

Shooting For a Title

SPORTS, PAGE 11

Oakton's Andrew Daniels releases the shot that proved to be the game-winner for the Cougars in their dramatic 43-42 Concorde District championship basketball win over Chantilly last Saturday night. One day earlier, Oakton, the No. 4-seed of the tournament, shocked top seeded Herndon in a semifinals game to advance to the finals against the third-seeded Chantilly team. Oakton girls also won the District title.

Armed with Healthy Food

NEWS, PAGE 3

Rail Construction Keeps Pace

NEWS, PAGE 3

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PHOTOS COURTESY DULLES CORRIDOR METRO RAIL PROJECT



Utilities are being relocated and retaining walls built along Route 7 in Tysons Corner, as workers prepare to widen the roadbed. This intersection is where the Tysons Central 7 Station will be built.

Rail Construction Keeps Pace

Caissons, piers and pilings multiply; another long-term lane closure announced.

“Up to Feb. 1, I think we were pretty much on time and on budget,” said Charles “Sam” Carnaggio, as he gave an update on Metrorail construction to the Committee for Dulles last week. After the presentation, though, he said that although heavy snows had presented some challenges to construction, even keeping workers from getting to project sites on a couple of days, the record-breaking winter weather would not have a substantive impact on the construction timetable.

“We work with the contractor to mitigate that and make up for it,” said Carnaggio, who is the Metropolitan Washington Airports Authority’s (MWAA) project director for Rail to Dulles. “It’s more of an inconvenience than anything, but that’s part of building a complex project like this.”

A “DESIGN-BUILD” PROJECT, plans for some parts of the rail line are still being drawn up while others are under construction, but Carnaggio told the nearly 200 people who attended the Committee for Dulles’ luncheon at the Sheraton Reston on Thursday, Feb. 18 that roughly 85 percent of the design work for the 23-mile rail and its 11 stations had been completed.

Construction on the first phase of the line, which will run through Tysons Corner and out to Wiehle Avenue, has been underway since last spring, and Carnaggio showed pictures of the work being done on various overpasses along the route, as well as the first five stations. Much of the construction thus far consists of installing caissons and bridge piers, as well as continuing utility relocation and the widening of Route 7 in Tysons Corner.



The right turn lane between Scotts Crossing Road and the Beltway on southbound Route 123 closed Monday and will remain closed for two years in order to accommodate the construction of the Tysons East Station.

Near the interchange of the Dulles Connector Road and Interstate 66, a tunnel will connect the line to the West Falls Church Metro Yard, and two tunnels are already under construction beneath the interchange of routes 7 and 123 in Tysons Corner. “They’re pretty far in now,” Carnaggio said, noting that the westbound tunnel was excavated as far as the Marriott Courtyard Hotel, while the tunnel that would carry eastbound trains was about three-fourths of the way under International Drive. This area had been of greatest concern to planners because, had anything gone wrong, much of Tysons Corner could have been disrupted.

On Route 7, workers are building the other ends of the tunnels using a “cut-and-cover” method, with deep trenches being dug and covered over. Some of the most disruptive work is being done along the stretch of Route 7 between Route 123 and the toll road, as the service roads are shut down and workers prepare to widen the road. “There’s more utility relocation taking place here than anywhere else,” Carnaggio said, adding that retaining walls were also being built there to create a broad, level roadbed.

SEE LANE, PAGE 15

Armed with Healthy Food

Nutrition Ammunition aims for nutrition literacy.

By DONNA MANZ
THE CONNECTION

Judy Caplan believes that good health blossoms with good nutrition. She’s no fanatic but a Vienna nutritionist who applies practical strategies for better eating habits. While most of her clients are medical referrals, many are simply people concerned with improving their dietary lifestyles.

“This is not about perfection,” Caplan said. “It’s doing enough of the right things enough of the time.”

WHEN SHE MOVED from Cleveland to Tucson to attend the University of Arizona in the early 1970s, the healthy food movement was in its infancy. Caplan started reading books on nutrition and she came to understand that good health demands good nutrition.

“The most amazing thing is that what was considered wacky then is common sense today,” said Caplan, citing yogurt and whole wheat bread as examples. She went on to obtain her undergraduate and master’s degree in human nutrition, foods and dietetics. She’s been on a mission to get people to eat healthier ever since.

An Oakton resident for 23 years, Caplan serves clients from Nutrition Ammunition, her private practice on Church Street.

Clients come to her office for medical nutritional advice. She tailors their diets to their personal and medical needs. Most of her clients have diabetes, elevated cholesterol levels or are overweight. Frequently, parents call for help with their children’s eating habits. “Parents are the gatekeeper,” said Caplan. “You have to work with both parents and children.”

Regardless of condition, Caplan works closely with clients to find out where they are



PHOTO BY DONNA MANZ/THE CONNECTION

Judy Caplan, an Oakton resident for 23 years, offers nutritional assistance and dietary programs out of her Vienna office, Nutrition Ammunition.

on the eating continuum. “If you’re locked into a way of eating, it’s like starting all over, building a new infrastructure,” she said.

CAPLAN IDENTIFIED four major contributors to overweight and obesity. She referred to the denaturalization or refinement of foods; a lack of exercise; emotional eating, which she called “huge;” and time and convenience.

“I have to enjoy the food I’m eating or it’s not worth it to me.”

— Nutritionist
Judy Caplan

Caplan suggested keeping a supply of healthy staples on-hand, such as rice, whole-wheat pasta and whole-grain tortillas as a base for quick and simple dinners. “Remember the story Stone Soup? There could be nothing in the house but I can always whip up a dinner from what there is.”

Caplan said a person can put a dinner together pretty quickly by “hunting and gathering.”

“Let’s say I stop by Anita’s for whole beans, guacamole and fresh salsa. I come home, spread the beans on corn tortillas, top it with some of Cabot’s reduced-fat cheddar cheese. I put out some olives, lettuce, the

SEE VIENNA NUTRITIONIST,
PAGE 5

Vienna Men Arrested in Cab Driver Attack

On Jan. 31, at 5:10 a.m. a cab driver notified Vienna Police officers that he had been attacked. The driver had picked up a three-person fare in the 500 block of Ridge Road, S.W. in Vienna. During the trip, an argument took place between the driver and passengers.

The argument escalated into a physical altercation in which the cab driver was struck with a weapon.

As a result of the incident, two 23-years-old Vienna men were arrested and charged with attempted robbery and malicious wounding. The two men were located in Greensboro, N.C. and arrested based upon warrants obtained by Vienna Police detectives.

The two are currently being extradited back to Virginia.

Stress Reduction Class Offered

The Vienna Parks and Recreation Department will offer Mindfulness-Based Stress Reduction (MBSR) this spring. MBSR is a deep relaxation experience aimed at improving health, self-esteem and enjoyment of life.

An overview of the MBSR program will be presented on Sunday, Feb. 28, from 3-5 p.m., at the Vienna Community Center, 120 Cherry St., S.E. Free, but registration is required. For more information, call Vienna Parks and Recreation at 703-255-6360 or visit www.viennava.gov.

Business License Deadline March 1

Town of Vienna businesses are reminded that the annual business, professional and occupational license tax (BPOL) is due on Monday, March 1. All businesses in the Town of Vienna, including home occupations, must renew their business licenses each year.

License tax forms are available in the Finance Department at Town Hall, 127 Center St., S., and online at www.viennava.gov. For more information or assistance in figuring license taxes, call 703-255-6321.

The amount of the tax is based on gross receipts, and the rate varies according to the type of business. The gross receipts threshold is \$50,000, below which the tax does not apply. Those businesses with total annual gross receipts of \$50,000 or less pay only the minimum license fee of \$30 per year.

Nominate Volunteers for Recognition

Town of Vienna Mayor M. Jane Seeman invites Vienna area residents to nominate an outstanding volunteer in recognition of his or her service to the town. Seeman plans to honor these volunteers at a special ceremony on April 13.

Nomination forms for outstanding community volunteers are available at Vienna Town Hall, 127 Center St., S. Completed forms must be submitted by March 1.

For more information, call the Mayor's Office at 703-255-6311.

Council Candidate Filing Deadline

Tuesday, March 2, is the filing deadline for candidates in the May 4 Vienna Town Council election. This year, voters will elect the mayor and three Town Council members for two-year terms beginning July 1.

