

ENTERTAINMENT, PAGE 6 ♦ CLASSIFIED, PAGE 10 ♦ SPORTS PAGE 8

PHOTO BY LOUISE KRAFFT/THE CONNECTION

'Alice' in Yorktown

\$16 Million More
Sought for Schools

NEWS, PAGE 3

Creating a Harmonious
Family Life

WELLBEING, PAGE 4

Wakefield Boys' Basketball
Wins Region Championship

SPORTS, PAGE 8

NEWS, PAGE 3

In rehearsal for Yorktown High School's production of "Alice in Wonderland," are, from left, Valerie Yoder, Kimberly Estoque, Katy Scruggs, Hugh Vasquez, Dorie Sullivan, Warren McQueary, Tanya Voronetska, Erin Sweeny and Jacqui Anders.

When things
aren't right,
that's when
we're
just right.

From primary care to intensive care, we provide nationally ranked pediatric medicine serving Maryland, Virginia, the District of Columbia, and beyond. Call 888-884-BEAR or visit JustRightForChildren.com.



All of our experience



goes into yours.

Inova Alexandria and Fairfax Hospitals deliver more babies in more ways than anyone else in the area. And whether you want a natural or pain-managed birth experience, we provide world-class physicians and midwives working with the area's most experienced staff. With the comfort of private rooms and the peace of mind that comes from having the area's top neonatal experts down the hall, it's easy to see why 20,000 mothers choose Inova every year. Find your OB at inova.org/OB



Inova Alexandria Hospital

Inova Fairfax Hospital



In rehearsal, from left, are Paige Little, Dorie Sullivan, Anne Kellogg, Hannah Schultz, Garret Neal, Jacqui Anders and Jade Mellor.

'Alice in Wonderland' Opens Thursday

Yorktown High School theatre students, under the direction of Carol Cadby, technical direction of Maiba Bodrick, and choreography by Brooke Weber and Ryan Sellers, will present "Alice in Wonderland" this week in the school's auditorium.

In the 1860s, English author Charles Lutwidge Dodgson wrote "Alice's Adventures in Wonderland" and "Through the Looking Glass" under the pen name Lewis Carroll. Both stories chronicle the journey of a 7-year-old girl named Alice as she breaks through a mirror and falls down a rabbit hole into an imaginary world populated by peculiar creatures and conventions.

Using mime, puppetry, and creative casting, Yorktown Theatre's production will follow her adventure through both books and once again explore the fantastical and disjointed world of a child's dreams.

Show times are Thursday, March 6 at 7 p.m.; Friday, March 7 at 7 p.m. and Saturday, March 8 at 2 and 7 p.m. Admission is \$10.



From left are Aryn Greier, Juliet Smith and Jacqui Anders.

PHOTOS BY
LOUISE KRAFFT
THE CONNECTION



From left are Valerie Yoder, Kimberly Estoque, Katy Scruggs, Hugh Vasquez, Dorie Sullivan, Warren McQueary, Tanya Voronetska, Erin Sweeny and Jacqui Anders.

\$16 Million More Sought for Schools

School officials scramble to fund rising enrollment in challenging budget environment.

BY MICHAEL LEE POPE
THE CONNECTION

Arlington Superintendent Patrick Murphy's proposed budget for the coming school year would scale back a program aimed at helping students older than age 22, add trailers to deal with the crush of new students as well as add four new bus drivers and create a new coordinator for transporting special-equation students. Murphy presented a \$439.4 million budget for fiscal year 2015 during a School Board meeting last week. The proposal is about \$16 million more than last year's budget, a 3.1 percent increase. The superintendent's proposal opens a two-month budget season that will last until School Board members vote on a final spending plan.

sions, and they are not easily made," said Murphy. "I understand that there is a lot of passion and emotion and commitment."

In the coming year, county schools are expected to welcome about 24,000 students, which is more than 800 students more than the system currently has. School budget officials estimate the additional students will cost about \$7.5 million, a total that includes hiring new teachers and other school-based staff to service the growing enrollment.

Perhaps the most controversial proposal in Murphy's budget is the \$1.6 million reduction in services to students who are older than 22, a population that supporters of special-needs students says is one of the most vulnerable.

"This could be something that could make a difference for some plan.

"There are a lot of tough deci- SEE MORE STUDENTS, PAGE 11

Budget Reductions

- ❖ \$1.6 million in reductions of service delivery for adult high-school students
- ❖ \$1.3 million to reduce post-employment benefits contributions
- ❖ \$1.1 million to eliminate 21 elementary library assistant positions
- ❖ \$780,000 reduction in special education classroom assistants
- ❖ \$304,000 in reduced health-insurance costs
- ❖ \$250,000 in savings from rehiring retirees
- ❖ \$190,000 in reduction to Virginia Retirement System creditable compensation
- ❖ \$170,000 to eliminate two middle school librarians
- ❖ \$160,000 to eliminate technology logistics and procurement coordinator
- ❖ \$160,000 to reduce extra day days for teachers during summer months
- ❖ \$160,000 reduction in non-mandated field trips
- ❖ \$150,000 to reduce instructional and innovative technologies budget
- ❖ \$140,000 to integrate two instructional supervisors
- ❖ \$140,000 to increase adult education fees
- ❖ \$100,000 reduction to redesign of professional library
- ❖ \$80,000 in change of model of service delivery for twice exceptional teachers
- ❖ \$80,000 reduction in special education coordinators
- ❖ \$80,000 for changing the clerical factor for secondary Asperger's assistants
- ❖ \$60,000 to reduce professional services

New Spending

- ❖ \$1.7 million for integrated reading and support initiative
- ❖ \$1 million to expand instructional time at two elementary schools
- ❖ \$500,000 for technology infrastructure needs
- ❖ \$310,000 to restore high school resource teachers for the gifted
- ❖ \$300,000 to redesign summer school
- ❖ \$247,000 for four additional bus drivers
- ❖ \$240,000 for professional development for teachers
- ❖ \$160,000 for International Baccalaureate world languages
- ❖ \$90,000 to provide additional SAT preparation options
- ❖ \$88,000 for a new special needs bus routing coordinator
- ❖ \$78,000 to fund two special education vision assistants
- ❖ \$62,000 to fund half of a position for a coordinator of counseling
- ❖ \$45,000 to fund half a position for substance abuse counselor
- ❖ \$40,000 for professional development for school counselors
- ❖ \$190,000 contingency fund for special education classroom assistants
- ❖ \$180,000 for legal fees
- ❖ \$120,000 for a new budget analyst
- ❖ \$110,000 for a new design and construction project manager

NEWS DEPARTMENT:
To discuss ideas and concerns, call: 703-778-9410
arlington@connectionnewspapers.com

Steven Mauren
Editor
703-778-9415
smauren@connectionnewspapers.com

Michael Lee Pope
Reporter
703-615-0960
mpope@connectionnewspapers.com
@MichaelLeePope

Jon Roetman
Sports Editor
703-224-3015
jroetman@connectionnewspapers.com
@jonroetman

ADVERTISING:
For advertising information
e-mail:
sales@connectionnewspapers.com

Debbie Funk
Display Advertising/National Sales
703-778-9444
debfunk@connectionnewspapers.com

Andrea Smith
Classified & Employment Advertising
703-778-9411
asmith@connectionnewspapers.com

Editor & Publisher
Mary Kimm
703-778-9433
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Photography:
Deb Cobb, Craig Sterbutzel
Art/Design:
Laurence Foong, John Heinly
Production Manager:
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
703-778-9436
jtheismann@connectionnewspapers.com
@TheismannMedia

CIRCULATION: 703-778-9426
Circulation Manager:
Linda Pecquex
circulation@connectionnewspapers.com



WELLBEING

Creating a Harmonious Family Life

Local experts offer tips for keeping a family happy.

BY MARILYN CAMPBELL
THE CONNECTION

As Elizabeth Rees drove her daughter and two of her daughter's friends to a library reading group recently, the Alexandria mother of three admits that she felt like a chauffeur at first. But she had a change of heart after hearing sounds of laughter.

"They were giggling and so sweet in the back," said Rees, the associate rector at Saint Aidan's Episcopal Church in Alexandria. "Suddenly that moment of grace turned it all around and I felt privileged to be there. I think that sort of thing happens all the time if only we are paying attention."

What are the keys to paying attention and creating a happier family life? Experts say it's important to stop trying to do everything 100 percent and make other things a priority. They offer their top tips for creating balance.

"With three young kids, a two-career marriage and way too many activities, I find this balance as hard as everyone else and am absolutely preaching to myself," said Rees.

EXPERTS SAY living in a competitive area like the Washington, D.C., region can make creating balance even more challenging. "I see children who are stressed to always be the best," said Dr. Bruce Pfeffer, a Potomac, Md.-based child psychiatrist.

