treated as trash. Perhaps you don't think you can sell the item or you don't have time to give it a needed washing. Let someone who can give it a further useful life do so.

I've been appalled to see trashed good/useable rugs, towels, clothes, sand paper, spools of never used string, leather gloves, sewing notions, etc.

Some companies have occasionally (but not nearly often enough) used techniques as on the last day of a sale "all chemicals are free" or "everything in the carport is free." This makes a very good impression on customers. Let's hope that more prospective clients will ask how their deceased loved one's things will be treated before they sign a contract.

Rebecca Prather

in food stores, etc., as in most states, the total liquor sales revenue in Virginia will greatly increase because many of the residents who now go out of state to take advantage of "bargains" there will now make their purchases at home. Revenue for the state will greatly increase, for the state will tax such sales, as it should, and the state's net revenue will increase because it no longer has the burden of supporting a commercial business operation.

It definitely is time to privatize the liquor stores.

Walter B. Grimes
Arlington

Estate Sale Recycling

To the Editor:

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Wakefield's Majano Wins 130-Pound Regional Title

Junior grappler improves to 40-0.

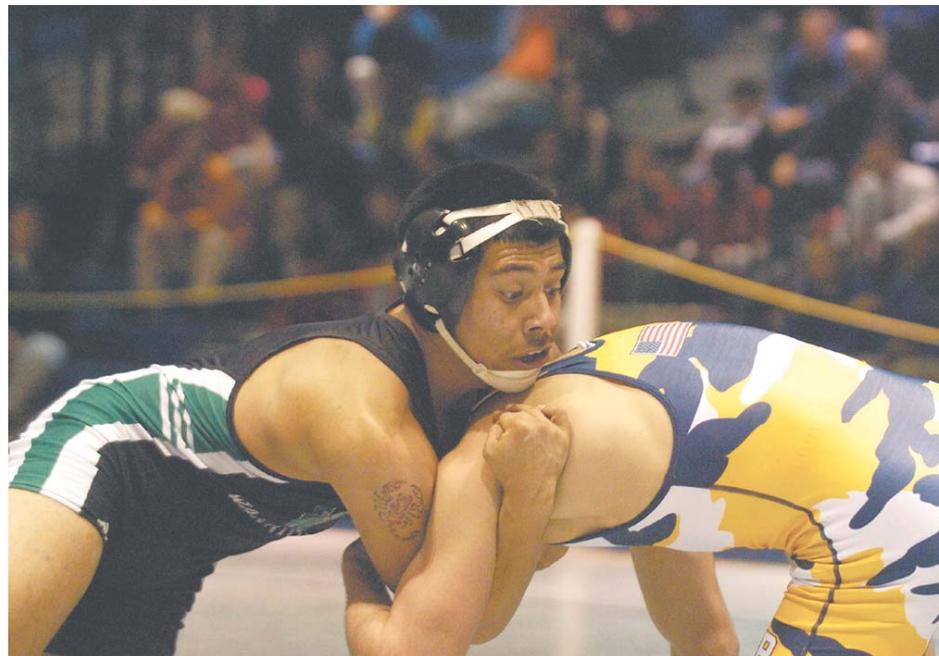
BY JON ROETMAN
THE CONNECTION

Henry Majano stood on the wrestling mat at Fairfax High School and acknowledged his supporters in the stands, pointing to them after achieving the second step of his season-long goal.

The Wakefield junior captured the 130-pound Northern Region championship on Saturday, defeating Robinson's Santiago Valdez by decision, 3-2. Now, Majano looks to complete his task with a state title on Feb. 19 at Robinson Secondary School.

"Two goals are met, but we've got one more to go."

— Wakefield 130-pounder Henry Majano



Wakefield's Henry Majano, left, defeated Robinson's Santiago Valdez by decision, 3-2, to win the 130-pound Northern Region championship on Saturday at Fairfax High School.

"Two goals are met," Majano said, "but we've got one more to go." Majano became the first Wakefield wres-

tlar since 1988 to win a region championship. He secured a 2-0 lead with a first-period takedown and led for the remainder

of the match, improving his season record to 40-0.

Wakefield head coach Jeff Humphries said he didn't expect Majano to be undefeated at this point, but knew the Warrior grappler had talent when he saw him in action as a middle schooler. Majano's work ethic put him over the top.

"Was [a region title] in his grasp? Did he have the potential? Yeah," Humphries said. "When you work as hard as that kid does; absolutely."

Majano's championship helped Wakefield finish in a tie for 16th place with 42 points. Senior 145-pounder Victor Leavell finished sixth.

