

A Witchy Good Time

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A War on Labor Unions

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Home Organization For the New Year

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Yorktown's Rebh Scores Career-High 22

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Rosie Coolidge appears as the witch in "Rap-Punzel" by Whitney Ryan Garrity. The play is presented by The Children's Theatre, a division of Encore Stage and Studio. Performances run through Jan. 15.

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HEALTH

Resolved To Quit

For people who smoke, January means focusing on quitting.

BY MONTIE MARTIN
THE CONNECTION

For people who have resolved to quit smoking, the new year's resolution to quit marks both a challenge and an opportunity. According to Cathy Turner, director of health promotion at the Virginia Hospital Center, setting a quit date is the single most important step on the road to smoking cessation.

"It's so important to pick a quit date," said Turner. "It's not just a matter of willpower, you really need to plan for it and prepare and educate yourself."

People who have decided to quit must overcome chemical addiction, the habit of smoking, as well as the psychological dependency of cigarettes.

Medication in the form of the nicotine patch, nicotine gum or chantix is one way to overcome the chemical addiction. Changing lifestyle patterns that trigger smoking is also important.

The psychological addiction, however, is often the most difficult part of quitting because it is a source of comfort for many. For someone who smokes, quitting is akin to saying goodbye to a friend forever.

"Non-smokers might not understand what you mean when cigarettes are your best friend," said

Turner. "Can you imagine telling someone you can never associate with your best friend forever?"

Nonetheless, people who are resolved to quit because of a new year's resolution are often at odds with the psychological aspect of cessation.

"When the motivation for change is from the social situation, cultural event or outside the person, it is an insufficient way to promote complex situational changes," said Dr. Linda Gulyn, a professor of psychology at Marymount University. "Smoking is such a complex behavior, if you throw away pack of cigarettes you feel icky and are really punishing yourself."

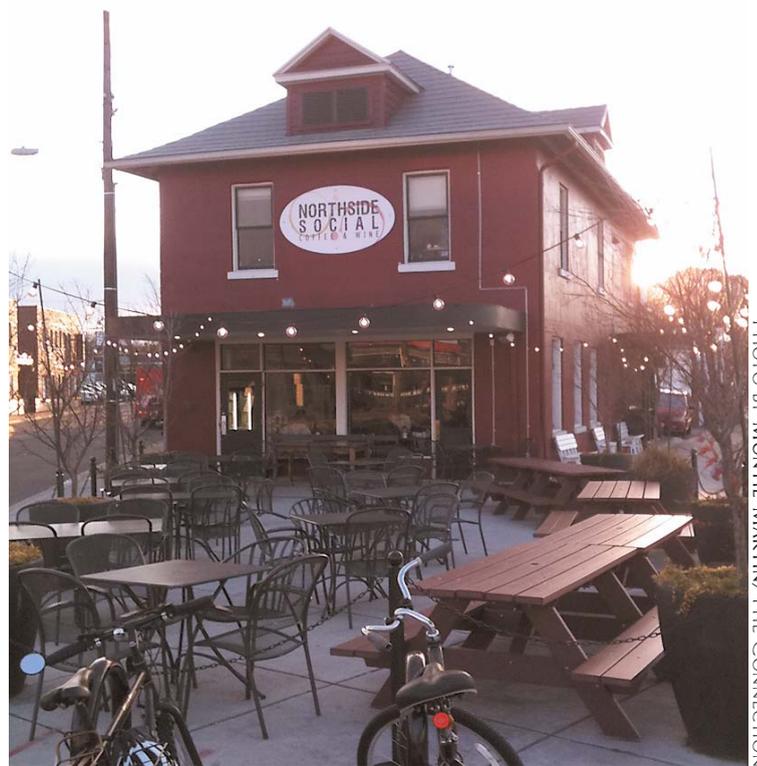
A relapse is common for people who smoke, and more often than not quitting requires multiple attempts. When someone does decide to quit, even for a day, the experience can prove fundamental as it provides an important exercise in self-awareness.

"You should not feel like it is not successful, look at it as a learning experience. You should never be discouraged, try and continue to try," said Bunny Carojustin, a former smoker and spokeswoman for the Virginia Department of Health's Tobacco Use Control Project. "Think about your previous experience quitting, know what works and what does not work."

The benefits of quitting are immediate. According to a 2004 surgeon general report, within 20 minutes of quitting heart rates drop to normal levels; within 12 hours carbon monoxide drops to normal levels; after one month coughing and shortness of breath cease; within two weeks and three months the risk

SEE QUIT SMOKING, PAGE 6

"Smoking is such a complex behavior, if you throw away pack of cigarettes you feel icky and are really punishing yourself."
— Dr. Linda Gulyn, professor of psychology, Marymount University



It is important to identify triggers such as coffee, alcohol, while driving or after a meal when the decision has been made to quit tobacco use. Replacing those triggers with positive alternatives like spending time at a relaxing place such as Northside Social in Clarendon can reinforce smoking cessation.



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Blind Trust

Partisan candidates are not required to have ballot petitions certified.

BY MICHAEL LEE POPE
THE CONNECTION

As members of the General Assembly gather to meet in Richmond this month, legislators are buzzing about the exclusion of four major Republican candidates from the presidential preference ballot in Virginia on Super Tuesday. A host of potential fixes are being considered, including lowering the threshold of required ballot petition signatures or using qualification of federal matching funds as a threshold instead. Missing in that conversation is any discussion of a loophole that gives political parties power to say whether or not candidates have met the letter of the law. Unlike independent candidates, which are required to have their ballot petitions certified by a local registrar, Republican and Democratic chairmen across Virginia are given unlimited discretion and no oversight.

"Under the law, there's no process for certification for party candidates," said Alexandria Registrar Tom Parkins. "There's nothing in the law that requires the parties to do anything."

Consider the case of Ronald Mitchell, the independent candidate who wanted to challenge incumbent state Sen. George Barker (D-39). Because he was an independent candidate, Mitchell was required to submit at least 250 ballot petitions to the Alexandria registrar. As the registrar was examining the ballot petitions, he noticed what he called "irregularities." So he referred the case to Commonwealth's Attorney Randy

SEE DIVERSE HANDLING, PAGE 7

Booking Blind Dates

Shirlington Library hosts singles dating event.

BY MONTIE MARTIN
THE CONNECTION

Sunday, Jan. 15 promises to be an evening of love at the Shirlington Library. Although the library may not seem like the most romantic of environments, speed dating at the Shirlington Library is a way of connecting with that special someone over a literary conversation.

SEE BLIND DATES, PAGE 5

WWW.CONNECTIONNEWSPAPERS.COM



Jennifer (Nicole Redifer) talks to the imprisoned dragon Darius (Katy Scruggs). Darius was shaken from his underground lair by a passing bulldozer and finds himself in the 21st century and in jail.



'Darius the Dragon' And 'Rap-Punzel' Now on Stage

"Darius the Dragon" and "Rap-Punzel" are being presented by The Children's Theatre, a division of Encore Stage and Studio. Performances run through Jan. 15. The Spectrum Theatre is located at 1611 N. Kent Street in Arlington. Tickets may be purchased online at www.encoresstage.org. For more information call 703-548-1154 ext 1.

The witch (Rosie Coolidge) calls out to Rap-Punzel (Ashley Britton).



The crew: Claire Brown, Thomas Kelty, Hayden Camp, Christina Mack, Sissy Davis, Caroline Meek, Abby England, Natalie Reich, Sarah Fahrenkrug, Samantha Rollin, Olivia Hammermaster, Andrew Ruhnke, Walter Lohmann and Connor Stapp.

War on Unions

Seeking his old Senate seat, Allen attacks organized labor.

BY MICHAEL LEE POPE
THE CONNECTION

Hoping to capitalize on anti-union sentiment in Virginia this year, Republican George Allen is giving labor issues a starring role in his bid to recapture the Senate seat he lost to Jim Webb in 2006. In a meeting with Connection Newspapers reporters and editors, Allen proposed a series of specific measures to undercut the power of unions. The agenda would undercut the power of the National Labor Relations Board, prohibit mandatory labor agreements on federal projects and ensure secret ballots before a labor union can be created.

"Unions are a big part of the Democrats' political operation," said Allen. "There's no secret about that."

Allen says the series of proposals were inspired by the National Labor Relations Board's lawsuit against airline manufacturer Boeing, which sought to punish the company for locating a new plant in South Carolina in retaliation for strikes by unionized workers at its existing facility in Washington state. The lawsuit was dropped last month, but Allen and other Republicans are now hoping to capitalize on the issue on the campaign trail.

"This is an issue that hits a sweet spot for Republican voters," said Kyle Kondik, political analyst with the University of Virginia Center for Politics. "So it certainly helps him in the primary against Jamie Radtke. It remains to be seen whether it's something that would appeal to voters in the general election against Tim Kaine."

Allen says the series of proposals were inspired by the National Labor Relations Board's lawsuit against airline manufacturer Boeing, which sought to punish the company for locating a new plant in South Carolina in retaliation for strikes by unionized workers at its existing facility in Washington state. The lawsuit was dropped last month, but Allen and other Republicans are now hoping to capitalize on the issue on the campaign trail.

ALLEN SAYS the freedom to work is "under assault," and repeatedly used the lawsuit against Boeing as a reason for the federal government to take decisive

SEE ALLEN, PAGE 4

Tribute Event to Dr. King on Sunday

The 43rd annual Dr. Martin Luther King, Jr. Tribute will be held on Sunday, Jan. 15. This year's program will offer gospel music with Larry Bland and the Volunteer Choir, a dance tribute by Urban Artistry, and Dr. Wilmer Leon's keynote address. Leon hosts a weekly radio show "Inside the Issues" on XM Radio 169 and is a teaching associate at Howard University. The 2012 Arlington Public School Literary and Visual Arts Contest winners will also be recognized. The program runs from 7 to 9 p.m. at Washington-Lee High School, 1301 N Stafford St. and is free to the public.

See www.arlingtonva.us/prcr.

Community members are invited to bring non-perishable food items to Sunday's program that will be donated to the Arlington Food Assistance Center.

Nationwide, Jan. 16 is set aside as a day of service to support Dr. King's call to serve. As part of the MLK National Day of Service, several volunteers affiliated with Volunteer Emergency Support Team (VEST), will be hosting an event on Monday, Jan. 16 from 9 a.m. - 1 p.m. at 4200 Four Mile Run Arlington (outside Barcroft Sports and Fitness Center). The volunteers will be distributing emergency preparedness information throughout the Barcroft neighborhood area.

Nature lovers can volunteer during the Day of Service by participating to help remove non-native plants at Arlington's Long Branch Nature Center. On Monday, Jan. 16 from 2 to 4 p.m., participants are invited to wear rugged footwear, long sleeves, pants and sturdy work gloves to assist with removing invasive plant species. Parking is available on site. If the lot is full, space may be available at the nearby Northern Virginia Doctor's Medical Center garage, 611 S. Carlin Springs Road. Volunteers will meet at 2 p.m. at the Nature Center parking lot. Contact volunteer site leader Steve Young at 703-578-4419 for details. Participants must 10 years of age or older. Children younger than 15 must be accompanied by an adult.

