

Wakefield sophomore Marqua Walton, seen against Fairfax on Nov. 30, made six 3-pointers and scored a career-high 26 points against Stonewall Jackson on Dec. 28.

Buries Six 3-Pointers In Win

SPORTS, PAGE 12

Rethinking Governor's Term Limit

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German Exchange Student's Thoughts at Wreath-Laying

OPINION, PAGE 6

Skating Exhibition

PEOPLE, PAGE 13

WELLBEING
PAGE 3

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WELLBEING

Living Up to New Year Resolutions

Benefits of cardio workout plan include weight loss and decreased heart disease risk.

BY MARILYN CAMPBELL
THE CONNECTION

During Martin McKay's annual physical examination shortly before the holidays, his doctor suggested that he consider intensifying his cardiovascular exercise routine.

"It was kind of funny because there's nothing to intensify. I don't do cardio workouts," said McKay, who lives in North Potomac, Md. "I don't work out at all for that matter."

The Centers for Disease Control and Prevention recommends that healthy adults get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity each week. The benefits include weight control and a decreased risk of heart disease. Local fitness experts offer tips for beginning or increasing an aerobic workout.

For those like McKay who aren't engaged in cardio exercises, experts say begin slowly. "The person should plan on starting slow, and gradually increasing the number of minutes per week or days per week," said Joel Martin, Ph.D., professor of kinesiology at George Mason University. "During the initial weeks they should plan on exercising at a low intensity level until their body adapts to the new stress it is being exposed



PHOTO COURTESY OF GEORGE MASON UNIVERSITY

George Mason University students get a cardiovascular workout on the school's Fairfax campus. Joel Martin, Ph.D., professor of kinesiology at George Mason University suggests that those embarking on an exercise routine start at a low level of intensity.

to. Many people make the mistake of pushing themselves way too hard in the beginning and end up getting hurt."

Martin says that those who are not currently engaged in formal exercise should begin by limiting themselves to walking 20-30 minutes each day for two weeks. "The next step would be to mix in some short jogs with their walking regimen," he said. "After that, they can move on to doing several short runs per week. Once they are able to run two to three miles at least three times per week at an easy pace then they can start worrying about increasing the intensity of their runs."

THIS STRATEGY APPLIES not only to

running but also cycling, swimming, and other forms of cardio exercise. In fact, Martin recommends that people not limit themselves to one form of exercise.

"Running two days a week and swimming one day would also be a good idea," said Martin. "Performing the same form of cardio everyday also may lead to injury by inducing the same stress on themselves over and over again. Swimming is a good alternative because you can still get a really good cardio workout but the forces your body is exposed to is much lower."

Experts acknowledge that getting aerobic exercise might be more challenging during winter months. "You may not be able to go running or swimming during the cold

winter season, but you can do other physical activities like dancing [or] ice skating," said Rosa Ganey, Burke resident and nurse health educator for Fairfax County Health Network. "If you're a member of a gym, try taking classes."

Developing a support system is key to maintaining morale when a workout plan. "Join a walking group or jogging group," said Michelle Walters-Edwards, Ph.D., professor of health and human performance at Marymount University in Arlington.

Stay motivated by setting small goals. "Once a person reaches [the first] goal they should set a new one," said Martin. "For example, running one mile in under 10 minutes would be a good goal for someone just setting out. Once they achieve that they could either set a new goal of one mile in under nine minutes or two miles in under 20 minutes. One of the advantages to someone just starting an exercise program is that they are going to see a lot of improvement initially. Signing up for a 5k that is 6 months to a year away would also be a trick they could use to stay motivated."

"[P]lan on starting slow, and gradually increasing the number of minutes per week or days per week."

— Joel Martin, Ph.D.,
George Mason University

The Quest for Youth and Beauty

BY MARILYN CAMPBELL
THE CONNECTION

Hiba Hakki reclines on an exam table as a physician picks up a syringe with his latex-gloved hand and points it at her face. He inserts the needle into the flesh around her eyes. She cringes slightly. This is a Botox injection, just one of the cosmetic procedures Hakki undergoes for the sake of beauty.

"There is a slight burning sensation," said Hakki, who is 58. "But it's like anything else that we women do for our appearance that we dread. The needles are very fine so it's not too bad."

Hakki is devoted to maintaining a polished appearance, which doesn't include "crow's feet," frown lines, enlarged pores, sagging breasts, discolored teeth or even chipped nail polish. She is not alone in her desire to look her best. A recent survey by

the American Society of Aesthetic Plastic Surgery (ASAPS) shows that more than half of all Americans, regardless of income, approve of cosmetic plastic surgery, and spent nearly \$10 billion on cosmetic procedures last year. ASAPS says that Botox (Botulinum Toxin Type A) injections top the list of the most popular non-surgical cosmetic procedures, followed by hyaluronic acid, laser hair removal, microdermabrasion, and IPL (intense pulsed light) laser treatment.

"There is a societal pressure to look young and beautiful," said Arlington resident Linda Gulyn, Ph.D., a Marymount University psychologist who teaches about the natural process of aging from a social-psychological perspective. "Some people have

a tougher time growing older than others, and they look for ways to slow down the natural change."

Candice Early, a spokesperson for the Arlington and Reston offices of plastic surgeon and McLean resident Dr. Wendy Gottlieb, M.D., says that laser hair removal is one of the treatments most commonly requested by patients in her practice. "The laser focuses on the hair bulb under the skin and kills it so that it will not grow back," said Early. "I did it on my underarms seven years ago and I still don't have underarm hair."

Hakki, whose husband is plastic surgeon Dr. Ayman Hakki, M.D., admits that the pro

"There is a societal pressure to look young and beautiful."

— Linda Gulyn, Ph.D., a
Marymount University

SEE THE QUEST, PAGE 7

Spending billions of dollars to improve one's appearance.

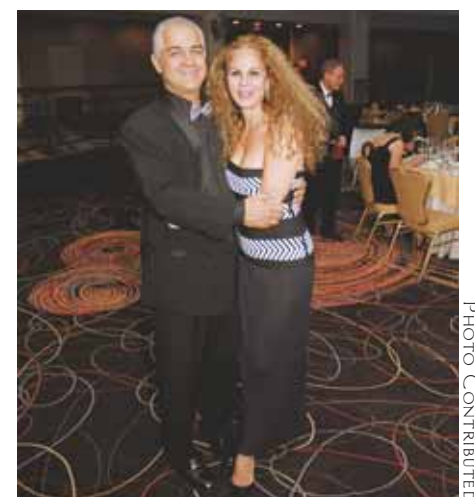


PHOTO CONTRIBUTED

Hiba Hakki, with her husband plastic surgeon Ayman Hakki, M.D., is among those who use cosmetic procedures to help keep the signs of aging at bay.

Should Virginia's Governor Be Able to Run for Reelection?

Longstanding ban on second consecutive term to be reconsidered this year.

BY MICHAEL LEE POPE
THE CONNECTION

Virginia is the only state that limits its governor to a single, four-year term, a vestige of the distrust Americans had for executive power during the American Revolution. Now, more than two centuries later, the commonwealth may finally be ready to ditch the longstanding term limit and allow Virginia's governor to run for reelection.

"This may be the session that it finally passes," said state Sen. Adam Ebbin (D-30). "The last time this bill was on the floor, it almost passed. Some people who voted no are no longer serving and quite a few who have never voted on it are now serving, and we don't know how they'll vote yet."

Legislators are about to find out because the issue is set to come up once again in 2013. Del. Bob Brink (D-48) is planning to introduce a constitutional amendment that would allow Virginia's governor to seek a second term in office. Brink introduced a similar bill last year, but it was tabled because the mechanics of how a constitutional amendment needs to be passed by two consecutive General Assembly sessions with an intervening election. Now that the election year 2013 is approaching, Brink is ready to reopen the debate about



The Governor's Mansion in Richmond has served as the home of Virginia's governors and their families since 1813, when the General Assembly chose the chief executive.

PHOTO COURTESY OF LIBRARY OF CONGRESS

ary Virginia. Constitutional scholar A.E. Dick Howard described the job as an "authenticated coordinated branch of government." The first chief executives were relatively powerless and subordinate to the legislature. Governors were elected by the General Assembly for a one-year term and could not serve longer than three consecutive terms. The governor could take action only with the advice of the Privy Council, whose members were also elected by the General Assembly.

As Jacksonian populism grew, the role of governor gained more independence in Virginia. In 1851, the method of selecting the governor changed — allowing for popular election to a single four-year term. Twenty years later, the governor was finally given the ability to veto bills. That power was expanded in 1902 to include the authority to send down amend-

ments and offer line item vetoes to the budget. Now, as legislators consider yet another revision, some are skeptical about the need for change.

"I don't know why we're getting all bent out of shape about this," said Del. David Albo (R-42). "What's broken about Virginia that needs to be fixed?"

Albo said he would be skeptical of any move that would give Virginia's chief executive more power, adding that the position of governor already has vast powers compared to the General Assembly. He said that he might consider a proposal that would give legislators an increased role in

making appointments to the board of visitors positions at universities, for example, or key appointments in positions that have dominion over roads and schools. But even then, he said, it would be a tough sell for him and many other members of the General Assembly.

"In Virginia, nothing ever happens for the first time. So the fact that we have this system in place has a force of its own," said Brink. "The power of inertia is a hugely powerful force in area code 804."

THE EFFORT to get rid of the longstanding ban has been a recurring feature of political life in Virginia. In 1971, when state leaders were considering a full-scale constitutional revision, one of the most contentious debates that emerged at that time was whether or not governors should be able to seek a second nonconsecutive term. All the living governors at that time opposed the change, and the effort fizzled. Between 1972 and 2004, about 250 constitutional proposals would have substantially affected the election and terms as well as the powers and duties of the governor and General Assembly.

All failed, until 2004.

That's when a special joint subcommittee was established to look at the balance of power between executive and legislative powers. The subcommittee interviewed all the living former governors and found a wide disparity of opinions. George Allen was the only one to support the current limitation. Jim Gilmore and Chuck Robb sup-

ported an amendment to the Virginia Constitution allowing the governors to seek an additional four-year term. Linwood Holton and Gerald Baliles favored a single six-year term as a compromise.

"If the Constitution is to be changed for the sake of good governance, then a single six-year term of governing would be preferable to the current one-term system or the proposed two terms because it would combine the best of both worlds," said Holton in a written statement to the subcommittee.

In a 2005 report, a joint subcommittee recommended a constitutional amendment allowing Virginia's governor to seek a second consecutive four-year term. That recommendation was offset by a package of other proposals that would increase the powers of the General Assembly to maintain a balance of power. Since 2005, some of those recommendations have been adopted, including allowing legislators to appoint members to a key budget forecasting commission. Others, including allowing legisla-

tors an increased role in colleges and universities, have not.

"My bill will call for a review and update of that study," said Brink. "The idea is to create a new set of recommendations so that we maintain the balance of power between the executive and the legislature."