Candidates for office must meet certain qualifications and are required to file specific documents in order to qualify to appear on the ballot. The information packet for candidates is available on the State Board of Election's Web site, www.sbe.state.va.us. For more information, call the Fairfax County Electoral Board at 703-324-4735.

NEWS



PHOTOS CONTRIBUTED

Helen Pafumi co-founded the theater that talks 'about things that our community would want to discuss.'

War at Home

'Dear Sara Jane' follows the tale of military wife.

BY ALLISON AUSTIN
THE CONNECTION

The Hub Theatre brings together story, art and community. It is a Reston-based non-profit theater company built on the idea of creating a conversation with its audience, according to Helen Pafumi, the Hub's artistic director.

"Everything from their laughter, their silence, during the show, to the talk backs afterward, to stuff we hear, it's a continual conversation," said Pafumi. "We talk about things that our community would want to discuss. Sometimes the stories are about love, the economy."

Pafumi co-founded the theater with Maggie Ulmer and Marey Oakes. Pafumi and Ulmer were acquaintances, who by chance, discovered they were both interested in starting theater companies in Reston. They decided to pair up on the venture. Oakes was doing grant writing for Ulmer at the time and decided to join them.

"It's been a lovely partnership. All three of us bring our different strengths to the company," Pafumi said.

THE COMPANY spent much of 2008 raising money and trying to spread the word. The theater was incorporated in August 2008. They began with staged readings at Lake Anne Plaza and the Reston Town Center. From there, the company progressed to producing plays. Their inaugural stage pro-

duction was "The Pavilion" at 1st Stage in Tysons Corner. They continued with a production of "We won't pay! We won't pay!" last fall at ArtSpace in Falls Church.

"It's a powerful thing when you're standing on stage and you know you have that audience with you completely," said Pafumi.

Finding a stable venue in Fairfax County has proved to be difficult. Many places are out of the price range for a non-profit group. Pafumi is still excited to see where the county goes in terms of venues.

"Fairfax County is a cultural community. They are an artistic community. They care about it," said Pafumi.

Fund-raising is essential to the continued operation of the Hub Theatre. The company does everything from grant writing to in-house salons and "e-0mail asks," according to Pafumi. They are continually on the hunt for corporate sponsors and others interested in investing in the company. Pafumi thinks local restaurants would profit from an audience interested in dining before seeing a theater production. She thinks arts foster economic growth and also strengthen the community.

"We really would like to become, not just stable in a venue, but part of this community. Something that business owners of this community want to reinforce," said Pafumi.

THE UPCOMING PRODUCTION is a one woman show entitled "Dear Sara Jane." Jessica Lefkow is directing.

"Dear Sara Jane" follows the tale of a military wife waiting for her husband to return from war. The play is built like a thriller, according to Lefkow.

"Little by little we learn what



Actress Casie Platt plays the part of Sara Jane, as well as the part of Linnie, Sara Jane's twin sister.

Tickets

"Dear Sara Jane" will run from Feb. 26-March 21 at the Soundry in Vienna, 316 Dominion Road. Tickets range from \$15 to \$20 and are available by calling: 703-698-0088 or visiting www.thehubtheatre.org

we're doing in the room with Sara Jane, what she's going through, why she's struggling with her secrets. ... Even in the end, we are left with a few mysteries, but in a way that leaves us fulfilled," Lefkow said. "People will be talking about this character days after they've seen the show."

Actress Casie Platt plays the part of Sara Jane, as well as the part of Linnie, Sara Jane's twin sister. Platt has the task of playing contrasting characters, in both appearance and personality.

"One-actor shows provide an opportunity for extended, intense examination of a singular truth with a performer," Lefkow said.

While not explicitly stated, it is implied that Sara Jane is waiting for her husband to return from the Iraq War.

Pafumi has some fears of alienating the audience with such a controversial topic. However, she is eased by the reassuring words from both her husband and brother-in law, who have both served in the military.

"I think they are more excited that the conversation is being had at all," said Pafumi.

Pafumi thinks it is important to put a spotlight, not only on those who are fighting in wars, but also, on the struggles of the people who are left behind waiting for their loved ones to return from battle.

"I know many military wives who have this struggle," said Pafumi. "What is it to wait for someone to come home? To wonder if they're coming home."

Pafumi is unafraid of the possible backlash, preferring to produce a conversation, no matter how heated.

NEWS

Vienna Nutritionist Creates Dietary Programs

FROM PAGE 3

guacamole. Everyone gets to make their own taco. The kids love that.”

PROPS bring Caplan’s techniques to life when she gives presentations. She takes out a slice of bread from a loaf and tells listeners to envision a red 15 on the bread slice. That 15 is the number of grams of carbohydrates a slice of bread has and is equivalent to one serving. It is a reference point for comparing carbohydrate density.

“My whole goal when people come to me is to make them nutritionally literate,” she said.

Caplan offered some tips for eating well. Don’t buy a lot of pre-packaged foods. Go for nutrient-dense, calorie-light dishes and snacks.

On a Sunday night, cook up a big batch of pasta or rice, a staple that can serve as a base for the remainder of the week. She suggested always having fresh or frozen vegetables on-hand. To the base, cooks can add fresh meat, vegetables or soy products.

She makes soup by chopping vegetables, adding prepared low-sodium stock and protein. Soups she tops off with cheese or cilantro, sometimes enriching her meal with a bit of coconut milk or sesame oil.

“I have to enjoy the food I’m eating or it’s not worth it to me,” Caplan said.

Americans tend to eat more protein than they need. To eat healthy, she recommends people consume more beans, seeds, grains and vegetables than protein-rich foods. The bulk of one’s diet should be vegetables and fruit, she said.

Chocolate has its benefits, as well. Cocoa mass has been shown to lower blood pressure. The higher the amount of cocoa mass, the better it is for healthy eating. Chocolate is full of anti-oxidant flavonoids. Keep away from chocolate that contains trans fats, however.

“Try to make your home a healthy haven,” she said. “Save your less-healthy things for going out. Just don’t bring those things home.”

AFTER GRADUATING, Caplan worked for Canyon Ranch spa in Tucson and for Pima County as a health educator. She wrote the nutrition chapters in Jane Fonda’s workout book. She then looked for ways of reaching the community.

Her interest in children’s diets and childhood obesity took hold when her children, now adults, were in school. She frequently went to their schools to talk about nutrition, and eventually developed her Gobey the Health Nut character. Her book, “Go Be Full” promotes filling up with foods healthy for the mind and the body.

Fifteen to 20 times a year, she conducts presentations at corporations for employees and visits private schools, engaging parents and children. She consults with Fairfax Food Service, a supplier of food to many of the area’s private schools. She has worked with the company to create a food supply system that uses no preservatives and no artificial coloring, and is high in the use of whole grains.

“What’s happening now is that the big institutions are beginning to incorporate healthier ingredients into their products,” Caplan said. “In about 20 years, the nutritional landscape will have changed for the better.”

Caplan’s husband, cardiologist Dean Pollock, practices with the Cardiovascular Group in Vienna and in Leesburg. One of her two children, a daughter, runs a research grant for a doctor out of Children’s Hospital who focuses on obesity prevention in Hispanic women and their children.

Caplan has authored three books on nutrition, “GoBeFull — Eight Keys to a Healthy Lifestyle,” “Vida Llena — Ocho Llaves Hacia Una Vida Saludable” and “Gobey Gets Full — Good Nutrition in a Nutshell.” Her books are sold at Amazon.com and on Caplan’s Web site, www.gobefull.com/.

“I’ve never lost my passion for nutrition,” said Caplan. “I’m still trying to make the world a healthier place.”

Nutrition Ammunition is located at 131 Church St., N.W., Suite 5, Vienna. Contact Judy Caplan at 703-758-2399. See www.gobefull.com for more information.

“The most amazing thing is that what was considered wacky then is common sense today.”

— Judy Caplan

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OPINION

Consider the Long-Term Costs

Virginia's budget proposals might balance on paper right now, but future costs will soar.

Virginia, like many states, is slashing the budget in response to record decreases in revenue. Tax collections are far below expected levels because of lost jobs, lost income and consumer restraint.