Clement To Run For County Board

Audrey Clement, the Arlington Green Party candidate for County Board, qualified for the ballot on Jan. 9 by submitting 125 valid voter signatures, according to the Arlington voter registration office. Clement's name will appear on the ballot for the March 27 special election to fill the seat recently vacated by state Sen.-elect Barbara Favola.

Clement ran in the 2010 election for county board against two incumbent Democrats, Mary Hynes and Walter Tejada, and received about 16 percent of all votes cast.

Man Wanted for Malicious Wounding

The Arlington County Police Department's Homicide/Robbery Unit is seeking the public's help to locate a man suspected of being involved in a malicious wounding from mid-December 2011.

On Dec. 17, 2011, at 2 a.m. several suspects assaulted a man in the 4200 block of N. 2nd Road. One suspect was arrested on the scene. Detectives have also charged Charles Neal, 43, of an unknown address, with malicious mounding.

Neal is an African American male, 5'10" and 230 lbs. He is known to frequent the Buckingham neighborhood of Arlington County. He should be considered armed and dangerous.

Anyone who has information about the whereabouts of Neal is asked to call the Arlington County Police Department immediately at 703-558-2222, or Detective Michael Austin at 703-228-4183. Austin can also be reached by email at mausti@arlingtonva.us.



Photo of suspect



PHOTOS BY DEB COBB/THE CONNECTION

Former governor George Allen discusses campaign issues as candidate seeking the Republican nomination for U.S. Senate.

Allen Declares War on Unions

FROM PAGE 3

action. But Allen's agenda is broader than simply undercutting the power of the National Labor Relations Board. He would also like to amend the National Labor Relations Act to prevent workers from being compelled to pay union dues or fees to get or keep a job, essentially expanding Virginia's Right To Work law nationwide. He would also work to guarantee that workers have the opportunity to cast secret ballots before a union can be organized.

"None of George Allen's proposals would help workers in Virginia like me in any way," said Karen Conchar, Fairfax County employee and member of Local 5 Service Employees International Union. "Taking away rights at the workplace doesn't help the middle class put food on the table or pay the mortgage, and it doesn't help businesses create good jobs."

As governor in the 1990s, Allen says he saw firsthand how the commonwealth's Right to Work Law helped encourage investment and expansion of business in Virginia. If elected to the Senate, he says, he wants to advance an agenda to undercut the power of unions in a way that would help businesses create jobs, save taxpayers money and protect the liberty of non-unionized workers. One of his goals would be to repeal the Davis-Bacon wage laws that he says diminish competition and inflate costs to taxpayers for construction when the federal government is involved. Ultimately, Allen said, he's hoping that voters send a mandate for action.

"The reality is that it matters who the president is," said Allen. "President Bush didn't allow project labor agreements. This president is all for them."

ONE OF ALLEN'S proposals would have particular resonance in Northern Virginia: It would prohibit the federal government from entering into mandatory project labor agreements, a collective bargaining agreement that establishes terms and conditions for a specific construction project. These are frequently large-scale infrastructure projects, such as bridges or Metro expansion to Dulles International Airport. Allen says that taxpayers would get more bang for their buck if the federal government was prohibited from engaging in collective bargaining on these projects.

"The reason you don't want to have these is that they increase the cost of a project, on average by 22 percent," said Allen. "You have less competitive bidding."

Union groups dispute this notion, questioning if taxpayers would really save money by hiring low-wage workers. Supporters of project labor agreements say unionized workers are paid more money because they produce better work. As a result, supporters say, they also create infrastructure that is less likely to break down or fail — sometimes with catastrophic consequences.

"Sometimes what you see is that without project

labor agreements you end up with a more exploitable workforce," said Julie Hunter, spokeswoman for the Virginia AFL-CIO. "These are workers that tend to not have the same training that the union workforce has."

ALLEN'S OPPONENTS don't have much to say about his specific proposals. Campaign officials for Jamie Radke, the Tea Party candidate hoping to challenge him in the Republican primary, declined to respond to multiple requests for an interview. Her campaign website says she would oppose laws that would require a worker's secret ballot in union elections. The site also says she would support Virginia's Right To Work Law and oppose collective bargaining between government entities and public employee organizations and unions.

"The fundamental right to associate with those we choose assures workers the right to form labor organizations," Radke said in a written statement on her campaign website. "However, this fundamental right of association also guarantees the individual the right not to associate."

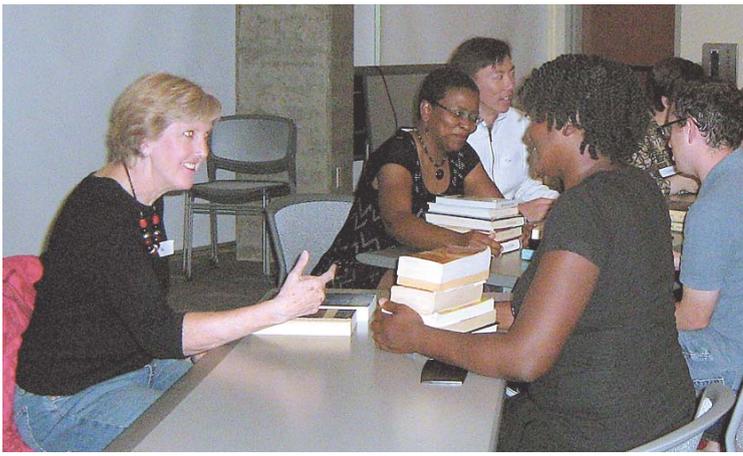
If he's successful against Radke, Allen will face former Democratic Gov. Tim Kaine — pitting two former governors against each other in a Senate race. Like Allen, Kaine also supports Virginia's right-to-work law. When contacted about Allen's labor proposals, the Kaine campaign issued a statement saying that the former Democratic governor upheld the law as governor and will continue to support states' rights to establish their own rules on this issue as senator. The campaign did not respond to a request to address Allen's specific proposals.

"The answer to our economic challenges is not tinkering with workplace rules, as George Allen suggests," said communications director Brandi Hoffine in a written statement. "The real answer is building a high-talent economy by investing in education and workforce development."

Allen's suite of proposals will pit traditional political opponents against each other, labor unions and their Democratic allies on one side and business leaders and allies in the Republican party on the other. What's different about this election is the recession, with the unemployment rate in Virginia currently at 6.2 percent. Another difference with this election cycle is the growing Occupy movement, which seeks to cast a spotlight on the same wealth inequality that gave rise to the original labor movement in the late 19th century. Now, Allen says, it's time to move away from that model and adopt a more free-market approach.

For voters in Northern Virginia, the stakes are high. "This artificially increases the costs and it also ends up with less competition so you end up with a higher cost to the taxpayers," said Allen. "If you look at the Metro extension to Dulles, the ones who will ultimately have to pay for these unnecessarily higher costs will be the taxpayers."

NEWS



Singles discuss their favorite reads over three minute cycles. The singles dating event at the Shirlington Library tends to draw a crowd of between 14 and 28 people.

Booking Blind Dates

FROM PAGE 3

“The whole thing is pretty loosey-goosey,” said Mary Prisbrey, a librarian at Shirlington who moderates the event. “People come with their own approach, some show up with a stack of books, others with no books at all.”

Participants of the speed-dating event are given three minutes to meet and greet before rotating to new partners. Conversations are often centered on favorite genres, or which book is next on the list.

“It’s really varied, but histories and mysteries are the most common books discussed,” said Mehraaz Famimi, who has attended several book dating events. “I went because I love the library, the dating part was almost an aside.”

The program has proved successful in bringing book lovers together for intelligent conversations. The event is also good news for guys, given the disproportionate numbers of females in attendance.

“Our biggest problem is getting men to come,” said Prisbrey. “One young man came in with a GMAT. I gave him a hard time, but it was

Book the Date

The next singles speed-dating event at the Shirlington library will be Sunday, Jan. 15 at 6 p.m. Participants are encouraged to bring a book or two to discuss for the evening.

an excuse to talk about himself as a business student, and he won over everyone’s heart”.

Refreshments donated by Cake Love promise to enhance the romantic atmosphere of next dating event.

“Cup cakes are sweet and always bring a smile,” said Kim Lamore, manager of Cake Love. “They’re small and you have to get close to someone in order to share, we support the love.”

If nothing else, spending time at the library will help Arlington residents get a feel for the resources available at their library.

“The bottom line of any program is to get people in the door. We have events for children and the elderly, but there are young professionals in the area we want to attract,” said Prisbrey. “This is something that represents the Arlington library system, we’re on the edge and it’s important to come up with new ideas.”

BULLETIN BOARD

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

JAN. 13-15

The Arlington Aerials Invitational Gymnastics Meet will be held Jan. 13-15. Over 400 gymnasts are registered to compete in levels 4 through 9 and All Stars. The competition will include gymnasts from local and regional womens’ gymnastics teams. The event will be held at the Barcroft Sports and Fitness Center on South Four Mile

Run in Arlington. Competition takes place Friday from 5 p.m.-9 p.m., and Saturday and Sunday from 8 a.m.-8 p.m. Admission and parking are free.

SUNDAY/JAN. 15

The new Yorktown Aquatic Center will open to the public on Sunday, Jan. 15, from 12 to 6 p.m. Admission is free on opening day. The new aquatic facility, attached to the newly reconstructed Yorktown High School features an eight-lane competition pool with diving well as well as a smaller, shallow depth instructional pool. The address is 5200 Yorktown Blvd., Arlington. The current pool, will close permanently on Thursday, Jan. 12, after nearly 40 years of year-round use by the students and community of Arlington. More information can be found at www.apsva.us/aquatics.

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HEALTH

Focusing on How To Quit Smoking

FROM PAGE 3
of heart attack is significantly reduced.

To achieve a successful cessation and realize the benefits of a smoke-free lifestyle, people who smoke need support. Supports can come from friends, family, counseling groups as well as the Virginia QUIT NOW hotline.

The hotline, a service provided by the Virginia Department of

Health, is available 24 hours a day and is staffed by former smokers knowledgeable about the difficulty of quitting. Communication with others helps to overcome the psychological difficulty of smoking.

"Talking to someone is pleasant and rewarding," said Guly. "If you say 'this afternoon after lunch I will call this number' instead of reaching for a pack, that is a positive change."

Quit coaches are readily available through the hotline or at clinics, and offer a chance to personalize a cessation strategy.

"All the statistics show the people most successful at quitting use a combination of classes, quit lines, and medications," said Turner. "It's one of the most difficult things you will ever do, it's a constant battle".

As the single most important thing a person can do for their

Resources For Cessation

For someone resolved to quit smoking, the 1800-QUIT NOW hotline is a resource for learning a cessation strategy, or having a conversation with a former smoker. Testimonials can be found at: www.va.health.org/tucp/quitnow.htm. Smokers can also enroll in cessation classes through the Virginia Hospital Center at: virginiahospitalcenter.com.

health, quitting means a commitment to self-awareness, and an appreciation that a new year's resolution is only as effective as the supports available.