BRINK SAYS the idea has bipartisan support and backing from legislators across the region. For Northern Virginia, he says, making the case for continuity in transportation. As an example, he said that former Demo-

cratic Gov. Tim Kaine had a transportation package that was stalled during his term. If he had been able to have a second term, Kaine might have been able to secure a transportation package that would have benefited Northern Virginia.

"One of the real problems with our current system is that the General Assembly can oppose the governor for partisan reasons by simply waiting him out," said Michael Fauntleroy, professor at the George Mason School of Public Policy. "If a governor comes up with a good idea in the second year of his term, it doesn't take much to wait him out."

The question before legislators is likely to be what kind of offset package will be acceptable. For legislators who are already suspicious of the idea in the first place, coming up with a set of recommendations might be tricky. How many appointments should the General Assembly get to make among college and universities, for example.

"Half," said Albo. "That seems reasonable to me."

"One of the real problems with our current system is that the General Assembly can oppose the governor for partisan reasons by simply waiting him out."

— Michael Fauntleroy, professor at the George Mason School of Public Policy

whether or not Virginia's chief executive should be able to seek a second term.

"The situation we're in with transportation demonstrates more than anything else why it's so necessary to have a longer range planning horizon," said Brink. "What we've done through consecutive governors is not been able to build up the consensus that we need in order to get long-range solutions to transportation."

THE ROLE of governor began as a very weak position in post-Revolution-

"This may be the session that it finally passes."

— state Sen. Adam Ebbin (D-30)

NEWS



BY MICHAEL MCMORROW/THE CONNECTION

A Miniature Sleigh, and Eight Tiny ... The gift of a smile from 1407 North Harrison St.

BULLETIN BOARD

E-mail announcements to arlington@connectionnewspapers.com. Deadline is noon the Thursday before publication. Photos are welcome.

SATURDAY/JAN. 5

Spaghetti Dinner. BSA Troop 167 is hosting a family spaghetti dinner from 5-10 p.m. at Mt. Olivet United Methodist Church, 1500 N. Glebe Road, to support Philmont Crew who will be traveling to New Mexico on a scouting adventure. \$10/adult; \$7/child. Visit www.mtolivet-umc.org.

MONDAY/JAN. 7

Education Event. 7-9 p.m. at Arlington Unitarian Cooperative Preschool, 4444 Arlington Blvd. Learn about the role of play in the lives of children. Free. Visit www.aucpva.org or call 703-892-3878.

Laughter Yoga. 6:30-7:30 p.m. at Arlington Central Library auditorium, 1015 N. Quincy St., Arlington. Free, no registration required. For information, e-mail arlingtonlaughteryoga@yahoo.com.

WEDNESDAY/JAN. 9

Work Session. 7-9 p.m. at Williamsburg Middle School auditorium, 3600 N. Harrison St. The Building Level Planning Committee will discuss issues and then allow for comments and questions from the public. Free.

SUNDAY/JAN. 13

Meeting. The Arlington branch of the American Association of University Women will meet at 2 p.m. at the Arlington Central Library, 1015 N. Quincy St. Free. Hear Martha Ann Miller share stories from her book "The First Century and Not Ready for the Rocking Chair Yet."

MONDAY/JAN. 14

Lecture. 3 p.m. at Arlington Central Library, 1015 N. Quincy St. Encore Learning is sponsoring a lecture on "The Threat of Nuclear Iran in the Middle East." Free. 703-228-2144.

Gallery Walk. 6-8 p.m. at Williamsburg Middle School library, 3600 N. Harrison St. The community can view concept designs and other relevant information for the new elementary school. Free.

WEDNESDAYS/JAN. 16, 23, 30, FEB. 6, 13

Money Talk: A Financial Course

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for Women. Women have unique financial needs. Most at some time will be on their own financially. Some will never marry, some will see their marriages end in divorce, and others will outlive their husbands. This course will provide you with information that you need to take charge of your financial future. The course includes five classes: Jan. 16 — Financial Basics; Jan. 23 — Insurance Basics; Jan. 30 — Investing Basics; Feb. 6 — Investing for Retirement; and Feb. 13 — Planning for Future Life Events. All classes will be held 6:30-8:30 p.m. in the 2nd Floor Meeting Room at Arlington Central Library (1015 N Quincy Street). Cost: \$25 (for the accompanying textbook). To register, call 703-228-6417. This is a program of Virginia Cooperative Extension and Arlington Public Libraries.

THURSDAY/JAN. 17

Joint Work Session. 4-6 p.m. at Williamsburg Middle School auditorium, 3600 N. Harrison St. The chairs of the Public Facilities Review Committee and the Building Level Planning Committee will jointly present the project to the two boards. A discussion between Board members will follow the presentation. Free.

SATURDAY/JAN. 26

Business Gala. 6:30 p.m.-midnight at Ritz-Carlton, Pentagon City. Features more than 100 silent and live auction items, along with a vacation raffle. \$180 if purchased by Dec. 21 or \$200/ticket from Dec. 22-Jan. 18. Visit www.arlingtonchamber.org or 703-525-2400.

SATURDAYS/JAN. 26 AND FEB. 2

Two-day Basic Literacy Tutor Training. More than 75 new volunteer Basic Literacy tutors are needed to help area English-speaking adults learn to read and write. Currently on a waiting list to be matched with tutors, these adult students are eager to improve their literacy skills by working one-to-one with a trained volunteer. A \$40 training fee contributes to the cost of books and materials. All tutor training workshops take place at the James Lee Community Center, 2855 Annandale Road in Falls Church from 9:30 a.m.-2 p.m., but the tutoring will take place in a library or community center in the tutor's neighborhood. Students and tutors are matched based on geographic proximity to make the weekly

sessions as convenient as possible. Email volunteers@lcnv.org or call 703-237-0866 x111.

ONGOING

PFLAG of Arlington. Second Sunday at 3 p.m. PFLAG promotes the equality and well-being of gay, lesbian, bisexual, transgendered persons and their families. Meets on the second Sunday of each month, at the Unitarian Universalist Church at George Mason Drive and Route 50. Contact aly.pflagdc@gmail.com.

Free Mall Walking Program for Seniors. Tuesdays and Thursdays at 8:30 a.m. Walk at your own pace in a safe and friendly environment. Group stretch and cool down led by hospital staff. Call 703-558-6859. Ballston Common Mall (Food Court Level), 4238 Wilson Blvd.

Alzheimer's Caregiver Support Group. Third Wednesdays at 10:30 a.m. Carlin Springs. Free. Call 703-558-6859.

Strength & Stretch For Seniors. Mondays and Thursdays at 1 p.m. Improve range of motion, strength & bone health. All abilities welcome. \$42. Mondays at Virginia Hospital Center, 1701 N. George Mason Dr. Thursdays at Health Pavilion, 601 S. Carlin Springs Road.

Gentle Pilates. Saturdays at 9 and 11:35 a.m. A non-traditional mat Pilates class with modifications to suit all abilities. Learn proper form, strengthen core muscles and improve posture. \$78. Virginia Hospital Center, 1701 N. George Mason Dr.

Gentle Yoga. Tuesdays and Thursdays at 9:30 a.m. Restore flexibility, strength and ease tension. All levels welcome. \$66. Health Pavilion, 601 S. Carlin Springs Road. Call 703-558-6859.

Tai Chi. Thursdays at 6: 15-7:15 p.m. Combine slow, flowing movements of Tai Chi and Qi Gong postures to foster a healthy, balanced mind and body. \$80. 601 S. Carlin Springs Road. Call 703-558-6859.

Yoga for Everybody. Wednesdays at 6:30 p.m. This traditional approach to yoga reduces stress and increases strength and flexibility. \$66. Health Pavilion, 601 S. Carlin Springs Road. Call 703-558-6859.

Job Seekers' Support Group Meeting. Second and fourth Sundays, through Dec. 9 at 12:15 p.m. Arlington Temple United Methodist Church located at 1835 N. Nash St. is hosting Job Seeker and Career Enrichment Group meetings. The group is open to job seekers and those who are employed and

SEE BULLETIN BOARD, PAGE 11



The cover is black and red on white and 11 1/4" W x 10 3/8" H. Open, the calendar is 11 1/4" W x 20 7/8" H. All illustrations are in black and white and may be viewed on the website.

REDUCED

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JANUARY 2013

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21 M.L. King Day	22	23	24	25	26
27	28	29	30	31		

Happy New Year, Keep in Touch

Reflecting and reinforcing the sense of community.

As local, weekly newspapers, the Connection's mission is to bring the news you need about your community, to give you the information you need to enjoy the best things in and near your community, 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.

To succeed at any of that, we need your help.

If you know of a person or an organization doing important work, 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. Send us a photo and tell us about it.

We publish photos and notes of a variety of personal milestones and community events, including births, engagements, weddings, anniversaries, awards and obituaries.

We are also interested in events at your church, mosque, synagogue, community center, pool, school, club, etc. E-mail us a photo and a note about the event. Be sure to include the names of all the people who are in a photo, and say when and where the photo was taken.

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

To have an event included in our calendars, we appreciate getting notice at least two weeks ahead of the event, and we encourage photos.

EDITORIAL

Events for our calendars should be free or at nominal cost and open to the public.

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, two editions of 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 last year.

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— MARY KIMM,
MKIMM@CONNECTIONNEWSPAPERS.COM

LETTER TO THE EDITOR

My Year In the USA

To the Editor:

Why are we doing this? Why are we going away from our families for one year and move into a family's house we don't know? We are exchange students and we wanted to learn more about another country, about the culture, the language, and the people.

With the Academic Year in America, we found an organization that gave us the chance to study abroad and that found nice people/families who were willing to host us and who welcomed us as normal family members.

We meet our Local Coordinator Louise Hackman every month. She always plans interesting and fun things we can do together. Our last meeting was on Saturday, Dec. 15. We spent some time together at the Arlington Cemetery National Wreath Across America Ceremony and learned a lot about it. We also laid down wreaths on the graves. It was an impressive experience how the cemetery looked like af-



Students in the AIFS Foundation's Academic Year in America program participate in the recent Wreaths Across America Event at Arlington National Cemetery.

ter the ceremony.

All these new experiences are the reason why this year is/will be

one of my best years in my life.

Nadine Kassner, German

Exchange Student
Attending Herndon High
School, 2012-2013

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The Quest for Youth and Beauty

FROM PAGE 3

cedure is not pain-free. "If you can imagine snapping rubber bands on your skin, that is what it feels like," she said. "Laser hair removal is not a one time treatment. Multiple treatments are needed for it to be effective. You need a lot of money and a lot of time." For those seeking to rid their face of wrinkles, age spots and acne scars, microdermabrasion is an option. During the procedure, an esthetician uses a hand-held device that emits crystals onto the skin's surface and polishes it. "It peels off the top layers of skin to reveal new skin cells," said Early. "It temporarily damages skin and takes about a week to heal. At first, it looks like really bad sunburn on your face."