The cuts, as they translate locally and personally, will range from devastating to gut-wrenching to sad.

Across the country, such budget cutting at the state level will hurt the fledgling recovery, costing hundreds of thousands of jobs. One national economist said that state budget cuts "will be a serious drag on the economy at just the wrong time."

The Federal response to the economic meltdown might well have prevented a global economic catastrophe, but it also fell short by mostly abandoning the consumer and state and local governments.

Gov. Bob McDonnell, while creating a positive image by visiting homeless shelters, food pantries and soup kitchens, has shepherded budget reductions cut disproportionately from people who are most in need. The visits gave the appearance of a man who understood the dire needs of his fellow human beings in times of crisis, but his comments were a preview. He said essentially, he was glad there were faith-based and private organizations caring for the needy, because government can't.

Many of these cuts might appear to help balance the budget right now, but will lead to

higher costs.

Cutting health services to an estimated 28,000 poor children and pregnant women in Virginia will result in more expensive crisis care, more babies born with expensive and in some cases life-long special needs, as one example.

Cuts in funds that allow people with disabilities to get the supports they need to live in the community will force some into nursing homes and other institutions, where the costs will be enormously higher, and the

EDITORIALS

Using Available School Choices

While we agree with President Obama and Gov. McDonnell in encouraging more charter schools, it's also important to recognize that our schools do offer some significant options for students and families.

In Fairfax County, the public schools' high school career academies will hold open houses for students who are interested in academy courses for the next school year.

Students and their parents are invited to attend to meet academy faculty, tour classrooms, and learn about industry certifications, college credit, internships, apprenticeships, and other opportunities available to students who take academy courses. For more information about each academy's course offerings, visit the

results the opposite of what is desired.

In Northern Virginia, more than 700 people who are on waiting lists to receive services so they can have the supports they need to live in the community now know that help will not be forthcoming this year. On the waiting list, many identified as "urgent," 55 in Arlington, 12 in Alexandria, 587 in Fairfax and Falls Church, 134 in Loudoun. But the cuts go far beyond, probably taking away funding for people who currently are living in the community, and forcing some of them into institutions.

These are just two examples of proposed cuts that will hurt vulnerable people in devastating ways, but also will likely end up costing more in the not-too-distant future.

academy's Web pages or call.

Here are a few examples:

❖ Edison Academy — Engineering and Scientific Technology; Tuesday, March 2, 6 to 7:30 p.m., www.fcps.edu/EdisonAcademy, 703-924-1800

❖ Fairfax Academy — Communications and the Arts, Thursday, March 4, 7:30 to 9 p.m., www.fcps.edu/FairfaxAcademy, 703-219-2226

❖ Falls Church Academy — Health and Human Services, individual visits are welcome, www.fcps.edu/FallsChurchHS/academy/index.html, 703-207-4011

❖ West Potomac Academy — Communications and the Arts, Health and Human Services, individual visits are welcome, www.fcps.edu/WestPotomacAcademy, 703-718-2500

LETTERS TO THE EDITOR

Prosperity as Priority

To the Editor:

I was moved when I read an op-ed by Sharon Bulova, chairman of the Fairfax County Board of Supervisors. But not for the reasons you might think. A County Office to End Homelessness? A Housing Blueprint? Our county is not a charity with a priority to "end homelessness." We do, and should, help the helpless, but the never-ending battle of ending homelessness as we know it is a job better taken by churches, non profits (both to which we contrib-

ute voluntarily), and big company's charity work and not paid with taxes. We can't take this on now with an historic budget shortfall in our hands. Mrs. Bulova, you are in the wrong line of work if you think your pet project should be Fairfax County's priority. Make prosperity your priority and progress in other areas will follow. People are more generous when they have jobs and money in their pockets.

How about spending time creating blueprints and offices addressing issues that affect us all like jobs and crime and safety in lean times and frozen budgets? Please don't spend our money so freely, especially now that we are billions in the red. Enough with public housing.

We should call on every elected politician in Virginia to work on getting us out of this deficit by balancing the budget and making tough choices. Not finding more projects to spend money on.

Marianella Garcia
Grat Falls

BULLETIN BOARD

To have community events listed in the Connection, send to vienna@connectionnewspapers.com. Deadline is Friday.

THURSDAY/FEB. 25

Keeping Pace with Kids' Internet and Digital Technology Use: Empowering Parents, 7:30 p.m. at Cooper Middle School, 977 Balls Hill Road, McLean.

Find out how parents can help protect children's digital reputations, which are put at risk by their use of Facebook, MySpace, online gaming, emailing, texting, sexting, and other cyber-bullying. Speaker: Iris Beckwith, President of ConnectED4safety LLC. Sponsored by Safe Community Coalition with funding from Verizon. (Snow Date is Tuesday, March 2 at 7:30.)

SATURDAY/FEB. 27

Vienna-Tysons Regional Chamber of Commerce Casino Night & Taste of the Town. 7pm-12 a.m. at Westwood Country Club, 800 Maple Ave., E., Vienna. Samples from area eateries, cash bar, live auction, casino games and more. Prizes include trips, gift certificates, gift baskets, jewelry and more. \$75 in advance, \$85 at the door. 703-281-1333 or www.vtrcc.org.

TUESDAY/MARCH 2

McLean Citizens Association Meeting on Redevelopment of

Tysons Corner. 7:30 p.m. at the McLean Community Center, 1234 Ingleside Ave., McLean. Planning Commissioners Walter Alcorn (At-Large and Chair of the Tysons Committee) and Jay Donahue (Dranesville) with the final Fairfax County staff recommendation for Tysons Corner and about the schedule for county review of that proposal. MCA.President@mcleancitizens.org or 703-556-9160.

SUNDAY/MARCH 7

Ostomy Support Group of Northern Virginia LLC Monthly Meeting. 1:30 p.m. at Physicians Conference Center, INOVA Fairfax Hospital, 3300 Gallows Road, Falls Church. 703-802-3457 or www.ostomysupportofnova.org.

TUESDAY/MARCH 9

Tysons Corner Kiwanis Club Meeting. 7:30 p.m. at George C. Marshall High School, Room 229A 7731, Leesburg Pike, Falls Church. Meeting is open to public and individuals looking to volunteer in the community. www.tysonscornerkiwanis.org.
League of Women Voters of the Fairfax Area. 7:30 p.m. at Patrick Henry Public Library, 101 Maple Ave., Vienna. Discussion of the impact of early Monday closings for elementary schools. www.lwv-fairfax.org.

Write

The Connection welcomes views on any public issue. Send to:

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WEEK IN VIENNA

Abduction Reported in Oakton Area

On Thursday, Feb. 18 around 6 p.m., a 12-year-old boy was walking in the 2900 block of Palmer Street when a black van drove up and two males got out, grabbed the boy, and threw him into the van. The suspects then drove around for about 30 minutes and then forced the boy out of the van in the area of I66 and Chain Bridge Road. The victim was not injured.

The van is described as full-size, matte black, with a sliding door on the driver side. The van had no markings and no windows on the sides or rear.

The first suspect was described as white, around 5 feet 8 inches tall, slim to medium build with brown hair. The second suspect was described as white, around 5 feet 6 inches tall, slim to medium build with brown hair.

Anyone with information is asked to contact Crime Solvers by phone at 1-866-411-TIPS/8477, e-mail at www.fairfaxcrimesolvers.org or text "TIP187" plus your message to CRIMES/274637 or call Fairfax County Police at 703-691-2131.

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FREE KITCHEN & BATH SEMINAR:
Wednesday Feb. 24th, from 10:30 am to 12:30 pm

At Ferguson Bath, Kitchen and Lighting Gallery, 5650-D General Washington Drive, Alexandria, VA

You'll learn about the latest kitchen and bath design trends; the three levels of remodeling (cosmetic, "pull and replace" and custom); setting a timeframe for project completion; how to live through a remodeling project; and setting a realistic budget for each room.