"It takes more than just a promise on Jan. 1. Find social support, do things with other people," said Guly. "Remember a new year's resolution is about adding something positive to your life."

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington's Office of Senior Adult Programs for Jan. 23-28.

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

Senior Trips: Shopping trip to Walmart and Wegman's, Fairfax, Wednesday, Jan. 25, \$10; Royal Tea at the Morrison House, Alex., Saturday, Jan. 28, \$69. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

Keeping positive, Monday, Jan. 23, 11 a.m., Culpepper Garden. Free. Register, 703-228-4403.

Downsizing tips, Monday, Jan. 23, 1 p.m., Culpepper Garden. Free. Register, 703-228-4403.

French impact on American artists, Monday, Jan. 23, 1 p.m., Aurora Hills. \$6. Register, 703-228-5722.

Registered dietician discusses eating for energy, Monday, Jan. 23, 1 p.m., Lee. Free. Register, 703-228-0555.

Columbia Pike streetcar update, Tuesday, Jan. 24, 7 p.m., Walter Reed. Free. Register, 703-228-0955.

Long term care insurance examined, Tuesday, Jan. 24, 11:30 a.m., Lee. Free. Register, 703-228-0555.

Modern dance class, Tuesday, Jan. 24, 2 p.m., Walter Reed. Free. Register, 703-228-0955.

Women's basketball clinics begin Wednesday, Jan. 25, 7 p.m. (beg.), 8 p.m. (inter.), Langston-Brown. \$24/4 classes. Register, 703-28-4771.

Tai Chi refresher course begins Wednesday, Jan. 25, 4 p.m., Langston-Brown. \$24/6 classes. Register, 228-6300.

Weekly bicycle ride, Wednesday, Jan. 25, 9 a.m., starts at Bluemont Park. Free. Details, 703-228-4745.

Register for Arlington County 55+ Pass, \$20 annual fee, Thursday, Jan. 26, 10 a.m. - 3 p.m., 703-228-4744.

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Pallesen Named Washingtonian of Year

Arlington Free Clinic Founder and Executive Director Nancy Sanger Pallesen was named 2012 Washingtonian of the Year by Washingtonian Magazine.

Pallesen was recognized for her commitment to public health and steadfast efforts to create and sustain the only clinic providing free health care to low-income uninsured adults in Arlington. Pallesen opened the Arlington Free Clinic in 1993 on a shoestring budget after discussions with the Arlington County Medical Society and Arlington Hospital.

The Clinic today provides over 11,000 free medical visits a year to approximately 1700 of Arlington's underserved, uninsured residents. The clinic has a



Nancy Sanger Pallesen

team of more than 550 volunteers, including 170 doctors, who help fill the gap in access to medical care in Arlington, keeping patients out of expensive emergency rooms and minimizing health care costs.

To learn more about Arlington Free Clinic visit its website at www.arlingtonfreeclinic.org

Diverse Handling of Ballot Petitions

FROM PAGE 3

Sengel, who brought charges against Mitchell for submitting valid names and addresses with forged signatures.

"He pleaded guilty with the agreement that we limit the case to one charge," said chief deputy commonwealth's attorney Krista Boucher. "He's scheduled for sentencing next month."

On the other hand, consider what happened to Republican candidate Tim McGhee, who was running in the open seat created by the retirement of state Sen. Patsy Ticer (D-30). In an interview this week, McGhee acknowledged that several of his ballot petitions were collected without addresses — meaning that they would not have met the standard that a registrar would apply if he were an independent candidate. But nothing in the law requires that the chairman of the 30th state Senate Republican committee certify those ballot petitions.

"We tried to file a formal complaint," said Mercer. "As it turns out, there is no way to challenge it. We're supposed to just trust whatever the party says."

LATE LAST MONTH, national attention turned to Virginia when the Republican Party of Virginia announced that former Massachusetts Gov. Mitt Romney and Texas U.S. Rep. Ron Paul were the only candidates that met Virginia's ballot access laws, which require 10,000 ballot petitions to appear on a statewide ballot. Because Virginia law gives so much discretion to parties, Romney was able to avoid scrutiny that was applied to other campaigns. Party rules dictate that no review should be made of ballot petitions if more than 15,000 are submitted, which was the case with Romy's submission.

"Much of election law is reactive," said Del. Bob Brink (D-48). "You have a situation where something happens, and the General Assembly takes action by creating some kind of legislation to solve it."

Although Virginia Attorney General Ken Cuccinelli initially called for emergency legislation that would have retroactively changed the requirements for can-

didates to appear on a statewide ballot, he later backed down after experiencing criticism from inside his own party. Late Sunday, the attorney general issued a statement that indicated he would still be interested in pursuing some kind of reform. But changing the rules of the game during the election, he said, is probably not the best course of action.

"I do not change my position on issue of public policy often or lightly," Cuccinelli said in a written statement. "But when convinced that my position is wrong, I think it necessary to concede as much and adjust accordingly."

ONE POTENTIAL CHANGE that would level the playing field would be to require the same process for partisan candidates that is already required of independent candidates. Although registrars in Arlington and Alexandria offer verification as a courtesy, fewer than half of the candidates take advantage of the service. Fairfax County doesn't offer the service at all, except for when it's required by law for candidates that are not Republicans or Democrats. That's a disparity that some say should be addressed.

"It seems to me that we should all be playing by the same rules," said Del. David Albo (R-42), "Independent candidates shouldn't be subject to more scrutiny than Republicans and Democrats. That's just not right."

Albo and Brink both said they would support legislation that would require partisan candidates to meet the same standard as independent candidates, although neither said they would be introducing that kind of legislation this term.

Until then, parties will be responsible for flagging irregulars with their own candidates rather than nonpartisan registrars. And the Virginia State Board of elections will maintain blind trust in whatever the party chairmen tell them.

"We have no policing authority over the parties," said Justin Riemer, deputy secretary with the Virginia State Board of Elections. "The law trusts that the political parties will do the right thing."

"The law trusts that the political parties will do the right thing."

— Justin Riemer, deputy secretary with the Virginia State Board of Elections

OBITUARY

Leisa M. Urrutia

Leisa M. Urrutia, 52, of Arlington, died Saturday, Dec. 31, 2011 at home with her loving family, friends and dog surrounding her after a brief but intense battle with lung cancer.

She is the daughter of Diane Wiltjer (Jim) of Pinehurst, N.C. and the sister of Laurie M. Conaty (Pete) of Sanford, N.C. She is survived by her children, Shelly and Raymond Urrutia of Fairfax, Va., her boxer Chester, an aunt, Barbara Arseneau (Danny) of Beaverville, Ill., nieces and nephews and a host of other family and friends. She was predeceased by her father, Byford D. Manley and her

grandparents, Mona Baker and Arseneau (Morris) and Alfred Nourie, Jr.

She was a social worker investigator for County of Fairfax Department of Social Services and was recently presented an FBI award for her assistance in undoing a child pornography ring. She was passionate about animals and her children and had an irreverent sense of humor which will be sorely missed by all who knew and loved her.

Memorials may be made to the ASPCA at aspc.org "Donate Memorials" or the Lung Cancer Foundation of America at lcfamerica.org "Donations"

A memorial service is being held in Northern Virginia at a later date.



Leisa M. Urrutia



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OPINION

Tune in to General Assembly

Republicans control House of Delegates and Senate; Senate has served as roadblock to many things passed by the House in the past.

The newly configured Virginia General Assembly has begun its work in Richmond, convening on Jan. 11.

By Valentine's Day, the Senate and the House will be done with their own legislation and will be considering only legislation already passed by the other chamber. In previous years, this is where the legislation passed by the Republican-controlled House often met its demise in the committees of the Democratic-controlled Senate, but this year is different.

With 20 Democrats and 20 Republicans making up the Senate, and Republican Lt. Gov. Bill Bolling able to cast the tie-breaking vote on

many issues, plus a Republican governor to sign bills passed, this year is likely to have a somewhat different flavor and outcome than sessions past.

If everything goes smoothly passing the budget and Congressional redistricting (what could go wrong?), the session will adjourn on March 10.

Some things to watch: As the Governor seeks to increase money for transportation without raising taxes, the proposed budget will reduce money for K-12 education and social services. More conservative legislation, including concerning abortion and guns, is likely to emerge. The Governor's proposals to reduce regulation will likely move freely through the assembly.

Northern Virginia residents expressed their concerns at a hearing before the Fairfax County delegation to the General Assembly last Saturday, Jan. 7. About 60 people spoke, many about the need for continuing funding for social services, help for people with disabilities, treatment for people struggling with substance abuse, and more.

Chances are excellent that the senator and delegate representing you have changed since last year because of redistricting, elections and

the retirements of several long-time representatives. New districts snake, rattle and roll around Northern Virginia in a way that makes it impossible to say simple things, like, if you live in Arlington, your senator is so-and-so. Unfortunately, if you live in Arlington or Alexandria, your senator could be one of three people. If you live in Fairfax County, it's also impossible to describe simply. You need to look it up.

The good news is that the General Assembly website is relatively user-friendly. Visit http://legis.virginia.gov/1_cit_guide/contacting_my.html to look up who your legislators are, and how to contact them. You can also track particular legislation that interests you, or browse some of the thousands of bills that have been introduced by topic.

General Assembly website: <http://legis.state.va.us/>

Follow the Virginia Senate on Twitter, @vasen and the Virginia House of Delegates on Twitter @vahouse

- MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM, ON TWITTER, @MARYKIMM OR @FOLLOWFAIRFAX

LETTER

Special Insight

To the Editor:

I have known Libby Garvey for over 30 years, and I believe I have special insight into her character and talents due to our long friendship: We are both Returned Peace Corps Volunteers who have brought back our knowledge and commitment and applied it at home. We are both long-time Quakers who strive to carry our spiritual values over to our neighborhoods, our community, and our workplace. And we are both totally committed to the Arlington Schools — I've been a parent of school kids since 1979, and she's been on the School Board since 1996, so I've seen and heard a lot of her.

We need elected officials who are accessible. As a County Board member Libby will always be listening and working with Arlingtonians to keep this a strong and progressive county.

Libby Garvey is a very special human being. I want to see her on our Arlington County Board.

Chuck Kleymeyer
Arlington

Late Show Auditions

The Arlington Draft House was full as eight of the local area's comedians audition for a chance to perform on the Late Show with David Letterman.



Comedian and talent coordinator of the Late Show with David Letterman, Eddie Brill performed after the eight comics auditioned on Saturday night, Jan. 7.



The audience applauds as Jason Weaves auditions for a chance to appear on the David Letterman show.



Chris White, one of eight local comedians, auditions at Arlington Draft House.

PHOTOS BY LASHAWN AVERY-SIMONS

Write Us

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

Letters to the Editor, The Connection
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Call: 703-917-6444.

By e-mail: arlington@connectionnewspapers.com

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Home Life Style

Home Organization for the New Year

Simple solutions for achieving and maintaining an organized home.

BY MARILYN CAMPBELL
THE CONNECTION

The holiday season is now a festive memory, and Yuletide decorations are packed away. The New Year offers an opportunity for a fresh start and a chance to get organized.