During an IPL laser treatment, an esthetician uses a hand-held device to administer the bright-light treatment. "It's like laser resurfacing for the face," said Early. "It tightens and rejuvenates the skin, but you need several treatments. It helps with age spots and makes the face firmer and more youthful."

Fillers like Restylane and Hylaform are sought-after weapons for those seeking fuller lips or wrinkle-

free skin. Hyaluronic acid, the key ingredient in these fillers, is produced naturally in the body, but decreases as one gets older.

"I've had fillers distributed all over my face. If you use just a little bit, others will never know it was done," said Hakki. "I have used fillers to plump my lips, but I have to be careful not to get too much because I don't want to look like Donald Duck."

Using cosmetic procedures in moderation is the key, say experts, to maintaining a natural look. "The overuse of Botox, for example, can make a person look like a lion," said Early. "We can spot people who are addicted to cosmetic procedures and we turn those people away. If we look at you and feel that you don't need a procedure, we won't give it to you."

Gulyn adds, "Our society equates youth with beauty, but there is a line between doing things that freshen your appearance and putting yourself at risk. You have to determine whether or not you're putting yourself at physical risk, disrupting your family or preventing yourself from adapting to the natural changes of aging."

"FLOURISHING AFTER 55"

From Arlington's Office of Senior Adult Programs Jan. 14-19.

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

Center, 3501 S. 2nd St.

Senior trips: Wednesday, Jan. 16, Fair Oaks Mall, Fairfax, \$10; Thursday, Jan. 17, Glenstone Museum, Potomac, Md., \$21; Saturday, Jan. 19, "The Full Monty," Little Theatre of Alexandria, \$40. Call Arlington County 55+ Travel, 703-228-4748. Registration required.

Financial guidelines after retirement, Monday, Jan. 14, 1:30 p.m.,

Aurora Hills. Register, 703-228-5722.

Mexican Train dominos, Mondays, 1 p.m., Walter Reed. Free. Register, 703-228-0955.

Emergency preparedness, Monday, Jan. 14, 11 a.m., Culpepper Garden. Register, 703-228-4403.

SEE FLOURISHING, PAGE 11

Free Remodeling & Design Seminars!




Sat, Jan. 5th — 10am-2pm

Where: 5795B Burke Centre Pkwy, Burke, VA 22015 (behind Kohl's)

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
- 2013 Color Trends
- 10 Tips for a Stress Free Remodel

Seminars run from 10am-Noon.
Lunch to follow.
Please arrive at 9:45am for check-in.

Seating is limited. Call Sabrina at 703.425.5588 to reserve your seats!

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NOTICE TO THE PUBLIC

NOTICE TO THE PUBLIC OF AN APPLICATION BY WASHINGTON GAS LIGHT COMPANY TO AMEND ITS NATURAL GAS CONSERVATION AND RATEMAKING EFFICIENCY PLAN CASE NO PUE-2012-00138

On March 26, 2010, the State Corporation Commission ("Commission") entered an Order Approving Natural Gas Conservation and Rate-making Efficiency Plan in Case No. PUE-2009-00064, which approved a three-year Conservation and Rate-making Efficiency ("CARE") Plan for the residential customers of Washington Gas Light Company ("WGL" or "Company"), effective May 1, 2010, pursuant to Chapter 25 of Title 56 (§§ 56-600 et seq.) of the Code of Virginia ("Code").

On December 4, 2012, WGL filed an Application to amend its CARE Plan ("Application") to allow the Company to (i) continue to implement its CARE Plan for residential customer classes with a revised portfolio of programs for residential customers and (ii) extend its CARE Plan to "small" commercial and industrial ("C&I") customers and group metered apartment ("GMA") customers receiving service under Rate Schedule Nos. 2, 2A, 3 and 3A. WGL seeks approval of its amended CARE Plan for a three-year period beginning on May 1, 2013.

For residential customers, the Company's Application includes the following programs: (1) Low Income Energy Assistance Program (for eligible low income customers); (2) Space Heating Incentive Program, including Programmable Thermostat; (3) Water Heating Incentive Program; (4) Natural Gas Energy Star New Homes Program; (5) Home Energy Reporting Program; and (6) Energy Efficiency Education Program. The Company proposes to eliminate its Boiler Incentive and Heating System Check-up programs offered in its current CARE Plan.

For eligible C&I and GMA customers, the Company's application proposes "prescriptive-based rebate programs designed to incent the installation of high-efficiency gas equipment for five major gas-consuming applications, including (i) water heating, (ii) space heating, (iii) boilers, (iv) food service, and (v) laundromat services." The commercial programs offered by the Company also include an Energy Efficiency Education Program.

For the low income component of its CARE Plan, WGL proposes to continue its partnership with the Community Housing Partners Corporation ("CHPC") "and will focus on funding energy audits for individually metered multi-family dwellings."

The total budget for WGL's three-year amended CARE Plan is \$5,943,034. These expenses will be recovered from a CARE Rate-making Adjustment ("CRA") that adjusts the actual non-gas distribution revenues per customer to the allowed level of distribution revenues per customer approved in the Company's most recent rate case before the Commission, Case No. PUE-2010-00139 and a CARE Cost Adjustment ("CCA") that will allow the Company to recover the costs of its CARE Plan through a monthly surcharge to all residential and eligible C&I and GMA customers' bills. According to the Company, the annual year one CCA for a typical customer using 753 therms per year is projected at \$2.71, and for a typical C&I heating customer using 5,264 therms per year it is estimated at \$20.93. For a typical GMA heating customer using 16,145 therms, the annual CCA is projected at \$62.97. The Company states that it does not propose, at this time, to seek approval for a performance-based incentive mechanism as part of its amended CARE Plan.

The details of these and other proposals are set forth in the Company's Application. Interested persons are encouraged to review the Company's Application and supporting testimony and exhibits for the details of these proposals.

The Commission entered an Order for Notice and Comment that, among other things, directed the Company to provide notice to the public and provided interested persons an opportunity to comment on the Company's Application.

A copy of the Company's Application may be obtained at no charge by requesting a copy of the same from the Company's counsel, Meera Ahamed, Esquire, Washington Gas Light Company, 101 Constitution Avenue, N.W., Washington, D.C. 20080. The Application and related documents also shall be available for review in the Commission's Document Control Center, Tyler Building, First Floor, 1300 East Main Street, Richmond, Virginia, between the hours of 8:15 a.m. and 5 p.m., Monday through Friday, excluding holidays. Interested persons also may download unofficial copies from the Commission's website: <http://www.scc.virginia.gov/case>.

On or before January 25, 2013, interested persons may file written comments on WGL's Application with Joel H. Peck, Clerk, State Corporation Commission, c/o Document Control Center, P.O. Box 2118, Richmond, Virginia 23218. Interested persons desiring to submit comments electronically may do so by following the instructions on the Commission's website: <http://www.scc.virginia.gov/case>. Comments shall refer to Case No. PUE-2012-00138.

On or before January 25, 2013, any interested person may participate as a respondent in this proceeding by filing a notice of participation in accordance with 5 VAC 5-20-140, Filing and service, and 5 VAC 5-20-150, Copies and format, of the Commission's Rules of Practice and Procedure ("Rules of Practice"). If not filed electronically, an original and fifteen (15) copies of the notice of participation shall be submitted to the Clerk of the Commission at the address set forth above. Pursuant to 5 VAC 5-20-80 B, Participation as a respondent, of the Rules of Practice, any notice of participation shall set forth: (i) a precise statement of the interest of the respondent; (ii) a statement of the specific action sought to the extent then known; and (iii) the factual and legal basis for the action. All filings shall refer to Case No. PUE-2012-00138.

On or before January 25, 2013, interested persons may request that the Commission convene a hearing on the Company's Application by filing a request for hearing with the Clerk of the Commission at the address set forth above. Requests for hearing must refer to Case No. PUE-2012-00138 and include: (i) a precise statement of the filing party's interest in the proceeding; (ii) a statement of the specific action sought to the extent then known; (iii) a statement of the legal basis for such action; and (iv) a precise statement why a hearing should be conducted in this matter.

A copy of any written comments, requests for hearing, and notices of participation shall simultaneously be sent to counsel for the Company: Meera Ahamed, Esquire, Washington Gas Light Company, 101 Constitution Avenue, N.W., Washington, D.C. 20080.

WASHINGTON GAS LIGHT COMPANY

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Application deadline is January 7.

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ENTERTAINMENT

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

ONGOING

Food Truck Thursdays. In the surface parking lot at the corner of Crystal Drive and 18th Street.

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

Family Skate Opening Night. Saturdays, 6:30-8:30 p.m., through March 30. Thomas Jefferson Center, 3501 2nd St. Fees: \$2 entry, \$3 skate rental, \$2 re-entry for students attending both family and teen skate. Cash only. Save time in line by bringing skates. Visit www.arlingtonva.us.

Flying Squirrel Lore & More. For families and children. Children must be accompanied by an adult. Flying squirrels are found throughout the wooded neighborhoods of Arlington, but are seldom seen. Learn about these nocturnal acrobats. After an indoor presentation, go outside to see them glide in for an evening meal. Call 703-228-6535 to register. Meet at Long Branch Nature Center, 625 S. Carlin Springs Road.

- ❖ Saturday, Jan. 5, 5:30-6:30 p.m. Program #622953-E
- ❖ Saturday, Jan. 12, 5:30-6:30 p.m. Program #622953-F
- ❖ Sunday, Jan. 13, 5:30-6:30 p.m. Program #622953-G
- ❖ Sunday, Jan. 20, 5:30-6:30 p.m. Program #622953-H
- ❖ Saturday, Jan. 26, 5:30-6:30 p.m. Program #622953-I

Photo Exhibit. See "Paris by Day, Paris by Night: Photos by Kevin Kasmai" at Cherrydale Library, 2190 Military Road through April 3. Free. 703-228-6330.

FRIDAY/JAN. 4

Stand-Up Comedy. David Alan Grier, from "In Living Color," "DAG," and "Life with Bonnie," will perform at Arlington Cinema & Drafthouse, 2903 Columbia Pike, at 7:30 p.m. and again at 9:50 p.m. \$25. Visit arlingtondrafthouse.com for tickets.

SATURDAY, JAN. 5

Gemstone Club. 10:30-11:30 a.m. For children age 7-11. Register children only. Budding geologists and gem lovers are invited to join for a year's worth of fun and collecting at the Gemstone Club. Attend the Garnet session to learn about birthstones and the alternate stones. There will be polished gems and uncut crystals to examine. Find out about the geology, mining, legends, and literature for each gem. All participants will take home a beautiful gemstone in a protective display box. Collect a year's worth of gems, as well as an attractive color photo card to go with each month's birthstone. Call 703-228-3403 to register. Meet at Gulf Branch Nature Center, 3608 Military Road. \$10 fee due upon registration. Program #622823-D.

