

The  
Arlington  
Connection

# Holiday Tradition

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DECEMBER 5-11, 2012

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Amara Forsley is Clara Stahlbaker in BalletNova's production of "The Nutcracker" inside Thomas Jefferson Community Center Nov. 30.



'The Nutcracker'  
Annalise Ajmani leaps in the air as she performs in "The Nutcracker."

PHOTOS BY  
LASHAWN AVERY-SIMON  
THE CONNECTION



Leah Myers and her sister Caroline discover different Nutcracker ornaments at the Nutcracker treasures stand before a ballet performance of "The Nutcracker."

## Food Stamp Spike

Expanding eligibility and increased outreach are behind trend.

BY MICHAEL LEE POPE  
GAZETTE PACKET

The use of food stamps is skyrocketing in Northern Virginia, and the spike isn't just about the recession.

Over the course of the last decade, anti-poverty programs have been quietly expanding eligibility. And as more and more people qualify, local governments have been aggressively seeking out individuals who may meet the requirements to let them know what benefits are available. Now, as a result of those trends, about half of the recipients of food stamps live above the federal poverty level.

"To me, that's a shocker," said David Armor, professor emeritus of public policy at George Mason University. "This is a program that's shifted from helping people in poverty to helping people with a low income."

In 2010, the federal government spent more than \$68 billion on food stamps. Of the 40 million who receive food stamps, slightly more than half were above the pov-

erty line as measured by the U.S. Census. With members of Congress facing the so-called "fiscal cliff," Armor estimates that the federal government could save as much as \$200 billion a year by tightening eligibility of anti-poverty programs to those who live at or below the federal poverty level — not just food stamps, but health insurance, housing and income support. Others disagree.

"How about cutting a battle carrier group?" asked Charles May, executive director of Arlington Food Assistance Center. "We have our priorities all screwed up."

**IN THE PAST DECADE**, the number of people who receive food stamps has doubled in Arlington County, tripled in Fairfax County and quadrupled in the city of Alexandria. And the increased spending in Northern Virginia is part of a larger national trend. During the eight years of Republican President George W. Bush, federal spending on anti-poverty programs grew by \$100 billion. In the first to years of Democratic President Barack Obama, they grew another \$150 billion. Much of that increase has come from broadened eligibility.

"All of those stringent verifications we used to get we don't have to get anymore," said Linda Horn, manager for the public assistance benefits program in Alexandria.

SEE FOOD STAMP, PAGE 13

## Food Drives in High Gear

Collecting food to match growing needs of underemployed.

BY TAZEEN AHMAD  
THE CONNECTION

The Arlington Food Assistance Center (AFAC) is entering its major holiday drive time, during which it will run more than 350 food drives between now and the end of the year, as the number of families needing food assistance in Arlington is on the rise.

"We hit a record high of 1,655 families in January of last year. The numbers have moderated slightly but they are now going up again," Charles Meng, executive director of AFAC, said.

Meng says that, while unemployment is one of the reasons that brings families to AFAC, a growing number of clientele have jobs but are underemployed, and are only working 20 hours a week or they have minimum wage jobs.

"Minimum is \$7.25/hour. The average apartment in Arlington county rents for \$1,200/month, so at \$7.25/hour you have to work 44 hours a week four weeks a



Charles Meng, executive director of Arlington Food Assistance Center.

month just to pay the rent, so there is nothing left for other expenses, especially if you have a kid," Meng said.

Another growing population in need of food assistance is the elderly, who are living on a fixed income. These are people who have lived in the Arlington, paid the mortgage on their house but are now living on a small social security payment or a private retirement fund and they can't make ends meet any longer.

"What we say to those people is get your food here instead of going to some place like McDonalds and eating off the

dollar menu, which is really cheap, but particularly for the elderly it provides them things that they should not be eating," Meng

SEE COLLECTING FOOD, PAGE 7

### To Help

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## News



# OMG



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Civil War defenses of Washington panel.

## Panels Celebrate Neighborhood

Cherrydale and Maywood selected public art as part of development process.

BY MICHAEL LEE POPE  
THE CONNECTION

Neighbors don't usually get to select public art for their neighborhood, but few neighborhoods have the rich history and active civic associations of Cherrydale and Maywood. This week, installation will begin on a new piece of public art on the median strip of Lee Highway at Monroe Street.

"The artistic style will be illustrations with touches of color similar in nature to hand-colored photographs," wrote artist Jarrett Ferrier in his proposal

to the neighborhood civic associations. "The panels, like the history itself will be tied together by sections of railroad track and ties."

The panels sweep over the history of the area, beginning with the formative families and moving through the Civil War and the creation of the fire station and public schools. They explain the architectural story of the neighborhood, the history of the railroad and even the influence of the Girl Scouts. Motorists zooming by on Lee Highway will be able to see website addresses where they can learn more about the history of Cherrydale and Maywood.

"This is deeply historic, and the people featured in the panels are real people and real heroes like the guy who started the Cherrydale Library," said Maureen Ross, president of the Cherrydale Citizens Association. "And it's in a central anchoring spot that will tie our communities together."

SEE GAINING PUBLIC ART, PAGE 5

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Cherrydale Library panel.

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# Gaining Public Art

FROM PAGE 4

**THE STORY** of how a group of neighbors ended up selecting public art for their own neighborhood dates back to 2004, when developer Christopher Companies purchased a property on Lee Highway and wanted a site plan for more than was allowed by-right density. So Arlington County officials said Christopher Companies should contribute about \$20,000 for public art. Civic association leaders in Cherrydale and Maywood got together and persuaded the County Board to let them choose the art.

"I think it's a rare process for public art to be selected by the people who live there," said Anthony Maderal, president of the Maywood Community Association. "It's very

unique, and I'm not sure it's ever happened before."

Neighbors in Cherrydale and Maywood say it wasn't easy. First they had to persuade officials in the Housing Division to direct money to the neighborhood instead of the general art fund. Then they had to persuade the Cultural Affairs Division that they were qualified to select the winning artist. Finally, the Virginia Department of Transportation resisted allowing art to be installed on its land.

"It was a long, hard slog," said Ross. "You have to be incredibly persistent to do something the county didn't initially want you to do."

**THE HISTORY** of the neighborhoods dates



**Cherrydale Volunteer Fire Department panel.**

back to the late 1830s, when a branch post office at Lee Highway and Pollard Street was named Cherrydale in honor of Dorsey Donaldson's large cherry orchard. The area was settled shortly after the Civil War, es-

pecially after the Great Falls and Old Dominion Railway Line was established in 1906 along what's now Old Dominion Drive.

The railway made it possible for people who worked in the city to live in what had previously been the country, creating rapid growth in Cherrydale and a newly created adjoining neighborhood called Maywood. Local lore has it that it was named after the daughter of a prominent real-estate developer with the Conservative Realty Company, whose name was May.

The new panels help tell this story, helping longtime citizens and new residents alike understand the history of their corner of north Arlington.

"It's going to be a nice piece of art that will outlast us all," said Maderal.



**Maywood and Cherrydale architectural panel.**



**Railroad panel.**



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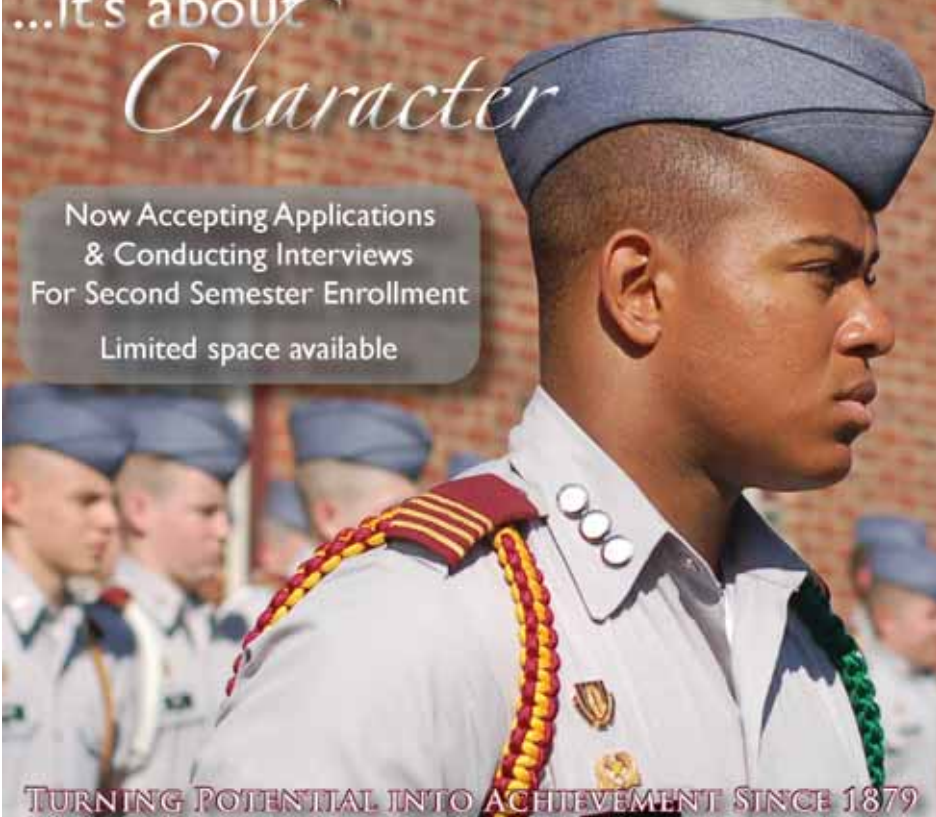


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## BULLETIN

E-mail announcements to [arlington@connectionnewspapers.com](mailto:arlington@connectionnewspapers.com). Deadline is noon the Thursday before publication. Photos are welcome.