For some, the thought of sifting through unruly closets, disheveled desk drawers and messy cabinets is overwhelming. But experts say clearing out a clutter conundrum can actually bring serenity.

"Organizing is good for the mind and emotions," said Margaret Buco, owner of Organizing-by-Margaret in Potomac. "When a home is organized, stress and chaos are lessened and are replaced by efficiency and freedom."

When faced with linen closets that hold everything from batteries to extensions cords, and kitchen drawers that are home to items ranging from hammers to toothpaste, it is difficult to know where to start. Local professional organizers say there are simple steps to home organization and believe it is wise to work incrementally.

"The best thing to do is begin with your most difficult area and break your project down into small pieces so it is not overwhelming," said Sally Reinholdt of Closets 911 in Alexandria.

DECIDE which organizational hotspots cause the most angst and tackle those first. "Let's say it is the closet," said Potomac-based organizer Nancy Atkinson Patch of Not-A-Problem. "Pull everything out and then take a good look at the space."

Once the space is empty, start to visual-



Susan Unger, a Vienna-based organizer, says that an organized home creates serenity.



One of the keys to organization is creating specific spaces for household items.



ize the possibilities.

"Go into a room or space and really daydream about what you want that room to be," said Eileen LaGreca, owner of Sensational Spaces in Fairfax. "What is its function? How do you use it? Then plan what you want to have happen in that space."

Next, divide the contents of the room into categories. "Set up a sorting station," said Atkinson Patch. "Get everything in one spot, and then start grouping so you can get a handle on what it is you're dealing with."

Belongings should fall into three categories:

those to keep, those to donate and those to discard. Experts say be ruthless. "This is an excellent quality to have when you are organizing," said Atkinson Patch. "Look at the items and ask, 'Have I used this in five years?' If the answer is no, it is time for the item to go bye-bye. Hang trash bags on the door knobs while you're organizing."

Create specific spaces for each object. "There is a saying: 'A place for everything and everything in its place.' Buy appropriate storage containers and label them," said Atkinson Patch. "Then think in departments.

Group similar items in one place, put them in a container and call it a department. For example, the extension cords go in the electrical department. Hammers go in the tool department. Needles and thread go in the sewing department."

As you sort, you might find multiples. "Once I had a client who started organizing and discovered that she had 12 staplers because when she couldn't find one she would go out and buy another one," said Susan Unger, an organizer and owner of Clutter SOS in Vienna.

Work gradually until a home or space is organized. "Do it in small, manageable chunks," said Jody Al-Saigh, owner of Picture Perfect Organizing in Arlington. "Perhaps 15 or 20 minutes per day and perhaps one day out of the week. Make manageable goals that you can achieve because you are going to get frustrated if you don't. If you can't do a whole room in one day, maybe do a drawer one day and another one the next day until the room is finished."

"When you buy something, you need to be thinking first about where it is going to go in your home. If an item doesn't have a home, it should not be coming into your home."
— Jody Al-Saigh, Arlington

SEE ORGANIZED. PAGE 11



PHOTO BY MARILYN CAMPBELL/THE CONNECTION

Some shelving and clean bins transform a basement.



PHOTO BY MARILYN CAMPBELL/THE CONNECTION

Organizer Margaret Buco of Potomac, Md. set up a mail filing system for Dan Davis of Silver Spring, Md. "I had him place a trash bag in the [foyer] of his house, so when he brings in his mail, his junk mail goes directly in the bag before the mail goes in the house."

Arlington REAL ESTATE

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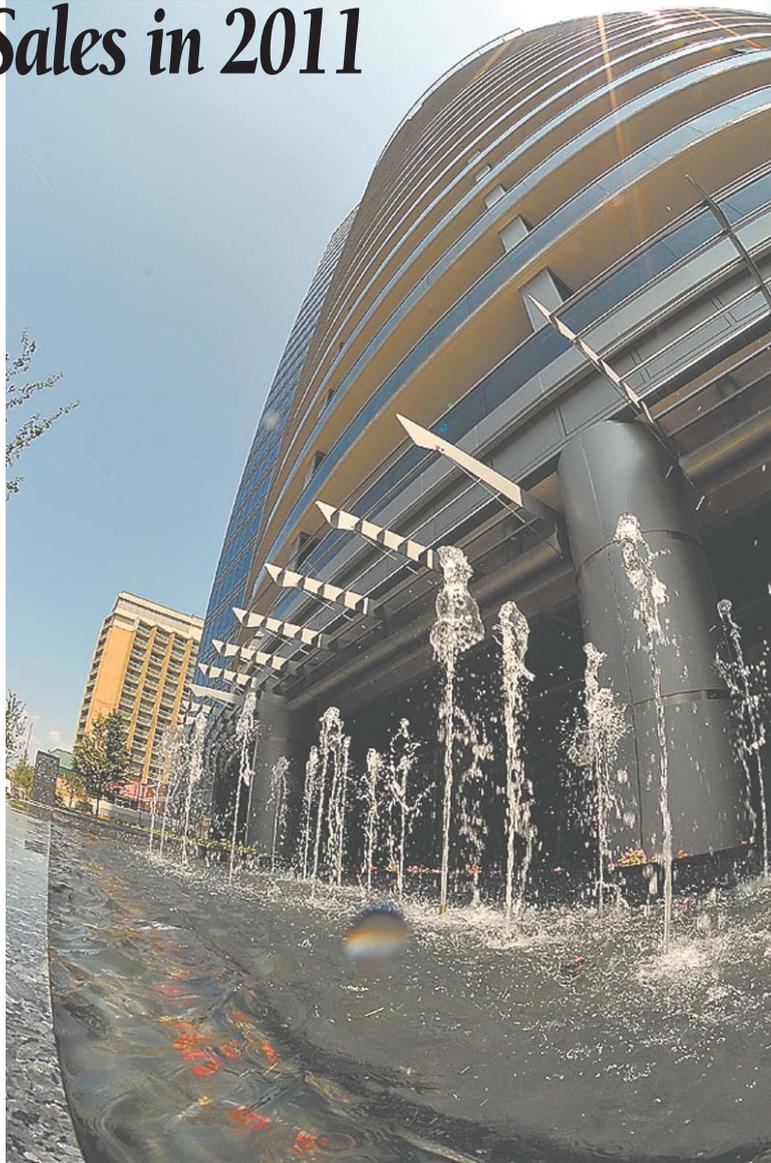
3 4691 Dittmar Road, Arlington — \$2,166,173



9 4516 37th Street North, Arlington — \$1,785,056



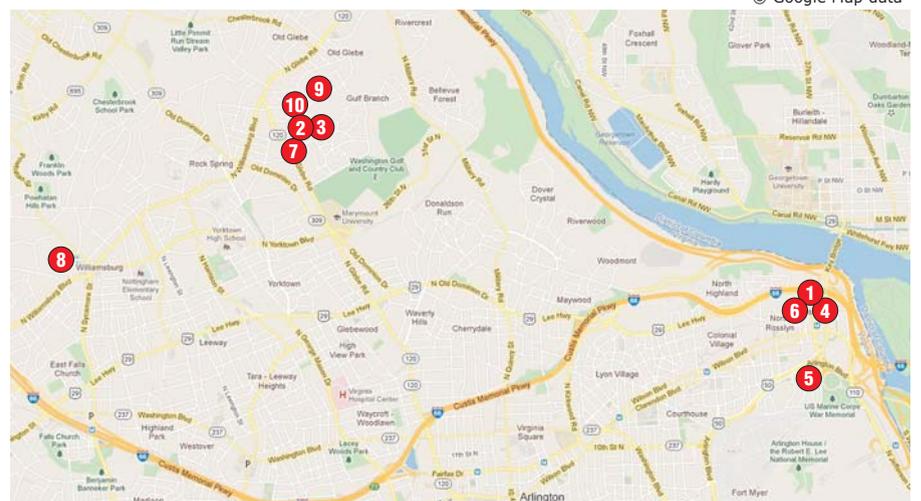
10 4615 36th Street North, Arlington — \$1,783,408



1 1881 Nash Street North #PH10, Arlington — \$2,250,000

4 1881 Nash Street North #2210, Arlington — \$2,100,000

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1	1881 NASH ST N #PH10	2	2	1	..	ARLINGTON	...	\$2,250,000	...	Hi-Rise 9+ Floors	22209	TURNBERRY TOWER	02/02/11
2	4668 DITTMAR RD N	7	7	2	..	ARLINGTON	...	\$2,200,000	...	Detached	0.30	COUNTRY CLUB HILLS	08/18/11
3	4691 DITTMAR RD	5	4	1	..	ARLINGTON	...	\$2,166,173	...	Detached	0.38	COUNTRY CLUB HILLS	08/19/11
4	1881 NASH ST N #2210	2	2	1	..	ARLINGTON	...	\$2,100,000	...	Hi-Rise 9+ Floors	22209	TURNBERRY TOWER	09/01/11
5	1411 NASH ST N	3	4	2	..	ARLINGTON	...	\$1,986,885	...	Townhouse	..	0.03	BROMPTONS AT MONUMENT PL	...	08/12/11
6	1881 NASH ST N #PH 08	2	2	1	..	ARLINGTON	...	\$1,950,000	...	Hi-Rise 9+ Floors	22209	TURNBERRY TOWER	02/02/11
7	3333 GLEBE RD N	6	5	2	..	ARLINGTON	...	\$1,890,000	...	Detached	0.65	COUNTRY CLUB HILLS	10/05/11
8	6537 36TH ST N	5	5	2	..	ARLINGTON	...	\$1,838,000	...	Detached	0.23	BERKSHIRE OAKWOOD	06/30/11
9	4516 37TH ST N	5	4	1	..	ARLINGTON	...	\$1,785,056	...	Detached	0.26	COUNTRY CLUB HILLS	03/03/11
10	4615 36TH ST N	5	4	1	..	ARLINGTON	...	\$1,783,408	...	Detached	0.28	COUNTRY CLUB HILLS	02/04/11

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

Home Life Style

Organized in a New Year

FROM PAGE 9

Organizers say resist the urge to purchase organizing tools until you assess your needs. "First start by using things you already own before buying new things," said Buco.

Drawer dividers, non-slip hangers and clear plastic containers are among organizers' top weapons in the battle against chaos.

"[One] client had a lot of necklaces and bracelets that she never wore because they were in a drawer and she couldn't see them," said Unger. "I found these great Lucite jewelry hangers that we attached to her closet, and now she sees them and wears them all the time."

"One main organizational problem is a lot of junk drawers," said Atkinson Patch. "Everybody has them. They hold everything from bills to throat lozenges. You're allowed to have one junk drawer in your house. Put everything else in the proper place."

Another source of clutter is unsorted mail. "Stand next to the trashcan and go through the mail when you first get it," said Atkinson Patch. "Throw out or recycle things you know you don't want or need. Ask yourself, 'Do I have money to give to this charity right now?' If the answer is no, throw it in the trash. You don't need to save these things. You can go online to give to charity and order from catalogs."

To help eliminate excess paper, scan documents and store them electronically whenever possible. "For important things like passports and birth certificates get a fireproof box so you can keep them safe and access them quickly," said Bucco.