Stand-Up Comedy. David Alan Grier, from "In Living

Color," "DAG," and "Life with Bonnie," will perform at Arlington Cinema & Drafthouse, 2903 Columbia Pike, at 7:30 p.m. and again at 9:50 p.m. \$25. Visit arlingtondrafthouse.com for tickets.

SUNDAY/JAN. 6

History Talk. 5 p.m. at Arlington Central Library, 1015 N. Quincy St. Mary Doering, a costume expert at George Mason University, will speak on women's clothing during the Civil War era. Her presentation will include a display of examples of authentic clothing from the time period. Free. 703-228-6334.

Circle of the Sun. 1 p.m. at Gulf Branch Nature Center, 3608 Military Road. Children ages 5-7 can learn about the sun, how it works and affects us. \$5 due at registration. 703-228-3403.

Tracks and Traces. 3 p.m. at Gulf Branch Nature Center, 3608 Military Road. Children ages 7-11 can learn what techniques scientists use for finding animals they are studying and then apply them on a walk. Registration required, \$5 fee. 703-228-3403.

THROUGH JAN. 6

Theater: "A Trip to the Moon." From D.C. theater artist Natsu Onoda Power, this original piece is based on the 1902 silent film by Georges Méliès. Hours are 8 p.m. from Wednesday through Saturday, 2 p.m. on Sunday. On Wednesday, Dec. 5, 8 p.m., pay \$10 to preview the performance. Young Professionals'

Night is on Wednesday, Dec. 12, 8 p.m. \$10 tickets are available for adults age 35 and under. At Crystal City Theater located at 1800 S. Bell St. Crystal City. Call 800-494-8497 or visit www.synthetictheater.org. Regular tickets are \$35-55.

MONDAY/JAN. 7

Author Talk. 7 p.m. at One More Page, 2200 N. Westmoreland St. Edward Belfar will discuss his collection of stories "Wanderers." Free. Visit www.onemorepagebooks.com or 703-300-9746.

JAN. 7 THROUGH FEB. 2

Art Exhibit. See "Eye of the Beholder" at Northern Virginia Art Center, 2100 Crystal Drive. Browse through sculpture, fused glass, jewelry and more. Free. Visit www.novaartcenter.org for more.

TUESDAY/JAN. 8

Book Club. 7 p.m. at One More Page, 2200 N. Westmoreland St. Come discuss a favorite book. Free. Visit www.onemorepagebooks.com or 703-300-9746.

JAN. 11 THROUGH FEB. 2, 2013

"The Show-Off" by George Kelly is a comedy about an ambitious and audacious young faker who transforms the lives of those around him, at the same time proving that even the most obnoxious of us have our virtues. Presented by The American Century Theater, at Theatre II, Gunston Arts Center, 2700 S. Lang St. Visit www.AmericanCentury.org.

THURSDAY/JAN. 10

Author Talk. 7 p.m. at One More Page, 2200 N. Westmoreland St. Charles Thomas Jr. will discuss his memoir "Scars, Exile, Vindication: My Life as an Experiment." Free. Visit www.onemorepagebooks.com or 703-300-9746.

FRIDAY/JAN. 11

Performance. Encore Stage & Studio presents "Honk, Jr.," a retelling of "The Ugly Duckling," at 7:30 p.m. at Thomas Jefferson Community Theatre, 125 S. Old Glebe Road.

\$12/adults, \$10/children, students and seniors. Tickets online at www.encorestage.org or 703-548-1154.

Comedy Performance. Deon Cole has been featured on HBO's "Def Comedy Jam," NBC's "Showtime at the Apollo," and will have a new show on TBS called "Deon Cole's Black Box." He will perform at Cinema & Drafthouse, 2903 Columbia Pike, at 10 p.m. \$24. Visit arlingtondrafthouse.com for tickets.

Book Club. 7 p.m. at One More Page, 2200 N. Westmoreland St. Discuss "Life of Pi" by Yann Martel. Free. Visit www.onemorepagebooks.com or 703-300-9746.

SATURDAY/JAN. 12

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

Performance. Encore Stage & Studio presents "Honk, Jr.," a retelling of "The Ugly Duckling," at 11 a.m. and 3 p.m. at Thomas Jefferson Community Theatre, 125 S. Old Glebe Road. \$12/adults, \$10/children, students and seniors. Tickets online at www.encorestage.org or 703-548-1154.

Comedy Performance. Deon Cole has been featured on HBO's "Def Comedy Jam," NBC's "Showtime at the Apollo," and will have a new show on TBS called "Deon Cole's Black Box." He will perform at Cinema & Drafthouse, 2903 Columbia Pike, at 7:30 p.m. and 10 p.m. \$24. Visit arlingtondrafthouse.com for tickets.

SATURDAY-SUNDAY/JAN. 12-13

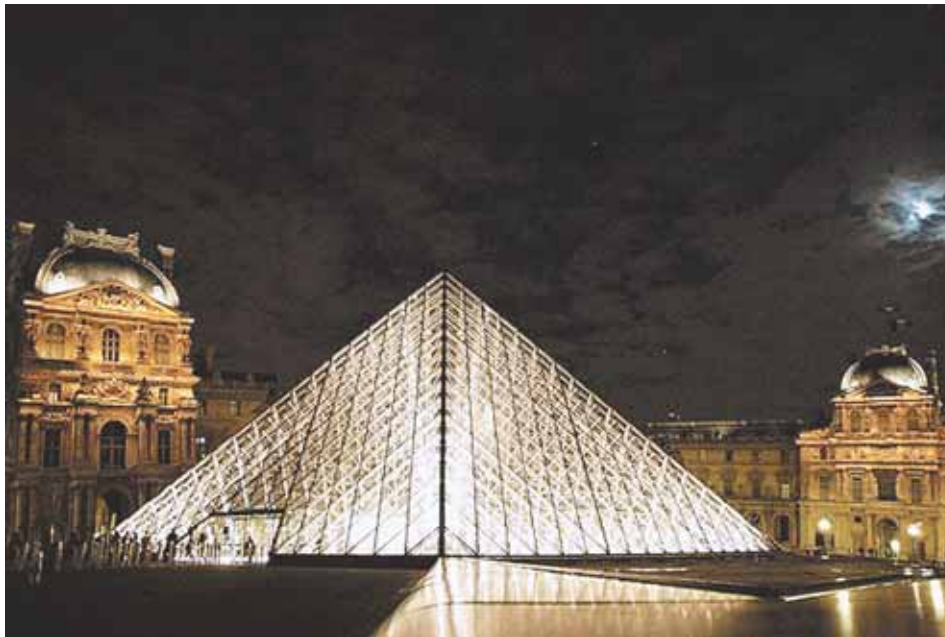
Wine Walk. 1-7 p.m. at Crystal City Shops. Taste wines as you walk a 1k course. \$40. Buy tickets at www.washingtonwineacademy.org/events/1k-wine-walk.

SUNDAY/JAN. 13

Performance. Encore Stage & Studio presents "Honk, Jr.," a retelling of "The Ugly Duckling," at 3 p.m. at Thomas Jefferson Community Theatre, 125 S. Old Glebe Road. \$12/adults, \$10/children, students and seniors. Tickets online at www.encorestage.org or 703-548-1154.

Indoor Track Meet. 7:45 a.m.-noon. For walkers and runners of all ages

Paris by Night by Kevin Kasmai.



Paris in Photographs

"Paris by Day, Paris by Night: Photos by Kevin Kasmai" at Cherrydale Branch Library, 2190 Military Road; through April 3. Mon and Thu: 10 a.m.-9 p.m.; Tue and Wed: 1-9 p.m.; Fri and Sat: 10 a.m.-5 p.m. Free. Call 703-228-6330.

and abilities. Events: 400m/800m/1500m/3000m race walks; 55m, one mile; 400m, 800m, 200m, 3000m, and 5000m runs. Free for children, \$3 for high school students, \$5 for adults. At Thomas Jefferson Community Center, 3501 S. 2nd St. Visit www.pvtc.org/indoor or 703-927-4833.

Invasive Removal. 2-4 p.m. For adults, families and teens. Help improve wildlife habitat. Join for the monthly work parties to remove destructive invasive plants, and make a real difference. No registration required. Free. At Gulf Branch Nature Center, 3608 Military Road.

Author Talk. 3 p.m. at One More Page, 2200 N. Westmoreland St. Luis Alberto Urrea will discuss his book "Queen of America: A Novel." Free. Visit www.onemorepagebooks.com or 703-300-9746.

See, Hear, Sketch: Rabbits in the Snow. 2:30 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. Children ages 5-9 can learn about the Eastern cottontail and how to draw a rabbit in the snow. \$5 due at registration. 703-228-6535.

THROUGH JAN. 13

Musical: Dreamgirls. Part of Signature Theatre's 2012/2013 season, playing for 8 weeks in the MAX Theatre. Tickets start at \$40. Visit www.signature-theatre.org. Signature Theatre is located at 4200 Campbell Ave.

TUESDAY/JAN. 15

Book Club. 7 p.m. at One More Page, 2200 N. Westmoreland St. Discuss "The Crossing Places" by Elly Griffiths. Free. Visit www.onemorepagebooks.com or 703-300-9746.

WEDNESDAY/JAN. 16

Wine Tasting. 6:30 p.m. at One More Page, 2200 N. Westmoreland St. Come taste wine and browse some books. Free. Visit www.onemorepagebooks.com or 703-300-9746.

THURSDAY/JAN. 17

Speaker. 11 a.m. at Little Falls Presbyterian Church, 6025 Little Falls Road. Designer Bryan Swann from Karin's Florist will speak about spring designs with a twist. Free, with a \$5 lunch option. RSVP by Jan. 10 to rockspringgardenclub@gmail.com or www.rockspringgardenclub.com.



Weeping Willow by Elisabeth Hudgins Eye of the Beholder

Beauty is found in many different forms and each person has a different image of beauty. Visit the gallery to see where the artists find beauty, and how they express it in their different mediums: paintings, sculpture, fused glass, jewelry and ceramics. Exhibit: Eye of the Beholder runs Jan. 7 through Feb. 2 at Northern Virginia ART Center, an Arlington Artists Alliance Gallery, is located in the Crystal City Shops at 2100 Crystal Drive. Visit www.novaartcenter.org or call 571-483-0652. Free.

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

ONGOING

Yarn Bomb Meet-ups + Stitch Session. Wednesdays through Feb. 28, 6-9 p.m. Free. Create a yarn bombing temporary public art project in Rosslyn. Meet other knitters at Town Hall, 1901 N. Moore St. All ages and experience levels are welcome. Free. Visit <http://pinklineproject.com>.

W3fi: A Digital Experience Revealing The Connections Between Our Online + Offline Selves. Free. At Terrace Gallery. Artists Chris Coleman and Laleh Mehran transform the Terrace Gallery into an immersive digital installation, using multiple projections mapped specifically for the space. W3FI animates the walls with ideas and real-time information gathered from Artisphere visitors and the region at large. Artisphere is located at 1101 Wilson Blvd. Call 703-875-1100 or visit www.artisphere.com. Through Jan. 20.