### THURSDAY/DEC. 6

**Streetcar Panel.** 11:30 a.m.-1:30 p.m. The Speakers Series skills session on The Columbia Streetcar: All Aboard. Come to hear a panel of experts discuss the Streetcar project, the vision for the future of the communities that will be impacted by the project and the economic and transportation impact of the Streetcar. At WETA, 2775 S. Quincy St. Cost is \$40 for members of Leadership Arlington and \$50 for the general public. Lunch and materials are included.

### SATURDAY/DEC. 8

**Blood Drive.** 7 a.m.-5 p.m. The Washington Capitals and Inova Blood Donor Services will host the Capitals annual winter blood drive at Kettler Capitals Iceplex. Donors will receive a limited edition Slapshot bobblehead and T-shirt. In addition donors will have the opportunity to take a photo with Santa Slapshot from 9-10 a.m., 12-1 p.m. or 3-4 p.m. in a winter wonderland scene. Donors can make an appointment now by calling 1-866-256-6372 or by signing up online at [inova.org/donateblood](http://inova.org/donateblood). For more information about eligibility requirements call 1-866-BLOODSAVES or visit [inova.org/donateblood](http://inova.org/donateblood).

### SUNDAY/DEC. 9

**Affordable Housing Award Celebration.** 6:30 p.m. The 4th Ellen M. Bozman Affordable Housing Award Celebration will focus on Faith+Vision+Action, and honor Jerry Morris, Michael Foster and The Church at Clarendon, Dr. Leonard L.

Hamlin, Sr. and Macedonia Baptist Church. The Celebration will be held at the Unitarian Universalist Church, located at 4444 Arlington Blvd. Visit [www.uucava.org](http://www.uucava.org).

### Annual Candle Lighting Service.

6:30 p.m. The Arlington Chapter of The Compassionate Friends will be hosting their Annual Candle Lighting Service at Trinity Presbyterian Church at 5533 N. 16th St. Bring a photo or small remembrance of children/siblings for display and a refreshment. Contact Elaine Anzevino at 703-922-4701 or 703-309-9730; or email [eanzevino@aol.com](mailto:eanzevino@aol.com).

### THURSDAY-SATURDAY/DEC. 13-15

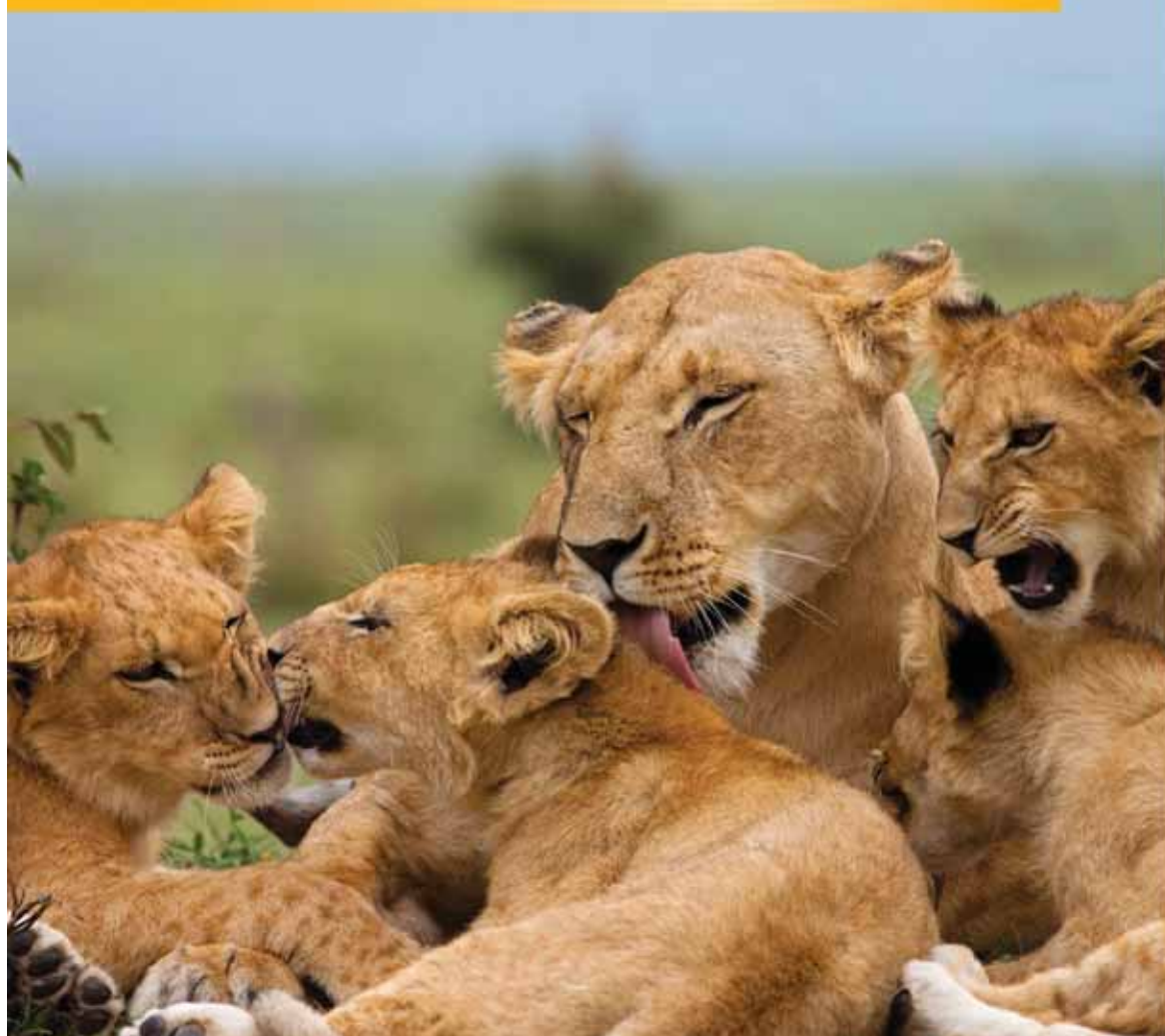
**Fundraising.** Arlington Northwest Lions Charities Inc., will be holding a fundraiser by selling fresh Florida citrus, pecans, and pure Vermont maple syrup at the Overlee Pool, 6030 Lee Highway, lower parking lot. The hours are Dec. 13 from 7 a.m. to 5 p.m., Dec. 14 from 8 a.m. to 5 p.m., Dec. 15 from 8 a.m. to 3 p.m. Call 703-528-1130.

### MONDAY/DEC. 31

#### Make Your Yard Sustainable.

Virginia Cooperative Extension Master Gardeners will hold a series of six workshops on the topic of Making Your Yard Sustainable, during which participants will create a sustainability plan for their own yard with coaching from local experts. The workshops will be held on six successive Saturday mornings, starting on Jan. 19, 2013. Class size is limited to 20 households. A fee of \$75 per household (two participants) covers soil test and all workshop materials. Register by Dec. 31. Call 703-228-6414 9 a.m.-noon, Monday-Friday or email [mgarlalex@gmail.com](mailto:mgarlalex@gmail.com). Visit [www.mgnv.org](http://www.mgnv.org).

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# Collecting Food To Match Growing Needs of Underemployed

FROM PAGE 3  
said.

AFAC, which was founded more than 20 years ago, works on a full choice model that allows families to choose the foods that their families like and they will eat.

All families get a half gallon of milk, a dozen eggs, 2-4lbs of chicken and a selection of vegetables and fruit. There is always cereal and staples like pasta, rice, dried beans and canned vegetables in addition to a variety of miscellaneous items.

"It's like a miniature grocery store, where they get to select what they want to take home," say Calvin Bayliff, who has worked at AFAC for the past year helping organize all the food that is donated and making sure it gets distributed to all the clients.

The Arlington County Fire Department, in partnership with the Arlington Firefighters and Paramedics Association, is sponsoring a food drive that started on Dec. 1 and will run through Dec. 21 to benefit AFAC.

"We realize that there are people in Arlington County that definitely need our assistance. There are people that rely on AFAC for food every day. We thought we would team up with them and keep everything local and assist the people in our own area," said Capt. Gregg Karl, public information officer for the Arlington County Fire department.



**Volunteers organize the food shelves at the Arlington Food Assistance Center.**

The fire department is collecting non-perishable items during the drive cereal, flour, oil, pasta and tuna are some of the things that are most needed.

"We have a duty to feed those who are less fortunate than will are," said AFAC volunteer, John Heyer. "It is definitely a very needed service here in the community."

Meng says that 65 percent of the food AFAC distributes comes from food drives and food donation and that the other 35 percent is purchased. The organization does not receive any federal or state funds but it does received \$400,000 from Arlington County.

"We have to raise over \$2.5 million in cash



**John Heyer, Arlington Food Assistance Center volunteer.**

and find 2.5 million pounds of food each year to keep AFAC afloat and we rely on the dedicated service of over 1,000 volunteers," Meng said.

"We do the standard fundraising stuff throughout this community. I have found over the past five years that the residents of this county are extremely generous. Donations from local grocery stores and all the food drives that individuals and schools run for us play an important role," Meng said.

One of the drives AFAC is sponsoring is a "Gimme Some Sugar" drive in which it hopes to collect sugar, flour and cooking oil which they plan to distribute, the week of Dec. 17, just before the holidays.

