

The Arlington Connection

Musician and artist Kanja Muchoki got in line early for the Saturday morning, Jan. 3, casting call at Fashion Centre at Pentagon City for "America's Next Top Model."

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PHOTO BY LOUISE KRAFT/THE CONNECTION

JANUARY 7-13, 2015

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM



Nearly 1,000 contestants waited in line for an audition in the top model competition.

Hundreds Audition for 'America's Next Top Model'

The line of contestants and their supporters snaked through the perimeter of Fashion Centre at Pentagon City's third floor on Saturday morning, Jan. 3. CW Network held an open casting call for "America's Next Top Model." Casting directors were on the lookout for males and females between the ages of 18 to 27 and there were no height restrictions. Local judges were DCW50's Fashion & Lifestyle correspondent Paul Wharton and Maggy Francois, a D.C. and N.Y. event and fashion marketing executive. WDCW-TV (DCW50), the Washington, D.C.'s Tribune Media-owned CW affiliate

hosted the local casting call. Wharton and Francois selected three contestants Saturday and set up immediate skype interviews with Los Angeles-based "Top Model" casting directors. "America's Next Top Model" is produced by 10 by 10 Entertainment in association with The Tyra Banks Company. The executive producers are Ken Mok ("Making the Band"), Tyra Banks and Laura Fuest Silva. The series was created by Tyra Banks and developed by Mok and Kenya Barris. Tyra Banks also hosts the series. DCW50.com is also hosting an online viewer's choice contest. Voting continues through Jan. 25.



Joey Adams came with her sister Rose Bowers to the casting call.

Contestant Devon O'Neal waits with Courtney O'Hara for his audition on Saturday afternoon in Fashion Centre.

PHOTOS BY
LOUISE KRAFFT
THE CONNECTION

Rare Snowy Owls at National Airport, Again

Two years in a row,
but the first time
in 65 years.

BY DONALD SWEIG
THE CONNECTION

Snowy Owls, rare Arctic visitors to the Washington area, are being seen again, for the second year, at National Airport. The two Snowy Owls seen at the airport for a month or more during the winter of 2013-2014 were the first such birds

recorded there, or elsewhere in the D.C. area, in 20 years or more. There is an unofficial report of a Snowy Owl being seen somewhere in the Washington area in 1994.

The first Snowy Owl of this winter was seen, from Gravelly Point, as part of an annual Christmas Bird Count on Saturday, Dec. 20, 2014 at about 7:15 a.m. There are apparently only two previous records for Snowy Owls on D.C. Christmas Bird Counts; the most recent sighting of a Snowy Owl on a Christmas Bird Count was in 1949 — 65 years ago. So these are rare birds indeed.

A second, darker and more heavily barred Snowy Owl was discovered at the airport the following morning, Sunday, Dec. 21,



A snowy owl at Gravelly Point Park near National Airport in January 2014.

2014 and has been seen occasionally since then.

Snowy owls breed in the Arctic and occasionally migrate, or erupt, south during the winter season. During the winter of 2013-2014, the southward-migration/eruption of Snowy Owls into the Atlantic states was significantly larger than anyone could remember seeing before. So far this winter there seem to be more Snowy Owls coming south into the mid-Atlantic than normal, but nothing like the winter of 2013-2014.

The owls are being seen from the end of the parking lot at Gravelly Point, near the picnic table, looking south into the airport. The best time to see one is usually very early in the morning from 6:45 to about 7:15,

SEE SNOWY OWLS, PAGE 11

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Addressing Growing Student Population

New schools and boundary changes in the works in Arlington Public Schools.

BY VERNON MILES
THE CONNECTION

While the rest of county moves into the new year, Arlington County Schools are finding themselves in the middle of a challenging one. Arlington schools have faced a 21 percent increase in student population over the last five years and anticipate a 19 percent increase over the next five. This has put a strain on school resources, and consequently has forced the schools to ask for budget increases. Meanwhile, the schools have begun plans to shift school boundaries to spread the student population as evenly as possible.

“Unlike the county, we run on the school year cycle,” said School Board Chairman James Lander. “My priorities haven’t changed; we’re focus on instruction, capacity, and ... the budget.”

In the initial estimates coordinated with the Arlington Office of Management and Budget, the county estimated a \$20 million gap in funding to the schools.

Mary Hughes Hynes, newly elected as Arlington County Board chair, said the schools and the County Board would have to reach a compromise. Hynes was elected to the Arlington County Board in 2007 and had served on the Arlington School Board for 12 years before that.

“We’re working together,” said Hynes. “They’re facing unprecedented growth, which means they need more money for growth. We’re doing the best to meet those needs without writing blank checks. There’s going to be a thoughtful budget process on both sides.”

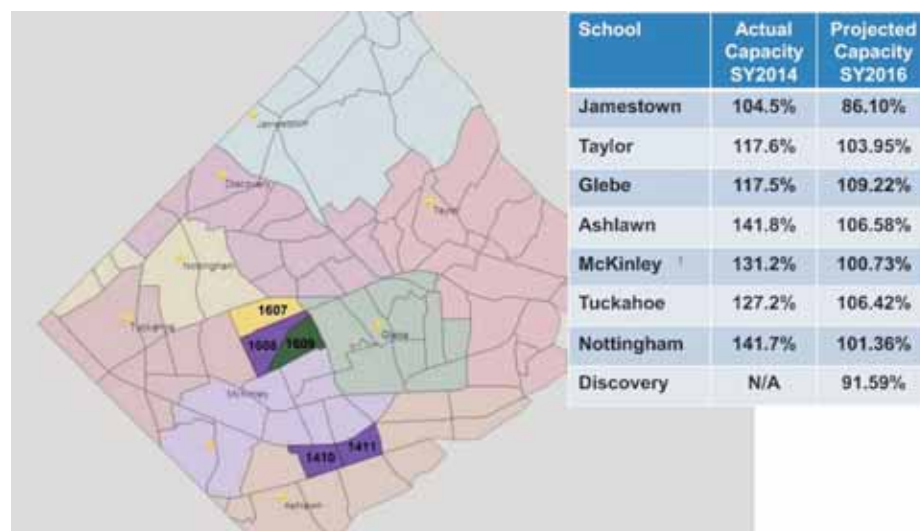
“We have a record of fulfilling the school’s funding requests and then some,” said J. Walter Tejada, vice chairman of the Arlington County Board. “A study group will be looking at the conversation on how we deal with [increases in school population]. We need to find a way to continue to meet those needs.”

At the beginning of school in 2010, Arlington Public Schools had 10,440 K-12 students. By the beginning of the 2014-2015 school year, that number has risen to 13,393 students. Arlington Public Schools have taken a number of steps to accommodate the increase in student populations, including the opening of the new Discovery Elementary School and the construction of a new school at the “Wilson site.”

“I think that, halfway through [the year], we’ve made some strong statements and some good decisions,” said Lander. “We have, as a board, voted to support construction at the Wilson school site and we have capped that at \$80 million. We are looking to retrieve some bond capacity for future projects for secondary sites.”