With the proper organizational gadgets, crowded closets become more spacious. "One way to make



Eileen LaGreca, an organizer based in Fairfax, says that once you clear out a closet, visualize how the space will be used before re-stocking it.

more room in closets [is to buy] hangers with several clips so you can hang multiple clothing items on one hanger and use your lateral space more efficiently," said Reinholdt. "You can piggyback your hangers and hang maybe four

or five things in the same space. I am also big on using over-the-door shoe pockets for not only shoes but for storing all kinds of things like scarves, jewelry [and] small items like socks and underwear."

When organizing a child's space, techniques such as labeling containers with pictures instead of words makes it easier for young children to put belongings in the proper space. "If there is a bin for blocks, put a picture of blocks on the front," said Buco. "Keep like items together. Dolls with dolls, crayons with crayons."

Buco organized the playroom in her grandchildren's Centreville home using the same tools that she uses for adult spaces. "What is important for children is that they can see everything clearly and that everything is in arms reach," she said.

Take inventory of children's spaces quarterly. "Go through playrooms and children's bedrooms four times each year to organize and assess toys and clothing," said Buco.

Once a home is tidy and every-



Alexandria-based organizer Sally Reinholdt says that with the proper organizational gadgets, she can make crowded closets seem more spacious

thing is in its proper place, what is the secret for keeping it that way? Experts say it takes discipline. "There is a maintenance routine where for 10 minutes every day you go around your house and put things back where they belong," said LaGreca.

The "one in, one out" rule is golden in the world of organiza-

tion. "If you're buying something new, that might mean getting rid of something else to make room for it," said Al-Saigh. "When you buy something, you need to be thinking first about where it is going to go in your home. If an item doesn't have a home, it should not be coming into your home."

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Home Life Style

Translating Vision into Space

Nicely Done Kitchens lives up to its name.

BY MAYA HOROWITZ
 THE CONNECTION

Kip and Evelyn Nicely, co-owners of Nicely Done Kitchens, strive to have every kitchen or home they remodel live up to their company name.

“My husband came up with the name,” said Evelyn Nicely. “We were deciding do we want to open up our business or not? He said, ‘because knowing you, you wouldn’t have anything less than nicely done.’ Anything we do will be beautifully done. Every week, we have our meeting and I tell our designers, we have to have a nicely done kitchen. Function, beauty, traffic pattern, all these things in one.”

The Nicelys opened their business in March 2003 in Burke.

“Our lease says we are in Burke, and the post office says we are in



PHOTO CONTRIBUTED

The finished Paulsen kitchen in Arlington.

Springfield,” said Kip Nicely in an email. “In truth, that corner triangle where we are located — King’s Park Shopping Center — has Annandale across the street to the north, Burke across the street to the west and south, Springfield across the street to the east and Fairfax across the street to the northwest. And we do kitchens in every area of Fairfax County, Arlington County, Alexandria, etc. all of Northern Virginia.”

Kip Nicely, who has his master’s degree from the University of Southern California in systems management, and is “very detailed and schedule oriented” according to his wife, oversees the accounting and marketing. Evelyn Nicely, who has a degree in architecture from the University of New Mexico, said she is “involved in every aspect of the business. I’m involved with every design that we put out as well as going in person to do the final walkthroughs.”

The number of employees at Nicely Done Kitchens fluctuates, but right now it’s 12. Two employees, Alexa and Maria Ida, are relatives of Evelyn Nicely.

“It’s my passion,” said Evelyn Nicely. “My entire family has a design background. It’s a natural ability.”

NICELY DONE KITCHENS, as the name implies, specializes in kitchens, but they also do bathrooms, fireplaces, basements, offices, decks and cabinetry work.

“We used to only do kitchens and now we do anything in a home,” said Evelyn Nicely. “We’ve become more innovative. Our scope of projects have changed.”

They are a Virginia Class ‘A’ contractor, design LEED certified and ADA certified for the handicapped and elderly.

“We have a program where we say no project is too small or too large for us,” said Evelyn Nicely.

Nicely Done Kitchens is a “one stop shop” which means that that everything needed for a bathroom or kitchen is available in their showroom. All of their cabinetry is U.S. made. They are a direct dealer for GE appliances.

“We attend industry specific training and conferences at least once a year, to keep abreast of current trends, styles, safety issues, and client focused improvements

SEE VISION TO SPACE. PAGE 17

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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.

WEDNESDAY/JAN. 11

Raising Chickens in Arlington Backyards: Should Zoning Requirements be Changed? Meet and Greet 7 p.m.; Dinner 7:25 p.m.; Program 8 p.m. Dinner is \$28. Sponsored by the Arlington Committee of 100. At Marymount University, 2807 North Glebe Road, Arlington. Call 703-228-5996.

THURSDAY/JAN. 12

Uniforms Not Costumes: A Real History of Civil War Uniforms. 7 p.m. Chris Clarke, a 20-year student, re-enactor, and maker of historically accurate Civil War military equipment, will present a free program at the Arlington Central Library.

FRIDAY/JAN. 13

She Got Game. Opening reception from 6 to 9 p.m. An exhibition that features strong images of strong women created by male, female and transgendered artists from around the region and across the country. A performance event will be held Saturday, Feb. 11 from 12:30 to 4:30 p.m. At the Arlington Arts Center, 3550 Wilson Blvd., Arlington. Visit www.findyourartist.org.

SATURDAY/JAN. 14

Author Discussion. 3 p.m. Melanie S. Hatter, winner of the Washington Writers' Publishing House 2011 Fiction Prize, will be reading from her debut novel, *The Color of My Soul*, at One More Page bookstore in Arlington.

Winter Pruning of Trees and Shrubs. 10 a.m. Learn when to prune and how to use pruning tools to make cuts, reduce size and shape, and correct defects. Bring your own pruning tools (hand pruners, lopping shears, pruning saws) if available and dress warmly for working outside. At Arlington Central Library, 1015 N. Quincy St., Arlington. To register, call 703-228-6414.



MONDAY/JAN. 16

An Evening with Eilen Jewell. 8 p.m. Tickets are \$15. At the IOTA Club & Café, 2832 Wilson Blvd., Arlington. Call 703-522-8340 or visit www.iotaclubandcafe.com.

JAN. 14 AND 15

1K Wine Walk/1K Beer Walk. 2 to 7 p.m. Walkers can sample 30 different wines as they make their way through a fun, indoor course at the Crystal City Shops. Presented by the Crystal City Business Improvement District. Tickets are \$40/Wine; \$35/beer; call 703-412-9430. At Crystal City Shops, 2200 Crystal Drive, Arlington. Contact Jordan Stinnett at 202-207-3662 or jstinnett@scottcircle.com.

SUNDAY/JAN. 15

Ask the Trainer. 1 p.m. Free. The session will be led by Fur-Get Me Not lead trainers, who are Certified Professional Dog Trainers, Knowledge and Skills Assessed (CPDT-KSA). At Fur-Get Me Not, 4120 S. Four Mile Run Drive, Arlington.

Book Dating for Singles. 6 p.m. Bring a couple of books you'd like to share — favorites, disappointments, books in progress or even books you're planning to read. Book "dates" will be timed at 3 minutes, allowing all participants an opportunity to meet. The event will be moderated by library staff. Call 703-228-6545 or drop by to register in advance. Drawings for 2 free tickets to Signature Theater. At Shirlington Branch Library, 4200 Campbell Ave., Arlington.

MONDAY/JAN. 16

An Evening with Eilen Jewell. 8 p.m. Tickets are \$15. At the IOTA Club & Café, 2832 Wilson Blvd., Arlington. Call 703-522-8340 or visit www.iotaclubandcafe.com.

MLK Day Stream Clean-Up with ACE. 10 a.m. to noon. Free. Help Arlingtonians for a Clean Environment (ACE) make Martin Luther King Day a day of service. Volunteer to clean up a section of Four Mile Run stream and keep trash out of Arlington County's largest stream watershed. Groups, families, and individuals are all welcome. To register email volunteer@arlingtonenvironment.org or call 703-228-6406.

TUESDAY/JAN. 17

Swing Dancing. 9 to 11 p.m. Cost is \$10. With the Soul Tones of Swing. At Clarendon Ballroom, 3185 Wilson Blvd., Arlington.

THURSDAY/JAN. 19

California Honeydrops. 9 p.m. Cost is \$5. San Francisco band perform at Tortoise & Hare, 567 23rd St., S., Arlington. Call 703-979-1872.

Kent Knowles Speaks. 11 a.m. Free. The Raptor Conservancy of Virginia speaker will discuss raptors, their value to gardeners, and their place in our local ecosystem. At the Rock Spring Garden Club, at Little Falls Presbyterian Church, 6025 Little Falls Road, Arlington. RSVP by Jan. 12 to 703-533-2942. <http://rockspringgardenclub.com/>

Film: "Protector" [2009]. At 6:30 p.m. A Cross Cultural Cinema series presentation. Emil, a



THURSDAY/JAN. 19

California Honeydrops. 9 p.m. Cost is \$5. San Francisco band perform at Tortoise & Hare, 567 23rd St., S., Arlington. Call 703-979-1872.

Czech radio reporter, is married to Hana, an actress whose new film has catapulted her to fame. As the Nazis come to power, however, Hana's Jewish heritage causes her fall from stardom. To protect her, Emil collaborates with the new Nazi-controlled state radio. At Arlington Central Auditorium.

FRIDAY/JAN. 20

Broadway Favorites. 7:30 p.m. With the Symphony Orchestra of Arlington. Conducted by Jeff Dokken, Music Director and Conductor of the Symphony Orchestra of Arlington. With soloists Emily Alpern Fisch, Laura Wehrmeyer, Gregory Stuart, and John Dellaporta. Tickets are \$10 to \$20 per person. Visit www.symphonyorchestraofarlington.com or 804-322-9328. At Rosslyn Spectrum Theatre, 1611 N. Kent St., Arlington.

SATURDAY/JAN. 21

Country Western Dance. The Northern Virginia Country Western Dance Association will hold its smoke-free, alcohol-free dance at Luther Jackson Middle School, 3020 Gallows Rd., Falls Church. Kathy Fanelli will be the DJ. The line dance "Red Solo Cup" (or possible alternate dance) will be taught beginning at 7:30 p.m. Marty and Karen Johnson will teach beginning Two-Step beginning at 8 p.m. Open dancing is from 8:30-11 p.m. and includes Two Step, Waltz, line, Swing, Cha Cha, and specialty dances. Couples and singles are welcome. Admission for NVCWDA members \$10; non-members \$12; children under 18 accompanied by a paying adult \$5; PSDC members \$10. Snacks and drinks will be available. Visit www.nvcwda.org or call 703-860-4941 and leave a message.

Wetlands Benefit Concert. 1 to 4 p.m. Tickets are \$10/family. Entertainment and activities include children's performer Groovy Nate, roots/bluegrass band Forty Miles Home, Bolivian dance performances, sing-along, family yoga, storytelling and a silent auction. Proceeds will help construct a Wetlands Learning Lab on school grounds. At Campbell Elementary School, 737 S. Carlin Springs Road, Arlington.