Parents play a critical role in helping children create a healthy balance of work and play, he added, explaining that "parents must serve as rudders to guide their children [toward the] peace of mind that comes with a supportive home environment, emphasis on gaining joy in life, along with appropriate goals and achieving."

Michael Moynihan, head of the Upper School at The Heights School in Potomac, Md., agrees. "The most significant obstacles to harmonious family life today are over scheduling and over connectedness ... resulting in families that are pulled in many different directions for activities, and when they have those brief moments together, are often plugged into various electronic devices," he said.

Make finding uninterrupted family time a priority. "The solution is to schedule family time such as meals together — without electronic devices — and to protect this time from other activities," said Moynihan.

Rees suggests being present and engaged. "So much of life is spent in work and preparation and accomplishments that it's hard some-



PHOTO COURTESY OF ELIZABETH REES

Elizabeth Rees, the associate rector at Saint Aidan's Episcopal Church in Alexandria, says laughter, forgiveness and gratitude are among the factors that create a harmonious family life. Here she is pictured on a family vacation with her daughter Maya, 3; her husband Holden Hoofnagle; her son Dylan, 7; and daughter Sophia, 10.

times to live in the moment," she said. "Maybe some days the only time you have together is in the car. ... Try to remember to make the most of even those moments."

Colleen Vesely, Ph.D., an assistant professor of early childhood education and human development and family science at George Mason University, said "It's also important to find joy in the mundane and to give one's self and others a break ... to be patient, empathic and compassionate with yourself and with your coparent. ... But that doesn't mean not holding everyone accountable to the family system, which is also critical."

Rees encourages stressed parents to give themselves time alone as well. "I am part of a prayer and listening group on Tuesday nights. We come together and have a time of silence and share where we are in our lives. For me, that's my chance for renewal, refreshment, and it makes me return home with a completely different attitude. ... For others, it might be a

walk in the woods or coffee with a good friend, or an hour at the gym. It's hard to make space for yourself, but it can make a big difference in how you treat the people around you."

When it comes to building a harmonious family life, which elements matter most? "Love, obviously, is essential," said Rees. "But that's a big and amorphous word and really has to be much more about how we live than what we feel when it comes to daily relationships. When we are stressed or worried or tired, our closest relationships are the ones that take the biggest hit. It is in those all-too-frequent moments that we have to work the hardest at things like kindness, respect, thinking of how the other person feels."

The willingness to forgive oneself and one's family members is also vital to family harmony.

"We all do and say things without thinking all the time with our families," said Rees. "They bear the brunt of all the weight we carry. Try to remember that in the heat of the moment and put aside petty grudges."

Sometimes, says Rees, it's small, often overlooked actions that can have a major impact. "Little things matter so much in family life," she said. "Replacing the soap in the soap dish, or asking someone about their day and really caring about the answer, or giving a hand when you see someone struggling. When my husband hears my car in the driveway when I return from the grocery store and comes out to help carry the bags ... I notice and I feel cared for."

Bethany Letiecq, Ph.D., an associate professor of human development and family science at George Mason University adds, "With myriad external stressors and pressures on family systems, it is really important that families ... work together to model positive coping strategies and moderate conflict and anxiety levels. Parents can model healthy conflict resolution practices and support their children's positive coping and adaptation. This often takes a lot of work, learning skills that we may not have picked up from our own family systems [such as] practice, cooperation and patience."

"Learn and implement effective communication skills," said Rees. "Share what you are feeling with those all-important 'I statements' that we know about but find so hard to use in the heat of the moment. Stop what we are doing when there is something we really need to listen to, and then really listen with empathy and love. ... Not just thinking it, but saying 'I love you,' 'I'm sorry,' 'I forgive you,' 'thank you.'"

Manage expectations. "Reasonable expectations seem like a big piece of this, for ourselves, for our kids, for our partners," said Rees. "Remember to step back and think about what really matters and try to place less importance on the rest."

Parents are a child's best role models for dealing with setbacks. "Parents must help their children be resilient when goals are not met," said Pfeffer. "Sometimes the best growth can be gained by resilience after a disappointment."

NEWS

Encore Presents 'Sherlock Holmes'

Join Sherlock Holmes and Dr. Watson as they set out to solve their first case in the 21st century. There they meet Marilyn Monroe, George Washington, Tarzan, Count Dracula, and other characters — or so they claim. Sherlock and Watson are in the Freudley Institute, so it's no wonder Holmes gets treated like any other patient. Will Sherlock be able to prove he is the real Sherlock Holmes and solve a murder on the grounds of the Institute? This mystery is recommended for ages 4 and up.

Showtime's are Friday, March 7 at 7:30 p.m.; Saturday, March 8 at 11 a.m. and 3 p.m.; Sunday, March 9 at 3 p.m. in the Thomas Jefferson Community Theatre, 125 S. Old Glebe Road.

Tickets are on sale now and may be purchased at www.encestage.org or by calling the box office at 703-548-1154.

Tickets are \$12 for adults; \$10 for children, students, military and seniors. Group discounts, birthday party packages, and discount ticket bundles are available.



PHOTO BY LARRY McCLEMONS

Dr. Watson (Sam Barrett) and Sherlock Holmes (Topher Wagner) are ready to solve their first case in the 21st century.

The FISHBURNE EXPERIENCE

Summer Session

- **ACADEMICS**
- **ATHLETICS**
- **LEADERSHIP TRAINING**

Apply NOW to ensure a spot. Limited enrollment available!

Classes begin June 28th

Contact us to schedule a visit

LIVE ♦ LEARN ♦ LEAD

WWW.FISHBURNE.ORG

Fishburne Military School, a U.S. Army JROTC Honor Unit with Distinction, is one of only four programs in the nation authorized by Cadet Command to offer Summer JROTC.

FISHBURNE

MILITARY SCHOOL

1.800.946.7773

WAYNESBORO, VA

Old Town Smiles

Kim Kitchen, D.D.S. welcomes Dr. Adam Goldstein

Come Experience Guilt-Free & Pain-Free Dentistry

We offer all levels of sedation, including general anesthesia. Go to sleep and wake up with a new smile; it's that easy. All dental procedures can be completed in one visit.

A little about Dr. Goldstein:

- **Delta Premier Provider**
- He has a passion for treating his patients
- A Second-Generation Dentist
- Earned D.D.S. degree at the University of Buffalo School of Dental Medicine
- Advanced training at the Washington, DC Veterans Affairs Medical Center

Dr. Goldstein believes a person's oral health is a reflection of his or her overall systemic health. Together, we can create smiles that look younger, feel stronger, and will last for years to come.

500 Montgomery St., Suite 250 • Alexandria, VA 22314
571-281-3874
www.oldtownsmiles.com

Now Open in McLean

Put your trust in our top doctors*

Paymaun Lotfi, MD

Cyrus Press, MD

Richard Layfield III, MD

Using state-of-the-art, minimally invasive surgery and procedures, our board certified orthopedic physicians have helped thousands of patients return to a pain free, active lifestyle.

- Minimally invasive Spine Surgery
- Sports Medicine • Arthroscopic Surgery
- Joint Replacement
- Shoulder and Upper Extremity Surgery
- Fracture and Trauma Care

14605 Potomac Branch Dr.
Suite 300
Woodbridge, VA 22191
703.490.1112

a division of The Centers for Advanced Orthopaedics

1515 Chain Bridge Rd.
Suite 202
McLean, VA 22101
703.763.5473

*Voted top doctors by Washingtonian and Northern Virginia Magazines

Visit us online at www.novaorthospine.com

ENTERTAINMENT

The cast of "Beaches" performs at Signature Theatre in Shirlington.



PHOTO BY MARGOT I. SCHULMAN

Signature Stages 'Beaches'

Lively musical based on the book and movie plays through March 30.

BY STEVE HIBBARD
THE CONNECTION

Signature Theatre is presenting the musical "Beaches" about a 40-year friendship based on the 1988 movie starring Bette Midler and Barbara Hershey, now through March 30.

The play, which is Signature's third world premiere musical this season (and 18th total), is adapted from the 1985 novel by Iris Rainer Dart and directed by Eric Schaeffer (Broadway's "Follies," "Million Dollar Quartet"). It stars Mara Davi as Bertie White and Alysha Umphress as Cee Cee Bloom destined for fame.

Opening in Atlantic City in 1951, the play stars child actors Brooklyn Shuck and Presley Ryan, and progresses through reunions at various beaches. The settings span Pittsburg/Bronx in the 1960s using teen actors Maya Brettell and Gracie Jones to the disco '70s, and addiction '80s in Brighton Beach; Miami Beach; Sarasota, Fla.; and Carmel, Ca.