Art On The Art Bus: Hand Drawn Bazaar. Free. Elizabeth Graeber creates work for Art On The Art Bus at Works in Progress Gallery in Artisphere located at 1101 Wilson Blvd. Call 703-875-1100 or visit www.artisphere.com. Onsite residency hours are Wednesday and Friday from 5:30-10 p.m. through Feb. 3.

WEDNESDAY/JAN. 2

Exhibit. See "Water Root" by William Villalongo. This is his first video film project where actors are turned into graphic characters from his paintings while a poem that narrates the video muses on the distances between morality and immorality. Located at Artisphere, 1101 Wilson Blvd. Free. Runs through Jan. 20. Visit www.artisphere.com or 703-875-1100.

Exhibit. Korean-born artist Si Jae Byun addresses the relationship of nature and architecture in a series of works in Artisphere, 1101 Wilson Blvd., that juxtapose images and structures associated with the construction of a city apartment with those of nature and even the human body. Free. Runs through Feb. 24. Visit www.artisphere.com or 703-875-1100.

Exhibit. MGMT. design created 50 new flags based on the current conditions of a changing nation. They use data visualization in a heraldic form to reveal facts about our country. Free at Artisphere, 1101 Wilson Blvd. Runs through March 3. Visit www.artisphere.com or 703-875-1100.

THROUGH JAN. 5

Roberto Bocci's Streams + Spaces. Free. At Mezz Gallery. Roberto Bocci's Streams + Spaces in Between is a portrait of the distance between two geographical locations. A 100-foot experimental panorama maps the distance between Arlington and Washington, D.C. and relocates urban environments within the art gallery. Opening reception is Thursday, Nov. 1, from 5:30-7:30 p.m. The artist talk with Don Russell, Juror at 6 p.m. Artisphere is located at 1101 Wilson Blvd. Call 703-875-1100 or visit www.artisphere.com.

WEDNESDAY/JAN. 9

Teen Produced Interactive Art and Dance Party. Teens can be introduced to Artisphere's creative opportunities and engage in programming and self-producing art and more. Weekly meetings with varying days. From 4:30-6:30 p.m. at Artisphere, 1101 Wilson Blvd. Runs through March 9. Visit www.artisphere.com.



Julian Milkis

Clarinet Capers

Julian Milkis performs works of Mozart, Arutiunian, Gershwin, Templeton and more with Leo Sushansky Artistic Director/violin, Kathryn Brake piano, Uri Wassertzug viola. Saturday, Jan. 12 at 7:30 p.m. Rosslyn Spectrum Theatre at Artisphere, 1611 N. Kent Street (off Wilson Blvd.). \$28 Adult and \$15 Student. Tickets by phone at 888-841-2787 or visit www.NationalChamberEnsemble.org.

www.artisphere.com for information and to register, e-mail slord@arlingtonva.us.

Exhibit. See "Delicate/Violent (Delicado/Violento)" by David Amoroso at Artisphere, 1101 Wilson Blvd. Features a series of portraits of local rappers and reggaetoneros depicted in violent postures juxtaposed against delicate backgrounds. Free. Runs through March 16. Visit www.artisphere.com or 703-875-1100.

THURSDAY/JAN. 10

Music. Debo Band performs with guest DJ Underdog at 8 p.m. at the Ballroom in Artisphere, 1101 Wilson Blvd. \$15. Debo Band is an 11-member group led by Ethiopian-American saxophonist Danny Mekonnen. Visit www.artisphere.com or 703-875-1100.



FRIDAY/JAN. 11

Music. Nomadic Massive in partnership with Alliance Francaise will showcase its take on hip-hop at 8:30 p.m. at Artisphere, 1101 Wilson Blvd. \$20. Visit www.artisphere.com or 703-875-1100.

THROUGH JAN. 11

Art Exhibition. "Bold Expressions" by Rebecca Kirtland McNeely will be on view at Piola, 1550 Wilson Blvd. McNeely paints in oil and water-based media, creating award-winning abstracts, mixed media works and expressionistic paintings.

SATURDAY/JAN. 12

Clarinet Capers. 7:30 p.m. at Rosslyn Spectrum Theatre at Artisphere, 1611



Pianist Kathryn Brake with Artistic Director Leo Sushansky.

N. Kent St. Hear works from Mozart, Gershwin and more. \$28/adult; \$15/student. Visit www.nationalchamberensemble.org or 888-841-2787 for tickets.

SATURDAY/JAN. 12, 26

Elizabeth Graeber Hand Drawn Bazaar. 5:30-10 p.m. Graeber has created a flea market of her original work in the WIP Gallery. During her residency, she will be making placards to display on Art on the Art Bus while creating and selling new work in her Hand Drawn Bazaar. The space will be transformed into a fleamarket theme with silk screened cards, postcards, and stickers. Items to purchase at the Terrace Gallery desk. Artisphere located at 1101 Wilson Blvd. Call 703-875-1100 or visit www.artisphere.com.

(Delicado/Violento)" by David Amoroso. Visit www.artisphere.com or 703-875-1100.

SATURDAY/JAN. 26

Music. Gangstagrass with special guest The Highballers mixes bluegrass with hip-hop starting at 8 p.m. in the ballroom at Artisphere, 1101 Wilson Blvd. \$15. Visit www.artisphere.com or 703-875-1100.

Movie. Watch "The Comedy" directed and co-written by Rick Alverson. 8 p.m. in the Dome Theatre at Artisphere, 1101 Wilson Blvd. \$10. Visit www.artisphere.com or 703-875-1100.

Night of Boleros (Noche de Boleros). 7 p.m. at NRECA, 4301 Wilson Blvd. Hear singers Maria Aurora Paz and Alex Albuquerque with Alejandro Hernandez Valdez on piano. \$30/adults; \$25/students and seniors. Visit www.teatrodela luna.org for more.

SATURDAY/FEB. 2

Music. Canzoniere Grecanico Salentino performs at 8:30 p.m. in the ballroom at Artisphere, 1101 Wilson Blvd. There is a social hour at 7:30 p.m. in the Town Hall. \$22. Visit www.artisphere.com or 703-875-1100.

Movie. Watch Quentin Tarantino's "Reservoir Dogs" at 8 p.m. in the Dome Theatre at Artisphere, 1101 Wilson Blvd. \$8. Visit www.artisphere.com or 703-875-1100.

THROUGH SUNDAY/FEB. 3

Art Exhibit. "Hand Drawn Bazaar" by Elizabeth Graeber, a flea market of her original work in the WIP Gallery at Artisphere, 1101 Wilson Blvd. Free. Visit www.artisphere.com or 703-875-1100.

WEDNESDAY/FEB. 6

Exhibit. "Infestation" by Carolina Mayorga is a multimedia project that will slowly invade Artisphere, 1101 Wilson Blvd., in the same way that vermin do. Runs through March 24. Visit www.artisphere.com or 703-875-1100.

FRIDAY/FEB. 8

Music. Carrie Rodriguez performs at 8 p.m. in the Dome Theatre at Artisphere, 1101 Wilson Blvd. She is a violinist-turned-fiddler, singer and songwriter. \$15. Visit www.artisphere.com or 703-875-1100.

Closing Soon

"Bold Expressions" by Rebecca Kirtland McNeely will be on view at Piola, 1550 Wilson Blvd., through Jan. 11. McNeely paints in oil and water-based media, creating abstracts, mixed media works and expressionistic paintings.

SATURDAY/JAN. 19

Music. Roots Rock Revue featuring the Grandsons, Karl Straub and Art Hill + The Long Gone Daddys perform at 8 p.m. in the ballroom at Artisphere, 1101 Wilson Blvd. \$15. Visit www.artisphere.com or 703-875-1100.

Children's Theater Festival. 11 a.m.-5 p.m. at Rosslyn Spectrum, 1611 N. Kent St. Enjoy performances, activities and more. \$15/adult; \$10/child; under 4 are free. Visit www.teatrodela luna.org for more.

FRIDAY/JAN. 25

Opening Reception. 6-10 p.m. at Artisphere, 1101 Wilson Blvd. Free artist talk and music showcase as part of the exhibit "Delicate/Violent

East Falls Church

Ballston-MU

Virginia Sq-GMU

Clarendon

Court House

Rosslyn

Board Appoints Adusumilli

The Arlington School Board approved the appointment of Rajesh Adusumilli as assistant superintendent for information services at its Dec. 20 meeting. Adusumilli has been the interim assistant superintendent since August.

Adusumilli joined Arlington Public Schools in 2008, and has served as assistant director of information systems and director of enterprise solutions. Before joining APS, Adusumilli spent 11 years at Oracle Corporation and has a combined 19 years in the technology industry.

Adusumilli has a bachelor's degree in technology from Nagarjuna University in India. He also holds a master's degree in business administration from Duke University and a master's degree in computer science from George Mason University.

While at APS, Adusumilli has been responsible for the operations of all information systems including design, development, deployment, training and operations of all information technology solutions for APS business and instructional users.



Rajesh Adusumilli

FBI, Police Investigate Robbery

At 4:02 p.m. on Dec. 11, 2012, an unknown male entered the Bank of America at 3600 S. Glebe Road in Arlington, approached a bank teller, and demanded money. After receiving a sum of money, the subject left the bank on foot.

He is described as black male between 5'10 and 5'11" tall and weighing approximately 165 pounds. He was wearing a black jacket, a knit hat, and a scarf. He also wore mirrored sunglasses, black gloves, dark pants, and tennis shoes. The suspect should be considered dangerous.



Those with information concerning this individual should contact the FBI's Washington Field Office at 202-278-2000 or contact Detective Gary Skeens of the Arlington County Police Department's Homicide/Robbery Unit at 703-228-4166 or investigations@arlingtonva.us. To report information anonymously, contact the Arlington County Crime Solvers at 866-411-TIPS (8477).

Montante Wins National Contest

Vincenza Montante, a senior at Washington-Lee High School, in Arlington, was one of two student winners in the 2012 National Punctuation Day Presidential Punctuation Contest. <http://www.nationalpunctuationday.com/>

Vincenza's teacher, David Peters, and his colleague, Sarah Congable, regularly have their students participate in the annual National Punctuation Day writing contest.

Vincenza's winning entry was:

A wise man once said: "No written work is complete without a little suspense ... that is, anticipation that makes your ever-stable heart race, your eyes widen, and your mind hungry for more," and I believe he is correct; what would we do without a little suspense in our lives to keep us guessing? The Presidential Punctuation Mark can't be too plain or too expected (although at the same time, not [too] unknown); it needs to be awesome! Obviously the possibilities are endless — semicolons, brackets, hyphens — but only one provides so much drama that the words following the punctuation are startling ... the ellipsis.