FREE GAINING SPACE IN YOUR HOME SEMINAR:
Saturday Feb. 27th, from 10:30 am to 12:30 pm

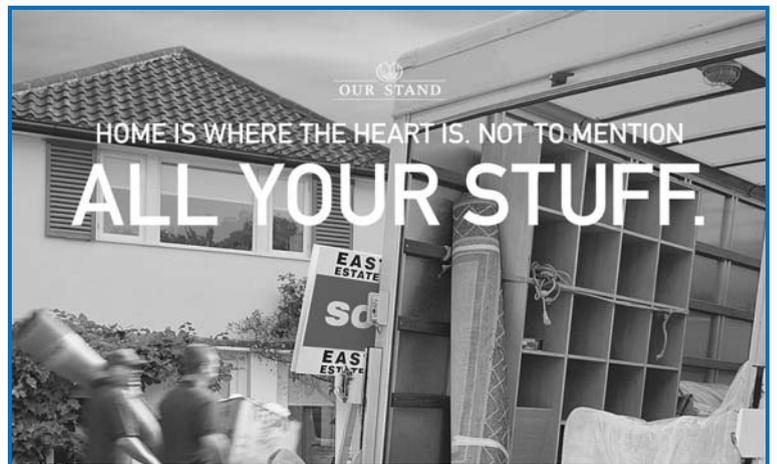
At Ferguson Bath, Kitchen and Lighting Gallery, 5650-D General Washington Drive, Alexandria, VA

Whether it's reconfiguring existing space or adding new, this seminar will address creative ways to make your home work better for you and your family. The experts will discuss basements, in-law suites, home offices, exercise rooms, play rooms, creative storage ideas and more.

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CALENDAR

Send announcements to vienna@connectionnewspapers.com. Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit www.connectionnewspapers.com

THURSDAY/FEB. 25

Patrick Henry Book Club. 1 p.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Book discussion. Call for title. Adults. 703-938-0405.

Book Buddy Reading

Reinforcement Program. 4:30 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Read to a Big Buddy for 30 minutes once a week. Age 6-8. 703-242-4020.

Trevor Hall and Jer Coons. 8 p.m. Jammin' Java, 227 Maple Ave. East, Vienna. Jammin' Java, 227 Maple Ave. East, Vienna. \$12. 703-255-1566 or www.jamminjava.com.

George C. Marshall High School International Night and Silent Auction. 5:30 p.m. at Marshall HS, 7731 Leesburg Pike, Falls Church. Sponsored by the Marshall PTSA. 703-336-2134.

Lavay Smith. 8 p.m. at Wolf Trap Foundation for the Performing Arts, 1645 Trap Road, Vienna. \$60-\$177. 703-938-2404 or www.wolftrap.org.

FRIDAY/FEB. 26

The Virginia Opera presents Mozart's Don Giovanni. 8 p.m. at George Mason University Center For The Arts Concert Hall, 4400 University Drive, Fairfax. \$48-\$98. 888-945-2468 or www.tickets.com.

Dear Sara Jane. 7:30 p.m. At The Soudry, 316 Dominion Road, Vienna. www.soudry.net

By The Bog of Cats. 8 p.m. at 1st Stage, 1524 Spring Hill Road, Tysons



PHOTO BY DONNA MANZ/THE CONNECTION

Vienna-Tysons Regional Chamber of Commerce Casino Night & Taste of the Town will be held Saturday, Feb. 27, 7 p.m.-12 a.m. at Westwood Country Club, 800 Maple Ave., E. in Vienna. Gaming at Casino Night is taken lightheartedly, and the dealer is probably a familiar face. Each ticket-holder gets \$25,000 in gaming 'money.'

Corner. 1st Stage, Fairfax County's non-profit professional theatre, presents a loose retelling of Euripides' Medea, set in rural Ireland. Tickets \$25 adults, \$15 students. 703-854-1856 or www.1stStageTysons.org/cats.

English Conversation. 10 a.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Group for adult non-native English speakers. 703-938-0405.

Pokemon League. 3 p.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Learn and play. Age 5-18. 703-938-0405.

Jammin' Java's Mid-Atlantic Band Battle II Finals. 8 p.m. Jammin' Java, 227 Maple Ave. East, Vienna. \$10. 703-255-1566 or

www.jamminjava.com.
McLean Art Society with Judy Wengrovitz. 10 a.m. at the McLean Community Center, 1234 Ingleside Ave., McLean. Wengrovitz is a watercolorist who does plein air landscapes and still lifes. Her talk will focus on the use of sketch books to capture scenes for further use in paintings. Guests welcome. 703-790-0123.

'The Wizard of Oz.' 7:30 p.m. at Oakcrest School, 850 Balls Hill Road, McLean. \$10 adult, \$5 student. 703-790-5450 or www.oakcrest.org.

SATURDAY/FEB. 27

Black History Celebration. 3-5 p.m.

at Historic Pleasant Grove Church, 8641 Lewinsville Road, McLean. Voices of Worship community choir to present a musical journey through African-American history, including a sing-along with the audience. Free admission. Refreshments served, and museum viewing available. 703-893-9075 or

www.historicpleasantgrove.org.
Dear Sara Jane. 2 p.m. and 8 p.m. At The Soudry, 316 Dominion Road, Vienna. www.soudry.net

By The Bog of Cats. 2 p.m. and 8 p.m. at 1st Stage, 1524 Spring Hill Road, Tysons Corner. Tickets \$25 adults, \$15 students. 703-854-1856 or www.1stStageTysons.org/cats.

Snacking Turtles. 11 a.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Bring a snack and enjoy stories and songs. Age 1-5 with adult. 703-938-0405.

Natalie MacMaster and Donnell Leahy: Masters of the Fiddle. 8 p.m. at George Mason University Center for the Arts, 4400 University Drive, Fairfax. \$22-\$44. Youth through grade 12, half price. Charge at 888-945-2468 or cfa.gmu.edu.

Vienna-Tysons Regional Chamber of Commerce Casino Night & Taste of the Town. 7 p.m.-12 a.m. at Westwood Country Club, 800 Maple Ave., E. Vienna. Samples from area eateries, cash bar, live auction, casino games and more. Prizes include trips, gift certificates, gift baskets, jewelry and more. \$75 in advance, \$85 at the door. 703-281-1333 or www.vtrcc.org.

Civil War Author Book Mart. 12-4 p.m. at The Civil War Interpretive Center at Historic Blenheim, 3610 Old Lee Highway, Fairfax. Local and regional Civil War authors and film directors will discuss, sell, and sign their fiction and non-fiction books

and film productions. Sales include a 20% donation to the preservation of Historic Blenheim. Cash or checks only. Light refreshments served. 703-591-0560.

'The Wizard of Oz.' 11 a.m. and 7:30 p.m. at Oakcrest School, 850 Balls Hill Road, McLean. \$10 adult, \$5 student. Talk-back with the cast and crew after the 11 a.m. show. 703-790-5450 or www.oakcrest.org.

SUNDAY/FEB. 28

The Virginia Opera presents Mozart's Don Giovanni. 2 p.m. at George Mason University Center For The Arts Concert Hall, 4400 University Drive, Fairfax. \$48-\$98. 888-945-2468 or www.tickets.com.

Disney Live Rockin' Road Show. 12:30 p.m. and 3:30 p.m. At the George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. \$22-\$55. Tickets available by Phonecharge at 703-573-SEAT or online at www.ticketmaster.com.

Dear Sara Jane. 2 p.m. At The Soudry, 316 Dominion Road, Vienna. www.soudry.net

By The Bog of Cats. 2 p.m. and 7 p.m. at 1st Stage, 1524 Spring Hill Road, Tysons Corner. Tickets \$25 adults, \$15 students. 703-854-1856 or www.1stStageTysons.org/cats.

Beth Patterson: Celtic-Cajun traditional and original songs. 4 p.m., 6 p.m. and 8 p.m. at The Old Brogue Irish Pub, 760-C Walker Road, Great Falls. \$15. Reserve at 703-759-3309. www.oldbrogue.com.

Beth Rinaldo, Scott Holland & Friends CD Release and the Honey Dewdrops. 2 p.m. Jammin' Java, 227 Maple Ave. East, Vienna. \$8. 703-255-1566 or www.jamminjava.com.

Amadeus Concerts: Sivan Silver

and Gil Garburg Piano Duo. 4 p.m. at Vienna Presbyterian Church, 124 Park St. N.E., Vienna. \$25. Tickets may be purchased at the door or at www.amadeusconcerts.com.