"What was interesting on this show is that we have three different actors playing each of the two leading women — young, teen and adult Cee Cee and Bertie," said Artistic Director Eric Schaeffer. "It was fun having them all work together so their body language matches their mannerisms and more. Seeing the six actresses work together has been a real joy in building their friendship both on the stage as well as off."

The children become fiercely-loyal friends who become teen pen-pals whose letters are sung back and forth in seamless transitions. There's an ensemble of a dozen or so actors singing, dancing and wearing multiple wardrobes thanks to costume designer Frank Labovitz. The action is centered around the over-the-top Cee Cee striving to make it in show biz — starting out in seedy dives, then Broadway ("The View From Up Here") and Hollywood.

Umphress demonstrates a larger-than-life personality with her rich vocals and delicious acting chops in both solitary scenes and duets with her upper-crust, introverted socialite buddy Bertie — played by the equally talented Mara Davi.

"I can certainly relate to her big, bold qualities, but I think she's actually quite a softie under her hard, acerbic exterior," said Umphress. "I've really tried to play up her sensitivity."

What interested Davi in her role was the variety of challenges that made it interesting. "We live through a range of ages, emotions, relationships, styles of music, etc.," said Davi. "I feel stretched in every direction, and it feels great."

Added Davi, "My upbringing and personality are quite similar to Bertie's so I get to bring a lot of myself to the role."

Umphress said she enjoyed getting to play a role that spans 30 years. "It was sort of up to me to find ways to make her the same person throughout the play," she said. "But also to show how she grows and matures (and immatures at times)."

Both friends become roommates and romantic rivals in life struggles and career changes, while getting married and divorced along the way. One standout scene was when the duo performed harmonies with nurses and Arthur (Michael Bunce) singing "Normal People" while in Sarasota. Bertie eventually develops terminal cancer and has Cee Cee caring for her and her daughter Nina (Svea Johnson). As Cee Cee's career takes off, she performs Bette Middler's classic, "The Wind Beneath My Wings" with tenderness at a recording studio in Hollywood.

The stage walls are adorned in a smorgasbord of dusty-white dressers, chairs, tables, bureaus, benches and lamps by creative scenic design by Derek Mclane, with a boardwalk-like floor that serves as the oceanfront to the different beaches. The minimal sets are wheeled in and out as the ocean lighting changes when the beach scenes change.

The creative team includes choreography by Tony nominee Dan Knechtges; Musical Supervisor Mary-Mitchell Campbell; orchestrations by Lynne Shankel; scenic design by Tony Award-winner Derek; costume design by Frank Labovitz; lighting design by Chris Lee; sound design by Lane Elms; Production Stage Manager Kerry Epstein; and Assistant Stage Manager Stephanie Junkin.

Performances for "Beaches" run Tuesday through Sunday evenings, with matinees on Saturday and Sunday at 2 p.m. Tickets start at \$40. Single tickets are available in person at the Signature Box Office, by calling Ticketmaster at 703-573-SEAT, and online at www.signature-theatre.org. Signature Theatre is located at 4200 Campbell Ave.

Email announcements to arlington@connectionnewspapers.com. Deadline is noon Thursday. Photos are welcome.

ONGOING

Theater Performance. See "La Vida Que Me Das...y no me alcanza (Such a Life You've Given Me... and it's not enough)" Feb. 13-March 9 at Gunston Arts Center - Theater Two, 2700 S. Lang St. Performances are Thursdays at 8 p.m. (\$15/person), Fridays and Saturdays at 8 p.m. (\$35/regular; \$30/students, seniors) and Sundays at 3 p.m. (\$25/person). Visit www.teatrodelaaluna.org. In Spanish with English subtitles.

Theater Performance. See Virginia Woolf's "Orlando" at Theatre on the Run, 3700 S. Four Mile Run Drive. Performances run Feb. 26-March 23. Pay-what-you-can Saturday matinees March 1-22 at 2 p.m. All other performances are Thursday-Saturdays at 7:30 p.m. and Saturday and Sunday matinees at 2 p.m. Visit www.arlingtonarts.org/ for more.

Theater Performance. Encore Stage & Studio presents "The Secret Case of Sherlock Holmes" from Feb. 28-March 9 at Thomas Jefferson Community Theatre, 125 S. Old Glebe Road. Performances are Fridays at 7:30 p.m., Saturdays at 11 a.m. and 3 p.m. and Sundays at 3 p.m. Recommended for ages 4 and up. Visit www.encorestageva.org.

Theater Performance. See "Oklahoma!" Feb. 28-March 16 at Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. Performances are Fridays and Saturdays at 7:30 p.m., Sundays at 3 p.m., with an additional matinee on Saturday, March 15 at 3 p.m. \$20/adult; \$15/student, senior. 703-892-0202 ext. 6 for tickets.

Art Exhibit. See Arlington resident Howard C. Smith's "Over Kansas," featuring watercolor paintings at House of Steep, 3800 Lee Highway, through March 31. The show is an exploration in color and space, and includes abstracts inspired by the photo, along with a series of still lifes. Visit www.bethsingerdesign.com/watercolors or www.houseofsteep.com for more.

Art Exhibit. See "Illuminations" the art of Linda Maldonado and Elise Ritter at Gallery Underground, 2100 Crystal Drive. Both artists use acrylic, watercolor, and collage to achieve imaginative expression in abstract and symbolist styles. The exhibit runs March 3-28. Free. Visit www.galleryunderground.org or 571-483-0652.

Theater Performance. Synetic Theater reimagines their original production "Hamlet ... the rest is silence" from March 13-April 6. Performances are Wednesdays through Saturdays at 8 p.m. and Sundays at 2 p.m. at Synetic Theater, 1800 S. Bell St. Tickets start at \$35; student tickets start at \$15. Visit www.synetictheater.org for tickets.

CLASSES & WORKSHOPS

Theatre Classes. Encore Stage & Studio is holding classes and mini camps for children in grades K-8 at on Saturdays at Thomas Jefferson Community Theatre, 125 S. Old Glebe Road and Tuesdays and Wednesdays after-school at Theatre on the Run, 3700 S. Four Mile Run Drive. Visit www.encorestageva.org for a list of classes.

Register Now. Winter and Spring break classes are open for registration at www.arlingtonartscenter.org. There will be weekend workshops for children, and more.

THURSDAY/MARCH 6

Grand Opening with Bill Cosby.

10:30 a.m. at Ben's Chili Bowl, 1725 Wilson Blvd. Bill Cosby, who has dined at Ben's U Street location since 1958, will attend the public grand opening and ribbon-cutting ceremony at Ben's Chili Bowl's new Rosslyn location. Visit benschilibowl.com.

Author Visit. 7 p.m. One More Page, 2200 North Westmoreland St. Bruce Holsinger shares from his new historical thriller, "A Burnable Book," set in Chaucer's London. Visit www.onemorepagebooks.com or call 703-300-9746.

FRIDAY/MARCH 7

Opening Reception. 5-8 p.m., meet the artists of "Illuminations" at Gallery Underground, 2100 Crystal Drive. Both artists use acrylic, watercolor, and collage to achieve imaginative expression in abstract and symbolist styles. The exhibit runs March 3-28. Free. Visit www.galleryunderground.org or 571-483-0652.

Wine Tasting. 6:30 p.m. One More Page, 2200 North Westmoreland St. "We're Ready for Spring!" wine tasting features fresh, crisp white wines from California, Austria and Australia. Visit www.onemorepagebooks.com or call 703-300-9746.

Dance Performance. 7 p.m. at Sprenger Theatre, 1333 H St., N.E., Washington, D.C. Bowen McCauley Dance will perform at the Atlas Intersections Festival. \$22/general; \$16.50/student, senior. Visit <http://intersectionsdc.org/> for tickets and information.

SATURDAY/MARCH 8

NoVa Teen Book Festival. 9:30 a.m. at Washington-Lee High School, 1301 N. Stafford St. There will be panels, breakout sessions and author signings. More than 20 authors will take part, including Marie Lu, Claudia Gray, Diana Peterfreund and Jessica Spotswood. Free. Visit novateenbookfestival.tumblr.com.

Home Show & Garden Expo. 10 a.m.-6 p.m. at Jefferson Community Center, 3501 2nd St. Enjoy seminars, get questions answered at "Ask an Expert," learn about remodeling kitchens and baths, and get some of your art, jewelry or antiques appraised by a certified antiques appraisal. Free. Visit www.arlingtonhomeshow.org.

Drop in Story Time. 10:30 a.m. at Columbia Pike Library, 816 S. Walter Reed Drive. Children up to age 5 can enjoy stories and more. Free. 703-228-5710.

Children's Trunk Show. 11 a.m.-1 p.m. at 251 18th Street South, eighth floor. Quality pre-owned children's clothes, maternity wear, nursery furniture, high chairs, swings, strollers, books, and toys for all ages, etc. Tickets are \$10 for adults, kids are free, and JLW Members receive Membership Credit. Cash or check only for merchandise purchases. Visit www.crystalcity.org/item/the-junior-league-of-washingtons-tossed-and-found-returns-to-crystal-city for more.