Hundreds of contest entries were received, most from the United States, but several from other countries. The contest rules were: Write one paragraph with a maximum of three sentences using the following 13 punctuation marks to explain which should be "presidential," and why: apostrophe, brackets, colon, comma, dash, ellipsis, exclamation point, hyphen, parentheses, period, question mark, quotation mark, and semicolon. One may use a punctuation mark more than once, and there is no word limit.

This was the second consecutive year an Arlington resident won the National Punctuation Day writing contest. Kathleen Summers won in 2011.

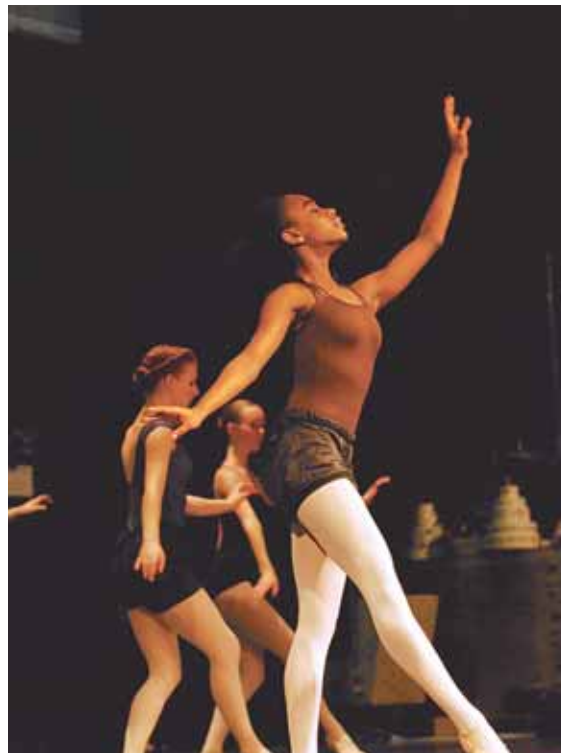
PEOPLE



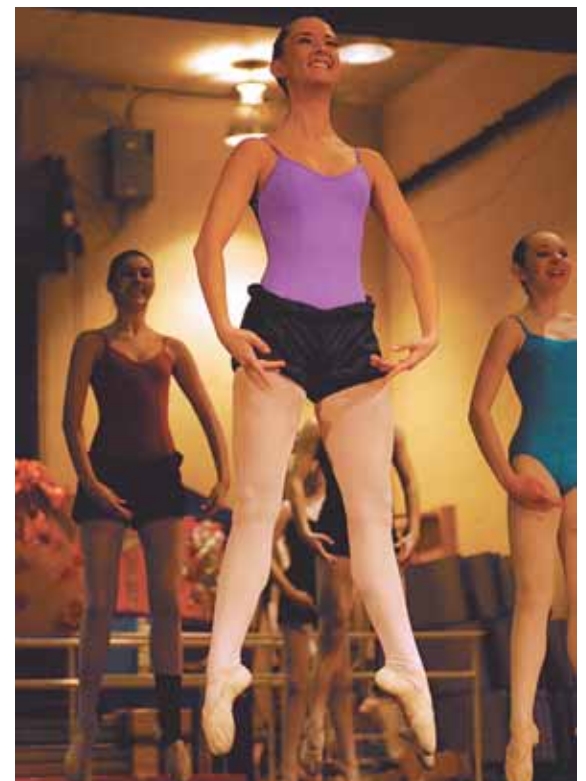
PHOTOS BY LASHAWN AVERY-SIMON/THE CONNECTION

Preview for Girl Scouts

Regional Girl Scout troops from Alexandria, Arlington and Fairfax were at the Thomas Jefferson Community Center Arlington last month to watch a dance rehearsal by the BalletNova Center for Dance before a performance of the Nutcracker.



Dancer Chelan Middlebrooks performs for local Girl Scout troops.



Katie Rose Stephenson leaps in the air.



Midday Concert

The Arlington Concert Orchestra performs a midday concert for shoppers as they eat in the food court inside Ballston Mall on Dec. 15.

PHOTO BY
LASHAWN AVERY-SIMON
THE CONNECTION

CRIME

The Arlington Police Department reported the following incidents:

BANK ROBBERY, 800 block of N. Randolph Street. At 9:55 a.m. on Dec. 22, three suspects robbed the Navy Federal Credit Union at gunpoint. A fourth suspect waited in the vehicle as the driver. The suspects made off with a significant amount of money, but were apprehended a short time later at a residence in D.C. Four men all of Washington, D.C. were taken into custody and are expected to be charged with bank robbery.

ARMED ROBBERY, 1100 block of S. Hayes Street. At 2:42 p.m. on Dec. 24, an unknown suspect robbed the Currency Exchange at Pentagon City Mall. The subject fled the scene on foot in the direction of the Metro. The subject is described as a black male, approximately 50 years old, 150 lbs, with a short beard. He was wearing a jean jacket over a black hooded sweatshirt and a black Nike hat at the time of the incident.

ARMED ROBBERY, 4600 block of S. King Street. At 1:35 a.m. on Dec. 25, three suspects robbed a 7-11 store of cash, cartons of cigarettes, a case of beer and a bag of chips. A fourth suspect waited in the vehicle on the side of the store. The suspects were apprehended by State Police and transported back to Arlington. A 27-year-old Alexandria man was charged with robbery, use of a firearm in the commission of a crime and possession of a firearm by a convicted felon. Three others were charged with robbery and conspiracy to commit robbery. They are currently being held without bond.

ROBBERY, 4200 block of N. Wilson Boulevard. Between 6:35 and 7:45 p.m. on Dec. 23, an unknown suspect stole a victim's iPhone at the Ballston Mall. The suspect is described as a black male in his late teens, approximately 5'9" tall and 150 lbs. He had a goatee and a tattoo on the right side of his neck and was wearing a grey hooded sweatshirt and jeans at the time of the incident.

ROBBERY, 1600 block of S. Hayes Street. At 7 p.m. on Dec. 19, a male victim was approached by a male subject in Highlands Park. The subject allegedly pulled out a black handgun and pointed it at the victim, demanding that the victim give him his wallet. The subject took the victim's wallet and fled the scene with another subject that had been the lookout. The first suspect is described as a black male in his 20's, about 6'0", wearing a dark colored hooded sweatshirt, dark jeans, and white sneakers. The second suspect was described as a black male in his 30's, long braided

hair, and wearing a dark colored puffy jacket, jeans and tan Timberland boots.

MALICIOUS WOUNDING BY MOB, 4000 block of S. 8th Street. At 2:38 a.m. on Dec. 23, two victims were assaulted by a group of approximately eight unknown suspects at a house party after spilling beer on one of the suspects. One of the victims went to the hospital on his own after suffering from a lacerated ear from being hit with a bottle, a possible broken jaw and several other small lacerations to his face. Very little suspect descriptions were provided.

MALICIOUS WOUNDING, 5000 block of S. Columbia Pike. On Dec. 21 at 7:05 p.m., an intoxicated subject grabbed the buttocks of a female victim as she exited a fast food establishment with her husband. The husband and the subject engaged in a physical altercation until the arrival of police. A 24-year-old Arlington man was arrested and charged with malicious wounding and assault and battery. He was held without bond.

INDECENT EXPOSURE, 3500 block of S. Clark Street. On Dec. 21 at 9:21 a.m., a subject was seen masturbating inside the sauna of a gym. A 63-year-old Arlington man was charged with indecent exposure and released on a summons.

BURGLARY, 1500 block of N. Glebe Road. Between 8 and 9 a.m. on Dec. 22, an unknown subject(s) stole children's presents that were inside a church office. There is no suspect description.

BURGLARY, 900 block of N. Kenmore Street. Between 9:30 a.m. and 7:50 p.m. on Dec. 25, an unknown subject(s) entered a locked business and stole various computer hardware and cat products. There is no suspect(s) description.

BURGLARY, 2100 block of S. Crystal Drive. Between 1:25 and 4:23 a.m. on Dec. 23, an unknown subject(s) smashed the front window of a clothing store and stole approximately 15-20 fur coats. There is no suspect(s) description.

DESTRUCTION OF PROPERTY (SERIES), 1900 block of N. Edison Street. Between 10:30 p.m. on Dec. 20 and 7 a.m. on Dec. 21, an unknown subject(s) slashed the tires of at least 20 vehicles. There is no suspect(s) description.

STOLEN VEHICLES
Dec. 22, VA 739756, 2009 Yamaha YZ FR6L Motorcycle, white, 1600 block of Arlington Boulevard.

Dec. 22, VA JUP4196, 2001 Jeep Cherokee, maroon, 5100 block of N. 15th Street.

Dec. 24, NC ZSC-9784, 1998 Jeep Cherokee, silver, 900 block of N. Livingston Street.

Wednesdays, 7 p.m. – 9 p.m., Langston-Brown. Details, 703-228-4771.

Advanced line dancing, Wednesdays, 12 p.m., Lee. Free. Register, 703-228-0555.

Free blood pressure check, Thursday, Jan. 17, 10:30 a.m., Langston-Brown. Call for appointment, 703-228-6300.

Sleep disorders options, Thursday, Jan. 17, 1 p.m., Walter Reed. Free. Register, 703-228-0955.

Personality types discussed, Friday, Jan. 18, 12 p.m., Walter Reed. Free. Register, 703-228-0955.

Remembering Dr. Martin Luther King, Jr., Friday, Jan. 18, 10:30 a.m., Langston-Brown; 1 p.m., Culpepper Garden. Free. Details, 703-228-6300 (L-B); 703-228-4403 (CG).

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

BULLETIN BOARD

FROM PAGE 5

wondering "what's next." Sessions are composed of readings, exercises and discussions to assist and hold members accountable for their own enrichment. Sign-up is required for participation. Contact atumcoffice@verizon.net, 703-525-6075 or www.Meetup.com/jobseeker.

Adaptive/Seated Yoga. Tuesdays at 11:15 a.m. For older or physically challenged adults with limited mobility, chronic pain or neuropathy. Adaptive yoga emphasizes breathing, gentle stretching and going at your own pace. \$66 Health Pavilion, 601 S. Carlin Springs Road. Call 703-558-6859.

Call for Nominations. The County Department of Parks and Recreation is accepting applications for the Bill Thomas Outstanding Park Service Volunteers Award, now in its 8th year. Submissions will be accepted through 5 p.m. on Feb. 15, 2013. Nominations are judged on the basis of the nominee's direct involvement with an activity or contribution. Award criteria includes: 1) a contribution is the giving of personal time, expertise, a tangible gift or financial donation; 2) the activity or contribution upon which the nomination is based must have been completed prior to the year of selection and 3) the award may be for a specific accomplishment or for an accumulation of accomplishments over an extended period of time. To complete a nomination form, visit www.arlingtonva.us/dpr.

Lifeline Personal Alert System.

Virginia Hospital Center Senior Health staff locally manage the personal emergency response system. Help is available 24 hours a day, seven days a week. Monthly cost starts at \$42. Call 703-558-6859 for more information.