The Washington Area Music Association 24th Wammies Award Show. 8 p.m. at the State Theatre, 220 North Washington St., Falls Church. \$35 non-members, \$20 WAMA members, \$15 nominees. www.wamadc.com or 703-368-3300.

MONDAY/MARCH 1

British alternative rock band Muse with Silversun Pickups. 8 p.m. at George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. Tickets \$55, available online at www.ticketmaster.com or via Phonecharge at 703-573-SEAT. Accessible seating is available for patrons with disabilities by calling 703-993-3035. www.muse.mu or www.patriotcenter.com

TUESDAY/MARCH 2

The Woman's Club of McLean. 11:30 a.m. at Trinity United Methodist Church, 1205 Dolley Madison Blvd., McLean. Roger Mudd, CBS newsmen, will discuss his book "The Place to be: Washington, CBS, and the Glory Days of Television News". All are invited. Bring a donation of food for SHARE, Inc., as admission. pnkburn@verizon.net.

THURSDAY/MARCH 4

The Guggenheim Grotto and Tiger Cooke. 8 p.m. Jammin' Java, 227 Maple Ave. East, Vienna. \$12. 703-255-1566 or www.jamminjava.com.
Tennessee Williams' 'Orpheus Descending.' 8 p.m. at George

Mason University TheatreSpace, 4400 University Drive, Fairfax. Tickets \$12. 703-993-8888.

FRIDAY/MARCH 5

Dear Sara Jane. 7:30 p.m. At The Soudry, 316 Dominion Road, Vienna. www.soudry.net

Chase Coy. 7 p.m. Jammin' Java, 227 Maple Ave. East, Vienna. \$10 advance, \$13 day of show. 703-255-1566 or www.jamminjava.com.

That 1 Guy 'Packs a Wallop' Tour. 10 p.m. Jammin' Java, 227 Maple Ave. East, Vienna. \$12 advance, \$15 day of show. 703-255-1566 or www.jamminjava.com.

Opening reception for 'Figurative Works' at the GFFFTA Gallery. 7 p.m. 1144-D and 1144-G Walker Road, Great Falls. Works by the 16 members of the Artists' Atelier. Exhibit continues through March, and is open 12-4 p.m. Saturdays or by appointment. www.greatfallsfoundationforarts.org or 571-214-6784.

Ryan McCoy: Intersections of Meaning Opening Reception. 7-9 p.m. at Red Caboose Gallery, 138 Church St. N.E., Vienna. McCoy structures memories and experiences to create what he calls Intersections of meaning and association. The exhibit will run through April 4. 703-349-7178

Tennessee Williams' 'Orpheus Descending.' 8 p.m. at George Mason University TheatreSpace, 4400 University Drive, Fairfax. Tickets \$12. 703-993-8888.

SATURDAY/MARCH 6

Indoor Flea Market. 9 a.m.-1 p.m. at City of Fairfax Senior Center, Green Acres Center Cafeteria, 4401 Sideburn

Road, Fairfax. Lunch available for nominal cost. Booth proceeds benefit the Senior Center. 703-359-2487 or jormesher@fairfaxva.gov.

New Zealand Dance Troupe Black Grace. 8 p.m. at George Mason Center for the Arts, 4500 University Drive, Fairfax. A fusion of traditional Pacific cultures and contemporary dance, thundering stomps and syncopated body slaps, and three-part harmonies with movement that softly curves and sways. A pre-performance discussion, free to ticket holders, begins at 7:15 p.m. Tickets are \$21-\$42. Charge at 888-945-2468 or cfa.gmu.edu.

Dear Sara Jane. 2 p.m. and 8 p.m. At The Soudry, 316 Dominion Road, Vienna. www.soudry.net

Jane Seymour: A One Woman Show. 6 p.m. at the Wentworth Gallery, Tysons Galleria, 1731 M. International Drive, McLean. 703-883-0111 or 800-732-6140.

Broom Making. 1-4 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Visit the slave quarter and make a broom to take home. Prepaid reservations required. \$10 broom. www.fairfaxcounty.gov/parks/sully.

Jimmy Lange vs. Chase "The White Tiger" Shields Boxing Card. 7:30 p.m. at George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. Tickets are \$30-\$50, available online at www.ticketmaster.com or at 703-573-SEAT.

Northern Virginia Country Western Dance Association. Luther Jackson Middle School, 3020 Gallows Road, Falls Church. Line dance 7:30 p.m., couples specialty dance 8 p.m., open dancing 8:30-11 p.m. \$10 members, \$12 non-members, and \$5 for ages 16-20 with student ID. 703-860-4941 or www.nvcwda.org.

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HOME SALES

JANUARY 2010
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2084 HUNTERS CREST WAY	6	6	1	VIENNA		\$1,600,000	Detached	1.72		HUNTERS CREST
3016 ROSE CREEK CT	5	4	1	OAKTON		\$1,450,000	Detached	0.84		HUNTING HILLS
9981 HIDDEN OAKS CT	5	4	1	VIENNA		\$1,215,000	Detached	0.45		HIDDEN OAK ESTS
1800 KILBARRY CT	6	4	1	VIENNA		\$1,207,500	Detached	0.83		SADDLEBROOK FARMS
406 MILL ST SE	5	4	1	VIENNA		\$1,203,365	Detached	0.25		VIENNA
608 NIBLICK DR SE	5	3	1	VIENNA		\$1,125,000	Detached	0.50		WESTBRIAR CC MANOR
11409 GREEN MOOR LN	5	4	1	OAKTON		\$1,000,500	Detached	0.55		HUNT VALLEY ESTATES
1278 COBBLE POND WAY	5	4	1	VIENNA		\$952,000	Detached	0.58		ESTATES AT GREAT FALLS
727 MCKINLEY ST	4	4	1	VIENNA		\$925,000	Detached	0.20		BENNETT KILN
2919 CHAIN BRIDGE RD	5	4	1	OAKTON		\$800,000	Detached	0.24		GRAYS
2061 KEDGE DR	5	4	1	VIENNA		\$800,000	Detached	0.44		BALMORAL
2905 DARNLEY PL	5	4	1	VIENNA		\$792,000	Detached	0.13		EDGEMOORE
10006 DONAL LN	4	4	1	VIENNA		\$780,000	Detached	0.11		EDGEMOORE
507 AYR HILL AVE NE	5	3	1	VIENNA		\$770,000	Detached	0.29		COUNCIL SQUARE I
1504 TROMBONE CT	4	3	1	VIENNA		\$760,000	Detached	0.44		SHOUSE VILLAGE
12003 SAINT HELENA DR	4	3	1	OAKTON		\$750,000	Detached	0.59		OAKTON VALE
8041 RESERVE WAY #47	4	3	1	VIENNA		\$738,073	Townhouse	0.03		THE RESERVE@TYSONS CORNER
1805 FAWNCREST CT	3	3	1	VIENNA		\$715,000	Townhouse	0.05		WESTWOOD TOWNS
602 SIDELING CT NE	4	3	1	VIENNA		\$685,000	Detached	0.24		BEECHWOOD
10324 DUNN MEADOW RD	4	3	1	VIENNA		\$683,000	Detached	0.59		COLVINS GLEN
2776 THAXTON LN	3	3	1	OAKTON		\$649,000	Townhouse	0.07		ENGLISH OAKS
8194 MADRILLON CT	3	3	1	VIENNA		\$632,500	Townhouse	0.05		COLONIES OF MADRILLON
11785 STUART MILL RD	4	4	1	OAKTON		\$630,000	Detached	1.00		FLINN PROPERTY
514 COUNCIL CT NE	4	3	1	VIENNA		\$614,000	Townhouse	0.08		COUNCIL SQUARE 2
137 ROLAND CT SW	3	3	1	VIENNA		\$612,500	Townhouse	0.06		TOWNES OF VIENNA
3214 DOMINY CT	4	2	1	OAKTON		\$610,000	Detached	0.46		FOXWOOD
101 SARATOGA WAYE NE	5	3	1	VIENNA		\$600,000	Detached	0.37		HEADS HILL
416 CENTER ST N	4	3	0	VIENNA		\$575,000	Detached	0.23		SOMERSET
9525 CENTER ST	4	2	1	VIENNA		\$555,000	Detached	0.25		BARRISTERS PLACE
10804 MANTILLA CT	3	2	0	OAKTON		\$548,000	Detached	0.67		MILLER HEIGHTS
9415 OLD COURTHOUSE RD	3	1	1	VIENNA		\$500,000	Detached	1.07		SPRING LAKE
2860 SUTTON OAKS LN	4	3	1	VIENNA		\$485,000	Townhouse	0.05		COUNTRY CREEK
10200 WOODROW ST	3	2	1	VIENNA		\$450,000	Detached	0.62		LITTLE VIENNA ESTATES
8516 MARQUETTE ST	3	2	0	VIENNA		\$430,000	Detached	0.26		DUNN LORING WOODS
2625 OCCIDENTAL DR	3	3	0	VIENNA		\$422,000	Detached	0.24		DUNN LORING WOODS
412 KNOLL ST NW	3	1	1	VIENNA		\$373,900	Detached	0.23		WINDOVER HEIGHTS
304A LOCUST ST	2	2	1	VIENNA		\$360,000	Townhouse			TIFFANY PLACE
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9486 VIRGINIA CTR BLVD#405	1	1	0	VIENNA		\$250,000	Garden 1-4 Floors			MARQUIS AT VIENNA STATN
9977 OAKTON TERRACE RD	1	1	0	OAKTON		\$208,000	Garden 1-4 Floors			THE OAKTON
3178 SUMMIT SQ DR#3-E12	1	1	0	OAKTON		\$207,000	Mid-Rise 5-8 Floors			FOUR WINDS AT OAKTON