At a meeting on Jan. 5, a work session on elementary boundary refinements met to improve enrollment balance in the schools. The primary topic was addressing the disparity between North Arlington’s over and under-populated schools. At the current boundaries of the schools, McKinley Elementary School is projected to be 148 students under its maximum capacity in 2016 while Ashlawn Elementary is projected to be 105 students over capacity, expected to rise to 191 students by 2018.

The School Board have a number of tools at its disposal to mitigate the effects of



Note:
1. The utilization percentage at McKinley includes 23 Montessori students that are housed in the Reed building.

New Arlington elementary school boundaries with 2015 changes highlighted.

school overcrowding. The schools can install “relocatables,” a type of temporary classroom. They can relocate programs, but this is typically only used for pre-kindergarten ages. One of the biggest steps the School Board can make to balance enrollment is to change the school boundaries. School zones are broken up into planning units, areas that are theoretically composed of approximately 50 students. When the School Board redraws the boundary lines, planning units assigned to one school are relocated to a neighboring school.

“We analyze, twice a year, the enrollment projections and have a look at what that means,” said John Chadwick, assistant superintendent for facilities and operations. “We want to use resources as efficiently as we can.”

Five planning units were selected by the Superintendent’s Office to change schools,

a change that would take effect in the 2015-2016 school year if approved by the School Board. One of the main concerns Chadwick said he heard from the community was the desire to keep neighboring planning units 1607 and 1608 going to the same school system. Some of the plans considered by the staff kept the two units together, but the final superintendent’s recommendation was to split the two units to improve enrollment balance. In the new plan, the 56 students in unit 1607 will be included in the Nottingham Elementary School boundary while 93 students in unit 1608 will be reassigned to McKinley Elementary School. Jamestown Elementary School will face the largest student population increase. Jamestown, which currently has 529 at 88.61 percent capacity, would increase to 581 students at 97 percent capacity.

SEE ADDRESSING SCHOOL, PAGE 5

Arlington Police Pay Their Respects to Officer in New York City

A journey of solidarity.

BY KAREN L. BUNE
THE CONNECTION

The impact of the recent shooting deaths of two New York City police officers — Officer Rafael Ramos and Officer Wenjian Liu — reverberated throughout the country and hit home with police officers nationwide.

When one of their own is killed in the line of duty, officers travel far and wide to express their grief and provide support to the families and their affected colleagues. Though they may not have ever been personally or professionally acquainted with the victims, they experience the loss as one who is part of the brotherhood/sisterhood of the law enforcement community, and they understand the inherent dangers that



PHOTO COURTESY OF SGT. RICK RODRIGUEZ

From left: Officer Adam Stone, Officer Tania Velez, Lt. Ron Files, Officer Krizza Balderama and Sgt. Rick Rodriguez.

embrace them daily in their occupation.

The Arlington County Police Department joined many other departments throughout the country by travelling to New York City to the funeral of Officer Rafael Ramos. A contingency of Arlington County officers left at 4 a.m. on Dec. 27, 2014 and drove to New York to attend the funeral that day. They returned to Arlington late that same night. The officers who attended the funeral included: Lt. Ron Files, Sgt. Rick Rodriguez, Officer Adam Stone, Officer Tania Velez and Officer Krizza Balderama.

“I speak for all five members of the Arlington County Police Department. Attending the funeral of Officer Ramos was a must,” Sgt. Rick Rodriguez said. “We attended the funeral service because we felt it was the right thing to do. We wanted to represent our department in New York City

SEE PAYING RESPECTS, PAGE 5

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OPINION

Happy New Year Focused on community.

Happy New Year. We need your help in 2015. As local, weekly newspapers, the Connection's mission is to deliver news readers need close to home, to help readers enjoy great local places and events, to advocate for community good, to call attention to unmet needs, to provide a forum for dialogue on local concerns, and to celebrate and record milestones and events in community and people's lives.

If you know people or organizations doing important work, something newsworthy or something that might make a good feature story, let us know. We want to know if someone in your family or your community published a book, became an Eagle Scout, raised money for a good cause, accomplished a feat like running a marathon or having an art show.

We publish photos and notes of a variety of personal milestones and community events, including births, engagements, weddings, anniversaries, awards and obituaries. Send a photo and tell us about it in 200 words or so to arlington@connectionnewspapers.com.

We are also interested in events at your church, mosque, synagogue, community center, pool, school, club, etc. To have the best chance of getting an event included in our calendar ahead of time, email us the details of the event (who, what, where, when, why) at least two weeks ahead of time. Email to arlington@connectionnewspapers.com. Events generally must be open to the public and ei-

ther free or at nominal cost to be included in calendars.

After your events, email us a photo and a note so we can consider including it in our coverage. Be sure to include the names of all the people who are in a photo, and say when and where the photo was taken.

EDITORIAL We also publish notes about news and events from local businesses. Notes about openings, new employees, anniversaries are welcome.

In covering the issues, we strive to provide a voice for our readers. We look forward to hearing from you.

The Connection Newspapers are published by Local Media Connection LLC, an independent, locally owned company. The publications and websites include the Alexandria Gazette Packet, the Mount Vernon Gazette, the Centre View, the Potomac Almanac and individual Connection papers and websites serving McLean, Great Falls, Vienna/Oakton, Oak Hill/Herndon, Reston, Springfield, Burke, Fairfax, Fairfax Station/Clifton/Lorton, Arlington, Centreville, Chantilly/Fair Oaks, Alexandria and Mount Vernon. The publications and websites have won hundreds of awards for news and community coverage just in the past few years, including the Virginia Press Association Award for Integrity and Community Service for coverage of efforts to prevent and end homelessness, and Best in Show for information/art for coverage of local parks.

The operation of these community-serving

publications is entirely funded by advertising. The papers are delivered free to homes and businesses throughout Northern Virginia, and through free digital subscriptions, with more than 200,000 readers across the region. If you or your organization appreciate the Connection publications, please support them by patronizing our advertisers and by spending a portion of your marketing budget with us. For information about advertising, contact sales@connectionnewspapers.com, or call 703-778-9431.

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— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Favola Crafts Her Legislative Agenda

BY BARBARA FAVOLA
STATE SENATOR (D-31)

Safety Net for Families:

Allow local government to increase the minimum wage over three years up to \$10.50 with the passage of a referendum.

Index payments to these families so the payments increase with the Department of Labor issued Consumer Price Index.

Child Support for Disabled Adult



Correction

The above artwork was misidentified in the Arlington Children's Issue, Dec. 31. The artist is Lexis Lynch, age 9, third grader at Arlington Traditional School.

Children:

Allow judges to assign child support for special needs adult children in divorce cases.

Child Care:

Count the children related to the caretaker in the 5-child limit for unregulated care.

Require all day home providers to meet minimum standards related to CPR, background checks and settings that meet fire code safety requirements.

Require the licensure of any provider caring for one or more unrelated child.

Ask the Department of Education and the Department of Social Services to convene a stakeholder group to develop a framework for requiring certain professional competencies. This is a recommendation from the Virginia Commission on Youth.

Education Pre-K -12:

Re-establishes the authority of school boards to create a 3 -person panel in a teacher termination process.

Enable counties to exercise local control over speed limits in school zones.

Provide greater flexibility to local jurisdictions in meeting the matching requirement for the Virginia Pre-school Initiative.

Juvenile Justice System:

Expunge the records of a juvenile for non-violent larceny crimes that would be considered felonies if the juvenile were an adult.