Donations Needed. Our Lady Queen of Peace is seeking to replenish its food pantry. Particularly needed are rice (large bags appreciated, the pantry will rebag), dry beans, canned vegetables, soup, small jars of peanut butter, small jars of jelly, pasta and pasta sauce. 2700 South 19th St. Visit www.ourladyqueenofpeace.org.

Instruments Wanted. Instruments of any type or size — from a piano to a piccolo, for an orphanage in Haiti. Contact Miriam Miller, Opera Guild of Northern Virginia for pick up. 703-536-7557; mcdml1@verizon.net; www.operaguildnova.org.

VOUNTEERS NEEDED

AHC Inc. is looking for volunteers to help middle- and high-school students with homework, and to be role models and mentors. Volunteers are needed once a week for about an hour and a half, from 6 -7:30 p.m. or 6:30-8 p.m. at six different AHC community centers. Visit AHC's Teen Tutoring Program or call Mary Zambrano at 703-486-0626 ext. 140.

Arlington Meals on Wheels needs volunteers to deliver meals to homebound Mondays to Fridays, 11 a.m.-12:30 p.m. Call 703-522-0811 or mowvolunteers@yahoo.com.

Volunteers Needed. Arlingtonians Meeting Emergency Needs (AMEN Inc.) seeks volunteers who will take social workers' calls from home 1-5

p.m., one or two weekday afternoons per month. Approve requests for emergency financial assistance for their clients. Must have some computer skills to record requests on AMEN's laptop computer. Training and ongoing consultation provided. Contact 703-558-0035 or amen@emergencynneeds.org. Visit www.emergencynneeds.org.

The TreeStewards of Arlington and Alexandria are volunteers dedicated to improving the health of our urban trees through educational programs, tree planting and care, demonstrations and tree maintenance throughout the community. Applications now being accepted for the 2013 Class of TreeStewards. New volunteer training will be held on Wednesday evenings, starting Feb. 13 through April 2013, with some Saturday mornings. Fun and interactive training is provided by recognized experts in tree care and citizen advocates. Visit www.TreeStewards.org or call 703-527-2349.

Northern Virginia Family Service seeks volunteers to serve as mentors to low-income seniors, Tuesdays and Thursdays, 9 a.m.-5 p.m. Volunteers will work one-on-one with seniors to help them plan and maintain monthly budgets, enroll in appropriate benefit programs and provide friendly support to lift the spirits of aging clients, among other duties. The position is located at Culpepper Gardens, 4435 North Pershing Dr. To sign up, contact Navara Cannon at volunteer@nvfs.org or call 571-748-2536.

Visit These Houses of Worship

Join A Club, Make New Friends, or Expand Your Horizons...

Anglican
Restoration Anglican Church...703-527-2720

Assemblies of God
Arlington Assembly of God...703-524-1667
Calvary Gospel Church...703-525-6636

Baptist
Arlington Baptist Church...703-979-7344
Bon Air Baptist Church...703-525-8079
Cherrydale Baptist Church...703-525-8210
First Baptist of Ballston...703-525-7824
McLean Baptist Church...703-356-8080
Memorial Baptist Church...703-538-7000
Mt. Zion Baptist Church...703-979-7411

Baptist-Free Will
Bloss Memorial Free Will Baptist Church...703-527-7040

Brethren
Church of The Brethren...703-524-4100

Buddhist
The Vajrayogini Buddhist Center...202-331-2122

Catholic
St. Agnes Catholic Church...703-525-1166
Cathedral of St Thomas More...703-525-1300
Holy Transfiguration Melkite Greek Catholic Church...703-734-9566
Our Lady of Lourdes...703-684-9261
Our Lady Queen of Peace Catholic...703-979-5580

St Ann Catholic Church...703-528-6276
St. Charles Catholic Church...703-527-5500

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

Church of Christ
Arlington Church of Christ...703-528-0535

Church of God – Anderson, Indiana
Church of God...703-671-6726

Christian Science
McLean - First Church of Christ, Scientist...703-356-1391
First Church of Christ, Scientist, Arlington...703-534-0020

Episcopal
St. Andrew Episcopal Church...703-522-1600
St. George Episcopal Church...703-525-8286
St. Johns Episcopal Church...703-671-6834
St. Mary Episcopal Church...703-527-6800
St Michael S Episcopal Church...703-241-2474
St Paul Episcopal Church...703-820-2625
St Peter's Episcopal Church...703-536-6606
St Thomas Episcopal Church...703-442-0330
Trinity Episcopal Church...703-920-7077

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

Lutheran Church of The Redeemer...703-356-3346
Resurrection Lutheran Church...703-532-5991

Lutheran (Missouri Synod)
Our Savior Lutheran Church...703-892-4846

Nazarene
Arlington First Church of the Nazarene...703-525-2516

Non-Denominational
New Life Christian Church - McLean Campus...571-294-8306
Celebration Center for Spiritual Living...703-560-2030

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

Presbyterian
Arlington Presbyterian Church...703-920-5660
Church of the Covenant...703-524-4115
Clarendon Presbyterian Church...703-527-9513
Little Falls Presbyterian Church...703-538-5230
Trinity Presbyterian Church...703-536-5600
Westminster Presbyterian...703-549-4766

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

Synagogues – Conservative
Congregation Etz Hayim...703-979-4466

Synagogues – Orthodox
Fort Myer Minyan...703-863-4520
Chabad Lubavitch of Alexandria-Arlington...703-370-2774

Synagogues – Reconstructionist
Kol Ami, the Northern Virginia Reconstructionist Community...571-271-8387

Unitarian Universalist
Unitarian Universalist Church of Arlington...703-892-2565

United Methodist
Arlington United Methodist Church...703-979-7527
Trinity United Methodist Church of McLean...703-356-3312
Charles Wesley United Methodist...703-356-6336
Calvary United Methodist...703-892-5185
Cherrydale United Methodist...703-527-2621
Chesterbrook United Methodist...703-356-7100
Clarendon United Methodist...703-527-8574
Community United Methodist...703-527-1085
Mt. Olivet United Methodist...703-527-3934

Saint Ann Catholic Church

SUNDAY LITURGY SCHEDULE:

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

DAILY EUCHARIST:

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

All Are Welcome!



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

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

FROM PAGE 7

Oil painting classes begin, Monday, Jan. 14, 10 a.m. – 12 p.m.; \$36/6 sessions, Lee. Register, 703-228-5722.

Cooking with winter vegetables, Tuesday, Jan. 15, 11 a.m., Langston-Brown. Free. Register, 703-228-6300.

Six-week modern dance class begins Tuesday, Jan. 15, 2 p.m., Walter Reed. Free. Register, 703-228-0955.

Indoor walking program, Tuesdays, 9:30 a.m., Langston-Brown. Free. Details, 703-228-6300.

Strategies for aging strong, Wednesday, Jan. 16, 1:30 p.m., Aurora Hills. Free. Register, 703-228-5722.

Seniors Golf Club, Wednesday, Jan. 16, 11:30 a.m., Walter Reed. New members welcome. Register, 703-228-0955.

Women's basketball program,

Wakefield Sophomore Buries Six 3-Pointers in Win

Warriors beat Stonewall Jackson to place fifth at holiday tournament.

BY JON ROETMAN
THE CONNECTION

After the host Wakefield boys' basketball team defeated Stonewall Jackson to win the consolation championship at The George Long Holiday Hoop Tournament, a reporter informed Wakefield sophomore Marqua Walton of his statistical output for the afternoon.

Upon hearing the numbers, Walton replied: "26 points and six 3-pointers?" in a pleasantly-surprised tone.

Khory Moore and Ermias Nega are the offensive leaders of a Wakefield team that finished 2012 with an 8-3 record.

But if Walton can emerge as the type of scorer who isn't surprised by big numbers, there's no telling what the Warriors could accomplish.

Making his first varsity start, Walton buried six first-half 3-pointers and finished with a career-high 26 points as Wakefield defeated Stonewall Jackson, 97-88, on Dec. 28 for a fifth-place tournament finish. With one teammate injured and another out of town, Walton was pressed into a starting role and thrived with 20 first-half points. His previous single-game career-high was 11 against Washington-Lee on Dec. 11.

"I felt like I had to step up," Walton said. "Not just coming-off-the-bench stepping up, I had to be a starter and come out there and get some points on the board."



Wakefield senior Khory Moore, seen against Fairfax on Nov. 30, scored 26 points against Stonewall Jackson on Dec. 28.

Walton made four 3-pointers in the second quarter as Wakefield traded blows with an athletic Stonewall Jackson team led by senior guard J.R. Washington, who scored 61 points in a single tournament game and finished with 21 against the Warriors. A 3-pointer by Nega in the closing seconds of the first half gave the Warriors a 47-45 halftime lead they would not relinquish.

"I told [Walton] in 11 years I've been here, there's only been one other sophomore that shot the ball as good as him, and that was

Ramferi Gomez, who had 29 points against Washington-Lee on nine 3-pointers," Wakefield head coach Tony Bentley said. "He shot the ball lights out tonight and ... he's got to do that more because everyone knows about Khory Moore [and] people are starting to find out about Ermias. So now if we can get a three-headed monster with him stepping up like that, it's going to be hard to defend us."

Moore, who was named to the all-tournament team, also scored 26 points for

Wakefield. The senior guard made 13 of 15 from the free-throw line, including all eight of his attempts in the final minute. Moore scored 11 of Wakefield's final 15 points.

"We don't really face that many teams as athletic as us," Moore said. "I like when they test us to see where we're at."

Junior guard Jalen Carver scored 16 points for Wakefield and Nega added 13.

Wakefield entered the consolation bracket after losing its opener to Ballou, 68-67, on Dec. 26 despite leading by 17 points at halftime. Moore left the game in the opening minutes of the first quarter after sustaining a cut above his left eye that required nine stitches. Moore returned the following night as the Warriors defeated Calvert Hall on Dec. 27 before beating Stonewall Jackson on Dec. 28.

"I'm really kind of upset that we couldn't contend for a championship, but it just means we don't quit," Moore said of the Warriors' performance after losing to Ballou. "We gave it our all knowing that we couldn't win a championship."

We still played 100 percent and put all our effort out there."

Theodore Roosevelt defeated Langley on Dec. 28 to win the tournament championship.

Wakefield enters 2013 with an 8-3 record, including 3-0 in the National District. The Warriors will travel to face Hayfield at 7:45 p.m. on Friday, Jan. 4.

PHOTO BY CRAIG STRUBITZEL/THE CONNECTION

W-L Boys' B-ball Finishes Fourth

The Washington-Lee boys basketball team finished fourth in The George Long Holiday Hoop Tournament at Wakefield High School after losing to Ballou, 83-56, in the third-place game on Dec. 28.

Senior forward Kellen Blake led the Generals with 23 points. Blake scored 14 of W-Ls 16 third-quarter points.

"Kellen played really well," W-L head coach Robert Dobson said. "We just need more of that out of him."

Junior center Jonah Sens scored 10 points

for W-L and Kyle Davis added seven.