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# PEOPLE



**Ella, Nora and Zoe Wade along with Lily Byer sold acorn necklaces at the fair. The girls are raising money for Machik, an organization that helps children in rural Tibet attend school.**

## Holiday Bazaar at Washington-Lee



**The W-L Madrigal singers fill the bazaar with holiday song.**



**W-L High School alumni sell polo shirts and a variety of gifts at the annual holiday bazaar: Denny Phipps '63, Mickey Hamaker '58, Kitty Sherwood Richmond '58, Al Richmond '58 and Mila Albertson '66.**

Holiday melodies drifted down the hallways of Washington-Lee High School as the Madrigals made their way singing through the annual holiday market on Saturday, Dec.1. Vendors filled the school cafeteria offering jewelry, knitted hats and scarves, cosmetics, one-of-a-kind gifts, chocolates and sweets. Tables lined the hallway selling food items and crafts raising money for the school clubs and activities.



## Hurricane Sandy Poker Run

**Ross Ramsey deals cards to Front Page Restaurant and Grill customers as they play poker on Dec. 1 to raise funds for families affected by hurricane Sandy. The event also collected donations of food and clothing.**



## Mustache Madness

**Casey Kilgore and Bobby Satre support research of men's health care as they wear their mustaches during Mustache Madness, a best mustache contest at Mad Rose Tavern on Nov. 29.**



## Holiday Boutique

**Jerry Rhoades displays his hand-crafted carving boards at the Aurora Hills Holiday Boutique last week.**



**Ed Peetz displays his handmade toys.**

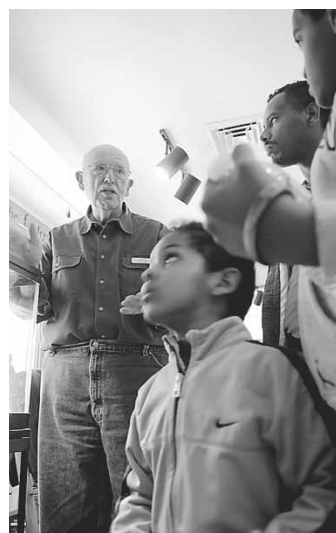
## Long Branch At 40

The juvenile eastern rat snake watched the activity from the confines of its cage as visitors passed by during the 40th birthday celebration in November. The children were invited to participate in a scavenger hunt in the park and return for crafts and cake.

PHOTOS BY  
LOUISE KRAFFT  
THE CONNECTION



**A juvenile rat snake climbs a branch getting a closer look at the visitors.**



**Assistant Naturalist Barry Remer describes turtle behavior to Dereba, Temesgen and Simon Reba.**

## The Arlington Connection

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**Published by  
Local Media Connection LLC**

**1606 King Street  
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# CRIME

Crime reports from the Arlington Police Department:

**ARMED ROBBERY**, 1900 block of N. Daniel Street. At 11:22 p.m. on Nov. 20, a victim was robbed at gunpoint during an attempt to buy eight iPhones from a subject. The subject fled the scene with \$4,400 cash and the victim's cell phone. The suspect is described as a black male in his mid 20's, approximately 5'7" tall and 210 lbs. He was wearing all dark clothing with a black hat.

**ROBBERY**, 4000 block of N. 9th Street. At 1:30 a.m. on Nov. 17, while a female victim was walking home from the Ballston Metro, a male subject riding a bicycle took her purse and rode away.

The suspect was described as a Hispanic male, approximately 30 years of age with short dark hair. He was wearing blue jeans and a khaki jacket at the time of the incident.

**ROBBERY**, 3100 block of N. Lee Highway. On Nov. 25 at 1:46 a.m., an unknown subject entered a pharmacy store, placed several boxes of soap into a bag and attempted to leave the store without paying. When confronted by an employee, the subject stated he had a gun and fled the scene on foot. The suspect is described as a black male, approximately 50 years old, 5'7" tall and 150 lbs. He was wearing a grey coat, blue shirt and black pants at the time of the incident.

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# Nega Makes Triumphant Return to Wakefield Basketball

**Coach Bentley, friend Moore helped Nega turn his life around.**

BY JON ROETMAN  
THE CONNECTION

Three years ago, Khory Moore and Ermias Nega were the stars of a Wakefield freshman boys' basketball team that had people buzzing. The Warriors lost only a handful of games during the 2009-10 season, leading to visions of a promising future.

"We were the next big thing at Wakefield," Moore said recently. "... We were the talk of the school our freshman year, [about] how we were going to be so good when we came to varsity."

On Friday, Nov. 30, Moore and Nega played in their senior-season opener. Nega produced a double-double, scoring a team-high 24 points and grabbing 12 rebounds. Moore scored 22 points and knocked down a career-high six 3-pointers. The duo led Wakefield to a 71-68 victory against a Fairfax team that reached the 2012 Northern Region semifinals.

This is the way things were supposed to be. After dominating at the freshman level, Moore and Nega were projected to grow into varsity standouts. But while it sounds simple, their path to varsity stardom has been anything but easy. Neither athlete played basketball for Wakefield at the start of his sophomore season. Poor grades forced Moore to miss the first half of the season, but he got his act together and joined the varsity in January of 2011 and has



Wakefield boys' basketball coach Tony Bentley talks to the Warriors during their season opener against Fairfax on Nov. 30 at Woodson High School.

been on the team since. Nega, however, took much longer to work through his problems. He missed his entire sophomore and junior seasons while dealing with trouble at school and getting mixed up in the court system.

"It was like an empty feeling," Moore said, "not having my best friend play with me."

Nega stumbled during his sophomore year. He was getting in trouble at school — when he decided to go. Sometimes he would skip or hang out with the wrong people. He got in trouble with the law and ended up on probation. Nega said he thought he wanted to get his life in order toward the end of his sophomore year, but he didn't make it happen.

"He couldn't get his life together," Wakefield head coach Tony Bentley said recently. "He screwed around for two years — wasted two years of his life. ... I told him, 'You will never step on the court until you change your life.'"

During the summer before his junior year, Nega violated his parole by missing his 9 p.m. curfew. A judge ordered Nega to stay at

the Argus House, a group home in Arlington for troubled youth.

"I was just too cool for school," Nega said recently. "I didn't have school as my priority."

Nega lived in the Argus House for five months during his junior year — an experience Nega said played a major role in helping him get on the right track. He also had the support of Bentley and his close friend, Moore.

"[Bentley] had a lot to do with [getting my life together]," Nega said. "While I was messing up, he would still have me come talk to him. ... He's like another father figure to me. He gave me the exact same feedback my father gives to me. While I was in the Argus House, he was my mentor."

Moore was able to give Nega advice forged through experience. Moore's grades slipped his sophomore year due in part to hanging out with the "wrong" people. Moore urged Nega to spend time around people who would help him focus on being successful. There was a time Moore lost faith in Nega when he started hanging out with his old friends, but Nega eventually got back on track.



Wakefield senior Ermias Nega played in his first varsity basketball game on Nov. 30 after sitting out his sophomore and junior seasons.

"[Moore] was one of my best friends," Nega said, "and always gave me good feedback [about] how to get away from my bad friends."

Nega moved out of the Argus House last summer. He has a clean slate and different perspective. He's maintained a GPA of better than 3.0 and stayed out of trouble.

"The Argus House really changed my life," Nega said. "They gave me some good feedback [about] how to become a man."

Getting his life together off the court allowed Nega to get back on

the court. He was named a team captain, along with Moore and junior guard Jalen Carver. On Nov. 30, Nega said he nearly burst into tears during the bus ride to Woodson High School, where Wakefield would open the 2012-13 season against Fairfax in the Red Jenkins Tipoff Classic. After a stellar performance against the Rebels, Nega released his emotions when he got home.

"Now I'm thinking about school, thinking about college [and] thinking about what I'm going to do after high school," Nega said. "I'm so humbled right now. I take it day by day. I'm just blessed."

Wakefield defeated Robinson, 57-41, on Dec. 1, improving the Warriors' record to 2-0. Wakefield will host Woodson at 7 p.m. on Wednesday, Dec. 5.

Wakefield is an inexperienced team, but the Warriors showed against Fairfax they have the potential to make some noise this season — thanks in large part to the dedication and determination of Nega to get his life in order and get back on the court.

"Is he perfect? Hell no. But he's getting better," Bentley said. "He's getting a lot better."

## Yorktown Swim and Dive Teams Start Strong

The Yorktown swim and dive team is off to a great start for the 2012-13 season with both the girls' and boys' teams winning in their meets against Edison on Nov. 30 at the new Yorktown pool facility. The girls won, 209-99, and the boys won, 216-98.

The boys won their meet against Edison with seven first-place finishes in the 12 events.

Individual wins came from Max Fish (200 IM), Hunter Simmons (diving), David Emson (100 fly) and Shahan Jayasinghe (100 back).

The boys also won the three relay events: 200 medley relay (Jason Henley, Fish, Emson and Tim Aldinger); 200 free relay (Aldinger, Emson, Fish and Henley); and 400 free relay (Sean Coleman, Aldinger, Emson and Fish).

The girls sealed their win against Edison with 10 out of 12 first-place finishes and many second- and third-place finishes. Individual wins came from Abigail Young (200 free), Katherine Lundy (200 IM), Elena Bavalack (diving), Kirby Nassetta (100 fly), Amanda Didawick (100 free), Grace Greenwood (500 free) and Suzanne Dolan (100 breast). The girls also won the three relay events: 200 medley relay (Young, Dolan,

Didawick and Mason Nassetta); 200 free relay (M. Nassetta, Didawick, Dolan and Young); and the 400 free relay (Greenwood, Michaela Morrison, Lundy and Amanda Tarkenton).