Mental Health:

Fund pilot projects throughout the state that

enable Community Health Centers to enter MOUs (memorandums of understanding) with public school systems to provide mental health services on-site at the schools.

Fund pilot projects to increase the availability of counseling services for children who have witnessed domestic violence.

Sexual Assaults on College Campuses:

Require colleges and universities to offer sexual assault victims the option of receiving services off campus at a community based center specializing in sexual assault cases.

Domestic Violence:

Require those who have been convicted of misdemeanor stalking, sexual assault and sexual assault and battery of a household member to give up a fire -arm for five years.

Public Safety:

Include "gender," "gender identity", and "sexual orientation" in the current "Hate Crimes" statute.

Voting:

Enable individuals 75 years of age or older to go the head of the voting line.

Aging:

Request that the Joint Commission study the availability of dental services at long term care facilities.

To contact Senator Favola, call 703-969-6749.

The 31st district encompasses parts of Arlington, Fairfax and Loudoun.

Addressing School Enrollments

FROM PAGE 3

Kelly King, on behalf of the Facilities Advisory Council, expressed support for the superintendent's recommendation.

"This plan allows for unforeseen and unknown growth at the schools," said King. "We understand the challenges presented with this option, including families that change schools ... We discussed options that kept units together, but it's not feasible."

However, King expressed concerns regarding the planning unit structure.

"We need to revisit planning units as a whole," said King. "We'd like to explore options that better fit current and future needs of the Arlington public schools and the community ... It's time to take a look at this, especially when we will soon need to look at the Middle School boundaries."

The planning units currently used by Arlington Public Schools were created in 2000-2001 with as even a population distribution as possible. Fifteen years later, some planning units are as densely populated as 93 students, as in unit 1608, or as sparsely populated as 20 students in unit 1411.

The new plan faced some criticism from the School Board at the work session. Many on the School Board felt that the changes to the school boundaries were done without consideration of the impact on the lives of the students.

"There's a sense in the community of kids who are in special education programs that they're the last to know and the first to be moved," said School Board member Nancy Van Doren. "It's done without any sense of effect on them. I don't think there's any way around some of this, but the way we do this and the

way we treat those families with respect and courtesy should be consistent This is something we need to talk to people about, but if you constantly talk to them like second class citizens at the end of the process, that creates ill will."

"For many parents, this is concerning," agreed Dr. Emma Violand-Sánchez, School Board vice chair. "They don't like surprises."

King proposed, in the near future, either reviewing the current boundaries of the planning units to more accurately reflect the student populations or looking into alternative methods of assigning student populations. The newest School Board member, Barbara Kanninen, expressed concerns that the boundary changes were a temporary measure.

"I get concerned when, in less than two years, things have changed so much that we need to shuffle these things around," said Kanninen. "It gets me thinking that now, in two more years, we may have to do this again."

Lionel White, director of facilities planning, said the best the Superintendent's Office had to work with were the current planning units and the current projections for student population.

"Working with projections is like driving a car forward and looking in the rear view mirror," said White. "Right now, the historical data is the best projection we have for the future."

At the next meeting of the Arlington School Board on Thursday, Jan. 8, the boundary changes will be discussed again. On Jan. 15, at 7:30 in the Arlington Education Center Board Room, the School Board will host a public hearing on the topic. The final decision will be announced by the Jan. 26 Kindergarten Information Night.

Paying Respects in New York City

FROM PAGE 3

during a very difficult time. We felt an obligation to pay our respects to Officer Ramos, the Ramos family and to the entire New York Police Department. The experience of being among the over 25,000 officers who attended from all over the country and Canada was a sad reminder of how fragile life can be. In addition, it was a reminder that we as police officers never know what we might confront on any given day, night or call.

"We also felt that a family in mourning would find peace and a sense of pride seeing so many law enforcement officers attending to honor and remember a man whose courageous and exemplary life was cut short by an assassin's bullet. We felt we helped begin that healing process because several NYPD officers and one business owner personally thanked us for making the trip. In valor, there is hope."

Karen L. Bune is an adjunct professor in the Department of Criminology, Law and Society at George Mason University.

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs for Jan. 26-31.

Senior centers: Lee, 5722 Lee Hwy.; Langston-Brown, 2121 N. Culpepper St.; Culpepper Garden, 4435 N. Pershing Dr.; Walter Reed, 2909 S. 16th St.; Arlington Mill, 909 S. Dinwiddie St.; Aurora Hills, 735 S. 18th St.

Transportation at-a-glance, Monday, Jan. 26, 1 p.m., Culpepper Garden. Free. Register, 703-228-4403.

Virtual tour of world's famous museums, Monday, Jan. 26, 1 p.m., \$6, Lee. Register, 703-228-0555.

How to minimize effects of falling, Monday, Jan. 26, 1:30 p.m. Arlington Mill. Free. Register, 703-228-7369.

Core conditioning class begins Monday, Jan. 26, 11 a.m., Arlington Mill. \$22.50/5 sessions. Register, 703-228-7369.

Pilates class begins Monday,

Jan. 26, 1:15 p.m., Arlington Mill. \$22.50/5 sessions. Register, 703-228-7369.

Organizing online accounts, Tuesday, Jan. 27, 11 a.m., Culpepper Garden. Free. Register, 703-228-4403.

The etiquette of serious illness, Tuesday, Jan. 27, 10 a.m., Langston-Brown. Free. Register, 703-228-6300.

Winter soups and stews demo, Tuesday, Jan. 27, 11 a.m., Langston-Brown. Free. Register, 703-228-6300.

AARP smart driver class, Tuesday, Jan. 27, Wednesday, Jan. 28, 9 a.m., Arlington Mill. \$20. Register, 703-228-7369.

Beginners full fitness exercise, Tuesdays, 10 a.m., Lee. \$60/15 sessions or \$4 per class. Details, 703-228-0555.

Arlington Mill Trekkers, Tuesdays, 9:30 a.m. Free. Register, 703-228-7369.

Table tennis, Tuesdays, 10 a.m. -12 p.m., Walter Reed. Free. Register, 703-228-0955.

Continuing care options, Wednesday, Jan. 28, 11 a.m., Culpepper Garden. Free. Register, 703-228-4403.

Introduction to astrology, Wednesday, Jan. 28, 6:30 p.m., Arlington Mill. Free. Register, 703-228-7369.

Duplicate bridge, Wednesdays, 10 a.m., Aurora Hills. Cost \$5. Register, 703-228-5722.

Arlington Walking Club, Wednesdays, 9 a.m., Culpepper Garden. \$4. Register, 703-228-4403.

Do-it-yourself projects made easy, Thursday, Jan. 29, 10 a.m., Lee. Free. Register, 703-228-0555.

Volunteer opportunities with Parks & Recreation, Thursday, Jan. 29, 1 p.m., Walter Reed. Free. Register, 703-228-0955.

Woodcarvers group, Thursdays, 1 p.m., Lee. Free. Register, 703-228-0555.

Mindfulness meditation begins Friday, Jan. 30, 11 a.m., Walter Reed. \$33/6 sessions. Register, 703-228-0955.

Fast-paced walking group, Friday, Jan. 30, 9 a.m., Aurora Hills. Free. Register, 703-228-5722.