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REAL ESTATE

To have real estate information listed in the Connection, send to mclean@connectionnewspapers.com. Deadline is Friday.

Bruce Green, regional vice president of Weichert, Realtors announced Joyce Becker of the McLean-Old Dominion office was recognized for industry success in December. A neighborhood specialist, Becker led the region for new home dollar volume. The region comprises offices located throughout Virginia. Weichert, Realtors' neighborhood specialists can be reached in Weichert's McLean-Old Dominion office at (703) 821-8300 at 6257 Old Dominion Drive.

Green also announced J.D. Callander of the McLean/Dolley Madison office was recognized for industry successes in December. A neighborhood specialist, Callander led the region for resale dollar volume. The region is comprised of offices located throughout Virginia. Weichert, Realtors' McLean/Dolley Madison branch specialists can be reached at (703) 760-8880, located at 1313 Dolley Madison Boulevard.

FAITH NOTES

Faith Notes are for announcements and events in the faith community. Send to mclean@connectionnewspapers.com. Deadline is Friday.

McLean Bible Church, 8925 Leesburg Pike, Vienna, will host LifeWay Women's Going Beyond with Priscilla Shirer, at 7 p.m. on Friday, Feb. 26 and 9 a.m. on Saturday, Feb. 27. Shirer encourages women to go beyond everyday life to walk with Christ. Tickets are the two-day event are \$45. Register at www.lifeway.com/goingbeyond or 800-254-2022.

Chesterbrook United Methodist



Becker

Callander

Karen Briscoe with the Huckaby Briscoe Group, Keller Williams Realty in McLean has earned the Certified Luxury Home Marketing Specialist designation in recognition of her experience, knowledge and expertise in the luxury home market. "Karen is an example of a real estate professional who has worked to develop market knowledge and the special skills and competencies necessary to provide exceptional service in the fine homes and estates marketplace," said Institute President Laurie Moore-Moore, upon announcing Briscoe's designation. Briscoe is an award-winning real es-

tate professional who has gone through special training and met performance standards in the upper tier market. She has been in real estate since 1983. She specializes in the McLean, Great Falls, Arlington, Falls Church, Vienna, and Alexandria markets.

For current information on the local market, contact Karen Briscoe at the Huckaby Briscoe Group at (703) 734-0192 or e-mail Homes@HBGroup.us.

Lizzy Walker Conroy, Lead Associate Agent for the Huckaby Briscoe Group, Keller Williams Realty is hosting a fundraising event to benefit the Leukemia & Lymphoma Society on Wednesday, March 10 from 6 - 8 p.m. at Restaurant 3 in Arlington. This happy hour will feature hors d'oeuvres and wines of Barbourville Vineyards, complements of Richard Moroscak, 1st Commonwealth Bank of Virginia and Helen Krause, Dominion Title Corporation. To attend the happy hour, R.S.V.P by Monday, March 8, to Lizzy Conroy by email to lizzy@hbgroup.us, or by phone to 202-441-3630. A \$10 donation to the Leukemia & Lymphoma Society at the door is suggested.

www.havenofnova.org for schedules and registration information.

McLean Presbyterian Church, 1020 Balls Hill Road, McLean, worship services are at 9:15 a.m. and 11a.m. The church also offers a variety of adult education classes, as well as children's ministry program, student ministries gatherings, and the informal Saturday Night Service in the Fellowship Hall at 5:30 p.m. The message is the same as Sunday morning but with more interaction with the pastor. Childcare and children's programs are provided for infants through 2nd grade. www.mcleanpres.org or 703-821-0800.

The Jewish Social Services Agency (JSSA) offers a wide variety of support groups for those with emotional, social, and physical challenges. Contact Gary Axelrod, 301-610-8309 or gaxelrod@jssa.org, or www.jssa.org.

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis. Contact 703-941-7000 or

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SPORTS

Banner Night for Oakton High Basketball

Cougar girls, boys both capture Concorde District titles.

BY RICH SANDERS
THE CONNECTION

In one of the greatest nights Oakton High basketball has ever known, both the Cougar girls' and boys' teams captured their respective Concorde District tournament championships Saturday evening, Feb. 20, at Westfield High School.

In the first title game, Oakton's girls, behind a balanced attack in which four players tallied double figures scoring, captured their fifth consecutive district tournament crown with a 64-55 win over home team Westfield. The top-seeded Cougars, the defending Northern Region champions, received 20 points from sophomore point guard and tourney MVP Caroline Coyer.

Later, the Oakton boys thrilled its large, vocal fan base with a stunning, 43-42, upset win over defending champion Chantilly. In arguably the most memorable region game this winter, the No. 4-seeded Cougars, winners of just three games a year ago, brought the house down when senior tri-captain Andrew Daniels dribbled down the floor before pulling up and converting a 15-foot basket that proved to be the game-winner with 1.7 seconds left.

The Oakton student body section spontaneously engulfed the court in exhilaration when Daniels' shot went through the net. Over the next several seconds, the public address announcer bellowed, "Get off the court, the game is not over," five times. Eventually, the thrilled students returned to the bleachers and Chantilly, which at one point during the second half had led by eight points, had one final possession. The No. 3-seeded Chargers, however, were unable to get off a good shot. When the final buzzer finally sounded, Oakton's fans, once again, stormed the court in triumph. This time, they were not asked to leave the floor.

David Brooks, the charismatic, Long Island, N.Y. native and first-year head coach of the Oakton boys, ran around the court in celebration. He finally moved across the floor to the area of bleachers where numerous Oakton fans — most of them team parents — joyfully watched the celebratory scene unfolding in front of them. Brooks raised his arms in triumph towards the crowd, evoking a loud cheer in response.

Daniels, with students and teammates celebrating all around him in the moments following the final buzzer, talked about his final game-winning basket. Chantilly, ahead, 42-41, had missed the front end of a one-in-one at the foul line with nine seconds remaining. The Cougars, with possession, had to take the ball the length of the floor and get a basket to win. They inbounded the ball and got it to Daniels, who moved the ball up the right side of the



Catherine Coyer cuts down a piece of the net following the Oakton girls' district finals triumph over Westfield on Saturday.

floor and across half court. He kept his dribble, moved inside the top of the key area and started going towards the basket before, all at once, pulling up for his shot around the foul line area. The ball went in and the Cougars were moments away from one of their biggest wins ever.