W-L defeated Freedom (Woodbridge), 61-50, Jan. 26 and lost to eventual champion Theodore Roosevelt, 63-48, Dec. 27.

"Hopefully, our kids can take some of the experience they had in this tournament and carry it on to the new year and get ready for league play," Dobson said.

W-L went 5-5 in 2012, including 1-2 in the National District. The Generals will travel to face Yorktown at 7:45 p.m. on Friday, Jan. 4.

— JON ROETMAN

O'Connell's Cross Signs Letter of Intent

Ashley Cross, a Great Falls resident and senior at Bishop O'Connell High School, recently signed a letter of intent to play Division I lacrosse at Monmouth University. Cross has played Great Falls youth lacrosse since second grade and has coached the youth clinics the last two

years. The past three years, she played for Capital Lacrosse Club. She has been a starting midfielder for O'Connell High School and was selected to the Washington Catholic Athletic Conference second team her freshmen, sophomore and junior years.

SCHOOL NOTES

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

The following Arlington students enrolled at **Virginia Tech** were named to the fall 2012 dean's list:

- ❖ Rosemarie A. Bundoc is a senior majoring in international studies.
- ❖ Mary Ann L. Calica is a senior majoring in psychology.
- ❖ Jason Cespedes is a junior majoring in mechanical engineering.
- ❖ Joselyn B. Martinez is a freshman majoring in general engineering.
- ❖ William R. Stehm is a junior majoring in finance.
- ❖ James K. Wong is a sophomore majoring in general engineering.
- ❖ Jade N. Zekan is a freshman majoring in university studies.
- ❖ John J. Bardo is a sophomore majoring in environmental policy and planning.
- ❖ Jennifer L. Berry is a freshman majoring in general engineering.
- ❖ Caitlin M. Cadigan is a senior majoring in human development.
- ❖ Benjamin M. Liroff is a sophomore majoring in business information technology.
- ❖ Mark P. Mainardi is a sophomore majoring in general engineering.
- ❖ Valerie A. McDonald is a junior majoring

in biological sciences.

- ❖ Devin J. O'Connor is a sophomore majoring in psychology.
- ❖ Roy B. Powell is a sophomore majoring in accounting and information systems.
- ❖ Demetria L. Argiropoulos is a senior majoring in communication.
- ❖ James T. Boisture is a junior majoring in economics.
- ❖ Ryan M. Buescher is a junior majoring in economics.
- ❖ Catherine R. Conti is a senior majoring in history.
- ❖ Elizabeth E. Daly is a senior majoring in hospitality and tourism management.
- ❖ Henry W. Grover is a sophomore majoring in business information technology.
- ❖ Michael Haxhiu is a freshman majoring in economics.
- ❖ Ethan H. Hitchcock is a senior majoring in accounting and information systems.
- ❖ Maxie G. Keeler is a junior majoring in human development.
- ❖ James A. Leyden is a freshman majoring in business.
- ❖ Evaristo M. Martins is a freshman majoring in university studies.
- ❖ Victoria E. Mellin is a sophomore majoring in animal and poultry sciences.
- ❖ Alexander N. Mitchell is a freshman majoring in university studies.

SEE SCHOOLNOTES, PAGE 13

PEOPLE



PHOTOS BY LASHAWN AVERY-SIMON/THE CONNECTION

Skating Exhibition

The Capitol Steps Synchronized Skating team participates in the 2012 Sky High Skating Academy holiday exhibition at the Kettler Capitals Iceplex on Dec. 15.



Alexandra Atrizek skates to "Have a Holly Jolly Christmas."



Mia Markakos skates to "Sleigh Ride."

SCHOOL NOTES

FROM PAGE 12

- ❖ Patrick E. Morris is a junior majoring in general engineering.
- ❖ Ethan B. Roberts is a sophomore majoring in economics and science.
- ❖ Courtney V. Scarborough is a junior majoring in animal and poultry sciences.
- ❖ Sanjeev K. Thiyagarajan is a sophomore majoring in electrical engineering.
- ❖ Allison H. Wilkes is a senior majoring in English.
- ❖ Devin J. McCue Emery is a senior majoring in marketing management.
- ❖ Katherine M. Seymour is a senior majoring in psychology.

John Keaton graduated from Washington College with a degree in business management. He is the son of Barbara C. Keaton.

Kathryn Giles graduated summa cum laude from Bard College at Simon's Rock with a Bachelor of Arts degree in German Studies and Literary Studies.

Diana Lay from Arlington has graduated from Whitman College with a Bachelor of Arts degree in History from Whitman College.

Two Arlington residents graduated from McDaniel College:

- ❖ **Owen C. Baird** graduated with a Bachelor of Arts in Biology.

- ❖ **Benjamin C. Mattox** graduated with a Bachelor of Arts in Business Administration.

- ❖ **Claire T. Wahle** graduated with a bachelor's of science in psychology from DeSales University.

Two Arlington residents graduated from Skidmore College:

- ❖ **Lauren Gradowski** received a BA degree Magna Cum Laude.
- ❖ **Rena Linden** received a BA degree Summa Cum Laude.

The following Arlington area students graduated from the University of Oklahoma Norman:

- ❖ **Albert Emmanuel Green**, Master of Arts
- ❖ **Cristina Tufts**, Master of Arts
- ❖ **Michael J. Rautio**, Master of Arts
- ❖ **Clemente Hinojosa**, Master of Arts
- ❖ **Juan Pablo Crespo Del Granado**, B.S. in Civil Engineering
- ❖ **Rebecca Lee Marr**, B.A. in Liberal Studies

Two Hampden-Sydney College students were named to the spring 2012 Dean's List:

- ❖ **Nicholas Lawrence Leggieri** is a graduate of West Potomac High School and is the son of Carl and Charlene Leggieri of Alexandria.
- ❖ **Kevin Komson Sidney** is a graduate of West Potomac High School and is the son of Mr. and Mrs. Louis E. Sidney of Alexandria.

Emma K. Leheney was named to the University of Mary Washington's spring 2012 President's List. Leheney is a sophomore at the University of Mary Washington.

The following local residents have been named to the President's List at Clemson University for the spring 2012 semester.

Anne Geraldine Buckalew and **Elizabeth Anne Catalano**, both, have been named to the spring 2012 President's List at Clemson University.

Brian Doyle received a Doctor of Veterinary Medicine degree from the Virginia-Maryland Regional College of Veterinary Medicine at Virginia.

The following Arlington residents graduated with honors from James Madison University:

- ❖ **Chloe Lewis**, magna cum laude with a bachelor of business administration in accounting.
- ❖ **Elizabeth Tedder**, cum laude with a bachelor of science in biology.
- ❖ **Katherine Meehan**, cum laude with a bachelor of arts in communication studies.
- ❖ **Charles Nguyen**, cum laude with a bachelor of business administration in computer information systems.
- ❖ **Joseph Anderson**, cum laude with a bachelor of science in interdisciplinary liberal studies.
- ❖ **Diana Wahler**, cum laude with a bachelor of arts in justice studies.
- ❖ **Leslie Haase**, cum laude with a bachelor of arts in media arts and design.
- ❖ **Lisa Musto**, cum laude with a bachelor of science in nursing.

Nora Swisher, cum laude with a bachelor of science in physics.

On June 7, **Charlotte Gorman** of Yorktown High School was announced as the winner of the 2012 Arlington Rotary Education Foundation scholarship. The Foundation is the Arlington Rotary Club's non-profit organization and annually awards a scholarship based on a combination of need, community involvement, and merit in the amount of \$8,000 spread over four years.

The following Arlington residents graduated from James Madison University:

- ❖ **Tatiana Cornejo**, bachelor of arts in anthropology.
- ❖ **Frances Loyer**, bachelor of arts in art history.
- ❖ **Michael Tran**, bachelor of science in computer science.
- ❖ **Karen Duval**, bachelor of arts in economics.
- ❖ **Keryn Easley**, master of arts in Teaching.
- ❖ **Eileen Eder-Moreau**, master of arts in Teaching.
- ❖ **Jessica Everett**, master of arts in Teaching.
- ❖ **Sarah Kyser**, master of arts in Teaching.
- ❖ **Kristen Wolla**, master of arts in Teaching.
- ❖ **Leah Haling**, bachelor of science in engineering.
- ❖ **Douglas O'Keefe**, bachelor of arts in English.

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21 Announcements

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Lines of My Life



By KENNETH B. LOURIE

Like most people, I have material – so to speak, that I use repeatedly (ad nauseam, some might say). Most are lines from “The Three Stooges,” “M*A*S*H,” “Star Trek” (the original) and “Seinfeld.” As I entered into the cancer world, I continued to use this material – where/when appropriate, as many of you regular readers know. However, as my time in the cancer conundrum has continued (thank God!) and evolved, I have found myself uttering and muttering à la “Popeye the Sailor Man,” amusing myself, mostly, but always with the best of intentions: my survival. A few examples follow. (My answers are in quotes.)

See you again. “Let’s hope so.”
Nice to see you. “Nice to be seen.”
Glad you could be here. “Glad I could be anywhere.”
How are you doing? (#1) “I’d be crazy to complain.”
See you next week. “From your mouth to God’s ears.”
How are you feeling? “Fine. You mean I’m not?”

You look good. “Really? Have you had your eyes checked recently? Chemotherapy doesn’t usually enhance one’s appearance.”

How are you doing? (#2) “I’m holding my own. (“Whose else would I be holding?”)

Happy to have you here. “Nice to be had.”

I’ve been thinking about you lately. “I’ve been thinking about me, too.”

You look in pretty good shape. “I’m in pretty good shape for the shape I’m in.”

Have you seen your doctor lately? “Yeah. And he’s seen me, too.”

What’s up? “My weight. Thank God!”
Would you like to buy any “Forever” stamps? They’re good for as long as you live. “Um. OK.”

What are you doing here? “I won’t be here tomorrow. I’ll be attending a funeral (hopefully not my own).”

How are you holding up? “I’m holding my own. (“Whose else would I be holding?”)

Occasionally, even when I initiate the conversation, I find myself “cancering” wise. “How are you doing?” Hanging in there. “Tell me about it.”

And finally, a well-meaning greeting to my wife, Dina, from one of her girlfriends: “So nice Kenny is getting to celebrate another birthday.”

Content/words that we couldn’t have imagined finding the least bit problematic pre-cancer diagnosis back in February, 2009, we (mostly I, if truth be told) find as fodder for self-preservation. I see the lightness, not the darkness. I see the best of intentions, not the worst of omissions.

Somehow, some way, we have made the best of a bad situation. Whether it’s been friends, family, co-workers; or readers reaching out, health care professionals helping out or my speaking out (in print), our life has gone on and as I’ve said many times before – and once already in this column: “I’d be crazy to complain” (and I’m not crazy, by the way).

I’m not exactly Lou Gehrig – or a Yankee fan for that matter, and I don’t know about the “face of the Earth,” but this Bostonian still feels pretty lucky.

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

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