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ENTERTAINMENT

Email announcements to arlington@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

ONGOING

“Floating, Flying and Racing.” 1-4 p.m. Saturdays and Sundays only, at the Arlington Historical Museum, 1805 South Arlington Ridge Road. The Arlington Historical Society celebrates the holidays with a new temporary exhibit every year. For the 2014 holiday a collection of more than two dozen toys and models antique toys is on display until Jan. 18. Visit www.arlingtonhistoricalsociety.org.
“Cinderella.” Runs through Friday, Jan. 18. at Thomas Jefferson Community Theatre, 125 S. Old Glebe Road, Arlington. Tickets \$12. Visit www.encorestage.org or Call 703-548-1154 for more.

Family and Teen Skate Nights.

Through March 28 at The Thomas Jefferson Community Center, 300 N. Park Drive. The evenings start with Family Skating from 6:30-9 p.m. and close with Teen Nights from 9-10:45 p.m., for middle and high school students. \$2 per person/\$3 skate rental. Visit parks.arlingtonva.us/kids-events/roller-skating-nights-skate-parties-thomas-jefferson.

LGBT & Straight Friends Social.

Tuesdays. Happy Hour, 3 p.m.-7 p.m.; Mikey’s “Bar A” Video Wall, 7 p.m.; start time at 8 p.m. IOTA Club & Cafe, 2832 Wilson Blvd. IOTA Club & Cafe has designated every Tuesday LGBT & Straight Friends Social Night for those 21 years and older. Free. Visit www.iotaclubandcafe.com/ for more information.

Open Mic Comedy. Wednesdays 8-10 p.m. at Ri Ra Irish Pub, 2915 Wilson Blvd. Doors open at 7 p.m. 21 and up only. Free show, \$25 cash prize for best joke. Call 703-248-9888 or visit www.RiRa.com/Arlington for more.

Invasive Plants Removal. Work parties are held every month to keep the parks free of destructive invasive plants. Teens, adults and families welcome. Every second Sunday of the month 2-4:30 p.m. at Gulf Branch Nature Center, 3608 Military Road; call 703-228-3403. Every third Sunday of the month 2-5 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road; call 703-228-6535 or visit registration.arlingtonva.us. Free, no registration required.

Comedy. Every Saturday at 3 p.m. at Comedy Spot, in Ballston Common Mall, 4238 Wilson Blvd., children can enjoy ComedySportz for Kidz. \$10. Visit www.comedyindc.com or 703-294-LAFF.

Comedy. Every Friday at 8 p.m. and Saturday at 7:30 p.m. is ComedySportz (“clean”) and at 10 p.m. on Friday and Saturday is the Blue Show (“adult”), both at Comedy Spot, in Ballston Common Mall, 4238 Wilson Blvd. \$15 each. Visit www.comedyindc.com or 703-294-LAFF.

Poetry Series. 6-8 p.m. second Sunday of the month at IOTA Club & Cafe, 2832 Wilson Blvd. Hosted by poet Miles David Moore. Featured artists share their poetry followed by open readings. Free. Visit www.iotaclubandcafe.com or call 703-522-8340.

Open Mic Nite. 8 p.m.-12:30 a.m. every Wednesday at IOTA Club & Cafe, 2832 Wilson Blvd. Sign-up times are 7:30 p.m. and 10 p.m. Bring instruments, fans and friends. Featured musicians perform from 9:30-10 p.m. Visit www.iotaclubandcafe.com or call

703-522-8340.

Karaoke. 8 p.m. on the first Sunday every month at Galaxy Hut, 2711 Wilson Blvd. Visit www.galaxyhut.com or call 703-525-8646.

Pub Quiz. 8 p.m. every Sunday at Whitlow’s on Wilson, 2854 Wilson Blvd. Prizes for first place. Free. Visit www.whitlows.com or call 703-276-9693.

Storytime. Mondays and Fridays, 10:30-11:00 a.m. at Kinder Haus Toys, 1220 N. Fillmore St. Storytime with Ms. Laura. Call 703-527-5929.

Lego Club. Monthly on the first Wednesday. 4-5 p.m. Glencarlyn Branch Library, 300 South Kensington St. The library provides tubs of legos and a special challenge and after the program the creations are displayed for everyone to see. No registration required. Call 703-228-6548 for more.

Family Nights. 7-9 p.m. on the first Friday of the month at Arlington Mill Community Center. E-mail DPR-YouthandFamily@arlingtonva.us. or call Emily Thrasher at 703-228-4773 for more.

CAMPS, 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.

Synetic Theater. Synetic Studio, 2155 Crystal City Plaza Arcade T-19, Arlington. Synetic offers an introduction to the world of physical theater, acting and dance through athletic feats that inspire students to creativity. Classes include programs for elementary, middle and high school students, as well as adults. Discounted packages and payment plans are available. Visit www.synetictheater.org/studio or call 703-824-8060.

THURSDAY/JAN. 8

Live Music. 7:30 p.m. at Artisphere, 1101 Wilson Blvd., Arlington. Artisphere kicks off the new year with a performance by Louisiana-based Cajun band Steve Riley & the Mamou Playboys, hailed by critics as one of the best Cajun music acts in history. Dance lesson at 7:30, show begins at 8 p.m. Visit www.rosslynva.org/do/steve-riley-and-the-mamou-playboys for more.
“Hollywood on the Potomac.” 7-8 p.m. at Marymount University, 2807 N. Glebe Road, Arlington; the main floor of the university’s library, Rowley G127. Arlington has been a location for Hollywood-produced



Meet Chewy

Chewy the Camel will be visiting Church of the Covenant on Sunday, Jan. 11 at 10:30 a.m. Children and adults are invited to watch or join in and help sing songs of joy welcoming the Three Kings. Hot Cider and cookies will be provided. This is for families, and children of all ages are especially welcome. Church of the Covenant, 2666 Military Road, Arlington. Call 703-524-4115 or visit www.CovenantChurchArlington.org for more.

movies for almost a century. Film historian Rob Farr will share and discuss his collection of scenes shot in Arlington beginning with the disastrous Wright Brothers’ flight in Fort Myer in 1908 that resulted in a fatality. From there the audience will be shown Arlington clips ranging from D.W. Griffith’s “America” (1924) to the “West Wing” assassination scene shot in Rosslyn’s Freedom Plaza in 2000. Free, open to the public. Visit www.arlingtonhistoricalsociety.org or call 703-942-9247.

FRIDAY-SATURDAY/JAN. 9-31

Crime and Punishment in America. The American Century Theater performs at Theatre Two in the Gunston Arts Center, 2700 South Lang St., Arlington. TACT begins the new year and its final season with two one-act plays in an evening that echoes the explosive issues emanating from Ferguson, Mo.; New York; Oakland and beyond. In “Cops” by Terry Curtis Fox, police find themselves in a shoot-out with a young African-American male, and in William Saroyan’s classic “Hello Out There,” a wrongly imprisoned young black man tries to find the best of humanity while trying to survive in a small Texas town. Showtimes are Thursday-Saturday, 8 p.m.; with Saturday-Sunday matinees at 2:30 p.m. (no matinee Saturday, January

10). Pay what you can performance Wednesday, Jan. 14, 8 p.m.; talkback will follow the Thursday, Jan. 15 performance and others will be scheduled. Get tickets at AmericanCentury.org or by calling 703-998-4555.