Radical Reptiles. 2 p.m. at Potomac Overlook Park, 2845 N Marcey Road. Join naturalist staff to learn about local lizards, snakes, turtles, and more. The program will also cover reptile handling techniques for both wild and captive reptiles. This program is geared for families with children ages 6 and older. \$5 per child. Call 703-528-5406 to reserve.

Singles Dinner and Movie Night. Fixed price dinner beginning at 5 p.m. at Rock Bottom Brewery, 4238 Wilson Blvd., followed by movie of your choice at Ballston Regal 12. Cost of \$30 at door includes dinner, soda, tip and movie ticket. RSVP required. Sponsored by New Beginnings, a support group for

separated/divorced men and women.

Call 301-924-4101 or visit www.newbeginningsusa.org.

Multimedia Concert. 7:30 p.m.

Celebrate Vivaldi's birthday with "The Extraordinary Four Seasons" presented by the National Chamber Ensemble at Artisphere's Rosslyn Spectrum, 1101 Wilson Blvd. Visit www.artisphere.com or call 703-875-1100. Family-friendly concert. \$30/adult; \$15/student. Buy tickets at tickets.artisphere.com, 888-841-2787, or at the door. Reception will follow.

Annual Jazz & Tap Dance Festival.

7:30 p.m. doors open, show starts at 8 p.m. at Northern Virginia Community College - Annandale Campus Theater. Dance Unlimited Jazz Dance Company will host area dance companies that will showcase creations in jazz, tap and hip-hop. \$25/adult; \$23/student. Visit www.jazz-dance-show.org for tickets or buy them at the door.

SUNDAY/MARCH 9

Music Performance. 4 p.m. at the Rock Spring Congregational United Church of Christ, 5010 Little Falls Road. The Rock Spring Recital Series presents Elisabeth Adkins, violin, and Edward Newman, piano, in concert. Program will include music by Bach, Beethoven and Piene. Free, donation requested. Visit www.rockspringucc.org.

MONDAY/MARCH 10

Story Time: Under 2s. 10:30 a.m. at Glencarlyn Library, 300 S. Kensington St. For children up to age 2. Free. 703-228-6548.

Drop-in Story Time: Under 2s.

10:30 a.m. or 11:15 a.m. at Shirlington Library, 4200 Campbell Ave. For children up to age 2. Free. 703-228-6545.

Story Time: Baby Steps. 2 p.m. at Central Library, 1015 N. Quincy St. For children up to age 1. Free. 703-228-5946.

Paws to Read. 5:30-6:30 p.m. at Central Library, 1015 N. Quincy St. Children in grades K-5 can read to therapy dogs for 15 minutes. Each dog is part of PAL. Register for a slot by calling 703-228-5946.

Drop in Family Storytime. 6:45 p.m. at Cherrydale Library, 2190 N. Military Road. For all ages. Free. 703-228-6330.

Book Club. 7:30 p.m. at Cherrydale Library, 2190 N. Military Road. Discuss "The Language of Flowers: A Novel" by Vanessa Diffenbaugh. Free. 703-228-6330.

TUESDAY/MARCH 11

Story Time. 4:15 p.m. at Westover Library, 1644 N. McKinley Road, suite 3. For children up to age 5. Free. 703-228-5260.

Drop-in Story Time: Over 2s. 4:30-5:15 p.m. at Cherrydale Library, 2190 N. Military Road. For children age 25 months to 5 years. Free. 703-228-6330.

Paws to Read. 5:30-6:30 p.m. at Westover Library, 1644 N. McKinley Road, suite 3. Children in grades K-5 can read to therapy dogs. Free. Register for a slot by calling 703-228-5260.

Family Story Time. 6:30 p.m. at Central Library, 1015 N. Quincy St. For all ages. Free. 703-228-5946.

Book Club. 7 p.m. at Central Library,

SEE CALENDAR, PAGE 9

Bathroom Remodel Special \$6,850

Celebrating 15 Years in Business!

TWO POOR TEACHERS

Kitchen and Bathroom Remodeling



Free Estimates
703-969-1179

Select your products from our Mobile Showroom and Design Center



Visit our website: www.twopoorteachers.com

Handyman Services Available:
Call 703-999-2928



Fully Insured & Class A Licensed Est. 1999

Happy St. Patrick's Day!

You've heard about St. Patrick who drove the snakes out of Ireland, but did you know about St. Catrick, who saved the kittens out of shelters? Now's your chance to find out! Join Lost Dog & Cat Rescue Foundation for a St. Catrick's Day celebration, and learn how you can help save lives.

- ☘ Foster Crew Members will answer questions about the most important thing you can do to help.
- ☘ Adoption Center Coordinators will provide information about volunteering at PetSmart centers.
- ☘ Our Transport Coordinator will explain how you can help with little more than some time and a car.



Charlie, delivered by St. Catrick, is available for adoption

Join us at Lost Dog Café-McLean
Saturday, March 15, 3-7 p.m. Enjoy snacks & soft drinks while learning how you can help.
1690 Anderson Road, McLean (near Safeway)
www.lostdogandcatrescue.org



Arlington
HOMESHOW
& Garden Expo

Saturday, March 8
10:00am - 6:00pm

Thomas Jefferson Community Center

3201 2nd Street South, Arlington, VA
Take Glebe Road South from Route 50 to left on 2nd Street for more info, call 703-892-2776
www.ArlingtonHomeShow.org

FREE!
Admission and Parking

GET INFORMATION AND YOUR QUESTIONS ANSWERED FROM:

More than 85 Remodeling Exhibitors
County Housing Agencies and Non-Profits
Master Gardeners, Tree Stewards and pro Landscapers
Bank Representatives and other Financial Experts

NEW! FREE ANTIQUES & JEWELRY APPRAISAL! FREE CLASSES

OVER 85 EXHIBITORS TO TALK WITH YOU ONE - ON - ONE



Event Highlights:

ATTEND INFORMATIVE SEMINARS ABOUT:
How to choose and work with contractors
How to finance your remodeling project
Green Remodeling, Renewable Energy and Universal Design
Gardening and Urban Landscaping

SPECIAL SEMINARS:

"The Landlord Tookit: Know the Law"
Fast & Easy: Home Plumbing Repairs Show
The Appraisal Road Show

SPECIAL LANDSCAPING AND GARDENING SECTION WIN A NEXUS 7 TABLET!

Presented by:



Gold Sponsor 2014



Garden Show Partner:



Retirement living that's active and engaging



Vinson Hall Retirement Community is a well-respected, nonprofit CCRC located in McLean, VA offering independent residential living for military officers, their immediate family and select government employees of equal rank.

An expansion is underway to add 75 expansive, elegant independent living apartments and a community building featuring a short-term rehabilitation center.

VINSON HALL RETIREMENT COMMUNITY

supported by Navy Marine Coast Guard Residence Foundation

6251 Old Dominion Drive, McLean, VA 22101

Please visit us at www.vinsonhall.org 703-536-4344



Regional Champs: Wakefield Boys' Basketball

Warriors defeat previously unbeaten Potomac, 70-66.

BY JON ROETMAN
THE CONNECTION

Last season, the Wakefield boys' basketball team had a region championship in its grasp, leading Woodson by 19 points entering the fourth quarter of the AAA Northern Region final. But the Warriors let the opportunity slip through their fingers and lost to the Cavaliers 75-70 in overtime.

Thanks to VHSL re-alignment, Wakefield entered this season as a talented team in a new region. While the Warriors graduated some key players, the memory of last season's meltdown never left.

"It was always there," senior Re'Quan Hopson said. "[Head coach Tony] Bentley would never let [us forget]. ... He would constantly [remind us to] never get comfortable."

One year after failing to capitalize on a large lead, Wakefield returned to the region championship game. This time, the Warriors took care of business.

Wakefield defeated previously unbeaten Potomac 70-66 on March 1 at Wakefield High School to win the 5A North region championship — the program's first region title since 2005. The Warriors will face either Henrico or Maury in the state semifinals at noon on March 8 at Robinson Secondary School.

Potomac entered Saturday's contest with a 26-0 record, but that didn't stop Wakefield from pulling out a back-and-forth contest in which the score was tied 12 times and the lead changed 22 times.

Six-foot-4 junior Dominique Tham and junior guard Marqua Walton each scored 18 points for the Warriors. Tham grabbed nine rebounds and Walton made a pair of 3-pointers.

"We weren't intimidated at all," Tham



Re'Quan Hopson, seen earlier this season, and the Wakefield boys' basketball team captured the 5A North region championship on March 1 with a 70-66 victory over previously unbeaten Potomac.

said. "... We knew what we had to do. Our mindset was to win the championship from the beginning."