The Yorktown Patriots return to the pool on Friday, Dec. 7 with a meet against Wakefield at the Wakefield Pool in Arlington. The meets begin with diving at 6:30 p.m.



# Food Stamp Use Rises with Expanded Eligibility, Outreach

FROM PAGE 3

“Right now, we take your word on your bank account for example.”

Government officials no longer consider whether or not applicants have an automobile. They no longer consider whether or not applicants have educational loans. More homeless people are now eligible than in previous years. The result of all these relaxed eligibility requirements is that a drastically increased number of people are eligible for food stamps, formally known as Supplemental Nutrition Assistance Program. Local governments have also been working with the U.S. Department of Agriculture to reach out to individuals who qualify for benefits but have not applied.

“We’ve gotten better at finding the people,” said Mary Katherine D’Addario, public assistance benefit bureau chief in Arlington County. “We use different tools now to help people become more aware of SNAP and enroll in SNAP.”

**PARTICIPATION RATES** have spiked across Northern Virginia as more and more people who are eligible for the benefits have become aware of them. Arlington has seen participation double from 20 percent to 40 percent. And Alexandria has seen its participation rate jump from 30 percent to 50 percent. New technology has helped government officials expand, as Electronic Benefit Transfer cards have allowed the transaction to look as simple as swiping a credit card.

“It used to be much more stig-

## “FLOURISHING AFTER 55”

*“Flourishing After 55” from Arlington’s Office of Senior Adult Programs for Dec. 16-22.*

**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. Culpepper 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:** Monday, Dec. 17, Hollywood Casino, Charles Town, W.Va., \$12; Wednesday, Dec. 19, National Postal Museum, Botanical Gardens, D.C., \$12; Thursday, Dec. 20, Bull Run Park Festival of Lights and dinner, Centreville, \$39. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

**Laughter Yoga class,** Monday, Dec. 17, 11 a.m., Culpepper Garden. Free. Register, 703-228-4403.

**Strength training classes,** Mondays, Wednesdays, Fridays, 9 a.m., TJ. \$60/15 sessions or \$4 per drop in. Details, 703-228-4745.

**Line dancing classes,** Monday

matized to have those little paper coupons,” said Kurt Larrick, communications manager for the Arlington County Department of Human Services. “But now you can go to the grocery store and use your EBT card, and nobody really knows you’re paying with SNAP benefits.”

Human Services workers across Northern Virginia say the recession clearly made the needs more pressing. Many potential recipients that were eligible but not receiving found themselves in need of help. And the increased outreach and new technology helped. Perhaps most significantly, however, recipients don’t need to live in poverty. To be eligible for food stamps in Virginia, applicants need to be at or below 130 percent of the federal poverty level.

“It gets to be a slippery slope. Once you go beyond the poverty line, it’s not clear where you stop,” said Armor. “I don’t think that we can afford to have a safety net that’s aimed more at increasing the comfort level as opposed to providing true safety for those that are truly poor.”

**DURING HUNGER ACTION** month, nonprofits across Virginia asked their volunteers and employees to take a challenge — live off of \$4.03 a day. That’s the average daily benefit from the food stamp program in Virginia. Advocates for expanding the social safety net to include the working poor say that the benefits don’t amount to much for the individual, and that government can afford to help those in need.

“Try to feed yourself on \$4.03 a day, much less a family,” said May. “And you’ll find that really doesn’t go very far.”

through Friday, senior centers. Call for days and times, 703-228-4721.

**Learn about Parkinson’s disease,** Tuesday, Dec. 18, 10:15 a.m., Walter Reed. Free. Register, 703-228-0955.

**Holiday open house and bazaar,** Tuesday, Dec. 18, 7 p.m. – 9 p.m., Walter Reed. Open to the public. Details, 703-228-0955.

**Rubber Stamp Club** meets Tuesday, Dec. 18, 11:30 a.m., Lee. Free. Details, 703-28-0555.

**Women’s basketball program,** Wednesdays, 7 p.m. – 9 p.m., Langston-Brown. Details, 703-228-4771.

**Finding reliable health related websites,** Wednesday, Dec. 19, 10 a.m., Culpepper Garden. Free. Register, 703-228-4403.

**Current events discussion,** Thursday, Dec. 20, 1 p.m., Lee. Free. Call to register, 703-228-0555.

**Free blood pressure monitoring,** Thursday, Dec. 20, 10:30 a.m., Langston-Brown. Call for appointment, 7034-228-4403.

**Christmas Music Galore,** Thursday, Dec. 20, 11 a.m. – 2 p.m., Culpepper Garden. Free; open to the public. Details, 703-228-4403.

## Food Stamp Spike

Average number of households receiving food stamps each month

Year	Alexandria	Arlington	Fairfax
2003	1,206	2,313	7,487
2004	1,530	2,484	8,899
2005	1,658	2,443	9,855
2006	1,637	2,387	10,299
2007	1,675	2,482	10,553
2008	1,675	2,482	11,610
2009	3,294	2,848	13,769
2010	4,098	3,482	17,956
2011	4,586	3,986	21,269
2012	4,898	4,440	24,063



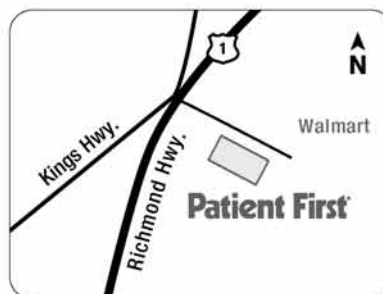
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# Keys to Staying Healthy

Finding balance can preserve one's well-being

BY MARILYN CAMPBELL  
THE CONNECTION

**F**ood, festivities and friends are synonymous with the holidays. However, celebrations can take a toll on your health.

"The holidays are times of rush and chaos and of thinking of everyone but yourself," said Michelle Walters-Edwards, department chair and association professor of health and human performance at Marymount University in Arlington.

Health and fitness experts say that even during the hustle and bustle of the season, it is possible to stay healthy and energized. It just takes a little focus.

"I may be stating the obvious, but exercise is the key to staying healthy during the holidays," said Rosa Ganey, a nurse health educator for Fairfax County Health Network and a Burke resident.

Between shopping, parties and decorating, many people feel pressed for time and exercise can fall by the wayside. Here are a few creative ways to sneak in some fitness:

Incorporate exercise into holiday shopping. "You can walk at the mall and do some window shopping or use your home as an exercise base: The stairs can be used as a perfect location to get your blood pumping," said Walters-Edwards.



PHOTO BY MARILYN CAMPBELL/THE CONNECTION

**Exercise is the key to holiday health preservation, say experts.**

Make it a family affair. "If you have kids at home, maybe you can play exercise or dance videos or CDs and try the moves together," said Ganey.

Celebratory gatherings can offer opportunities for exercise as well. "Dance at your holiday party," said Michelle Walters-Edwards. "Thirty minutes of moderate dancing can burn around 200 calories in a person [who weighs] 150 lbs."

If there's no time for the gym, improvise, say experts. "Sometimes it can be challenging to find time to make it to the gym, but there are quite a few bodyweight exercises

you can do at home," said Joel Martin, an assistant professor of kinesiology at George Mason University in Fairfax. "Most people think of pushups and sit-ups when they hear the words 'bodyweight exercise.' However, there are quite a few other exercises like air squats, burpees, planks, mountain climbers."

Accommodate for less workout time during the holidays. "Probably the most important piece of advice I would give, since your workout will most likely be shorter than usual, is try to maintain a high intensity for the duration of the workout and minimize

the time you spend resting," said Martin.

Break up a workout routine. "Doing several 10-15 minute workouts throughout the day using only body weight movements at home may be another solution for someone crunched for time," said Martin. "I recommend picking three or four movements or exercises and doing several sets of each with less than a minute of rest between sets."

Above all, say experts, balance is vital to preserving one's health and well-being during the holidays. "Maintain a focus on balancing your stress, eating and exercise year-round. Extremes of each of these factors are not healthy. Remember, moderation is key," said Walters-Edwards.

**"The holidays are times of rush and chaos and of thinking of everyone but yourself."**

—Michelle Walters-Edwards, Ph.D.,  
Marymount University

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**Christmas Activities**

<b>8</b>	<b>11 am – 2 pm</b>	<b>Happy Birthday Jesus Party</b>
		<b>5 yr – 5th Grade</b>
<b>19</b>	<b>6 pm</b>	<b>Caroling at ManorCare and at our Homebound Members homes</b>
<b>24</b>	<b>7 pm</b>	<b>Christmas Eve Service</b>

### Saint Ann Catholic Church

**SUNDAY LITURGY SCHEDULE:**

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

**DAILY EUCHARIST:**

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

All Are Welcome!