SATURDAY/JAN. 10

Arlington Historical Society Winter Social. 4-6 p.m. at the Arlington Historical Museum at the Hume School, 1805 S. Arlington Ridge Road, Arlington. Visit www.arlingtonhistoricalsociety.org.
Yale’s Premiere Female Acapella Group, 7 p.m. at Yorktown High School, 5200 North Yorktown Blvd., Arlington. “Something Extra” will perform a repertoire of pop, jazz, indie rock, folk, and spirituals. \$10; \$5 for current APS students. and can be purchased at the door; ticket purchase supports choral programs at YHS. Contact Yorktown Choral Boosters chair, Lori Rottenberg, guapix2@comcast.net.

SUNDAY/JAN. 11

Jazz in January. 4 p.m. at Rock Spring Congregational United Church of Christ, 5010 Little Falls Road, Arlington. The Rock Spring Recital Series presents the Chris Grasso Trio performing favorites from The Great American Songbook with other surprises as well. Free, but donations welcome. Visit www.rockspringucc.org for more.
Music for String Quartet. 4 p.m. at Clarendon United Methodist Church, 606 North Irving St. Anchoring this program will be Beethoven’s dramatic Op. 18 No. 1 String Quartet, whose slow movement is said to reflect the tomb scene of Shakespeare’s Romeo and Juliet. Free. Visit ibischambermusic.org for more.

TUESDAY/JAN. 13

55+ Singers Welcome. 2-3:30 p.m. at Langston Brown Senior Center, 2121 Culpeper Street in Arlington. Encore invites novice and experienced singers who are 55 and older to join the winter/spring season of Encore Chorale. There are no auditions, new singers are welcome, and singers may be seated for rehearsals and performances. Visit www.encorecreativity.org or call

301-261-5747 for registration information and fees.

THURSDAY/JAN. 15

Garden Club Presentation. 11 a.m. at Little Falls Presbyterian Church, 6025 Little Falls Road, Arlington. Sheila Gallagher, certified horticultural therapist at Melwood, explains her work with disabled people that includes occupational training. Sponsored by Rock Spring Garden Club. Free with optional lunch for \$5. RSVP by Jan. 8 by contacting 703 532-1959 or rockspringgardenclub@gmail.com. See www.rockspringgardenclub.com.
Author Event. 7 p.m. at Arlington Central Library Auditorium, 1015 N. Quincy St., Arlington. Beau Phillips, author of “I Killed Pink Floyds Pig” and a veteran big-market d.j. and former MTV executive, shares outlandish tales of encounters with Led Zeppelin, the Rolling Stones, Van Halen, Paul McCartney and other Classic Rock giants. His presentation will also feature rare photographs shot backstage and from the sidelines. Visit http://library.arlingtonva.us/ailec_event/author-event-i-killed-pink-floyds-pig-by-beau-phillips-central/ for more.
Nerf Games. 9-11 p.m. at Central Library, 1015 North Quincy Street, Arlington. For people in their 20s and 30s. Free, but registration required. Call 703-228-5988.

SATURDAY/JAN. 17

Signature in the Schools. 11 a.m. at Duke Ellington School of Arts, 3500 R St., NW, Washington, D.C. Local high school students will perform award winning shows written by Joe Calarco. Call 703-820-9771 or visit www.signature-theatre.org for more.
Children’s Theater Festival. 11 a.m.-5 p.m. at Rosslyn Spectrum Theater, 1611 N. Kent St., ‘LL’ Level, Arlington. Festival includes two presentations of the family-focused play Buddies, not Bullies, directed by playwright Neher Jacqueline Briceño and featuring actors Sharon Desirée, Araceli Má and Marcela Ferlito. The festival also will showcase folkloric dance troupes and performances by “Las Lunitas,” the children participating in Teatro de la Luna’s theater workshops. All activities are bilingual. Adults: \$15; children under 13: \$10; children under 4: free. Call 703-548-3092 or visit www.teatrodelaLuna.org for more and reservations.
Dance. 7:30 p.m. at Theatre on the Run, 3700 S. Four Mile Run Drive, Arlington. Enjoy a live performance from Jane Franklin Dance and Tom Teasley Percussion. Visit www.janefranklin.com for more.

SUNDAY/JAN. 18

Signature in the Schools. 11 a.m. at Bishop Ireton High School, 201 Cambridge Road, Alexandria. Local high school students will perform award winning shows written by Joe Calarco. Call 703-820-9771 or visit www.signature-theatre.org for more.

MONDAY-THURSDAY/JAN. 19-22

Charity Citrus Sale. Monday, 8 a.m.-6 p.m.; Tuesday, 9 a.m.-2 p.m.; Wednesday, 11 a.m.-8 p.m.; Thursday, 8 a.m.-8 p.m. at Overlee Pool - Main Pump House, 6030 Lee Highway, Arlington. Fresh Florida Honeybells are on sale to support Lions Community Service Projects on National Service Day - Jan. 19. In addition to fresh citrus, the Lions of Arlington Northwest will be selling Georgia pecans, and Vermont maple syrup. Call 703-528-1130 or email lionskk@earthlink.net for more.

BULLETIN BOARD

Email announcements to arlington@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

APPLICANTS NEEDED

Arlington Commission on Long-Term Care Residences needs advocates who work or live in Arlington. The Commission is currently seeking prospective commission members and volunteers willing to serve as liaisons to long-term care residences. For more information or an application, go to the Commission on Long-Term Care Residence's website: commissions.arlingtonva.us/ltrc/, or contact the Agency on Aging 703-228-1700, via TTY (703) 228-1788, or via e-mail ArlAAA@arlingtonva.us.

SATURDAY/JAN. 10

Volunteer Orientation. 10 a.m.-11:30 a.m. at James Lee Community Center, 2855 Annandale Road, Falls Church. The Literacy Council seeks dedicated volunteers with interests in adult education, immigration, ESOL, or related issues to help adults learn English. Teaching or foreign language skills, though beneficial, are not required. Currently registered for our classes or waiting to be matched with tutors, these adult students are eager to improve their English language skills by working with trained volunteers. e-mail volunteers@lcnv.org or call 703-237-0866 x116.

SATURDAY-SUNDAY/JAN. 10-11

Columbia Pike's Hottest Corner. 1-4 p.m. at 1100 S. Walter Reed Drive, Arlington. Guided tour of Arlington's newest high-end condo and luxury townhomes on Columbia Place. Just a few miles to D.C. and just steps from dining and shopping locations, Columbia Place offers everything a downtown buyer wants without the downtown pricing. With condos starting in the \$500s and townhomes in the \$800s, Columbia is well-suited for a variety of lifestyles. To learn more about Columbia Place, visit MyColumbiaPlace.com.

