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PHOTO BY SCOTT MEULENERS SPORTS, PAGE 14 ❖ CALENDAR, PAGE 10 ❖ CLASSIFIED, PAGE 19

**Silverbrook Elementary School fifth-grade teacher Mari Arbach goes one-on-one with Halley Elementary School physical education teacher Ian Creek for the basket, during the HalleyBrook Basketball Tournament.**

# Teacher To Teacher

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## Filmmaker Shoots At Prison Site

NEWS, PAGE 3

## Learning from Record Storms

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## Former Lorton Prison Stars in Short Film

Local filmmaker uses former prison to film his latest movie.

BY JUSTIN FANIZZI  
THE CONNECTION

Anthony Faust paces back and forth across the movie set, giving orders to his actors, discussing the lighting with his cinematographer and thumbing through the script to see what he will need for the next scene.

The location may not be Hollywood, and those actors may not be Brad Pitt and George Clooney, but Faust is nonetheless living his dream. Faust, a Dulles resident, is beginning the next phase of his life as a movie director, and is currently finishing work on his latest movie "Rock and a Hard Place," which was shot at the former Lorton prison site.

"I made my first film when I was 13-years old in my backyard, and I always wanted to get into it as a career, but I was always just waiting for my opportunity," Faust said. "So now, I'm working to build a portfolio, and I'm hoping that 'Rock and a Hard Place,' will help me do that."

Faust, 33, was born in Fredericksburg but

moved to the area when he was young. Faust went to Chantilly High School and then James Madison University, where he studied Web design. Faust said that he wanted to get into filmmaking immediately after college, but because

of student loans, had to get a nine-to-five job to get a steady source of income. So, he worked in multimedia Web design for a couple of different companies, with the last five years spent at Gannett Newspapers.

"I studied Web design in the late 90s and for the last 10 years I've been working in that field," Faust said. "I wanted to make films right away, but I couldn't because of

finances."

Faust said that before fully committing to making movies full time last year, he made two short films in 2002 and 2005, respectively, to test his skills. He quickly found that he had the tools to succeed, as his first film, "Hunter's Quandary," was accepted

into the 2004 Rhode Island Film Festival and his second, "Senators," got into the 2005 Asheville, N.C. Film Festival. Bolstered by his triumphs, Faust began to realize that he might have a future in filmmaking and

SEE FILMING, PAGE 5



Anthony Faust and actor John Calvin Doyle prepare for a scene inside the former Lorton Prison.

CONTRIBUTED

**"Anthony made a great film, and he should be proud of it."**

— Daryl Pittman, cinematographer

## Herrity, Bradsher Open Dialogue on County Budget

Supervisor, School Board member host March 11 Budget Town Hall Meeting.

BY JUSTIN FANIZZI  
THE CONNECTION

Supervisor Pat Herrity (R-Springfield) gathered a few dozen members of his constituency at West Springfield High School to talk about the budget, and given the setting, it was only fitting that the school budget dominated the discussion.

Herrity and School Board member Liz Bradsher (Springfield) led a Springfield District Budget Town Hall meeting Thursday, March 11 to give residents the opportunity to ask questions about the FY 2011 county budget. While both the county and school budgets were up for discussion, the audience was most concerned about the impacts of potential school cuts.

"I'm concerned about the students and teachers having what they need to do their jobs," Herrity said. "We have one of the best school systems in the country, and if programs get cut, we're going to diminish that status."

FCPS Director of Budget Services Kristen Michael and Fairfax County Budget Direc-

tor Susan Datta kicked the meeting off with a brief overview of their respective budgets. Michael said that County Executive Tony Griffin proposed a 1 percent decrease in the transfer for FY 2011, and while the School Board asked for more, several reductions will have to be made nonetheless. She said that custodial support will be cut for the second year in a row. She also talked about the introduction of fees for athletic participation and the elimination of winter cheerleading and indoor track.

Datta discussed the county's \$257 million deficit for FY 2011, the reasons for the deficit and the measures being taken to balance the budget. Datta said that the recession has caused a substantial decline in assessed residential and commercial real estate values and limited revenue growth in other areas. As a result, the county is anticipating much less revenue for FY 2011. Datta said that while significant cuts were made last year, this year's budget is crucial for the county's economic health because cuts made will have a lasting impact.

"Before you wrap up discussion about

2011, you have to think about 2012," Datta said. "We believe that revenue in 2012 will be less than it is next year by 2 percent, so we need to make sure that we're not making the situation worse moving forward by making cuts to balance this year's budget."