Children's Theater Festival. 11 a.m. to 5 p.m. Adults \$15; children under 13 are \$10. There will be six hours of theater and other artistic activities to delight children, parents and friends. A folkloric dance troupe from Paraguay as well as a drum ensemble providing Afro-Cuban rhythms will be featured. 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 Theater, 1611 North Kent St., "LL" Level, Arlington. Call 703-548-3092 or visit www.teatrodela luna.org.

JAN. 21 AND 22

1K Wine Walk. 2 to 7 p.m. Walkers can sample 30 different wines as they make their way through a fun, indoor course at the Crystal City Shops. Presented by the Crystal City Business Improvement District. Tickets are \$40; call 703-412-9430. At Crystal City Shops, 2200 Crystal Drive, Arlington. Contact Jordan Stinnett at 202-207-3662 or jstinnett@scottcircle.com.

TUESDAY/JAN. 24

Swing Dancing. 9 to 11 p.m. Cost is \$10. With the Jeff Carmella Band. At Clarendon Ballroom, 3185 Wilson Blvd., Arlington.

JAN. 25 TO JAN. 30

Citrus Sale. 8 a.m. to dark. The Arlington Host Lions Club will hold a citrus sale at the Wells Fargo Bank, corner of N. Glebe Road and Lee Highway, Arlington. The following fruit will be sold at the following costs per case: Pink/White Grapefruit @ \$28 per case and \$15 per half; Navel oranges @ \$27 per case and \$14 per half; Tangelos @ \$26 per case and \$14 per half; Hamlin juice oranges @ \$25 per case and \$13 per half; and Tangerines @ \$18 per half case.

WEDNESDAY/JAN. 25

Workshop on Trees and Shrubs. 6:30 to 8:30 p.m. Late winter is a good time to plant trees and shrubs, and now is the time to think about which trees and shrubs will best meet your needs. This workshop explains how to plant, water, feed, prune and protect your trees and shrubs. At Fairlington Community Center, 3308 S. Stafford St., Arlington. Registrations at 703-228-6414 or mgarlalex@gmail.com or visit <http://mgnv.org>.

Author Talk: "Under Their Thumb — How a Nice Boy from Brooklyn Got Mixed Up with the Rolling Stones..." 7 p.m. Author and Rolling Stones insider Bill German discusses his ups and downs with "the world's greatest rock 'n' roll band," which marks its 50th anniversary in 2012. German's "Under Their Thumb" chronicles how he befriended the Stones while he was just a teenager, and how he documented the band's lives and work for the next two decades. At the Arlington Central Library Auditorium.

JAN. 27 TO FEB. 11

"Man of La Mancha." Fridays and Saturdays at 8 p.m.; Sundays at 2 p.m. With adult themes, this powerful production is most suitable for audiences 16 and older. Tickets, available at <https://web.ovationtix.com/trs/pr/853825>, are \$18 to \$20 with group rates available. Call 703-790-9223. Complete show information is available at www.mcleanplayers.org. Performances at McLean Community Center's Alden Theatre, 1234 Ingleside Ave., McLean.

SCHOOLS

Ten Arlington schools have earned 2012 Virginia Index of Performance (VIP) awards. The awards were created by the Board of Education in 2007 to promote advanced learning and achievement. The 2012 Governor's Award of Educational Excellence Recipients are:

- ❖ Arlington Science Focus Elementary School;
- ❖ Arlington Traditional School;
- ❖ Jamestown Elementary School;
- ❖ McKinley Elementary School;

The 2012 Board of Education Excellence Award Recipients are:

- ❖ Ashlawn Elementary School;
- ❖ Nottingham Elementary School;
- ❖ Taylor Elementary School;
- ❖ Tuckahoe Elementary School

These schools have met all state and federal accountability benchmarks for at least two consecutive years and have made significant progress toward goals for increased student achievement and expanded educational opportunities set by the Virginia Board of Education.

The 2011 Board of Education Competence to Excellence Award Recipients are:

- ❖ Glebe Elementary School
- ❖ Yorktown High School

This award recognizes schools that have met all state and federal accountability benchmarks for at least two consecutive years and have made significant progress toward goals for increased student achievement and expanded educational opportunities set by the Virginia Board of Education.

Larry Chen of Arlington, a sophomore Early Childhood Education major at York College of Pennsylvania, has been named to the Dean's List for the Fall 2011 semester.

Brevard College in Brevard, NC, has named **Ryan RisCassi** of Arlington to the Honor Roll for the fall semester of the 2011-2012 academic year.

Stephen Morrissey, a student in the 4th form at Kent School in Kent, Conn., was named to the honor roll for the fall term of 2011-2012. Morrissey is the child of Mr. and Mrs. Stephen Morrissey of Arlington.

Cassidy Gale, a student in the 5th form at Kent School in Kent, Conn., was named to the high honor roll for the fall

term of 2011-2012. Gale is the child of Ms. Maggie McDermott of Arlington and Mr. Chris Gale of New York City.

Dr. Julie Crawford has been appointed by the Arlington County School Board as interim assistant superintendent for student services and **Dr. Kristi Murphy** has been named as interim director of special education. Crawford had served as the APS director of special education since 2006. Since joining APS in 2002, she has been a special education teacher at Swanson Middle School, special education coordinator and liaison with the APS Department of Instruction, and assistant principal at the Claremont and Drew Model elementary schools. Crawford received her bachelor's degree in elementary and special education from the State University of New York at Geneseo, a master's degree in special education from Syracuse University, and a doctoral degree in special education with an endorsement in administration from The George Washington University.

Marymount University is proud to announce that the following residents are among the more than 450 undergraduates and 350 graduate students who received degrees at the University's 60th Commencement Ceremonies at DAR Constitution Hall in Washington, D.C., on May 8.

- ❖ **Chitralekha Rao of Arlington** earned a/an M.B.A./M.S. in Information Technology.
- ❖ **Gregory Spears of Arlington** earned a/an M.Ed. in Elementary Education.
- ❖ **Christopher Spinner of Arlington** earned a/an Bachelor of Business Administration.
- ❖ **Alexander Terpening of Arlington** earned a/an M.A. in Forensic Psychology.
- ❖ **Ryan Vaz of Arlington** earned a/an B.S. in Information Technology. Vaz graduated magna cum laude.
- ❖ **Bezawit Worku of Arlington** earned a/an B.S. in Biology. Worku graduated summa cum laude and completed the Honors Program.
- ❖ **Rebecca Zimmerman of Arlington** earned a/an M.Ed. in English as a Second Language. Zimmerman completed the Honors Program.
- ❖ **Natalie Armstrong of Arlington** earned a/an M.A. in Forensic Psychology.
- ❖ **Ylonka Cossio of Arlington** earned a/an B.A. in Graphic Design.
- ❖ **Stefanie Fred of Arlington** earned a/an M.Ed. in Elementary Education.

THEATER

JAN. 13 TO JAN. 22

"The Trials of Robin Hood."

Performances 2 p.m. on Jan. 13, 15, 16, 21 and 22; at 7:30 p.m. on Jan. 13, 14, 21, 22. Tickets are \$9/online; \$10/door. Presented by Aldersgate Church Community Theater (ACCT). At 1301 Collingwood Road, Alexandria. Visit www.acctonline.org.

NOW THROUGH JAN. 15

"Darius the Dragon & Rap-Punzel."

For ages 4 and up. Presented by Encore Stage & Studio. Performances are Friday, Jan. 13 at 7:30 p.m.; Saturday, Jan. 14 at 11 a.m. and 3 p.m.; Sunday, Jan. 15 at 3 p.m. At the Spectrum Theatre at Artisphere, 1611 N. Kent St., Arlington.

JAN. 13 TO 28

"Dreamgirls."

Evening performances on Jan. 13, 14, 20, 21, 26, 27, 28 at 8 p.m., and a Sunday matinee on Jan. 22, at 2 p.m. Performances will be held at the Gunston Arts Center - Theater One, 2700 S. Lang Street in Arlington. Seating is General Admission; Tickets are \$20 and are available online for pre-purchase at www.DominionStage.org. Group Discounts available. Reservations can be made online or by calling 571-DS-Shows or 571-377-4637.

JAN. 13 TO FEB. 11

Jules Feiffer's "Little Murders."

Show times are Thursday through Saturday 8 p.m.; Saturday/Sunday matinee at 2:30 P.M. Post-show talk-back on Jan. 19. At Gunston Theatre II, 2700 South Lang St.,

Arlington. Order tickets online at americancentury.org or 703-998-4555.

JAN. 14 TO FEB. 4

"The 25th Annual Putnam County Spelling Bee."

Wednesday to Saturday at 8 p.m.; Sunday at 3 p.m. Presented by the Little Theatre of Alexandria, 600 Wolfe St., Alexandria. Visit www.thelittletheatre.com or 703-683-0496.

JAN. 31 TO MARCH 25

"Really Really."

Showtimes are Tuesdays and Wednesdays at 7:30 p.m., Thursdays and Fridays at 8 p.m., Saturdays at 2 p.m. and 8 p.m., and Sundays at 2 p.m. and 7 p.m. Tickets are \$56 - \$80 and are available by calling Ticketmaster at 703-573-SEAT (7328) or visiting www.signature-theatre.org. At Signature Theatre, 4200 Campbell Ave., Arlington.

EXTENDED THROUGH FEB. 5

"Hairspray."

Weeknights and matinees on Saturdays and Sundays. Directed by Eric Schaeffer, starring national radio host Robert Aubry Davis. Tickets start at \$63. Call 703-573-SEAT or visit www.signature-theatre.org. At Signature Theatre, 4200 Campbell Ave., Arlington.

FEB. 9 TO MARCH 3

"Genesis Reboot."

Tickets are \$30. Presented by Syntetic Theater. Thursdays, Fridays, Saturdays at 8 p.m.; Sundays at 2 p.m. At Crystal City Theater, 1800 South Bell St., Arlington.

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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

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ORANGE LINE CONNECTION

East Falls Church

Ballston-MU

Virginia Sq-GMU

Clarendon

Court House

Rosslyn



FRIDAY/JAN. 13

Food Meets Art. 7 p.m. Cost for dinner is \$150. Chef and artist Carole Greenwood joins forces with Artisphere to connect people, food and art in an unexpected way and place. Recipes inspired by Alice B. Toklas: An Orange Arrow Pop-Up Dinner. The evening will include not only the food and her cooking style, but Toklas' very specific instructions for presentation and consumption. At the Artisphere's Terrace Gallery in Arlington.



JAN. 13-15

"Battle for Brooklyn." \$7/general; \$5/seniors, students. Friday, Jan. 13 and Saturday, Jan. 14 at 8 p.m.; Saturday, Jan. 14 at 5 p.m.; Sunday, Jan. 15 at 6 p.m. "Battle for Brooklyn" is the tale of one man under pressure, and how far he will go to save his community and his home from the private developers who want to build a basketball arena on top of it. At the Dome Theater at the Artisphere in Arlington.