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



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Restoration Anglican Church...703-527-2720  
**Assemblies of God**  
Arlington Assembly of God...703-524-1667  
Calvary Gospel Church...703-525-6636  
**Baptist**  
Arlington Baptist Church...703-979-7344  
Bon Air Baptist Church...703-525-8079  
Cherrydale Baptist Church...703-525-8210  
First Baptist of Ballston...703-525-7824  
McLean Baptist Church...703-536-8080  
Memorial Baptist Church...703-538-7000  
Mt. Zion Baptist Church...703-979-7411  
**Baptist-Free Will**  
Bloss Memorial Free Will Baptist Church...703-527-7040  
**Brethren**  
Church of The Brethren...703-524-4100  
**Buddhist**  
The Vajrayogini Buddhist Center...202-331-2122  
**Catholic**  
St. Agnes Catholic Church...703-525-1166  
Cathedral of St. Thomas More...703-525-1300  
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Our Lady of Lourdes...703-684-9261  
Our Lady Queen of Peace Catholic...703-979-5580  
St. Ann Catholic Church...703-528-6276  
St. Charles Catholic Church...703-527-5500  
**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  
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McLean - First Church of Christ, Scientist...703-356-1391  
First Church of Christ, Scientist, Arlington...703-534-0020  
**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  
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St. Thomas Episcopal Church...703-442-0330  
Trinity Episcopal Church...703-920-7077  
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Advent Lutheran Church...703-521-7010  
Faith Lutheran Church...703-525-9283

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# HOLIDAY ENTERTAINMENT

## 'Dreamgirls' Arrive

### Nova Payton electrifies in Signature Theatre musical production.

BY JEANNE THEISMANN  
THE CONNECTION

**K**nown for its magical staging of big Broadway productions, Signature Theatre has taken on Michael Bennett's Tony Award winning "Dreamgirls" in a high-voltage production that leaves no doubt as to why Signature possesses a Tony of its own.

With book and lyrics by Tom Eyrn and music by Henry Krieger, the musical follows a rags-to-riches story of The Dreams, a mythical group of singers (reminiscent of Diana Ross and The Supremes) who go from nothing to fame during the early 1960s.

Superbly directed, choreographed and cast by Matthew Gardiner, "Dreamgirls" is dominated by a pulsating score of rhythm and blues and soul music performed by the Dreams and a James Brown-style soul singer named Jimmy "James Thunder" Early.

The decibel count is as high as the emotional content when the explosive Nova Y. Payton takes to the stage as Effie White for the now legendary "And I'm Telling You I'm Not Going," a showstopper that made a star of Jennifer Holliday on Broadway and Jennifer Hudson in the 2006 movie. Payton brings Act I to an unforgettable close as Effie is dropped as the lead singer for the prettier but less talented Deena.

Equally electrifying in their performances are Cedric Neal as Jimmy "James Thunder" Early, Sydney James Harcourt as used car salesman-turned manager Curtis Taylor Jr. and David Bazemore as Effie's brother C.C. White.

Shayla Simmons and Crystal Joy round out the original Dreams, with Simmons stepping into the spotlight as Deena, taking Effie's man, group manager Taylor, with her.

Bus Howard excels as Early's manager Marty, who displays a rare bit of integrity and decency amidst



PHOTOS BY CHRISTOPHER MUELLER

**Headstrong lead singer Effie White (Nova Y. Payton) climbs the charts single-handedly in "Dreamgirls."**

all the wheeling and dealing and love affairs.

Gardiner has assembled a stellar production team, with music direction by Jon Kalbfleisch, scenic design by Adam Koch and costume design by Frank Labovitz. Brianne Camp, as co-choreographer with Gardiner, dazzles with showstoppers that leave the audience roaring with approval.

You can forget Holliday and Hudson. With Payton leading a cast of extraordinary performances, Signature Theatre's hard-edged picture of corruption in the music world is the stuff dreams are made of.

"Dreamgirls" is playing now through Jan. 13, 2013 at Signature Theatre, 4200 Campbell Ave., Arlington. For tickets or more information, call 703-573-7328 or visit [www.signature-theatre.org](http://www.signature-theatre.org).



**R&B star Jimmy "James Thunder" Early (Cedric Neal, center) meets with his manager Marty (Bus Howard, left) and newcomer Curtis Taylor, Jr. (Sydney James Harcourt, right) in "Dreamgirls."**

**All four Dreams, together at last (from left: Kara-Tameika Watkins, Shayla Simmons, Nova Y. Payton, and Crystal Joy).**

Email announcements to [arlington@connectionnewspapers.com](mailto:arlington@connectionnewspapers.com). Deadline is noon the Thursday before publication. Photos are welcome.

#### ONGOING

**Art Exhibition.** An exhibition called Illuminations is offered at Northern Virginia ART Center. Artists bring creations in the form of glass, sculpture, painting, drawing, jewelry and ceramics. At 2100 Crystal Drive. Call 571-483-0652 or visit [www.novaartcenter.org](http://www.novaartcenter.org).

#### CALENDAR

**Exhibition.** Metrosapes: NOVA/DC is an exhibit that involves artists looking closely at the everyday landscape around us. Artists are invited to paint familiar scenes, and those that depict everyday life as we know it in the Metro area. At 2100 Crystal Drive. Call 571-483-0652 or visit [www.novaartcenter.org](http://www.novaartcenter.org).

**Light Show.** Enjoy a light display and help homeless animals. Tom & Jo's Light Display is located at 5612 24th St. North. The show runs Sunday through Thursday from 6-10 p.m., Friday and Saturday from 6-11 p.m. through Jan. 1, 2013. Tom and Jo will be collecting donations for the Animal Welfare League of Arlington at the light show. Dry and canned food, pet beds, toys, etc., can be placed in the bin provided; cash and check donations in the secure box on the left side of the yard.

**Flying Squirrel Lore & More.** For families and children. Children must be accompanied by an adult. Learn about these nocturnal acrobats. After an indoor presentation, go outside to see them glide in for an evening meal. Call 703-228-6535 to register. Meet at Long Branch Nature Center, 625 S. Carlin Springs Road.  
❖ Friday, Dec. 7, 5-6 p.m. Program #622953-B  
❖ Saturday, Dec. 8, 5-6 p.m. Program #622953-C  
❖ Saturday, Dec. 15, 5-6 p.m. Program #622953-D

#### WEDNESDAY/DEC. 5

**Children's Holiday Magic Show.** 7-8:15 p.m. Featuring Ring 50 of the International Brotherhood of Magicians. Free. A donation of canned food items or new toy will be collected for local charity. At Bishop Ireton High School, 201 Cambridge Rd. Email Danny Selnick at [daniel.selnick@yahoo.com](mailto:daniel.selnick@yahoo.com) or call 703-347-5540.

**Bird Walk.** 9:30-11:30 a.m. For adults. Free. Join members of the Northern Virginia Bird Club for an informal walk through Long Branch and Glencarlyn Parks in search of resident and migratory birds. Experienced and beginning birders welcome. Bring binoculars and field guides. Call 703-228-6535 to register. Meet at the parking lot at Long Branch Nature Center, 625 S. Carlin Springs Road. Program #622943-D.

**Gemstone Club.** 4-5 p.m. Ages 7-11. Register children only. Budding geologists and gem lovers are invited to join for a year's worth of fun and collecting at the Gemstone Club. Call 703-228-3403 to register. Meet at Gulf Branch Nature Center, 3608 Military Road. \$10 fee due upon registration. Program #622823-A.

**Wine and Jewelry.** 6:30 p.m. One More Page Books hosts a Sparkling Wine and Jewelry Evening. Customers can taste several sparkling wines while browsing jewelry from Stella and Dot. One More Page Books is located at 2200 North Westmoreland St. Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com).

#### THURSDAY/DEC. 6

**Brown Bag Thursdays.** 1-2 p.m. Nova Y. Payton, an audience favorite

as Motormouth Maybelle in Hairspray, returns in the role of Effie White in the landmark musical Dreamgirls. Signature's Mead Lobby, 4200 Campbell Ave. Call 703-820-9771 or visit [www.signaturetheatre.org](http://www.signaturetheatre.org).

**Bad Santa.** 7:30 p.m. The A.V. Club's New Cult Canon brings Terry Zwigoff's dark comedy Bad Santa to Arlington Cinema & Drafthouse located at 2903 Columbia Pike. Admissions are \$6.50. Visit <http://www.arlingtondrafthouse.com>.

**Jewelry Trunk Show and Art Reception.** 5-8 p.m. Christine Bartoletta of Society Hill Designs and Julie Jernigan of Jules' Jewels will hold a trunk show of their latest designs. Refreshments from King Street Blues. Live music provided by the duo Suburban Hearts. Free and open to the public. At 2100 Crystal Drive. Call 571-483-0652 or visit [www.novaartcenter.org](http://www.novaartcenter.org).

**Jan Brett Storytime.** 10:30-11:15 a.m. For children 2 and up. December is Jann Brett's birthday month. Call 703-228-6535 to register. Meet at Long Branch Nature Center, 625 S. Carlin Springs Road. Free. Program #622923-A.

**Book Discussion.** 7 p.m. Economist and author Charles Kenny visits One More Page Books to talk about his new book, Getting Better: Why Global Development is Succeeding, and How We Can Improve the World Even More. One More Page Books is located at 2200 North Westmoreland St. Visit [onemorepagebooks.com](http://onemorepagebooks.com).

#### THROUGH DEC. 6

**Art Exhibition.** Marymount's Barry Gallery will exhibit Paintings and Collages by Judy Bass. Free. The Barry Gallery is located in the Reinsch Library on Marymount's Main Campus, 2807 North Glebe Rd. Gallery hours are Monday through Thursday, 10 a.m. to 8 p.m., and Friday and Saturday 10 a.m. to 6 p.m.

#### FRIDAY/DEC. 7

**Miracle on 23rd Street.** Free and open to the public: a festive tree lighting, Santa Claus arriving on a fire truck, holiday music performances, children's activities, local dignitaries in attendance, and tasty holiday goodies. Outdoor festivities begin at 6:30 p.m. Visit [www.linden.org](http://www.linden.org) or call 703-521-4441. Linden Resources is located at 750 23rd St. South.