TUESDAY/JAN. 13

TechShop Tuesdays, 6-8 p.m. at Crystal City Shops, 2100 Crystal Drive, Arlington. A monthly happy hour event series for makers and fun-seekers. TechShop is a playground for creativity - part fabrication and prototyping studio and part learning center. Attendees will have the opportunity to tour the 20,000 square foot makerspace, equipped with more than a million dollars worth of machinery and technology. Tickets are just \$15 and include a demonstration where guests can laser etch their own beer glass. A drink ticket and food bites from a local Crystal City restaurant will also be provided. Purchase tickets at www.eventbrite.com/e/techshop-tech-tuesday-happy-hour-tickets-14896442661

Meditation in Our Daily Lives. 7:30-8:30 p.m. at St. George's Episcopal Church, 915 N. Oakland St., Arlington. Vajrayogini Buddhist Center offers classes for the general public weekly. These classes are structured so that everyone can benefit. Participants will learn the basic principles of meditation and how to carry the experiences of meditation into their daily life. Teacher is Gen Kelsang Varahi, an American Buddhist nun. Fee \$10 (\$5 unemployed, full-time students, 65 and older). See www.meditation-

dc.org for more.

WEDNESDAY/JAN. 14

Arlington Committee of 100. 7-9:30 p.m. at NRECA - National Rural Electric Cooperative Association, 4301 Wilson Blvd., #803, Arlington. The evening will include a conversation about the revitalization efforts in Ballston and how they play into the greater community and economic development efforts for Arlington County. Dinner reservations and cancellations must be made by 6 p.m., Sunday, Jan. 11. Call 703-921-1124 or email your name and the name(s) of your guest(s) to reservations@arlingtoncommitteeof100.org or reserve online.

SATURDAY/JAN. 24

Teachings of Rabbi Zalman Schachter-Shalomi z. Immediately after Shabbat services at the Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. Rabbi Leila Gal Berner will be presenting "The Art and Spirituality of Dying - the December Project" It is encouraged to read the book "December Project: An Extraordinary Rabbi and a Skeptical Seeker Confront Life's Greatest Mystery" by Sara Davidson. Email admin@kolaminvrc.org for more.

TUESDAY/JAN. 27

Small Business Assistance. 7-8:30 p.m. at Columbia Pike Branch Library, 816 South Walter Reed Drive, Arlington. Interested in starting a business or expanding one? Drop-in one-on-one assistance: the fourth Tuesday of each month at 7 p.m. Stop by to learn about the free services for entrepreneurs and small business owners offered by Arlington's non-profit Enterprise Development Group. And pick up small business resource information from BizLaunch, Arlington Economic Development's Small Business Program and Arlington Public Library. Free. Call 703-228-5710.

WEDNESDAY/JANUARY 28

Estate Planning for Young Adults. 7-9 p.m. at Arlington Central Library Auditorium, 1015 North Quincy St., Arlington. Arlington Law Group attorney Ryan A. Brown, Esq., will provide an introduction to estate planning, with a focus on young adults and parents of small children. Learn about wills, trusts, medical and financial powers of attorney, advance medical directives and living wills, 529 college savings plans, guardianship of minor children and more. Free but registration requested. Call 703-228-5999.

THURSDAY/JANUARY 29

Controlling Clutter. 7-8 p.m. at Cherrydale Branch Library, 2190 North Military Road, Arlington. A workshop about tackling clutter and workingshop organized. Participants learn how to organize papers and what documents to keep or shred. Free. Call 703-228-6330 to register.

FRIDAY/FEB. 6

Award Nomination. Arlington County is accepting nominations for the Bill Thomas Outstanding Park Service Volunteer Award. The country established this award to pay tribute to lifelong park volunteer Bill Thomas, and to honor and encourage residents who demonstrate a passionate dedication and support for dynamic programs. Visit parks.arlingtonva.us for more.

TUESDAY/FEB. 24

Small Business Assistance. 7-8:30 p.m. at Columbia Pike Branch Library, 816 South Walter Reed Drive, Arlington. Interested in starting a business or expanding one? Drop-in one-on-one assistance: the fourth Tuesday of each month at 7 p.m. Stop by to learn about the free services for entrepreneurs and small business owners offered by Arlington's non-profit Enterprise Development Group. And pick up small business resource information from BizLaunch, Arlington Economic Development's Small Business Program and Arlington Public Library. Free. Call 703-228-5710.

SATURDAY/FEB. 28

Listening with the Ears of the Heart. Immediately after services at the Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. Rabbi Leila Gal Berner will be presenting Listening with the Ears of the Heart: A contemplative approach to the Torah portion Tetzaveh - priests, vestments and eternal light. Email admin@kolaminvrc.org for more.

SATURDAY/MARCH 7

Application Deadline. 11:59 p.m. The Northern Virginia Alumnae Chapter (NoVAC) of Delta Sigma Theta Sorority, Incorporated, in partnership with its Foundation, the Northern Virginia Delta Education and Community Service Foundation (NVDECS), is accepting applications for scholarships for higher education for the 2015-2016 academic year. Eligible applicants are graduating high school seniors attending an accredited college or university in fall 2015 and residing in the NOVAC service area. All applicants will be assessed on academic achievement, citizenship and leadership, school activities/honors, community involvement, and financial need. On May 2, the 2015 NoVAC Scholarship Winners will be announced at the NoVAC Trailblazer Awards & Scholarship Gala. See www.dstnovac.org or Tiffani C. Moore at scholarship@dstnovac.org for more information.

SATURDAY/MARCH 21

Listening with the Ears of the Heart. Immediately after services at the Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. Listening with the Ears of the Heart: A contemplative approach to the Torah portion Vayikra: Feeling small, coming closer to God and revering animals. Email admin@kolaminvrc.org for more.

Annual Move Me Festival. 1-5 p.m. at Bowen McCauley Dance, 818 N. Quincy St. Bowen McCauley Dance is seeking local arts partners from the surrounding Metro DC area to participate in the sixth annual festival. Children and adults are invited to enjoy music, dance, theater, arts and crafts and a variety of fun and interactive activities throughout the afternoon. Call 703-910-5175 ex.105 or email joanna@bmdec.org for more.

TUESDAY/MARCH 24

Small Business Assistance. 7-8:30 p.m. at Columbia Pike Branch Library, 816 South Walter Reed Drive, Arlington. Interested in starting a business or expanding one? Pick up small business resource information from BizLaunch, Arlington Economic Development's Small Business Program and Arlington Public Library. Free. Call 703-228-5710.



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Wakefield Wins George Long Holiday Tournament

Coach wants Warriors not to focus on ranking.

BY JON ROETMAN
THE CONNECTION

Wakefield boys' basketball coach Tony Bentley gathered his players after a recent practice to talk about the news. Wakefield is ranked No. 8 in the Washington Post's top 20 after winning the George Long Holiday Tournament in late December. Bentley said the Warriors haven't been ranked this high in the Post since finishing in the top 10 in 2005.

With a 9-1 record and an eight-game winning streak, Wakefield is one of the hottest teams in the area. As for the No. 8 ranking, Bentley told his players not to discuss it.

"It's great for the fan base and the community," Bentley said, "but any coach will tell you you don't want to be ranked [at this stage]."

Bentley said the 2005 ranking held meaning because it came in March, at the end of the season. Rankings at this point of the season, Bentley said, are "fool's gold."

"We've always talked about [getting overconfident]," Bentley said. "We don't really have any kids like that. We tell them the accolades will come as long as we play as a team."