SATURDAY NIGHTS AT 11:01

11:01 Saturday Nights. Starts at 11:01 p.m. Late-night dance party. Tickets are \$15/\$12 students. At the Ballroom at Artisphere, 1101 Wilson Blvd., Arlington. Call 703-228-1850.

DANCE WEDNESDAYS

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.

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.

NOW THROUGH JAN. 16

Floating Utopia: Mobile Art Gallery Designs. Free. See drawings from and a team of seven German architecture students under the direction of Andreas Queneau for a Step Van Truck designed as a mobile art gallery. Interact with this exhibit by designing your own customized version of this truck. The exhibit also includes utopian plans for a mobile greenhouse and diagrams showing various uses of recycled lunar devices for community engagement. At the Works-in-Progress Gallery at the Artisphere.

NOW THROUGH FEB. 15

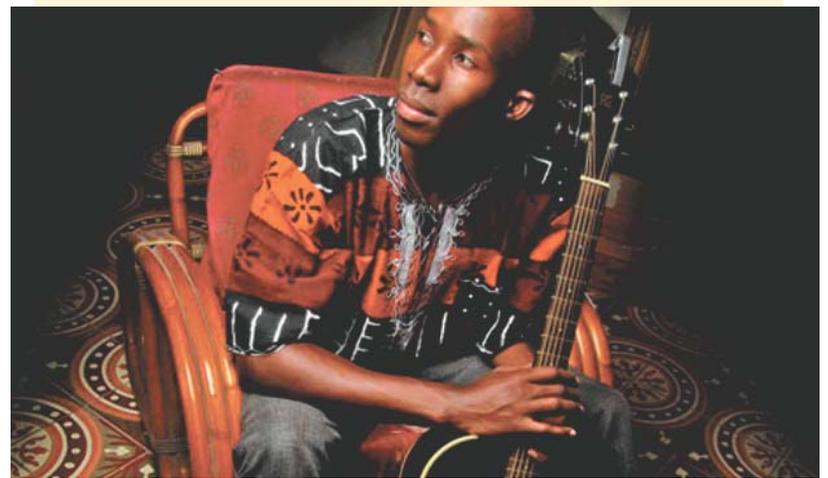
Jesse Kanda: Waking from a Coma. Jesse Kanda is a Japanese-born, London-based designer and filmmaker. Coming from a graphic design background, he creates experimental films which merge mediums ranging from 3D and 2D to live footage. At the Artisphere in Arlington.

JAN. 13 TO 15

"Darius the Dragon & Rap-Punzel." For ages 4 and up. Presented by Encore Stage & Studio. Performances are Friday, Jan. 13 at 7:30 p.m.; Saturday, Jan. 14 at 11 a.m. and 3 p.m.; Sunday, Jan. 15 at 3 p.m. At the Spectrum Theatre at Artisphere, 1611 N. Kent St., Arlington.

NOW TO JAN. 22

Rock Band Beauty Pill. A multimedia installation. Visitors will have the opportunity to listen to Beauty Pill's new album — recorded in full view and presented at the Artisphere. At the Artisphere in Arlington.



SATURDAY/JAN. 14

Belo. 8 p.m. A socially conscious singer-songwriter with a sophisticated sound, BÉLO has received numerous awards, including "Best Male Artist 2007" by the Haitian Music Awards and the prestigious "Prix Radio France International Discoveries of 2006." At the Ballroom at the Artisphere in Arlington.



TUESDAY/JAN. 17

Contra Sonic With DJ Improper and B-Ham. 7:30 p.m. \$8/\$6 seniors.

Contra dancing is American folk dance with roots in square dancing, but when you add free glow sticks, a DJ and laser display you get Contra Sonic. Dancers of any experience are welcome. Lessons from 7:30 p.m. to 8 p.m., then dancing until 11 p.m. At the Ballroom at the Artisphere in Arlington.

NOW TO JAN. 22

The Immersive Ideal. Free. The Immersive Ideal project returns with a multimedia installation designed by Kelley Bell and Stephan Moore. The installation will feature a user-interactive, monome-controlled (www.monome.org) array of photographs from the recording sessions by Nestor Diaz, Morgan Klein, Brian Libby, Jon Pack and PJ Sykes. From Jan. 7-22, listen to Beauty Pill's new album — recorded at and presented exclusively at the Artisphere — while immersed in the photographs that document the band's experiment in radical artistic transparency. At the Artisphere in Arlington.

TUESDAY/JAN. 17

Words and Music Singer Songwriter Series. 7:30 p.m. \$8/\$6. Self-proclaimed "dark surf rock" musician Matthew Archer, indie-pop musician Timothy Bracken and indie-rock Andrew Ullman of Johari perform songs in the round and talk about their creative process. At the Dome Theater at the Artisphere.

WEDNESDAY/JAN. 18

The Revelers. 7:30 p.m. Cost is \$15. Direct from Baton Rouge, Louisiana, the Revelers play traditional Cajun music and are all members of the acclaimed Red Stick Ramblers. At the Ballroom at the Artisphere in Arlington.

JAN. 18 TO JAN. 21

Artists' Bloc. Cost is \$5. Artists' Bloc provides the opportunity for artist and audience to collide through written and verbal feedback free from the critical eye of the press. Wednesday and Thursday at 7:30 p.m. at the Dome Theatre; Friday at 7:30 p.m.; Saturday at 3 p.m. and 7:30 p.m. in the Terrace Gallery. At the Artisphere in Arlington.

JAN. 19 TO MARCH 11

Amy Hughes Braden: Too Extroverted to Paint. Free. Plagued by the need for human interaction, stuck in a world of tweets and tags, Amy Hughes Braden will paint large portraits of "tweens" working towards her 2013 show in Artisphere's Mezz Gallery. Artist working onsite in the WIP: Fridays 4-8 p.m., Saturdays 1-7 p.m. and Sundays 1-5 p.m.

SATURDAY/JAN. 21

SULU DC. 7 p.m. \$10/general; \$8/seniors. A performance showcase of emerging and established Asian American and/or Pacific Islander artists in spoken word, music, dance, theater, film and multidisciplinary arts from the local and national scenes. At the Dome Theatre at the Artisphere in Arlington.

Yorktown's Rebh Scores Career-High 22 in Defeat

Patriots struggling without injured point guard Venson.

BY JON ROETMAN
THE CONNECTION

Yorktown senior Emily Rebh had scored 22 points when she got twisted up with a Mount Vernon player and fell to the ground. The back of Rebh's head banged against the court during the tumble, leaving the guard feeling woozy as she headed to the bench with less than four minutes remaining in the contest.

After the game, Rebh said she would be OK and acknowledged her pre-fall point total was a career high. However, it wasn't enough to save the Patriots, who have stumbled early in the season after losing standout sophomore point guard Mikayla Venson indefinitely to a concussion.

The Yorktown girls basketball team lost to defending National District champion Mount Vernon 80-53 on Jan. 9, dropping the Patriots' record to 4-9, including 3-2 in the district. Venson, ranked the No. 12 sophomore in the nation by ESPN.com, suffered a concussion on Dec. 6 against Centreville, Yorktown's third game of the season. Head coach Dave Garrison said Venson recently returned to school and has yet to be cleared by the Yorktown training staff.

Venson, named co-district player of the year as a freshman, is Yorktown's primary ball-handler and go-to scorer.

"There's definitely an adjustment period," Garrison said about playing without Venson. "It really changed our whole style of play."

Rebh was expected to be a significant contributor this season but struggled through the first month. After a disappointing holiday tournament, Rebh said she spoke with her father about how she wanted to approach the remainder of the year. The results have been promising, with Rebh



Yorktown senior Emily Rebh scored a career-high 22 points against Mount Vernon on Jan. 9.

"She's being more aggressive to score; it starts with her defense. Before, she let her offense control how she played — if she missed a shot she'd just kind of shut down. Now she's feeding off her defensive effort and it's shown the last two games."

— Yorktown girls basketball coach Dave Garrison about Emily Rebh

scoring 19 points in a 44-40 win against Washington-Lee on Jan. 6 and 22 against the Majors.

"It wasn't Mikayla [getting injured]," Rebh said in regard to her improved play.



Yorktown sophomore Haley Molnar grabbed five rebounds against Mount Vernon on Jan. 9, one game after tallying 16 against Washington-Lee.

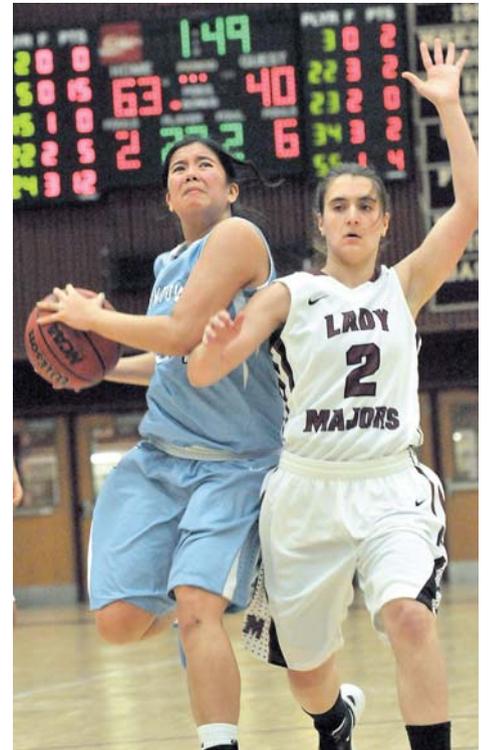
"It was my own waking up and realizing I'm a senior, this is my last shot and I've really got to step up on my own. Over the break I had a couple of games where I didn't do as well as I wanted to and I kind of looked at myself and said this isn't me and I don't want to waste the rest of the season just kind of walking through it.

"Here I am and I'm hoping I can continue on this path."

Rebh scored 14 points in the first half against Mount Vernon and converted a pair of three-point plays.

"She's definitely refocused her efforts in practice," Garrison said. "She's being more aggressive to score; it starts with her defense. Before, she let her offense control how she played — if she missed a shot she'd just kind of shut down. Now she's feeding off her defensive effort and it's shown the last two games."

PHOTOS BY LOUISE KRAFFT/THE CONNECTION



Yorktown senior Tricia Leano scored six points against Mount Vernon on Jan. 9.

Garrison said sophomore forward Haley Molnar, senior guard Tricia Leano and sophomore guard Brook Maloney have played well in Venson's absence. Molnar grabbed 16 rebounds against W-L and finished with five against Mount Vernon. Leano scored six points against Mount Vernon. Maloney has helped fill in at point guard.

Yorktown will host Wakefield at 6 p.m. on Thursday, Jan. 12. While the Patriots have had to adjust without their start point guard, Rebh said the team is capable of success moving forward.

"It definitely took some restructuring, but I think that this team has really come together," she said. "Everyone has stepped up. Every single person in practice has really stepped up to the occasion. We had to change a few things and work around losing [Venson] but we have, I think at this point, really come together again. It took a few games to get there but we're here."

SPORTS BRIEFS

Yorktown Swim, Dive Teams Beat Wakefield

The Yorktown boys and girls swim and dive teams defeated Wakefield on Jan. 7 at the Wakefield pool, improving both teams to 5-0 for the season.