Senior guard Jalen Carver played all 32 minutes, finishing with 17 points and shooting 3-for-3 from 3-point range. Bentley said he considered Carver to be the tournament MVP.

"He hit some big shots," Bentley said. "... He just came through for us."

Kyle Davis had four points, five rebounds, seven assists and three steals in 32 minutes. Hopson had 11 points and five rebounds in 32 minutes.

Wakefield played its last nine games at home, starting with its final three regular



Wakefield boys' basketball coach Tony Bentley, seen earlier this season, guided the Warriors to their second consecutive region championship game and first region title since 2005.

season games and continuing into the Conference 13 and 5A North region playoffs. Now the Warriors will hit the road, starting with Saturday's game at Robinson. If Wakefield wins its semifinal matchup, the Warriors would travel to Richmond for the state championship game at 2 p.m. on Friday, March 14 at VCU.

The Warriors scheduled games in Chesapeake and Virginia Beach this season to help the team get used to traveling, Bentley has said. Wakefield also has several athletes who experienced last season's AAA state tournament appearance, which included a trip to VCU.

"It's definitely going to help us," Tham said. "We bonded [while] going places."

Tham, a 6-foot-4 post, was named Conference 13 Player of the Year and 5A North region Player of the Year. Hopson was a first-team all-conference and first-team all-region selection. Bentley was named region Coach of the Year.


Walton and Carver received second-team all-conference honors.

Wakefield enters the state tournament with a 24-4 record, a Conference 13 championship and a region title.

"No one thought that they could do it," Bentley said. "They just continue to believe in themselves."

"No one thought that they could do it. They just continue to believe in themselves."

— Wakefield boys' basketball coach Tony Bentley




Become a Foster Parent and change a life (possibly yours)

Next 3-part training session meets March 22, 29 and April 5

For more information or to register, contact Ginny Snaider, LCSW, at gsnaider@nvfs.org or 571.748.2557


Northern Virginia Family Service
www.nvfs.org/fostercare



Saint Ann Catholic Church

<p>SUNDAY LITURGY SCHEDULE:</p> <p>Saturday Vigil: 5:30 PM Sunday: 8:00, 9:30, 11:00 AM 1:30 PM Spanish Liturgy</p> <p>5312 North 10th Street Arlington Virginia 22205 Parish Office: (703) 528-6276</p>	<p>DAILY EUCHARIST:</p> <p>Weekdays Monday-Friday, 6:30 AM & 8:30 AM Saturday, 8:30 AM</p>
---	---

All Are Welcome!



PARISH WEBSITE:
www.rc.net/arlington/stann

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

ENTERTAINMENT

FROM PAGE 7

1015 N. Quincy St. Discuss "The Awesome Girl's Guide to Dating Extraordinary Men" by Ernessa T. Carter. Free. 703-228-5946.

Author Talk. 7 p.m. at One More Page, 2200 N. Westmoreland St. Brad Parks will promote his new book "The Player." Free. Visit www.onemorepagebooks.com or call 703-300-9746.

WEDNESDAY/MARCH 12

Children in the Garden. 3 p.m. at Westover Library, 1644 N. McKinley Road, suite 3. Children in grades K-5 can enjoy a hands-on program. Free. Register at the library or call 703-228-5260.

ASL Club for Children. 4 p.m. at Columbia Pike Library, 816 S. Walter Reed Drive. Children in grades K-5 can learn American Sign Language through activities, songs and rhymes. Free. 703-228-5710.

THURSDAY/MARCH 13

Film. 3 p.m. at Columbia Pike, 816 S. Walter Reed Drive. Watch "The Savages," starring the late Philip Seymour Hoffman. Free. 703-228-5710.

Bilingual Story Time. 4:15 p.m. at Central Library, 1015 N. Quincy St. Children can enjoy stories, songs and crafts in English and Spanish. Free. 703-228-5990.

History Talk. 7-8 p.m. at Central Library, 1015 N. Quincy St. "How Arlington's Location and Geography Make it Unique" presented by Don Hawkins. Free. 703-228-5990.

FRIDAY/MARCH 14

Book Club. 11 a.m. at One More Page Books, 2200 North Westmoreland St. The Daytime Book Club discusses "Beautiful Ruins" by Jess Walter. Visit www.onemorepagebooks.com or call 703-300-9746.

Film. 2 p.m. at Central Library, 1015 N. Quincy St.

Watch "Julie & Julia." Free. 703-228-5946.

Theater Performance. 6:30 p.m. at Carlin Elementary School, 5995 S. 5th Road. Educational Theatre Company presents "Return Through Time," created by and starring selected students of Carlin Springs Elementary School. Free, donations welcome.

Author Visit. 6:30 p.m. at One More Page, 2200 N. Westmoreland St. Stephen H. Grant will celebrate and sign his book "Collecting Shakespeare: The Story of Henry and Emily Folger." Free. Visit www.onemorepagebooks.com or call 703-300-9746.

SATURDAY/MARCH 15

Plant Workshop. 9 a.m. at Walter Reed Community Center, 2909 S. 16th St. Professor John Kirby will talk about repotting bonsai and then will lead a workshop. Free for visitors and observers. E-mail greese67@msn.com or 703-860-3374.

Swanson Spring Fling Arts & Crafts Show. 10 a.m.-6 p.m. at Swanson Middle School, 5800 N. Washington Blvd. Artists will be selling jewelry, bird houses, pottery and more. Free.

World Children's Choir Celtic Celebration. 6-10 p.m. at Falls Church Episcopal, 115 E. Fairfax St., Falls Church. \$20/adult; \$15/student, senior; \$10/child age 3-11. There is an optional meal and drinks for sale. Visit www.worldchildrenschoir.org for more.

Monte Carlo Night. 7 p.m. at Ronald Reagan National Airport, historic terminal A. Proceeds will support Leadership Arlington's mission and youth programs. Enjoy a silent auction, live auction, dancing, buffet dinner, casino-style gaming tables and more. \$175/by Feb. 28 or \$225/beginning March 1. Visit www.leadershiparlington.org for tickets.

Owl Prowl. 8 p.m. at Potomac Overlook Park, 2845 N Marcey Road. Join a naturalist for a presentation on owls at Potomac Overlook. Meet one of the park's permanent resident owls, learn the secrets of owl calling and try to call in a wild owl in the park. This program is for adults and children aged 8 and older. \$5 per person. Reservations required, 703-528-5406.

Too many people miss the silver lining because they're expecting gold.

—Maurice Setter

60-75% Off Pottery
Oriental Fishbowls, Orchid and Bonsai Pots now **40% Off**
Lowest Prices Since 2008!

It's Spring in Our Greenhouse!
Primroses, Citrus, Succulents and More!

25%-75% OFF
Trees, Shrubs & Perennials

Landscape/Hardscape Sale
Off-Season Pricing
Best Prices of the Year!
Patios, Walkways, Retaining Walls, Landscaping
FREE ESTIMATES!

Pansies are Here!
On Sale 97¢
Reg. price \$1.89

Cravens Nursery & Pottery
9023 Arlington Blvd., Fairfax, Virginia
2 miles west of I-495 on Rt. 50.
1 mile from I-66 (Vienna Metro)
703-573-5025
Open 7 days a week
Visit our new Web site: www.cravensnursery.com

Natural Gas. Efficient by Nature.



Enjoy greater comfort and energy savings this winter.

Some people call it nesting—the simple act of enjoying your home. When winter comes, you want that nest, your home, to be warm and cozy. But you also want to keep energy costs in line.

Washington Gas has a few simple things you can do that can help save money on your winter heating bills, without giving up the comfort you want.

- Have a licensed natural gas contractor perform a complete inspection of your heating and water heater systems
- Set your thermostat comfortably low in winter and consider installing a programmable thermostat. Setting your thermostat set just one degree lower can save you as much as 3 percent.
- Install proper insulation in your home.
- When you're not using a fireplace, close the flue.
- Replace your furnace filter once a month.
- Turn your hot water heater down to warm or low, never more than 120 degrees.
- Replace all cracked or broken window glass, consider adding storm windows, caulk and weatherstrip doors and windows.
- Wash full loads of laundry and dishes.

For more information and additional energy saving tips visit washingtongas.com.

Take advantage of our Budget Plan.

With the Washington Gas Budget Plan, you'll be able to spread the higher cost of winter heating into the warmer months. You'll pay the same amount each month for natural gas. It costs nothing to enroll. To sign up for The Budget Payment Plan, call 703-750-1000 or log on to washingtongas.com.

FREE REMODELING & DESIGN SEMINARS!




THURSDAY, March 13th — 5-8pm

Where: 6862 Elm Street, Suite 330
McLean, VA 22101

Thinking of remodeling? This event is the perfect opportunity to take advantage of free expert advice with no obligation. Learn about the hot topics you should consider when remodeling.