Humphries said Majano's grades have improved while focusing on wrestling and the junior is on the honor roll. His work ethic and infectious smile have caught the attention of his Wakefield teammates.

Majano hopes to give the Warriors one more reason to cheer: a state championship.

"The rest of the team is here to support him, which is odd. That's rare," Humphries said after Majano's region title. "These kids want to be like this kid because he works so hard and he's got so much passion. He loves it."

Hot-Handed Patriots Advance to Regionals

Yorktown buries four first-half 3s, survives third-quarter Wakefield run.

BY JON ROETMAN
THE CONNECTION

The Yorktown boys basketball team came out on fire during the first half of Monday's National District tournament contest against Wakefield, knocking down four 3-pointers en route to a 13-point halftime lead.

It was Yorktown's only 3-pointer of the second half that proved pivotal.

After Wakefield trimmed the Patriots' lead to one during the final minute of the third quarter, Yorktown senior Daniel Pietropaoli knocked down a 3-pointer from the left wing, giving the Patriots a 54-50 advantage. The Patriots led by at least four for the remainder of the contest and won 67-60 at Yorktown High School.

The Patriots clinched a berth in the Northern Region tournament and advanced to the semifinal round of the district tournament, where they will travel to face No. 2 Mount Vernon on Wednesday. The Patriots and Majors split their two meetings this season, with each team winning on the other's home court.

Pietropaoli finished with 15 points and a trio of 3-pointers. He scored eight points in the opening period, including two 3-pointers and a jump shot.

"I was feeling it," Pietropaoli said. "I didn't shoot too well last week. I was getting out there shooting before

warmups and I was feeling it. When I was open, I decided to fire away. [Your confidence] goes way up ... once you hit one. Sometimes I like to hit closer shots and get my momentum going and then move out, but tonight I was able to hit early from the outside."

Senior guard Nicko Esherick led Yorktown with 18 points, including a 3-pointer that was part of a 9-0 Patriots run to start the game. Kyle Bailey finished with nine points and Jack Earley added eight.

Yorktown led by as many as 15 in the second half, but Wakefield came storming back. After trailing 42-27 early in the third quarter, the Warriors outscored the Patriots 23-9 during five-and-a-half minute stretch, thanks in part to relentless defense. A 3-pointer by Wakefield senior Will Ryan cut the Yorktown lead to 51-50 with 1 minute remaining in the third quarter, but the Warriors couldn't get over the hump. Wakefield twice pulled within four during the final period, but the Patriots knocked down 5 of 6 free-throw attempts in the final 3 minutes to secure the win.

"The only reason I think we survived there at the end was because we got in the bonus," Yorktown head coach Rich Avila said. "I think if they had fouls to give there at the end when they cut it to

four or five, I don't know if we come out on top."

Deontae Murphy led Wakefield with 14 points. Ryan finished with 11 points and Jon Remedios added nine.

Earley is the only returning Yorktown player who saw significant minutes on last year's team, which reached the region semifinals. The junior guard said the Patriots believe they have what it takes for another successful postseason run.

"We have high expectations for ourselves," Earley said. "We know that we did well last year and we expect that we can do that this year."

All-District Honors

Jack Earley earned first-team all-National District honors, along with Wakefield's **Deontae Murphy**. Yorktown's **Kevin Bailey** and Washington-Lee's **Jack Beckman** and **Jonah Sens** were second-team selections.



Yorktown's Kyle Bailey drives to the basket during the Patriots' victory over Wakefield on Monday.

SPORTS

Rebounding Propels Yorktown Girls to Regionals

Patriots beat Wakefield in opening round of districts.

BY JON ROETMAN
THE CONNECTION

Less than 3 minutes into Monday's National District tournament matchup against Wakefield, Yorktown junior Emily Rebh grabbed an offensive rebound and put it back for a 6-2 Patriots lead.

In the second quarter, after Wakefield pulled within a point, Yorktown freshman Mikayla Venson snatched an offensive board and scored, snapping a 13-2 Warriors run.

In the opening minute of the second half, with Yorktown leading by seven, Rebh again capitalized on the offensive glass. The junior scored on a putback, drew a foul and converted the three-point play, sparking a 12-2 run.

The No. 6 Wakefield girls basketball team looked capable in spurts of upsetting Yorktown on Monday, but the No. 3 Patriots' ability to control the glass proved too much. Yorktown held a 41-29 rebounding advantage, led by as

All-District Honors

Mikayla Venson earned go-Player of the Year honors in the National District along with Edison's **Ruth Sherrill**.

"I was so excited," Venson said. "I thought all my hard work paid off. [I got a lot of] help from my teammates."

Dave Garrison and Mount Vernon's **Courtney Coffey** received co-Coach of the Year honors.