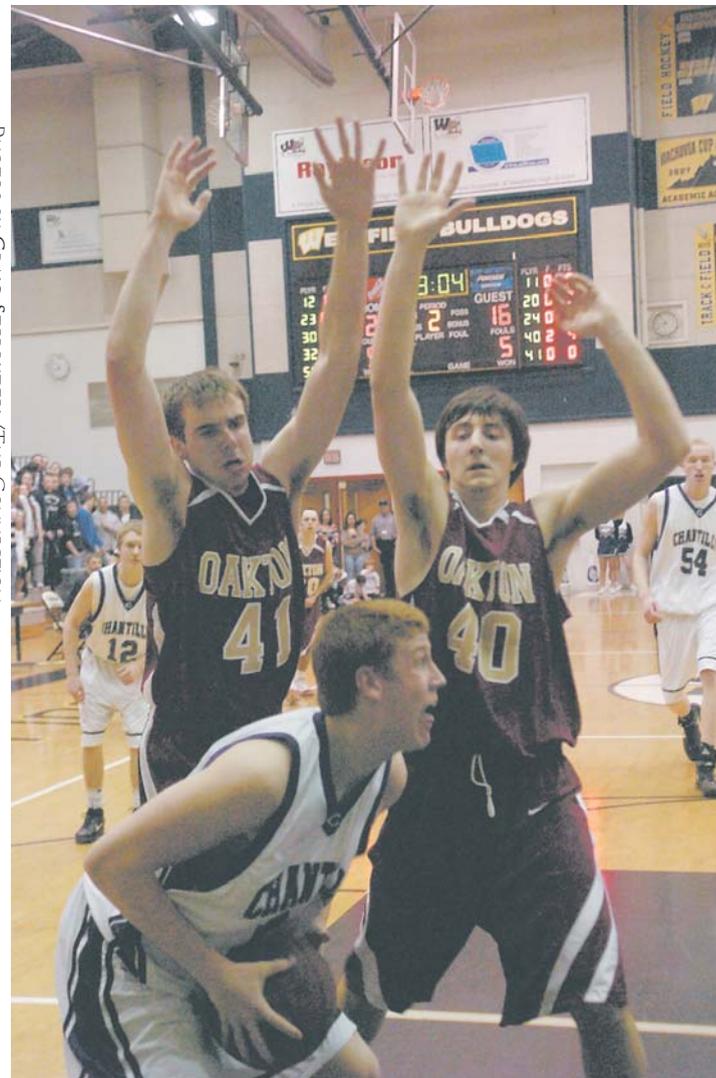
"I wanted to get to the rim but I saw [a defender] backpedaling and new the defense would [sag] inside," said Daniels, who led Oakton with 22 points — five of his baskets coming on long range three-pointers. "I had confidence in my shot and I knocked it down."

Following a 9-9 regular season, Oakton opened the district tournament earlier last week on Wednesday, Feb. 17, with a close 47-46 quarterfinals round win over No. 5-seed Westfield. Two nights later, the Cougars, in one of the biggest upsets of the Northern Region season, upended regular season district champion Herndon, 69-53, in a semifinals game. Daniels, who had scored just six points in the win over Westfield, poured in 23 points in the triumph over the Hornets. Oakton then continued its outstanding tournament play with the finals win over the No. 3-seeded Chargers on Saturday.

Daniels said he and his teammates believed they could win the district tournament title.

"It might of shocked other people, but it didn't shock us," said Daniels, who earned tourney MVP honors. "Our goal was to win the Concorde District. Our coach, I give him all the credit. We went 3-16 last year."

Of the semis win over Herndon, Daniels said Oakton had played the Hornets tough in two regular season district losses. In both of those games, the Cougars had been unable to hold big leads. In Saturday's playoff win over Herndon, Oakton used its bigger



Oakton big men David Larson (41) and Adi Hajrovic (40) play defense underneath the basket during the Cougars' district title game win over Chantilly last Saturday night. The finals game took place at Westfield High School.

physical size to wear down the Hornets.

"In our previous two games against them we had been winning by 15 points and lost to them," said Daniels. "So we knew we could beat them."

Oakton, which struggled so much last year, was re-energized this season by Brooks, a former Langley High assistant who is in his first season with the Cougars.

"We have a new coach, a new attitude and a lot of people who want the same thing," said Oakton junior guard Steele Shemeld, who was named to the seven-member all-tournament team. "We put in the hours [this season], worked hard and came together as a team. Things just fit, like something out of a movie."

Of Daniels' game-winning basket and the improbable title game win, Shemeld said, "It was completely surreal. To win like that, I never felt anything like that before in my life."

Adi Hajrovic, Oakton's 6-foot-4 inch junior center, earned all-tournament recognition. In the finals he scored six points with five rebounds. Most importantly, he did an excellent job holding down Chantilly 7-footer John Manning (7 points, 5 boards).

"Winning the tournament was amazing.

It took a lot of determination," said Hajrovic. "But we knew something good was going to happen this year. I think the key was team work and determination."

EARLIER IN THE EVENING, the top seed Oakton girls (19-1) grabbed early control of its title game against No. 2 Westfield, building a 19-6 lead after one quarter. The Bulldogs never made a serious threat to get back into the game thereafter.

Oakton, which reached the state finals last year, received a huge boost early on from junior guard Danielle Davis, who scored her team's first 11 points as the Cougars rushed out to an 11-2 lead. Three of Davis' baskets during that opening stretch were three-pointers. She finished the night with 14 points. Also scoring 14 points for Oakton were sophomore guard Katherine Coyer and junior shooting guard Zora Stephenson. Caroline Coyer, twin sister of Katherine, led the winners with 20 points. Caroline (MVP) and Stephenson made the

all-tournament team.

Katherine Coyer played an excellent defensive game. She was responsible for much of the night in guarding Westfield sharpshooting guard Shelby Romine, Westfield's team captain and one of the region's top players. Romine was held in check with a hard-fought 15 points.

"She's a real good player and always finds an opening," said Katherine Coyer, of Romine. "She's going to get her points."

Caroline was impressed with her sister's stellar defensive play against Romine.

"I covered Shelby in the [regular] season and she scored 22 points on me," said Caroline, with a smile. "Tonight showed how good a defender Katherine is. On defense a lot of people stepped up for us tonight."

Katherine said Oakton's fast start out of the gate against Westfield was a huge key in the win and the Cougars' earning their fifth consecutive district crown.

"We came out real strong today," she said. "We just wanted to keep up the [Oakton championship] tradition. We just want to continue to play [at next week's regionals] the way we played tonight because there are a lot of good teams out there."

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

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SPORTS

Oakton Boys Win State Swim Championships

Langley boys earn second place honors at states.

BY RICH SANDERS
THE CONNECTION

The Oakton High boys' swim and dive team captured its first-ever state AAA title last weekend. The postseason meet took place at the Princess Anne Recreation Center in Virginia Beach. The Cougars scored 202 team points to finish ahead of fellow Northern Region schools Langley (173), Fairfax (163) and Robinson (152), who were second through fourth, respectively, in the team standings. Robinson entered states as the seven-time defending champion. But the Rams were finally dethroned as the Oakton boys prevailed.

Oakton seniors K.J. Park and Bradley Phillips had huge meets for the Cougars. Phillips won the 200-freestyle race with a new state record time, and also captured the 400-free event with a new national

record time. Park, meanwhile, earned a new state record in winning the 200-individual medley event. He also won the 100-breaststroke event.

It was the Oakton boys' first-ever state crown and coach Hunter Owen could not have been more thrilled. Earlier in the postseason, the Cougar boys captured Concorde District and Northern Region titles as well.

"I think these boys were very focused," said Owen, of his team. "They had goals in mind since the get-go of the season. They wanted to go from district, to region to state champions. It was a phenomenal season for these guys. Everybody was ecstatic [at winning the state title]. Everyone contributed. I'm still horse from the weekend."

Owen credited his senior tri-captains — Phillips, Park and Mike Shevat — with leading the boys all season long.

"They're my leaders and they are great role models with great presence," said the coach, of the trio. "They don't need to speak much. What they do in the pool speaks for itself."

The Oakton girls' team, meanwhile, finished a strong fourth place overall at states. Kaitlin Pawlowicz won both the 200-IM and 100-butterfly events to lead the Cougars. Her 200-IM win came in a national record time.

A WEEK EARLIER at the boys' Northern Region championships, held at Oak Marr Recreation Center, Oakton captured the team title with 244 points, ahead of second place Fairfax (215), third place Langley (198) and fourth place Robinson (193). Other top team finishers at the 25-team meet were sixth place Madison, seventh place Westfield, ninth place Herndon, 11th place South Lakes and 14th place Chantilly.