Saturday's Seminars:

- Kitchen and Bath Trends
- Reinventing Your Home for Today's Lifestyle

Seminars run from 5pm-6:30pm. Appetizers to start. Dinner to follow. Please arrive at 4:45pm for check-in.

Seating is limited!

RSVP: info@sundesigninc.com or call Sabrina at 703.425.5588

SUN DESIGN

design/build | additions | kitchens | baths | basements | outdoor spaces
703-425-5588 SunDesignInc.com info@SunDesignInc.com

For a free digital subscription to one or all of the 15 Connection Newspapers, go to www.connectionnewspapers.com/subscribe

Be the first to know – get your paper before it hits the press.

Complete digital replica of the print edition, including photos and ads, delivered weekly to your e-mail box.

Questions?
E-mail: goinggreen@connectionnewspapers.com



Not Yet, Really



By KENNETH B. LOURIE

While we're exchanging pleasantries here, in semi real time – although this column will not be most read until March 6th (I need to submit it on Monday, March 3rd as we go to press on Tuesday, March 5th), I feel the obligation, given how last week's column ended, to update you on the results from my February 26th CT Scan. Presumably, by the title you all have determined that as of this writing, Saturday, March 1st, I have not heard back from my oncologist. Typically, I would have already heard from him, electronically. But so far, not a peep, electronic or otherwise and believe me, I've been checking, as you might imagine.

This non-communication has happened twice before that I can remember. The first time, my oncologist did not e-mail results to me because he said, as a presumptive courtesy, he doesn't like to share bad news in an e-mail. The second time he neglected to send a post-CT Scan e-mail, the news was good and sort of not worth mentioning, he said, because the news wasn't bad; if that makes any sense at all. Either way, the silence is hardly golden. And the longer I live, the less patience I have for such irregularities.

And what complicates my interpretation of this most recent electronic silence is that I have previously made it clear to my oncologist that my not receiving these post-CT Scan results, however good, bad or indifferent they may be, is far more difficult for Team Lourie than actually receiving them. So now, after we've established these communication guidelines (expectations, requirements even) it is a bit perplexing as to why we've not heard anything. But is it cause for concern? I'll tell you what it's cause for: unnecessary and barely controllable anxiety and stress concerning the interpretation of what any of it definitively means.

Maybe it means nothing because there was an internal computer problem that "sent" e-mails into cyberspace, rather than their intended recipients? Perhaps the staff Radiologist called in sick that day or had to leave town unexpectedly and no replacement could be found – in a timely manner, to read all the X-Rays, CT Scans, MRIs, etc. that day and as a result, results and communication of said results have been delayed? Maybe my oncologist is on vacation or out sick himself or had to leave town unexpectedly and my scan results/his assessment/summary of them are sitting in his in box and were not sent because, as I would understand, he prefers to send out his own e-mails? Heck, there might even be protocol/privacy issues that prevent such communications from being forwarded unless all parties agree in advance. In fact, never before have I received e-mails from any other oncologist. It's always been Dr. "H." Or maybe, the results are so bad that, despite our previous conversations on the subject, my oncologist is ignoring my preference in order to tell me in person, since he will be seeing me on Friday, March 7th for our regularly scheduled post-CT appointment? Or maybe the results are so good, he wants to tell me in person and see for himself the joy and relief his care has brought to a patient of his whom he originally characterized as terminal and gave a "13-month to two-year" prognosis? Or, as Paul Harvey never said: you don't know the rest of the story.

Consequently, what one experiences, as maybe you can tell from the previous paragraph, is a non-stop rearranging and reinterpreting of one's medical circumstances, potential medical circumstances, real and/or imagined medical circumstances, and anxiety over any and all of them.

Still, I've been through this kind of waiting before for medical results. It's not easy, but I can handle it. Nevertheless, it sort of seems like a waste of my ability to handle such things, given the seriousness of what I may yet have to handle.

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

ZONE 6 • ARLINGTON • GREAT FALLS
• MCLEAN • VIENNA/OAKTON

CLASSIFIED

703-917-6400

ZONE 6 AD DEADLINE:
MONDAY NOON

21 Announcements 21 Announcements 21 Announcements 21 Announcements 101 Computers 101 Computers

EVEN SUPERMAN HAD FOSTER PARENTS

Kids and teens in our community need super parents like you.

855-367-8637 or umfs.org

LEGAL NOTICE
David B. McDonald, M.D.
Now joins Inova Medical Group – Merrifield
To make an appointment or
To request medical records, please contact:
703-291-3427
2730-C Prosperity Avenue
Fairfax, Virginia 22031
To move your records to a provider
Outside our network, customary fees apply.

HDI COMPUTER SOLUTIONS

JENNIFER SMITH ♦ Serving the Area Since 1995

- > Speed up Slow Computers
- > Troubleshooting
- > Virus Removal
- > Computer Setup

(571) 265-2038
jennifer@HDIComputerSolutions.com

26 Antiques 21 Announcements 21 Announcements 21 Announcements

We pay top \$ for antique furniture and mid-century Danish/modern teak furniture, STERLING, MEN'S WATCHES, jewelry and costume jewelry, paintings/art glass/clocks. Schefer Antiques @ 703-241-0790. Email:theschefer@cox.net

Help for people with

Macular Degeneration

Find out if the new E Scoop glasses will help you see better

Call for a FREE phone consultation with Dr. Armstrong, Optometrist

Offices in: Roanoke, Charlottesville, Harrisonburg, Wytheville

(866) 321-2030
Dr. David L. Armstrong VirginiaLowVision.com

EMPLOYMENT

Seasonal Garden Center Merchandiser

Bell Nursery, a nationally recognized grower/vendor is looking for hardworking people to work at a garden center near you. Must be flexible for weekend work. For job descriptions and locations go to www.bellnursery.com/jobs.

BUSINESS OPP

TELEPHONE
A great opportunity to **WORK AT HOME!**
NATIONAL CHILDRENS CENTER
No sell! Salary + Bonus + Benefits!
301-333-1900
Weekdays 9-4

MUST LOVE CATS

Volunteers needed for cat caretaker shifts with Lost Dog & Cat Rescue Foundation at 7 Corners/Falls Church, Tysons Corner, Reston or Leesburg PetSmart locations. Morning, mid-day or evening shifts available, need varies by location. Shifts are generally 60-90 minutes, training provided. Great opportunity for student service hours. Also opportunities for transport volunteers and fostering. Email cats@lostdogrescue.org with questions or interest.

HOW TO SUBMIT ADS TO THE CONNECTION
Newspapers & Online

CLASSIFIED DEADLINES
Zones 1, 5, 6.....Mon @ noon
Zones 2, 3, 4.....Tues @ noon
E-mail ad with zone choices to: classified@connectionnewspapers.com
or call Andrea @ 703-778-9411

Program Manager

(Master's with 3 yrs exp or Bachelor's with 5 yrs exp; Major: Hospital Admin, Health Care Admin, Health & Human Services, Business Admin, Public Admin, Psychology or related field; Other suitable qualifications acceptable) - Vienna VA. Job entails working with and requires experience including: Working as a Health Care Admin, Psychologist, LCSW, or RN; Working in a multi-vendor contract model; Providing healthcare services as well as management in an adult correctional facility; & Contract budgeting and financial obligations of the contract. Must be able to pass background investigation and obtain agency security clearance where applicable. Must maintain current tuberculosis documentation and active CPR certification. Relocation and travel to unanticipated locations within USA possible. Send resumes to MHM Services Inc, Attn: HR, 1593 Spring Hill Road, Suite 610, Vienna VA 22182.

EMPLOYMENT DEADLINES
Zones 5, 6.....Tues @ 11:00
Zones 1, 3.....Tues @ 4:00
Zone 2.....Wed @ 11:00
Zone 4.....Wed @ 1:00
E-mail ad with zone choices to: classified@connectionnewspapers.com
or call Andrea @ 703-778-9411

ZONES
Zone 1: The Reston Connection
The Oak Hill/
Herndon Connection
Zone 2: The Springfield Connection
The Burke Connection
The Fairfax Connection
The Fairfax Station/Clifton/
Lorton Connection
Zone 3: The Alexandria
Gazette Packet
The Mount Vernon Gazette
Zone 4: Centre View North
Centre View South
Zone 5: The Potomac Almanac
Zone 6: The Arlington Connection
The Vienna/Oakton
Connection
The McLean Connection
The Great Falls Connection

URGENT NEWS IF YOU USED TESTOSTERONE HEART ATTACK or STROKE?