Wakefield junior **Allison Butler** and Washington-Lee sophomore **Emma Cooper** received second-team honors.

many as 18 points in the second half and cruised to a 56-45 victory during the tournament's opening round at Yorktown High School. The Patriots secured a berth in the Northern Region tournament and advanced to the district semifinals, where they will face the No. 2 Edison Eagles.

Yorktown (17-6) has won eight games in a row, including a 60-39 home victory over Edison on Feb. 10. The Eagles were also the last team to beat the Patriots, winning 69-54 on Jan. 20 at Edison.

Rebh scored a team-high 14 points against Wakefield and tied for the team lead with nine rebounds.

"Emily did a great job," Yorktown

head coach Dave Garrison said. "She's real good at reacting to the ball after it's coming off the rim. She was able to sneak through a lot and get some easy putbacks early. The momentum that comes from that kind of stuff is huge. When it should be a defense rebound and you get second and third-chance shots, it helps you stay in games and stay up in games."

Lena Negri and Venson each scored 13 points for Yorktown and Brooke Huffman added eight. Negri grabbed nine rebounds and Huffman finished with eight.

A jumper by Wakefield's Nahdeya Quarles cut the Warriors' deficit to one at 25-24 with 3:19 remaining in the second quarter, but Wakefield couldn't take the lead. Yorktown built its advantage to seven by halftime and Rebh's three-point play in the opening minute of the third quarter gave the Patriots a 38-28 lead. Yorktown led by at least 10 the rest of the way.

Allison Bragaw-Butler led Wakefield with 18 points. Quarles finished with 10 points and Michelle Noel added nine.



PHOTO BY LOUISE KRAFFT/THE CONNECTION

Freshman guard Mikayla Venson scored 13 points for Yorktown on Monday.

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"Cunancer-drum"



By KENNETH B. LOURIE

Living with cancer and dying of cancer. For many cancer patients, it's a conundrum we attempt to balance every day. "Living" sounds so positive, so optimistic; while "dying" sounds so negative, so pessimistic. When one says the word "living," the inflection in your voice seems to go up. When one says the word "dying," the inflection goes down. The word "living" conjures a smile, almost; the word "dying" not so much. Living is something you want to do, presumably; dying doesn't exactly present the same opportunities – so far as we know, anyway. Moreover, there's not nearly as much future in dying as there is in living. And since I'd just as soon take a definite over a maybe, I definitely would prefer living over dying. (From my pen to God's ears.)

As simple as my preference is however, receiving the terminal diagnosis that I did (stage IV lung cancer) really changes your priorities, and "simple" is the last thing your life will ever be. Consider the effect that shuffling a deck of playing cards has on the previous order of those cards; that's minor compared to a cancer patient's reality. The reality is 52 pick-up – cards scattered everywhere with no rhyme or reason as to how any of the cards got anywhere. Now, try to organize that indiscriminate and random chaos into some kind of meaningful arrangement, all the while enduring physical and mental/emotional obstacles to accomplishing the most important task in your life: trying to make order out of that chaos. Welcome to my/our whirled.

I've been told by many health care professionals that control, anecdotally speaking, is a very effective tool in fighting cancer/any terminal disease. In fact, my original oncology nurse shared the story of how cancer patients who drove more than 20 minutes to their chemotherapy appointments seemed to do better than those who lived closer; so much so, that patients who lived closer would drive an indirect route to the Infusion Center just so the trip took more than 20 minutes. Of course, there was nothing magical in the minutes, the magic was in the presumptive control and commitment that the patient was exhibiting.

Fact or fiction. True or false. Believable or not. Add in the amount of medical information a key stroke away on the Internet, some of it for-profit, not to mention all the solicited – and unsolicited (well meaning though it may be) – advice from family and friends; and the potential for contradictory, misleading and inappropriate courses of action/treatment (for your specific medical history/condition/diagnosis) is off the charts. Combine this with the patient's inability to filter and discern as keenly and objectively as before they were diagnosed and you have a series of disasters waiting to happen. The trick is, there is no trick; it's just life in the cancer lane.

And though it's a road I never thought I'd be on – certainly at age 55 (ever really, considering my immediate family's medical history; no cancer), I'm on it – full time! Trying to make the best of a bad situation is how I approach every day. Pretending – and maybe even denying – (there's no "maybe"), is how I approach every night. I'm not living to die; I'm dying to live (figuratively speaking). Every day, every result, brings new challenges. What matters, what matters not? It's a recurring theme. I wish I had the answer. I don't and that's the problem. Even though I've been on this cancer lane now for two years, there's no road map to direct me. Maybe a GPS would help.

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

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