**Free Concert.** 7:30 p.m. The concert features Angela Peterson Winter, soprano and Barbara Peterson Cackler, piano. At Central United Methodist Church, 4201 N. Fairfax Drive. A reception follows. Visit [www.cumcballston.org](http://www.cumcballston.org).

#### FRIDAY-SATURDAY/DEC. 7-8

**An Evening with Comedian Kurt Braunohler.** 10 p.m. Kurt Braunohler is a comedian in New York City and the host of IFC's new comedy game show Bunk. Admissions are \$20. Visit [www.arlingtondrafthouse.com](http://www.arlingtondrafthouse.com). At Arlington Cinema & Drafthouse is located at 2903 Columbia Pike.

#### SATURDAY/DEC. 8

**Free Holiday Showcase.** 6 p.m. Dance Asia is presenting the 3rd annual Colors! Holiday Showcase at Thomas Jefferson Auditorium located at 125 South Old Glebe Road at 7 p.m. There will be a mini holiday market starting at 6 p.m. prior to the performance to commemorate the holiday season. Free. Tickets can be reserve in advance at [www.danceasiacolors2012.eventbrite.com](http://www.danceasiacolors2012.eventbrite.com). Donations are welcome. Visit [www.danceasia.me](http://www.danceasia.me) or contact

SEE CALENDAR, PAGE 16



## Vinson Hall Retirement Community's HOLIDAY SHOPPING BAZAAR



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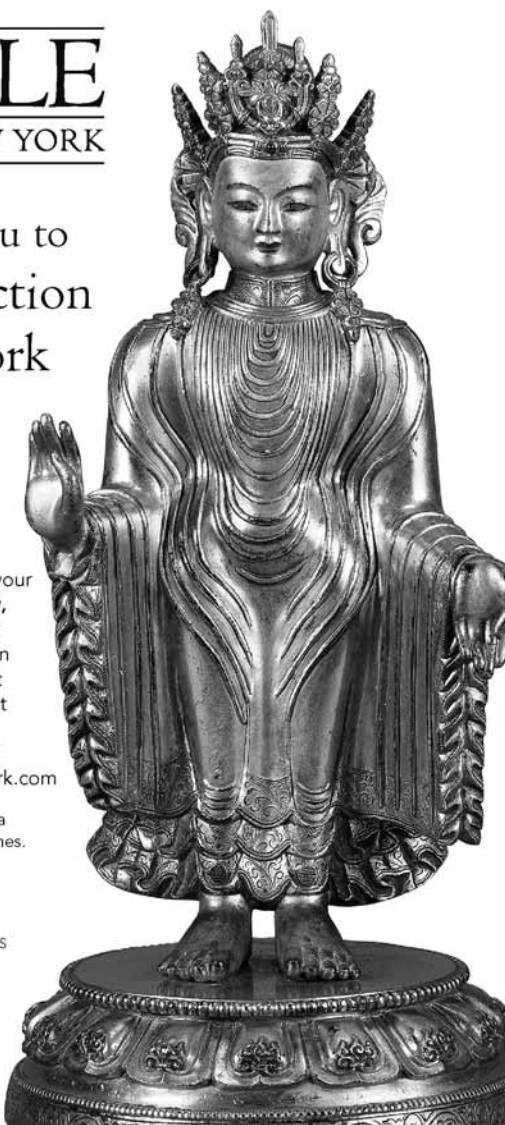
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## HOLIDAY CALENDAR



### 'A Trip to the Moon'

Synetic Theater presents this whimsical, original piece, directed by Natsu Onoda Power and based on the 1902 silent film by Georges Méliès, will delight and inspire. Astronauts shot to the moon by cannon, a princess who longs to return to her home on the moon, the Sovinspace dogs, and more fantastical characters take you along on their journeys and capture your heart. The show will run Dec. 6, 2012 – Jan. 6, 2013; Wednesday-Saturday, 8 p.m.; Sunday, 2 p.m. Recommended for ages 16 and older. Crystal City Theater, 1800 S. Bell St. Call 800-494-8497 or visit [www.synetictheater.org](http://www.synetictheater.org). Tickets are \$35-\$55, senior and student discounts available. Wednesday, Dec. 5 is a \$10 preview performance; Wednesday, Dec. 12 is Young Professionals' Night: \$10 tickets available for adults age 35 and under.

FROM PAGE 15

info@danceasia.me.

**Concert.** 7:30 p.m. Enjoy an evening of mixed chamber music presented by string musicians from Prelude: The Arlington Youth Orchestral Program. The concert features a festive mix of musical styles. The artists are middle- and high-school age players representing two Prelude programs. Tickets are \$8 for general admission and are available at [www.ensemblestage.org](http://www.ensemblestage.org) or call 703-548-1154. At 3700 S. Four Mile Run Drive.

**Bird Watching for Beginners.** 9-11 a.m. For Adults and teens. Starting indoors, learn basics of bird watching such as choosing and using binoculars and field guides, how and where to find birds and basic bird ID. Then use the new skills to bird around the nature center. \$5 fee due upon registration. Call 703-228-6535 to register. Program #622943-G.

**Winter Tree ID.** 11 a.m.-12:30 p.m. For adults and teens age 14 and above. Learn to identify the trees of Arlington parks by their bark and shape. Wear cold weather clothes. Call 703-228-6535 to register. Meet at Long Branch Nature Center, 625 S. Carlin Springs Road. \$5 fee due upon registration. Program #622943-A.

**Civil War Forts Van Tour: Forts of North Arlington.** 1-4 p.m. Ages 12 to adult. Register children and adults; children must be accompanied by a registered adult. Call 703-243-4342 to register. Meet at Fort C. F. Smith Park, 2411 N. 24th St. North. \$15 fee due upon registration. Program #622743-A.

**Civil War Discovery: Build a Fort.** 10-11 a.m. For ages 7-11. Register children only. Investigate how and why fortifications were built in Arlington in the Civil War. Then use "Lincoln Logs" and dirt designed and build replica forts. Call 703-243-4342 to register. Meet at Fort C. F. Smith Park, 2411 N. 24th St. North. \$5 fee due upon registration. Program #622723-A.

**Columbia Pike Holiday Bazaar.** 10 a.m.-4 p.m. in the main hall at the Arlington Career Center at 816 S. Walter Reed Drive. There will also be food trucks outside serving lunch while you shop. Parking and admission are free. Visit [www.ArlingtonHolidayBazaar.org](http://www.ArlingtonHolidayBazaar.org).

**Visit with Santa.** Come to Gulf Branch for a visit with Santa in the old log house. Call 703-228-3403 to register. Meet at Gulf Branch Nature Center, 3608 Military Road. Cost is \$7 per child, due upon registration.  
❖ Saturday, Dec. 8, 9 a.m.-noon. Program #622853-E  
❖ Saturday, Dec. 8, 1-4 p.m.. Program #622853-F

### DEC. 8-16

**Craft Show and Sale.** The Hendry House at Fort C.F. Smith Park in Arlington is hosting the 7th annual Holiday House, which is a juried arts & crafts sale by local artisans. Wednesday, noon to 8 p.m.;

Saturday, 10 a.m. to 5 p.m. and Sunday, noon to 5 p.m. Children's corner with items under \$15. Fort C.F. Smith Park is located at 2411 24th St. North. Call Sharon Casey at 703-243-7329.

### SUNDAY/DEC. 9

**Free Concert: The 50-voice NoVA.** 4 p.m. The community chorus will perform part 1 of the oratorio plus the "Amen Chorus" and "Hallelujah Chorus" with professional soloists and chamber orchestra at Arlington Presbyterian Church, 3507 Columbia Pike. Visit [www.novalightschorale.jigsy.com](http://www.novalightschorale.jigsy.com).

**Chanukah On Ice.** 6-8:30 p.m. Arlington County Fire Chief James Schwartz will light the huge Menorah. Open Skating is from 6-8:30 p.m. The lighting will take place at 7 p.m. Visit [www.ChabadAA.org](http://www.ChabadAA.org) or call 703-370-2774. The Pentagon row Ice Skating rink is located at 1201 S Joyce Street, Arlington. Tickets are \$12 at the door, \$10 in advance. Ticket prices include skate rental. Food sold separately.

**Invasive Removal.** 2-4 p.m. For adults, families and teens. Help improve wildlife habitat. No registration required. Free. At Gulf Branch Nature Center, 3608 Military Road.

### TUESDAY/DEC. 11

**Laughter Yoga.** 6:30 p.m. At the Arlington Central Library auditorium, laughter yoga is a blend of yogic breathing and fun laughter exercises. Anyone who likes to laugh is welcome. Free. Email [arlingtonlaughteryoga@yahoo.com](mailto:arlingtonlaughteryoga@yahoo.com).

### DEC. 11-23

**Holiday Shows.** Holiday Guys and Holiday Follies are limited-run holiday shows, part of Signature Theatre's 2012/2013 season. Holiday Guys plays in the ARK Theatre. Tickets start at \$41. Visit [www.signature-theatre.org](http://www.signature-theatre.org) Signature Theatre is located at 4200 Campbell Ave.

### WEDNESDAY/DEC. 12

**Wild Ones: Winter Birds.** 4-5 p.m. For children age 6-10. Register children only. Borrow binoculars or bring your own as following flocks, filling feeders and finding feathers. Learn about field marks and other tricks of the birder's trade. Call 703-228-3403 to register. Meet at Gulf Branch Nature Center, 3608 Military Road. \$5 fee due upon registration. Program #622823-L.