Studies show that using Testosterone products may significantly increase your risk of a heart attack, stroke, blood clots and death. If you or a loved one has suffered any of these injuries, call 1-800-THE-EAGLE now about making a claim for substantial monetary compensation. No fees or costs until your case is settled or won. We practice law only in Arizona, but associate with lawyers throughout the U.S.

GOLDBERG & OSBORNE
1-800-THE-EAGLE
(1-800-843-3245)
www.1800theeagle.com

915 W. Camelback Rd. Phoenix, AZ 85013

Open 7 Days a Week

Outer Banks, NC Vacation Homes!

Over 500 Vacation Homes, from Duck to Corolla, Oceanfront to Soundfront, Private Pools, Hot Tubs, Pets and More...

Book Online at www.brindleybeach.com
1-877-642-3224
"SERVICE FIRST... FUN ALWAYS!"

LIFETIME METAL ROOFING

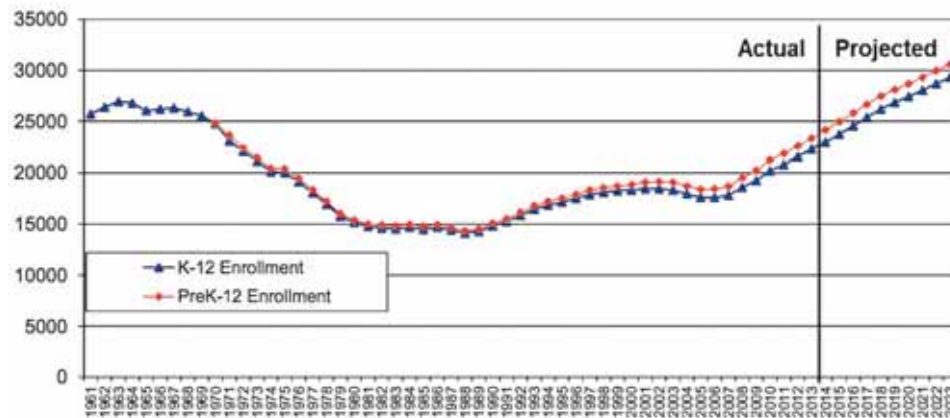
by VaCarolina Buildings, INC

100% Financing
Free Estimate
Free Roof Inspection

1.800.893.1242
metalroofover.com

NEWS

Total K-12 and PreK-12 Enrollment (September 30th), 1961-2023



COURTESY OF ARLINGTON PUBLIC SCHOOLS

More Students, More Costs

FROM PAGE 3

body to be successful in integrating into the community or not," said Heather Alderman, a member of the special-education advisory committee. "I know there are some very hard choices to make, but whether or not this is the right hard choice to make I really don't know."

THE SUPERINTENDENT wants to combine Arlington Mill High School and the Langston High School continuation program at the Arlington Career Center. The reorganization would eliminate 19 staff positions from the budget, consolidating four secondary alternatives at three high schools to one initiative in the Adult Education Program. Budget officials estimate that redirecting adult learning to the Adult Education Program will reduce the number of students attending Arlington Mill by more than half.

"The program is going to look different," said Murphy. "It is going to be much smaller than it exists now."

Another controversial proposal by the superintendent addresses the issue of transportation.

Murphy wants to add four new bus drivers, a move that he says would allow the school division to avoid relying on substitute bus drivers. He also wants to create a new coordinator position that would coordinate special needs bus routing, a proposal that some say needs work.

that some say needs work.

"Our bus routes continue to be, in my opinion, very inefficient. They are very circuitous and they don't necessarily take a direct path," said Donna Owens, the mother of a special-education student. "Just because a child is in special education doesn't mean they need special education. We have more special needs buses than we have a need for, and therefore we are putting kids that don't need it on those buses and I'm not sure that's right."

THE PROPOSED budget would increase instructional time by eliminating early release at two elementary schools to implement a foreign language program in the elementary schools that will cost about \$1 million. It would also support a reading program intended to focus on early literacy at a cost of \$1.7 million, which will provide technology devices for second and sixth grade students. And a \$2.3 million initiative will add three summer school sites, expand SAT preparation, restore high school resource teachers for gifted students and provide contingency funds for classroom assistants.

"This is really just the beginning of the formal budget process," said School Board Chairwoman Abby Raphael. "So we have lots of opportunity to hear from the community."

"FLOURISHING AFTER 55"

Arlington Office of Senior Adult Programs for March 16-21.

Senior trips: Sunday, March 16, Irish music by The Chieftains, GMU's Center for the Arts, \$65; Tuesday, March 18, National Museum of Women in the Arts, D.C., quilt exhibit, \$19; Wednesday, March 19, new Tanger Outlets, National Harbor, Md., \$7; Thursday, March 20, National Aquarium, Baltimore, Md., \$40; Friday, March 21, behind-the-scenes tour of Nationals Stadium, D.C., \$17. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

Traditional and Gentle Hatha Yoga classes begin week of March 17. Call for details, 703-228-4745.

Seniors only weight room hours, Langston-Brown and Madison. Monday-Wednesday-Friday, \$60/15 sessions. Call for days and times, 703-228-4745.

Ice skating, Mondays, 8 a.m. - 9:10 a.m., Kettler Capitals Iceplex, Ballston Mall, \$1 (includes

skates). Register, 703-228-4745.

Poker games, Mondays, Aurora Hills, Tuesdays and Thursdays, Lee, 10 a.m. - 12:15 p.m. Details, 703-228-5722 (AH), 703-28-0555 (Lee).

Cardio boxing for beginners, Tuesday, March 18, 9 a.m., Walter Reed. \$40/8 sessions. Register, 703-228-0955.

Cooking healthy demonstration, Tuesday, March 18, 11 a.m., Langston-Brown. Free. Register, 703-228-6300.

Modern approach to low impact aerobics, Tuesdays, 9:30 a.m., Aurora Hills. \$60/15 sessions. Register, 703-228-5722.

Table tennis, Tuesdays-Thursdays, 10 a.m., Walter Reed. Details, 703-228-0955.

Watercolor painting classes begin, Wednesday, March 19, 1 p.m., Arlington Mill. \$50/6 sessions. Register, 703-228-7369.

Preparing homes to age in place, Wednesday, March 19, 1:30 p.m., Aurora Hills. Free. Register, 703-228-5722.

ELECTRICAL

K & D ELECTRIC
COMMERCIAL / RESIDENTIAL SERVICE
 Family Owned & Operated

Recessed Lighting
 Ceiling Fans
 Phone/CATV
 Computer Network Cabeling
 Service Upgrades
 Hot Tubs, etc...

Licensed/Bonded/Insured
 Office 703-335-0654
 Mobile 703-499-0522

HAULING

AL'S HAULING
Junk & Rubbish
 Concrete, furn., office,
 yard, construction debris
 Low Rates NOVA
703-360-4364
703-304-4798 cell
7 DAYS A WEEK

TREE SERVICE

ANGEL'S TREE REMOVAL
 Brush & Yard Debris
 Trimming & Topping
 Gutters & Hauling
 Angeltreeslandscaping-hauling.com
703-863-1086
703-582-3709
240-603-6182

GUTTER

GUTTER CLEANING
 Gutters and Downspouts Cleaned
 Small Repairs • Gutter Guards

PINNACLE SERVICES
 lic/ins **703-802-0483** free est.
 email jamie@lawnsandgutters.com
 web: lawnsandgutters.com
 Friendly Service with a Friendly Price!

ANGEL'S HAULING
 Junk Trash Removal,
 Yard/Construction
 Debris, Garage/Base-
 ment Clean Out,
 Furniture & Appl.
703-863-1086
703-582-3709
240-603-6182

The biggest things are always the easiest to do because there is no competition.
 -William Van Horne

HANDYMAN

Hand and Hand Handyman

General Remodeling Residential & Commercial
 Specializing in:
 Kitchen/Bathroom/Baseament Remodeling
 Plumbing • Electrical • Custom Carpentry
 Doors Windows • Hardwood Floors
 Crown Molding • House Cleaning
 Interior/Exterior Painting • Brick/Stone Work
 Ceramic Tile • Decks, Fences, Patios
 HOA Maintenance, Granite Counter Tops
Realtors Work and Much More
 Licensed and Insured Serving Northern Virginia
703-296-6409

The HANDYMAN
 A DIVISION OF NURSE CONSTRUCTION

BATHROOM REMODELING, DRYWALL, PAINTING, CERAMIC TILE, CARPENTRY, POWER WASHING & MUCH MORE

You have tried the rest - **NOW CALL THE BEST!!**
 Proudly serving Northern VA - 46 yrs. exp.
 Licensed Insured **We Accept VISA/MC**
703-441-8811

LANDSCAPING

Remodeling Interior, Bathrooms, Kitchens, Floors, Ceramic Tile, Painting, Decks, Fences, Additions.
703-863-1086

IMPROVEMENTS

R&N Carpentry

◆BASEMENTS ◆BATHS ◆KITCHENS
 Foreclosure specialist/Power washing
 ◆Exterior Wood Rot More!
 Deck & Fence repair, Screen Porches
 No jobs too large or small
 Free est. 37 yrs exp. Licensed, Insured
703-987-5096

PINNACLE SERVICES, INC.
LAWN SERVICE
MOWING, TRIMMING, EDGING, MULCHING & TRIM HEDGES
 Friendly Service for a Friendly Price
703-802-0483

Picture Perfect Home Improvements
 (703) 590-3187 www.pphionline.com

Remodeling Bathrooms, Kitchens & Basements

- FREE Estimates Exterior & Interior Repair,
- FAST & Reliable Service Painting, Carpentry, Wood Rot,
- EASY To Schedule Drywall, All Flooring, Decks
- NO \$\$\$ DOWN!