The boys won their meet 131-51 with 11 first-place wins in the 12 events. First-place finishes in individual events came from Jason Henley (200 free), Will Tarkenton (50 free), Chris Saulnier (diving), Max Fish (100 fly), Henry Love (100 free), Crosby Sensibaugh (500 free), David Emson (100 back) and Pe-

ter House (100 breast). The three relay teams also came through with first place finishes: 200 medley relay (Henley, Jack Storrs, Sean Coleman, Quinn Romanek); 200 free relay (Emson, Fish, Eric Newton, Tarkenton) and 400 free relay (Shahan Jayasinghe, Love, Sensibaugh, Coleman).

The girls won their meet 147-21, also with first-place finishes in every vent. Mason Nassetta was a double winner in the 100 fly and diving Events. Other individual event winners were Greta Mosley (200 free), Anastasia Gustafson (200 IM), Ellie Belilos (50 free), Amanda Didawick (100 free), Abby Young (500 free), Rachel Robertson (100 back) and Katie Linek (100 breast). The girls also won each of the relays: 200 medley relay (Didawick, Lauren Allard,

Young and Mason Nassetta); 200 free relay (Allard, Belilos, Gustafson, Stephanie Romano); and 400 free relay (Allard, Grace Greenwood, Romano, Young).

The Patriots return to the pool next weekend with a meet against Edison at the South Run Pool. The meet begins at 6:30 p.m.

Arlington Aerials To Host Meet

The Arlington Aerials will host a USA Gymnastics competition Jan. 13-15 at Barcroft Sports & Fitness Center. Session No. 1 begins at 5:30 p.m. on Jan. 13. Sessions No. 2 (9 a.m.), 3 (noon) and 4 (4 p.m.) will be held on Jan. 14 and session No. 5 (8:30 a.m.),

6 (noon) and 7 (4 p.m.) will be held on Jan. 15. Session No. 4 is the highest level of competition during the weekend.

Admission is free.

W-L Boys Beat Yorktown

The Washington-Lee boys basketball team defeated Yorktown 52-49 on Jan. 6.

W-L went on to beat Falls Church 64-63 on Jan. 9, improving to 4-1 in the National District. Yorktown fell to 2-3 with a 70-59 loss to Mount Vernon.

W-L will travel to face Edison at 7:45 p.m. on Thursday, Jan. 12. Yorktown will host Wakefield.

Home Life Style

Working To Translate Vision into Space

FROM PAGE 12

for their home," said Kip Nicely. "Our designers are all well trained and professionals."

Evelyn Nicely said the average kitchen, from beginning to end, from demolition to the last piece of trim, takes about 4-5 weeks. There are at least six people on each job - a designer that stays with the project the entire time, a project manager, a project coordinator, and the crew - an electrician, a plumber and at least two carpenters.

Evelyn Nicely said every kitchen should have interest and a focal point. It has to be both beautiful and functional regardless of budget. She thinks there should always be a backsplash to complement the cabinetry.

"The only style we really infuse in every design is that of timelessness," said Stephanie Brick, an architectural designer who has her degree from Penn State University. "Some are traditional and some are contemporary but we strive that in 10 years from now they won't have to redo it because it's too trendy."

Before starting a project, Evelyn Nicely said homeowners should look for designers who have degrees, check accreditations and get referrals. She also said honesty, fairness, insurance and niceness are important for choosing a company to work with.



Kip and Evelyn Nicely, co-owners of Nicely Done Kitchens.

"They should have a pretty good sense of what they want out of the project," said Cathy Goss, a designer with her degree from Ringling College. "It's easy to look at magazines and say, 'wow that's great' but that doesn't necessarily work with the space that they have. Getting a feel for having a realistic point of view for what they have versus what they're trying to incorporate in the space. Everything from cabinet finish to type of appliances, durability based on children/pets, whatever the circumstances."

Brick said one challenge is working within budgets. Evelyn Nicely said another challenge is working with an existing home.

"You're bound by the space," said Evelyn

Nicely. "It's just so much wide and so much long. So you have to fit all the requirements that people have in that space. And that's what's also the most rewarding because you can see the before and the after. The amount of storage you give people sometimes doubles. We do an in depth survey where we ask a lot of questions. It takes about an hour and a half so we know exactly the lifestyle of the homeowners. Do they entertain, are they right handed, do they have children, what they like, what they don't like, so we can take everything into account."

SOME TRENDS in the field are opening kitchens to the family room, big islands, white kitchens, quiet dishwashers, large double sinks and charging stations for a laptop or computer.

Evelyn Nicely said she gets the biggest satisfaction when a client is happy.

"Nothing can compare to the happiness when you know that you gave it your best, everybody worked really hard and they just love it," said Evelyn Nicely. "Our clients actually become our friends. It doesn't matter whether it's a big kitchen or a small kitchen, the joy comes from the people. I wanted to show honesty and people working very hard for the most precious investment, which for most people is their home."

Brick said it's a great experience working one on one with clients.

"I genuinely enjoy meeting people who want to change their space and help realize that vision," said Brick. "Getting to connect with the client is one of my favorite parts of the job."

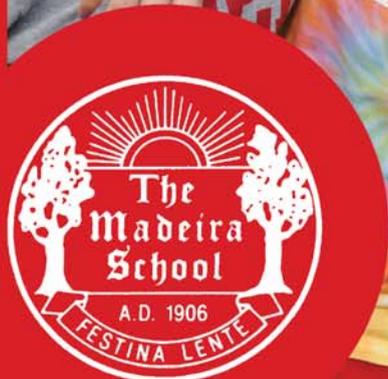
Marbeth Paulsen, a retired teacher, just had her kitchen redone in white with stainless steel and deep walnut accents by Nicely Done Kitchens. The company had done her daughter's kitchen in Burke and she said they had "done such a beautiful job that we decided we'd like them to do ours." She said it was a "wonderful experience working with Evelyn and her team. Evelyn Nicely is the nicest person in the world. She's just lovely."

Evelyn Nicely said it's her passion to do kitchens.

"There's so much in the kitchen," said Evelyn Nicely.

"Kitchens are challenging. It's the only room in the house where everyone gathers. It has to function and it has to be beautiful. If you have a beautiful kitchen and you put your house on the market that's what will sell that house. It's the most important room in the house."

Nicely Done Kitchens is located at 8934 Burke Lake Road, Springfield, VA 22151. Their phone number is 703-764-3748.



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Write From The Heart



By KENNETH B. LOURIE

Obviously I find comfort in writing. Obviously I have some need to put down on paper that which is in my head. In fact, evidence suggests that cancer patients who write about their feelings have some kind of improved quality of life and/or longer life expectancy. Let's hope so because I have those feelings and I certainly am writing about them. As it relates, the date on which I'm hand-writing this column is the date three weeks out approximately, before I'm scheduled for my every-four-month CT Scan and every-12-month Full Body Scan. I'll know exactly how I'm doing - after the oncologist advises me of my scan results. Saying or doing anything now, assuming any facts not yet in evidence, hardly seems like a prudent course of presumption. Yet here I sit, pen in hand; with cats on the table.

As much comfort and companionship as "The Boys" (Biscuit and Chino) provide, they can't eliminate my cancer thoughts, especially the thoughts now, during those final weeks leading up to the scans, when the rubber will really hit the road, when an inanimate piece of technology will determine my immediate future. Nor will the technician assisting me that day play any part in the outcome. Although it doesn't stop me from asking for a good result. Usually I'll receive a smile and a thumbs up in response. Joking with the staff seems to put me at ease and soothes the savage beast in me that is working like crazy to maintain the healthy (all things considered) status quo that has characterized the preceding 34 months.

But there's only so much pretending one can do. The scan will ultimately tell the tale. Hopefully it won't be a tale of woe because woe is me is not how I operate, which is good since my tumors (stage IV) are inoperable. In fact, stage IV means inoperable, I believe. Synonymous seems too innocent a word to attach to such a life-changing and serious diagnosis/prognosis, but if the shoe fits (which it doesn't anymore because of the edema in my feet, a side effect of the high blood pressure medication I take in an attempt to meet the levels mandated by the manufacturer of the targeted treatment drug, Avastin, which I'm infused with monthly), I suppose at this stage (pun intended) I should be happy to wear it.

And I most definitely am wearing it, a larger size though. But to not admit that all of this cancer stuff wears on me would be a lie. And since, generally speaking, I don't like to lie, and I have this need to vent and the space to vent it (and from all indications and feedback, a fairly receptive and interested audience on whom to vent), I am writing this column about the betwixt and between that a cancer patient (who's terminal) feels waiting for words to live by, words which have never been promised, are not guaranteed, subject to change and totally out of my control: "All stable. No growth and/or movement." Positive (meaning good) scan results.

All I can do is wait. When I know, you'll know. There's not much else to say really, but I've tried to say it anyway; except, the longer I'm a patient, the less patient I seem to become. I'm not losing it yet, but I'd sure like to find it. A cure would be nice, but I'll settle for more encouraging/stable scan results. It is said that "Good things come to those who wait." I only wish it were that simple.

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

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(1)BASED ON BLACK BOOK FAIR TRADE VALUE MINUS CONDITION, MILEAGE AND RECONDITIONING. TOWARD THE PURCHASE OF A NEW TOYOTA VEHICLE. (2)WITH PURCHASE OF A NEW VEHICLE. COVERS NORMAL FACTORY SCHEDULED SERVICE. PLAN IS FOR 2 YEARS OR 25K MILES, WHICHEVER COMES FIRST. THE NEW TOYOTA VEHICLE CANNOT BE PART OF A RENTAL OR COMMERCIAL FLEET, OR A DELIVERY OR TAXI VEHICLE. SEE PARTICIPATING TOYOTA DEALER FOR DETAILS. (3)WITH APPROVED CREDIT ON SELECT MODELS THRU TFS. SEE DEALER FOR COMPLETE FINANCING DETAILS. CANNOT BE COMBINED WITH ANY OTHER ADVERTISED OFFER. OFFERS SUBJECT TO CHANGE WITHOUT PRIOR NOTIFICATION DUE TO MANUFACTURER CHANGE IN INCENTIVES. SEE DEALER FOR COMPLETE CAMPAIGN DETAILS. 0% APR FOR A LIMITED TERM ON APPROVED TIER1 + CREDIT THRU TFS. DEALER RETAINS ALL FACTORY REBATES AND INCENTIVES. (4)PRICE EXCLUDES \$379 DEALER DOC FEES. EXPIRES 1/31/2012.

Jack Taylor's
ALEXANDRIA
TOYOTA / SCION
3750 JEFFERSON DAVIS HWY
ALEXANDRIA, VA 22305

"QUOTE"
See what people
are saying about
Alexandria Toyota!

"I gave this dealership a great rating because it was the greatest experience I have ever had at a dealership. John McMillan was exceptional as a salesman. He was able to answer every question and he made me feel like I was special as a buyer. It was truly a great experience and again I cannot say enough about John McMillan, he is truly an asset to Alexandria Toyota."

— Dealerrater Quote



4.9 / 5 RATING