**Recipe Sharing.** 7 p.m. Chef Matt Finarelli returns to One More Page Books to share more delicious recipes from Beyond the Red Sauce, his refreshing take on Italian Cuisine. One More Page Books is located at 2200 North Westmoreland St. Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com).

### THURSDAY/DEC. 13

**Powderwhore: Choose Your Adventure.** 7:30 p.m. This year's

movie is a mixed bag of characters, exotic locations and action. Explore an abandoned mining town in the Arctic, drop cliffs with Hugo Harrison in British Columbia, plunge into the Antarctic Ocean in speedos, blast through deep power, catch up with some crusty locals in the Wasatch and more. Admissions are \$10. At Arlington Cinema & Drafthouse, 2903 Columbia Pike. Visit [www.ArlingtonDrafthouse.com](http://www.ArlingtonDrafthouse.com).

### FRIDAY/DEC. 14

**Daytime Book Club.** 11 a.m. The Daytime Book Club chats about The Sense of an Ending by Julian Barnes. One More Page Books is located at 2200 North Westmoreland St. Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com).

### SATURDAY/DEC. 15

**Free Holiday Concert.** 3-4:15 p.m. Encore Chorale, the nation's largest and fastest growing choral program for older adults and Arlington County Office of Senior Adult Programs will hold a free holiday concert at Kenmore Middle School, 200 South Carlin Springs Road. Call 301-261-5747 or visit <http://encorecreativity.org>.

**Gemstone Club.** 10:30-11:30 a.m. For children age 7-11. Register children only. Budding geologists and gem lovers are invited to join for a year's worth of fun and collecting at the Gemstone Club. Call 703-228-3403 to register. Meet at Gulf Branch Nature Center, 3608 Military Road. \$10 fee due upon registration. Program #622823-B.

### SUNDAY/DEC. 16

**Free Concert.** 11 a.m. Harpist Holly Avesian will blend harmonies of the Sanctuary Choir of Cherrydale United Methodist Church at Sunday's service. Musical selections ancient and modern are included. Cherrydale Methodist is located at 3701 Lorcom Ln.

**Christmas Movie Festival.** A full day of Christmas films. Admission is \$8 for the day. At Arlington Cinema & Drafthouse, 2903 Columbia Pike. Visit <http://ArlingtonDrafthouse.com> Beginning at noon: How The Grinch Stole Christmas; A Charlie Brown Christmas; Elf; How The Grinch Stole Christmas; A Christmas Story; A Charlie Brown Christmas; Scrooged and National Lampoon's Christmas Vacation.

**Holiday Nature Crafts for Kids.** 1-2 p.m. For families and children age 5 and up. Register children and adults. Call 703-228-3403 to register. \$5 fee due upon registration. Program #622853-G. Meet at Gulf Branch Nature Center, 3608 Military Road.

**Invasive Removal.** 2-5 p.m. For adults, families and teens. Help improve wildlife habitat. No registration required. Free. At Long Branch Nature Center, 625 S. Carlin Springs Road.



## CALENDAR

Email announcements to [arlington@connectionnewspapers.com](mailto:arlington@connectionnewspapers.com). Photos are welcome. Deadline is noon Thursday.

### THURSDAY/DEC. 6

**Light Up Rosslyn.** 5:15-6:45 p.m. Join for the Rosslyn Business Improvement District's annual Rosslyn skyline lighting ceremony across from Artisphere in front of 1101 Wilson Blvd. Call 703-875-1100 or visit [www.artisphere.com](http://www.artisphere.com).

**Artisphere Dome Projection.** 5:15-11 p.m. See Chris Coleman and Laleh Mehran's projection on the exterior of Artisphere's Dome, Artisphere is located at 1101 Wilson Blvd. Call 703-875-1100 or visit [www.artisphere.com](http://www.artisphere.com).

### DEC. 6-23

**Project 2012.002r.** Free. Local arts transform Artisphere's Education Lab into a site specific new media installation entitled Project 2012.002r, which explores emotional disconnectedness and the act of the search, addressing the experience of distance between people in society, both literal and social. Project 2012.002r will be accompanied by a short explanatory film and slideshow that shows the artists' process in the Bijou Theater directly across from the installation. At Education Lab + Bijou Theater in Artisphere located at 1101 Wilson Blvd. Call 703-875-1100 or visit [www.artisphere.com](http://www.artisphere.com).

### DEC. 6 THROUGH JAN. 20

**W3fi: A Digital Experience Revealing The Connections Between Our Online + Offline Selves.** By Chris Coleman + Laleh Mehran. Free. At Terrace Gallery. Opening reception is on Thursday Dec. 6 from 7-10 p.m.

Artists Chris Coleman and Laleh Mehran transform the Terrace Gallery into an immersive digital installation, using multiple projections mapped specifically for the space. W3FI animates the walls with ideas and real-time information gathered from Artisphere visitors and the region at large. Artisphere is located at 1101 Wilson Blvd. Call 703-875-1100 or visit [www.artisphere.com](http://www.artisphere.com).

### FRIDAY/DEC. 7

**Victoria Vox + Christylez Bacon.** 8 p.m. \$12. Victoria Vox, has been warming the hearts of her audience across the United States, Canada, Australia and Europe. Her songs are honest, moving, but also light-hearted. Christylez Bacon is a GRAMMY nominated progressive hip-hop artist and multi-instrumentalist from Southeast D.C. At Dome Theater in Artisphere located at 1101 Wilson Blvd. Call 703-875-1100 or visit [www.artisphere.com](http://www.artisphere.com).

### SATURDAY/DEC. 8

**Popped-Up Videos Live.** Holiday edition. 8 p.m. Holiday videos get the pop up treatment with fun facts and jokes hosted by music-video historian Andrew Bucket with special guests and prizes. \$10. At Dome Theater in Artisphere located at 1101 Wilson Blvd. Call 703-875-1100 or visit [www.artisphere.com](http://www.artisphere.com).

**Kelly Hogan.** Hogan will be coming to Arlington in support of her highly anticipated new solo album *I Like To Keep Myself In Pain*. She will be performing at the IOTA Club & Cafe located at 2832 Wilson Blvd. Visit [www.iotaclubandcafe.com](http://www.iotaclubandcafe.com).

### Family Holiday Concert.

7-8:30 p.m. The Symphony Orchestra of Arlington will present its "Family Holiday Concert" at the Arlington Temple United Methodist Church. \$15 for adults and \$10 for age 12 and under, at [www.symphonymorchestraofarlington.com](http://www.symphonymorchestraofarlington.com) or 804-322-9328. The public is welcome. Arlington Temple United Methodist Church is located at 1835 N. Nash St.

### SATURDAYS & SUNDAYS/DEC. 8, 9, 15, 16

**Christmas Music.** The public is invited to attend the inaugural Victorian Christmas Music Hall, produced by the Maryland Renaissance Festival and presented at The Comedy Spot, located in Ballston Mall. 7:30 and 10 p.m. on Saturdays, 5 p.m. on Sundays. The doors will open 30 minutes before each performance. Suitable for ages 12 and older. Visit [www.rennfest.com](http://www.rennfest.com).

### THROUGH DEC. 9

**Johnathan Monaghan: Rainbow Narcosis.** Free. At Works in Progress Gallery, Town Hall. Appropriating a range of imagery from video games and corporate logos to religious iconography, Rainbow Narcosis is a hallucinatory vision both haunting and humorous. Artisphere is located at 1101 Wilson Blvd. Call 703-875-1100 or visit [www.artisphere.com](http://www.artisphere.com).

**Six Characters In Search Of An Author.** Set during a rehearsal for Luigi Pirandello's *The Rules of the Game*, the play finds actors and a director interrupted by orphan characters, seeking to have their story told. Tickets are \$10-\$50. At Black Box Theater of Artisphere, located at 1101 Wilson Blvd. Call 703-875-1100 or visit [www.artisphere.com](http://www.artisphere.com).

[www.artisphere.com](http://www.artisphere.com).

### DEC. 12 THROUGH FEB. 3

**Art On The Art Bus: Hand Drawn Bazaar.** Free. Elizabeth Graeber creates work for Art On The Art Bus at Works in Progress Gallery in Artisphere located at 1101 Wilson Blvd. Call 703-875-1100 or visit [www.artisphere.com](http://www.artisphere.com). Onsite residency hours are Wednesday and Friday from 5:30-10 p.m.

### FRIDAY/DEC. 14

**Ellen Cherry + Naked Blue.** 8 p.m. \$12. At Dome Theater in Artisphere located at 1101 Wilson Blvd. Call 703-875-1100 or visit [www.artisphere.com](http://www.artisphere.com).

**Music.** 8:15 p.m. Nationally touring songwriters and Arlington residents Taylor Carson and Justin Trawick will be performing together with their full bands at IOTA Club & Cafe (2832 Wilson Blvd.). Tickets are \$12 at the door. Visit [www.iotaclubandcafe.com](http://www.iotaclubandcafe.com).

### SATURDAY/DEC. 15

**Grump At Artisphere.** 12-6 p.m. Free. Ballroom Grump is the best ever alternative holiday craft show where people can shop local this holiday season. Artisphere located at 1101 Wilson Blvd. Call 703-875-1100 or visit [www.artisphere.com](http://www.artisphere.com).

**Ethan Lipton + His Orchestra: No Place To Go.** 8 p.m. \$22. The Obie Award-winning show delivers an irreverent and personal musical ode to the unemployed. At Dome Theater in Artisphere located at 1101 Wilson Blvd. Call 703-875-1100 or visit [www.artisphere.com](http://www.artisphere.com).