Accolades arrived Dec. 29 in the form of a holiday tournament championship. Wakefield, which has hosted the George Long Holiday Tournament since 2003, won for the third time — and first time since 2006 — with a 64-58 victory over National Christian in the championship game. National Christian, ranked No. 9 in the latest Washington Post poll, has much in the way of size and talent, but the Warriors found a



Wakefield senior Dominique Tham is four points shy of reaching 1,000 for his high school career.

way to get the job done.

"It was great for our program," Bentley said. "They didn't overwhelm us. We've faced big teams before ... and I made the quote, as individuals, those guys would kill us. They would beat us at every position. But as a team, we're hard to beat."

Senior forward Dominique Tham, the 2014 5A North region Player of the Year, continues to play well for Wakefield and is now four points shy of 1,000 for his career.

Bentley praised the performances of senior guard Marqua Walton, junior forward Deng Nhial and sophomore point guard Alan Treakle.

"Everyone knows [Walton's] a sniper," Bentley said. "His range is the volleyball

line. But he can do more than sit out there and launch bombs. ... He was a big reason why we were able to beat National Christian."

The Warriors also defeated Washington-Lee and Kecoughtan during the tournament.

Wakefield maintained its focus after winning the title. The Warriors traveled to Norfolk and defeated Kellam 78-66 on Jan. 3 at Virginia Wesleyan University.

Wakefield returns with a home game against Hayfield Friday, Jan. 9 at 7:30 p.m.

Tony Bentley coaches the Wakefield boys' basketball team during the George Long Holiday Tournament championship game against National Christian on Dec. 29.



Head coach Tony Bentley praised the play of junior forward Deng Nhial.



PHOTOS BY LOUISE KRAFT/THE CONNECTION

Washington-Lee Hockey Exceeding Expectations

The Washington-Lee Generals hockey club figured to be entering a rebuilding year after graduating eight seniors from last year's team that won a club-record 13 games. With just four upperclassmen, complemented by 15 freshmen or sophomores, expectations were more lower than the past few seasons.

However, through six games the youthful Generals have posted a record of 4-2 overall, and 3-2 in their league. This year, Washington-Lee plays in a new varsity hockey league, the Capital Scholastic Hockey League (CSHL), which features six teams between Arlington, Alexandria, and Fairfax.

"Entering this season, we didn't really know what to expect having to thrust so many underclassmen right into action," coach Matt Seney said. "But so far, the players have responded really well. We are growing as a team and we see improvement

each week. This club is ahead of schedule and that is attributed to the hard work, effort, and attitude of each player."

Sophomore Ben Stanley and senior captain Sandy Harvie have led the Generals attack, combining to score 16 of the team's 21 goals this season. Sophomore goalie Carson Chircop has been outstanding with a 2.5 goals against average through the club's first six games.

The Generals found ways to win tough one-goal games against Robinson and W.T. Woodson, which easily could have gone in their opponents' favor. For the second half of the season, Seney expects more close games in a league that very balanced.

"For us to continue having success in the CSHL and to make a run in the playoffs," Seney said, "we will have to continue to grow together as a team."

For more information about W-L hockey, visit www.WLGeneralsHockey.com



Washington-Lee senior captain Sandy Harvie goes after the puck against a team with players from Hayfield, T.C. Williams and Lee.

PHOTO BY CHRIS VARGAS

WELLBEING

Top Fitness Trends for 2015

Here are some low-cost, mobile routines.

BY MARILYN CAMPBELL
THE CONNECTION

The beginning of a new year is often a time when many resolve to begin a fitness plan or to ramp up their current routine. Officials at the American College of Sports Medicine rang in the New Year by releasing the organization's annual survey of the top fitness trends for 2015.

From push-ups to plank, bodyweight training tops ACSM's list of fitness trends. Low cost and mobile, this routine takes exercise back to the basics: think pull-ups and squats. "You really don't need equipment or a gym membership, and there's almost no cost involved," said Katrina Salum, a personal trainer based in Arlington. "It's effective because you can build muscle and burn fat simply by using your own body weight for resistance."

The popularity of bodyweight moves are due to the ease in which they can be incorporated into your daily routine, said Salum. "You can do three sets of eight squats while you're brushing your teeth and 10 pushups while you're waiting for your coffee to brew."

THE PRACTICE of alternating intense periods of aerobic activity with low intensity exercises, known as high-intensity interval training (HIIT), is number two on the list of trends. Varying exercises can stave off boredom, a factor that leads many people to abandon their fitness practice," said Scott Goldberg, a personal trainer in Potomac, Md. "Most HIIT routines can be done in 30 minutes," he said. "One simple routine is warming up by walking on a treadmill, then doing 10 squats, 10 push ups and 10 planks followed by a 30-second fast-paced sprint. Then walk slowly in place for four minutes to rest then repeat the entire routine five times."

Taking classes or training sessions from licensed, certified and educated fitness professionals is number three on the list. Traditional weight training is number four, followed by enlisting the help of a personal trainer and combining exercise and nutrition into a fitness plan, which are numbers five and six respectively.

"To be healthy you need to exercise, but also eat foods that are good for you," said Gretchen Juliano, a dietitian in Old Town Alexandria. "Eating foods that are low in carbs and high in protein before working out forces your body to burn fat and gives you energy."

Fitness industry pros say yoga is number seven.



PHOTO BY MARILYN CAMPBELL

Bodyweight training, which includes exercises such as plank, is the top fitness trend for 2015 according to the American College of Sports Medicine.

"The practice of yoga gives you muscular flexibility through the stretching involved in the yoga poses," said Dawn Curtis, East Meets West Yoga Center in Vienna. "Yoga also provides immune strengthening. A regular yoga practice will also help with your healthy tissue maintenance and healthy growth of new muscles, bones, tendons, and ligaments, which are essential body components for fighting disease."

Curtis points to the detoxifying effects of yoga. "A regular yoga practice will increase your blood circulation, which in turn helps flush out toxins from your body," she said. "As your body flushes out these toxins, to be released by the stretches of the muscle movement, they are replaced with new nourishing nutrients for a healthier body and mind...Students with a regular practice...report [having] long lasting results both physically and mentally, especially with reducing stress."

A commitment of practicing two to three times each week is necessary for noticeable results.

"Consistency is the key in yoga," said Sara VanderGoot of Mind the Mat Yoga and Pilates in Arlington and Alexandria. "It is like vitamins. The real effect is doing it over time, and incorporating it into your life rather than just doing it once. Yoga is not a quick fix, but a very powerful transformative practice if done regularly over time."

Fitness programs for seniors make the list at number eight.

"Even 30-minutes of strength training and 20 minutes of aerobics 2 or 4 times a week can help us fight diseases like diabetes and heart disease as we age," said Goldberg.

FUNCTIONAL FITNESS EXERCISES, those that make your body stronger for everyday activities like doing laundry, lifting small children or simply using good posture when sitting at a desk, come in at number nine on the ACSM list while group personal training sessions are number ten.

"One of the benefits of working out with a group is accountability," said Salum. "It's also less expensive than hiring a personal training and can be more fun."

"It is like vitamins. The real effect is doing it over time and incorporating it into your life rather than just doing it once."