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I've Been Wondering...



By KENNETH B. LOURIE

Perhaps some of you regular readers have noticed of late, but recently – for the first time in six months or so of commenting – I have strayed occasionally from my cancer-related norm. And I suppose that's a good thing, a sign or an indication that no longer am I consumed, mentally, by the condition in which I find myself so heavily involved. Apparently, I have assimilated having cancer into my routine. Not so much coordinating my weekly labs, my every three-week chemotherapy infusion, every three-week appointment with my oncologist and miscellaneous other scans, procedures and evaluations into my daily/weekly/monthly/quarterly schedule, all of which becomes (or has become for me) second nature, despite their primary – and ongoing – importance; but more so into the activities of my daily living: reading, writing and 'rithmetic, etc.

Life goes on, believe it or not, even after receiving devastating news. And though I might not have imagined normalizing it (the diagnosis) as I have (especially after that first weekend at home after meeting with the oncologist the previous Thursday), but I have, and the evidence has been in my writing, specifically the non-cancer subject matter (that once again matters). Though the material is still as I see fit to write it, I seem to be a bit more fit than I have been and the proof is in the prose.

Don't get me wrong, the column is still about me, as it always has been. But it's less about the struggles of dealing with a cancer diagnosis, subsequent – and continuing – treatment, plus all the related effects not unique to me, as it has been since June. Obviously, I'm still very caught up and consumed by my health situation/status (and will continue to be), but subconsciously my brain has rewired itself a little bit and compartmentalized/segregated some (definitely not all) of the cancer thoughts thereby enabling me to mentally meander once again and literally lose my my mind in some more ordinary and mundane minutiae, the kind of which has characterized my column for the past 12 years.

And as I find myself writing about nonsense once again, I'm feeling empowered, sort of, by its appearance; I'm me again. I'm not Kenny-with-cancer; I'm just, Kenny, who happens to have cancer, who writes about it regularly but not exclusively. And deviating from this most recent 'ab-norm' of late has re-routed me. No longer am I on the cancer train. No longer am I on the road to God-help-me. I'm simply back on the same road as everybody else, back dealing with and managing the same myriad problems as everybody else (with one major exception, of course). But the cancer thing doesn't define me anymore (yeah, right?). Oh sure, it precedes me, it categorizes me, it may even be me, but no more does it control me.

My brain (and my body) has persevered through it all now: the initial testing, the shock of the diagnosis, the chemotherapy which followed, the regular medical activities/appointments/scans which continue and the lifestyle changes, have all been integrated into my/our routine. Onward we go. I feel like I'm myself again and since I've always liked myself, I'm happy to be back (heck, as a cancer patient, I'm happy to be anywhere). I'm not cured of anything, though; I'm just more comfortable (subject to change, of course).

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

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21 Announcements

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In execution of a Deed of Trust from Jairo O. Solano and Lina V. Rincon, dated August 10, 2007, and recorded August 20, 2007, in Deed Book 4127 at page 2597 among the Land Records of Arlington County, Virginia, the undersigned substitute trustee will offer for sale at public auction at the front entrance of the Court House for Arlington County, at 1425 N. Courthouse Road, Arlington, Virginia, on

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

Sale shall be made subject to all existing easements and restrictive covenants as the same may lawfully affect the real estate. Sale is further subject to mechanic's and/or materialman's liens of record and not of record. The property will be sold subject to all conditions, covenants, restrictions, rights of redemption of federal lienholders or encumbrances, and agreements of record affecting the same, if any.

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In the event the undersigned trustee is unable to convey to the purchaser good title, then purchaser's sole and exclusive remedy shall be in the refund of the deposit paid at the time of sale.

The subject property and all improvements thereon will be sold in "as is" condition without warranty of any kind. Purchaser shall be responsible for any and all building and/or zoning code violations whether of record or not of record, as well as for all unpaid and enforceable homeowners' or condominium owners' association dues and assessments, if any. Purchaser also shall be responsible for obtaining possession of the property at his/her expense. Purchaser shall assume the risk of loss and shall be responsible for any damage, vandalism, theft, destruction, or the like, of or to the property occurring after the time of sale. Conveyance will be by special warranty deed. Conveyancing, recording, transfer taxes, notary fees, examination of title, state stamps, and all other costs of conveyance are to be at the expense of purchaser. State and local taxes, public charges, and special or regular assessments, if any, shall be adjusted to the date of sale and thereafter shall be assumed by the purchaser.

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The undersigned trustee unconditionally reserves the right: (i) to waive the deposit requirement; (ii) to approve or disapprove the creditworthiness of any bidder and/or purchaser; (iii) to withdraw the property from sale at any time prior to termination of the bidding; (iv) to extend the time for bidding; (v) to reject any or all bids; (vi) to postpone or set over the date or time of sale; and (vii) to extend the period of time for settlement hereunder.

Additional terms and conditions of sale may be announced at the time of sale.

DAVID N. PRENSKY
Substitute Trustee

FOR INFORMATION CONTACT:
David N. Prenskey
Chasen & Chasen
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Superior Court of the District of Columbia Civil Division
Order of Publication - Change of Name
In RE:
Application of Lindsay Greer McCullough
Civil Action Number: 0000478-10
Lindsay Greer McCullough, having filed a complaint for judgment changing Lindsay Greer McCullough name to Lindsay Greer and having applied to the Court for an order of publication of the notice required by law in such cases, it is by the Court, this 27 day of January, 2010, ORDERED that all persons concerned show cause, if any there by, on or before the 3 day of March, 2010, why the prayers of said complaint should not be granted: PROVIDED that a copy of this order be published once a week for three consecutive weeks before said day in the Arlington Connection.

"Judge Eilperin"



Northern Virginia au pairs will host their party Feb. 28, at the Tysons Corner Center Build-A-Bear Workshop.

Area Au Pairs Host Charity Party

AuPairCare, located online at www.aupaircare.com, is teaming up with Build-A-Bear Workshop stores nationwide to hold their Share-A-Bear campaign which invites au pairs to give back to their local communities by making a bear and donating it to a local children's charity.

Northern Virginia au pairs will have their party Feb. 28, at the Tysons Corner Center Build-A-Bear Workshop. Led by AuPairCare

Area Director, Kim Chenen, more than 30 au pairs from 14 different countries will stuff and name teddy bears while also creating individual cards wishing the recipient of their bear good wishes in their own language. These international bears will then be donated to the Children's Inn at NIH (National Institutes of Health). <http://www.childrensinn.org>.

Lane Closes for Two Years

FROM PAGE 3

While foundations are being laid for the two stations that will lie on the north side of Route 123, as well as the Wiehle Avenue station, Route 7 has to be widened before construction can begin on the two stations that will be situated in its median.

"You might not see something there, but behind those walls, there's probably a lot of activity going on."
— Charles "Sam" Carnaggio

BEYOND TYSONS CORNER, rail construction continues in the median of the Dulles Toll Road, while retaining ponds are being built behind the toll road's sound walls. "You might not see something there, but behind those walls, there's probably a lot of activity going on," Carnaggio said.

Where the toll road crosses the W&OD Trail, construction is being done with fiberglass rather than steel because of the overhead power lines. There, caissons and abutments have been built and pilings are being driven into the ground. "For those of you who live nearby, you probably won't appreciate that," Carnaggio said, noting that the work could be noisy.

The second phase of the rail, which will

run from Wiehle Avenue under Dulles Airport and out to Ashburn with six more stops, is just getting underway, and a consultant is in the process of doing a cost estimate, he said. "Hopefully, that project will be as successful as we are on Phase 1."

The first phase is expected to be operational in 2013, and the entire line is to be completed by 2016.

Another long-term road closure to accommodate rail construction was announced last week. The right-turn lane that runs along

about a block and a half of southbound Route 123 between Scotts Crossing Road and the Beltway Inner Loop closed for two years, as of Monday. The lane served drivers turning right into the Capitol One building or onto the Beltway, said Dulles Corridor Metrorail Project spokesman Marcia McAllister.

The closure is to provide a safe workspace for crews building the Tysons East station. It was supposed to take place on Feb. 8 but was delayed due to the weather.

— MIKE DiCICCO

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