# New Milestone for No Blitz

## Arlington-based band celebrates EP release at Vienna's Jammin' Java.

BY AMBER HEALY  
THE CONNECTION

This Saturday marks a milestone for the Arlington-based band No Blitz. Having been together for a little over a year, the four-piece band is releasing their first EP, *Never Satisfied*, complete with a headlining spot at Jammin' Java.

The band prides itself on not dwelling too long on success, said singer/guitarist Ryan Wogh and bassist Dan Horner. Releasing the EP, which includes songs that Wogh has been performing for longer than the band's lineup has been formalized, means the band can get to work on their next album, for which 20-25 songs have already been written.

Wogh and Horner said the band, which also features guitarist James Cichra and Shane Steenberge, has a sound reminiscent of alt rock in the '90s, which Wogh laments is a "dying breed. Bands today are either doing an 80's pop thing, metalcore or in the screamo genre. We don't sound like anyone else."

They've been compared with bands like Foo Fighters and Rise Against, but Wogh's been listening to the album *Thrice* by Anthology, while



Horner's had Gojira's latest on heavy rotation for the past few months. Listeners are invited to come by Jammin' Java to figure it out for themselves.

"It's more like we're hanging out and playing music," Horner said of the band's performances. The show at Jammin' Java is "an opportunity for us to play with two of the best local bands in one of the D.C. area's best clubs."

The EP features seven songs, all of which are available for download at the band's website, [www.noblitz.com](http://www.noblitz.com).

While the songs have been around for a while, Horner said each time the band performs them, there's something new to be discovered.

"You start pushing more and more" to create

something more to a song as it becomes more familiar, he said. "Because of that, you write more and better songs," and the performances take on new levels of meaning and creativity.

The show kicks off at 10 p.m. with *Fistful of Fifties*, followed by *Overdrive Superthrust*, with No Blitz finishing it off. Tickets are \$10 in advance, \$13 at the door.

And then? "It's on to the next big thing, the next gig, the next festival," Wogh said. The next show's already been scheduled, for Jan. 17 at the Angels Rock Bar in Baltimore, as part of radio station HFS's local musician showcase.

But if Saturday's no good, No Blitz is also playing at O'Shaughnessy's in Alexandria Friday night.

**Dan Horner, Ryan Wogh, James Cichra and Shane Steenberge of Arlington's No Blitz will celebrate their CD release Saturday, Dec. 8 at Jammin' Java in Vienna.**

## Details

**Friday, Dec. 7 at O'Shaughnessy's**  
1324 King Street, Alexandria  
Call 703-836-7885  
Visit [www.oshospub.com](http://www.oshospub.com)

**Saturday, Dec. 8 at Jammin' Java**  
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## 21 Announcements

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### TRUSTEE'S SALE OF VALUABLE IMPROVED REAL ESTATE

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In execution of a Deed of Trust from David J. Cho, also known of record as Jae Yong Cho, and Eun Jung Cho, dated July 13, 2007, and recorded July 18, 2007, in Deed Book 19461 at page 918, and re-recorded September 21, 2007, in Deed Book 19577 at page 1053 among the Land Records of Fairfax County, Virginia, the undersigned substitute trustee will offer for sale at public auction at the front entrance of the Judicial Center for Fairfax County, at 4110 Chain Bridge Road, Fairfax, Virginia, on

Wednesday, December 12, 2012 at 11:30 a.m.

the following property being the property contained in said Deed of Trust, described as follows:

Lot 9, Resubdivision of Parcel 1A, Foster Subdivision, as the same appears duly dedicated, platted and recorded in Deed Book 11178 at page 1032, among the Land Records of Fairfax County, Virginia.

Commonly known as 8894 Windy Ridge Way, McLean, Virginia 22102.

TERMS OF SALE: A deposit of \$100,000.00 or ten percent (10%) of the sale price, whichever amount is less, in the form of cash or its equivalent will be required of the purchaser at the time and place of sale; the balance of the purchase money being due and payable within fifteen (15) days after sale, time expressly being of the essence, with interest at the rate of 7.125 percent per annum from date of sale to date of settlement. Provided, however, that if the holder of the secured promissory note is the successful bidder at the sale, no cash deposit shall be required, and part of or the entire indebtedness, including interest and costs, secured by the Deed of Trust, may be set off against the purchase price.

Any defaulting purchaser shall forfeit the deposit and stand the risk and cost of resale.

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Substitute Trustee

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MWB DEVELOPMENT 1, LLC trading as World of Beer, 901 N. Gleve Road, #105, Arlington, Virginia 22203-1853. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL for a Wine and Beer On & Off Premises & Keg License to sell or manufacture alcoholic beverages. Evan Matz, Managing Member. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200

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## Present Needing to be Accounted For



By KENNETH B. LOURIE

As a stage IV non-small cell lung cancer diagnosee/patient/survivor/anomaly, living long – whether prospering or not, is not the simple and presumptive proposition I had anticipated. No more do I anticipate living the same number of years and in the same relative good health that my parents (both deceased), experienced well into their 80s. Now, my life revolves around my oncologist and the CT Scans and lab work that precede our recurring appointments. Whether I think I feel, or hope I don't feel, or worry about what I do feel, or wonder if what I felt meant that my greatest fear has been realized: tumors growing, moving, medication not working and/or causing collateral damage to internal organs, visits (and I use that term loosely) with my oncologist will certainly cut through any emotional clutter.

Presuming that this cancer thing (routine I now live) is unlikely to change, I probably need to enjoy the good reports/appointments as much as possible, because let's face it: this is an extremely serious situation I find myself in. However, just as it is said that fame is fleeting and money can't buy happiness, one "stable" CT Scan followed up by a widely grinning oncologist saying how "pleased" he is with my results does not a future guarantee or remission make. It is what it is: good, make that excellent news, but it's hardly a corner that's being turned, it's simply a road less traveled: that being a lung cancer patient outliving his original prognosis and beyond any protocols/clinical studies available to determine a prescribed/acceptable course of treatment. The short version: I'm still alive. Now what?

"Now what," for me, since I don't worry or second guess what my oncologist is advising/how I am being treated, is to embrace the highs more (and no, I've never been prescribed medical marijuana) and stop being so damn neutral anticipating the next low (tumors growing/moving) trying to maintain my even disposition. Intellectually, logically, it makes sense. Still, I can't get a particular Henny Youngman joke out of my head, that in my head, seems/feels relevant, especially given the various intervals of scans and appointments and all the associated medical expenses that I incur: "A doctor gave a man six months to live. The man couldn't pay his bill; the doctor gave him another six months."

Every day, every symptom, every lab result, every diagnostic scan might cause my doctor to tell me – as he did originally back in late February, 2009 ("13 months to two years") that I only have so many more months to live. And presumably, he won't be joking. For me however, finding humor somewhere, anywhere, during this whole cancer business has been how I've rolled. Perhaps it's time, 45 months post diagnosis, to consider the seriousness of my situation and when I receive some less-than-distressing-better-than-I have-a-right-to-expect scan results: love it, live it, appreciate it; don't joke about it. My oncologist was smiling when he saw me. That's not funny. That's amazing. I can worry – and be negative about, later – later. Right now is what counts. Tomorrow is promised to no one, especially terminal cancer patients. The future will get here soon enough. I need to savor the present. It probably won't kill me to do so.

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

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A common treatment for many nerve problems is the "take some pills and wait and see" method. While this may be necessary for the temporary relief of severe symptoms, using them long term is now way to live. Some of the more common drugs given include pain pills, anti-seizure medications, and anti-depressants -- all which have serious side effects.

### The Likely Cause Of Your Problem.

My name is Dr. Joe McKenna, owner of Balance Family Chiropractic Center. Our practice has been helping people with neuropathy and nerve problems for over 5 years. Often neuropathy is caused by degenerating spine pressing on the nerve roots. This can happen in any of the vertebral joints from the neck all the way down to the tailbone. The good news is that chiropractic treatments have proven effective in helping to remove the pressure on the nerves. By using gentle techniques, I'm able to release the pressure that has built up on the nerve. This allows the nerve to heal and the symptoms to go away. For example, numerous studies have proven chiropractic's effectiveness in helping nerve conditions.

*What these studies mean is that you could soon be enjoying life... without those aggravating nerve problems.*



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Patients showed an 85.5% resolution of the nerve symptoms after only 9 chiropractic treatments. - Journal of Chiropractic Medicine 2008

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*This was my first visit to a chiropractor; I am now pain free and have taken back the walker I had to rent. I have full mobility and the improvement to my neuropathy in my and feet has been amazing.*

*Don't let numbness, tingling and pain hold you back from enjoying life.*

The first 25 callers can get everything I've listed here for only \$25. The normal price for this type of evaluation is \$250, so you're saving a considerable amount by taking me up on this offer. Call 571-402-2225 now. We can get you scheduled for your consultation and exam as soon as there's an opening. Our office is located at 4141 N. Henderson Rd. Suite 14 in Arlington. When you call, tell the receptionist you'd like to come in for the Nerve Evaluation so she can get you on the schedule and make sure you receive proper credit for this special offer.

Sincerely,  
Dr. Joe McKenna, D.C.

P.S. Remember to call to reserve an appointment at this significant discount. Why suffer for years in misery? That's no way to live, not when there could be an easy solution to your problem.

P.P.S. Nothing's worse than feeling great mentally, but physically feeling held back from life because your arms or legs hurt- and the pain just won't go away! Take me up on my offer and call today 571-402.2225.