— Sara VanderGoot

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SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

JANUARY

1/7/2015 Wellbeing, Renewal, Resolutions
1/14/2015 HomeLifeStyle
Martin Luther King Jr. Day is Jan. 19
1/21/2015 A+ Camps & Schools
1/28/2015 Neighborhood Outlook
1/28/2015 Winter Fun, Food, Arts & Entertainment;
Valentine's Preview

FEBRUARY

2/4/2015 Valentine's Dining & Gifts I
2/4/2015 Wellbeing – National Children's Dental Health Month
2/11/2015 HomeLifeStyle
2/11/2015 Valentine's Dining & Gifts II
Valentine's Day is Feb. 14 • Presidents Day is Feb. 16
2/18/2015 A+ Camps & Schools
2/25/2015 Pet Connection Pullout

MARCH

3/4/2015 Wellbeing
3/11/2015 HomeLifeStyle Real Estate Pullout
3/18/2015 A+ Camps & Schools
3/25/2015 Spring Fun, Food, Arts & Entertainment
FCPS Spring Break 3/30-4/3

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- Vienna/Oakton Connection

Down and Not Out, Yet

By KENNETH B. LOURIE



Thankfully (so far as I know, which isn't very far), after a five-week interval between infusions, which included two additional weeks of pre-chemotherapy lab work and an out-of-the-ordinary 24-hour urine collection ("creatinine clearance") to boot – to more accurately measure my kidney function in hopes of meeting a 1.6 threshold – muster was finally passed, and I was subsequently infused without any further adieu. Planning forward, Ron, my oncology nurse, said that we should return to our usual-and-customary three-week interval for chemotherapy as well as the normal pre-chemotherapy lab work – with no "creatinine clearance." And given that I'm alive and reasonably well six years post-diagnosis by following a similar protocol, I'd be hesitant to get off the horse I've been riding so successfully – mostly – since early 2009, so I'm prepared to saddle up once again.

However, I do wonder if this five-week interval, which ultimately showed my creatinine level/kidney function returning to normal, might suggest that a rest-for-the-chemotherapy-weary might not be all bad. My Certified Holistic Health and Fitness Coach, Rebecca, feels that after six years of nearly non-stop chemotherapy, its toxicity has probably caused enough internal organ damage; "shrinkage" and all notwithstanding. Chemotherapy is hardly a non-corrosive additive. It does what it does, but there are consequences/side effects to be sure, many of which are not pretty and hardly worth waiting for. The question is: Is stopping and/or delaying any kind of conventional treatment, with which I have become most familiar during my six years of treatment, a new beginning or a tragic end? Generally speaking, I feel fine. Still, I'm not Alfred E. Neuman from Mad Magazine, so "What, Me Worry?" Yes. Cancer is not for the faint of heart, so challenges persist, whether the circumstances are good, bad or indifferent. It is impossible to leave well enough alone – for me, anyway.

As a result, I have a present that in the past was a future not promised. Initially I was told by my oncologist that he could treat me but that he couldn't cure me. Oddly, at the time, I didn't really grasp the obviousness of his statement, nor I imagine, did team Lourie. They were words with which we were familiar certainly, but their meaning sort of escaped us. Soon thereafter however, we learned what it all meant, and over the proceeding years, have become a little bit better at comprehending what the medical staff has been telling us. Now, our regular and seemingly recurring conversation is about creatinine and kidney function. It's likely my body is indeed under stress – after six years of chemotherapy. Nevertheless, given my most recent CT Scan result, as well as my eventually-reducing-to-normal creatinine level, I am going to continue to roll the dice. Perhaps I'm being penny-wise/pound foolish or just plain foolish and not too wise. Unfortunately, nobody really knows for sure, and besides, when you're life hangs in the balance, it's seems whatever decisions are to be made, should be made by the patient. So I will continue to employ Rebecca's advice in hopes that the supplements and all that she has advised I take over the last six years continue to strengthen my immune system enough to offset the likely damage the chemotherapy is causing along its cancer-cell-killing way. I realize it's not perfect, but it's a living. THANK GOD.

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

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PHOTO BY LOUISE KRAFT/CONNECTION

Molly Patrician and her fifth grade music class pose for a photo with Michael & Son president Basim Mansour, school principal Kimberley Graves and musical scales instructor Carmen De La Cruz.

Hoffman-Boston Wins Contest

The fifth graders in Molly Patrician's music class at Hoffman-Boston Elementary School won one of the metro area's Michael & Son Jingle awards of \$5,000. The students were tasked with creating an original interpretation of the Michael & Son jingle. The judges based their selection on the creativity, teamwork and enthusiasm of the students. The students

received a visit from Michael & Son president Basim Mansour on Dec. 18, 2014. Mansour presented Patrician with a check for \$5,000. The money will be used for enhancing the music program at the south Arlington school. The students later reenacted their winning interpretation for Mansour and were rewarded again with a pizza lunch courtesy of Michael & Son.

Snowy Owls at Airport, Again

FROM PAGE 2

and later in the afternoon after about 4:30 or even 5 p.m. Binoculars would be needed to see an owl but, there are usually people there with spotting telescopes who would be willing to let passersby have a look if an owl is visible. An owl may be seen almost anywhere on the airport, and often in the far distance. They frequently perch on light poles, wind-sock poles, or antennas. They have also been seen flying from one perch to another, or hunting — flying off and returning to a perch.

There's no way of knowing how long either or both of the birds may or may not stay at the airport. There seems to be ample owl food, rodents of various varieties, but they could decide to fly elsewhere at any time. Also, National Airport reportedly has

USDA biologists on site to deal with wild-life issues. They have also reportedly been trying to frighten the owl off the airport property, and may consider trying to trap and relocate the owl, for safety reasons.

In spite of all this, at least one Snowy Owl was still being observed at National Airport every day since at least Dec. 28. It was clearly seen, perched on a light pole, by 50 or more folks around 5 p.m. on New Year's Day.

To help people keep tabs on the owls, some birders are posting their sightings of the owls at National Airport to the American Birding Association's birding website: www.birding.aba.org. Click on "Virginia," partway down in the far right-hand column of the first section. There is often information there regarding sightings of a Snowy Owl at National Airport.



Birders line up last week waiting for a glimpse of one the rare Snowy Owls visiting National Airport.

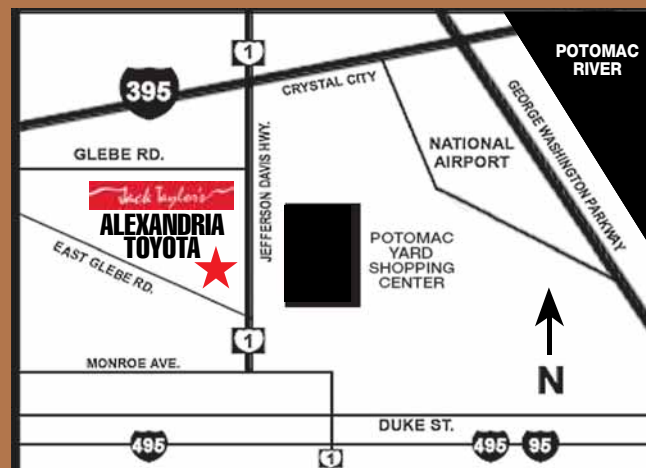
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