Handyman Services Available
 "If it can be done, we can do it!"
 Licensed - Bonded - Insured

MASONRY

Potomac Masonry
703-498-8526
 New Installations & Repairs
 Stone - Flagstone - Brick - Concrete
FREE ESTIMATES!!
 Lic. & Ins
 potomac-masonry.com

R.N. CONTRACTORS, INC.

Remodeling Homes, Flooring,
 Kitchen & Bath, Windows,
 Siding, Roofing, Additions &
 Patios, Custom Deck, Painting

We Accept All Major Credit Cards
 Licensed, Insured, Bonded • Free Estimates • Class A Lic
Phone: 703-887-3827 Fax: 703-830-3849
E-mail: rncontractorsinc@gmail.com
www.rncontractors.com

TREE SERVICE

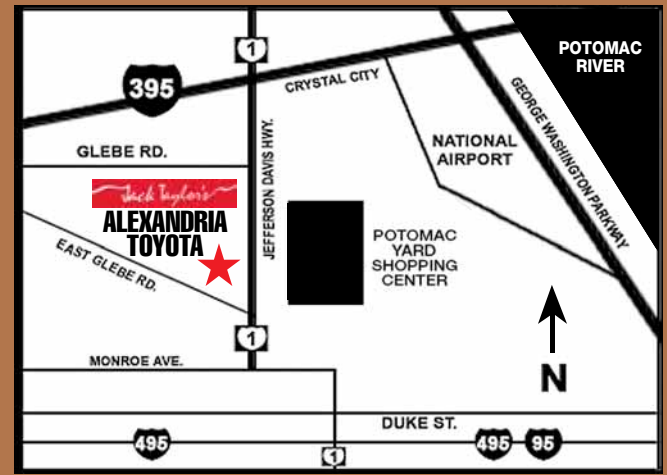
Quality Tree Service & Landscaping
Reasonable prices. Licensed & insured
 Winter Savings...
 Tree removal, topping & pruning,
 shrubbery trimming, mulching, leaf
 removal, planting, hauling, gutter cleaning,
 retaining walls, drainage problems, etc.
 25 years of experience - Free estimates
703-868-5358
24 Hour Emergency Tree Service

Jack Taylor's
ALEXANDRIA TOYOTA

3750 Jefferson Davis Hwy.
Alexandria, VA 22305

703-684-0710

www.alexandriatoyota.com



Service Department Hours:
Monday – Friday, 7:00am to 7:00pm
Saturday, 8:00am to 5:00pm

Make your next service appointment at:
alexandriatoyota.com

TOYOTA ServiceCenters Keep Your Toyota a Toyota
TOYOTA PRESIDENT'S AWARD 2012
TOYOTA Owners ToyotaOwnersOnline.com
TOYOTA LIFETIME GUARANTEE
 Mufflers • Exhaust Pipes • Shocks • Struts
 Toyota mufflers, exhaust pipes, shocks, struts and strut cartridges are guaranteed to the original purchaser for the life of the vehicle when installed by an authorized Toyota dealer. See us for full details.
TOYOTA Let's Go Places

You Have Saturdays Off
That's Exactly Why We Don't!



<p>OIL & FILTER SERVICE SPECIAL \$5⁰⁰ OFF Includes: Change oil, install Genuine Toyota oil filter, inspect & adjust all fluid levels and complimentary multi-point inspection with print out. <small>NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 3/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.</small></p>	<p>VARIABLE DISCOUNT \$5.00 OFF with purchase of \$35.00 - \$49.99 \$10.00 OFF with purchase of \$50.00 - \$99.99 \$15.00 OFF with purchase of \$100.00 - \$199.99 \$20.00 OFF with purchase of \$200.00 - \$499.99 \$50.00 OFF with purchase of \$500.00 Or more <small>NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 3/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.</small></p>	<p>4 WHEEL ALIGNMENT \$89⁹⁵ Prevent Uneven Wear Your car's alignment suffers, and can cause uneven tire wear, steering problems and decreased fuel economy. INCLUDES: Inspect suspension, ball joints, struts & shocks, tire condition and set tire pressure. <small>NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 3/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.</small></p>	<p>SPRING DETAIL SPECIAL \$119⁹⁵ Prepare your car's paint for the harsh winter road conditions. A full exterior buffing, paint sealant and wax, along with a vacuuming of the interior. Vans & SUVs add \$20.00. <small>NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 3/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.</small></p>
<p>BRAKE SPECIAL \$99⁹⁵ PADS PLUS \$50 VISA GIFT CARD Includes: Install Genuine Toyota front brake pads, inspect front & rear rotors & drums, check tire condition and inspect all hardware. Pads only. MACHINE ROTORS AN ADDITIONAL \$199.95. <small>DOES NOT APPLY TO ALL VEHICLES. PLEASE SEE SERVICE ADVISOR FOR DETAILS. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 3/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.</small></p>	<p>SERVICE PRICE \$99.95 \$50 VISA CARD \$50.00 YOUR COST \$49.95</p>	<p>BUY 3 TIRES AND GET 4TH FOR \$1⁰⁰ TIRE CENTER GOT TIRES? NO CHARGE ROAD HAZARD PROTECTION, TIRE WARRANTY, AND FREE COURTESY MULTI-POINT INSPECTION. PRICE MATCH GUARANTEE. SEE SERVICE ADVISOR FOR DETAILS. <small>NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 3/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.</small></p>	<p>DETAIL SPECIALS \$39⁹⁵ Wash & Vacuum \$139⁹⁵ Hand wash, wax & interior cleaning \$295⁹⁵ Full premium detail <small>NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 3/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.</small></p>
<p>BREATHE EASY SPECIAL \$59⁹⁵ Includes: Replace cabin air filter and inspect Air conditioning system <small>NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 3/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.</small></p>	<p>TRUE START BATTERY SPECIAL \$139⁹⁵ INCLUDES BATTERY INSTALLATION Includes: 84 month warranty, 24 month FREE replacement, 24 month FREE roadside assistance, 60 month prorated, PLUS we'll check all battery cables & connections. <small>Does not apply to hybrid batteries. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 3/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.</small></p>	<p>BASIC MINOR SERVICE PERFORMED EVERY 5,000 MILES OR 6 MONTHS WHICHEVER COMES FIRST \$79⁸⁸ 2003 & NEWER INCLUDES: Replace engine oil, replace engine oil filter, drain plug washer, check & top off fluids(as needed), inspect brake linings/drums & brake pads/discs, rotate best tires to front, clean brakes(if applicable), perform multi-point inspection, & road test vehicle(as needed). <small>NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 3/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.</small></p>	<p>HEADLIGHT RESTORATION SPECIAL \$89⁹⁵ Plastic lenses can yellow with age, reducing the vehicle's market value. Headlight brightness & the overall safety during nighttime driving. The headlight lens restoration from us allows you to shine and restore headlights to like-new conditions. <small>NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 3/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.</small></p>
<p>WE WILL MEET OR BEAT ANY LOCAL TOYOTA DEALERSHIP'S CURRENT ADVERTISED SERVICE SPECIALS <small>NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 3/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.</small></p>	<p>COMPLIMENTARY MULTI-POINT INSPECTION Includes: Inspect tires, brakes, wipers, lights, belts & hoses & fluid levels. <small>NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 3/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.</small></p>	<p>ROTATE & BALANCE SPECIAL \$49⁹⁵ Includes: Rotate and balance all 4 wheels and inspect brakes and tires. <small>NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 3/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.</small></p>	<p>BEFORE AFTER <small>NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 3/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.</small></p>

Jack Taylor's **ALEXANDRIA TOYOTA / SCION** | **ALEXANDRIA TOYOTA/SCION** 3750 JEFFERSON DAVIS HWY. | ALEXANDRIA, VA 22305 | 1-866-616-8420 | ALEXANDRIATOYOTA.COM | JUST MINUTES FROM REAGAN NATIONAL AIRPORT! | **TOYOTA** | **Let's Go Places**