**AFTER THE BUDGET** overviews,

Herrity and Bradsher opened the meeting up to questions from the attendees. A major concern for the audience was the proposed \$100 fee for participation in all school sports. Several audience members were concerned that the fees would drive down participation. West Springfield High School's Freshman Boys Basketball Coach Todd Johnson was outspoken against it, saying that freshman sports are critical for students' development, as they help to create friendships and gain confidence. He also mentioned that parents already have to pay for some equipment and ticket fees, so another cost would be an added burden.

**"We aren't making sure our children have the fundamental building blocks of education."**

— Joana Garcia

"I just want my kids to be able to participate [in sports]," Johnson said. "I think they're very valuable and there are so many positive things that come of out it. We are helping them develop as young men and women and as responsible citizens."

Bradsher acknowledged that she introduced the fees, not to help create a new revenue stream, but to protect sports from being cut entirely. She said that without the fees, the school system would not have the money to support every sport, so she negotiated a fee that was high enough to fund the sport, but low enough so that parents could afford it. In addition, she said that the fees would be reduced as the budget situation improves in the future.

"I introduced the fees because I wanted to keep those sports," Bradsher said. "In order to keep these sports, which I believe are very important for our students because

SEE TOWN HALL, PAGE 21

# Halley Hornets Sting Seahawks

Faculty teams square off in annual fund-raising hoops tournament.

**M**ore than 2,000 people came out to South County Secondary on Friday evening, March 12, to cheer on their teams in the annual HalleyBrook Basketball Tournament.

Hosted by the Halley and Silverbrook Elementary School PTAs, the tournament featured teams from both schools squaring off for bragging rights in the South County area. The Halley Hornets took home the championship trophy by winning the game 34 to 23. The win for Halley Elementary rounds out a 30-year career in the school system for the Halley Elementary School Principal Janet Funk, who will be retiring in June.

The event benefited both the Halley and Silverbrook Elementary School PTAs and featured a spirited basketball game between teachers and staff members from each school. The night also included a performance by the schools' All County Choir participants, a halftime show by the fifth and sixth grade HalleyBrook Dance Crew, a performance by the South County Secondary School Drum Line, relay races with teams including students and staff from each school, DJ entertainment, raffles and prizes.

"It is such a great feeling to work on an event that puts the 'fun' back in fund raising for these two schools," said Pamela

Kipps, Halley Elementary chair for the



**Halley Elementary School took home the trophy winning the game 32 to 23. Front row: Michael Roberson, Jan Funk; kneeling: Christy Hall, Amy Blom, Dorine Ferreira, Tammy Fagan, Sarah Sinclair, Laura Kearns; standing: Halley Hornet (Sharon DeMello), Jamey Chianetta, Laurie Yeager, Mary Rokowski, Michael Corigliano, Jennifer Buchko, Ian Creek, Isabel Mueller, Jennifer Haar. Missing: Tom Pennell and Kendra Seymour.**

Halleybrook Event. "We had wonderful support from the families and businesses in our local community, and as a result were able to create a very joyful, memorable, and fi-

nancially successful event. Silverbrook Chair Cathy Judd and I couldn't be more pleased with the result."

Made up of volunteers from both Halley

and Silverbrook elementary schools, the HalleyBrook Committee works to provide a fun family event while raising money for the PTA programs at both schools.

# Lessons Learned from February Storms

Supervisors host Snow Summit to analyze VDOT snowstorm response.

BY JUSTIN FANIZZI  
THE CONNECTION

**S**nowstorms that dumped more than 40 inches of snow on the region in February left more questions than answers in their wake. Impassable roads, snow-covered sidewalks and slow response times from Virginia Department of Transportation plows frustrated local officials and residents, and on Tuesday, March 16, they finally got their chance to voice their displeasure.

The Board of Supervisors hosted its second-ever "Snow Summit" at the Fairfax County Government Center, bringing VDOT officials in to discuss their actions during the snowstorms and the lessons learned from it.

"I'm proud to say that we received a lot of positive feedback from our customers and elected officials," said Morteza Salehi, VDOT's Northern Virginia District administrator. "But in addition, we also received a lot of feedback on the lessons learned from the storm."

Supervisor Jeff McKay (D-Lee), chair of the Board's Transportation Committee, led the summit, which attracted elected state officials such as Del. David Bulova (D-37) and Sen. David Marsden (D-37). Salehi and Assistant District Maintenance Coordinator Branco Vlacich each gave presentations to the Board detailing their preparations and response to the storm and areas in which they felt VDOT could have performed more effectively.

Salehi gave the first presentation and

countered a common argument that VDOT failed to prepare for the storm and instead reacted after it was too late. Salehi said that VDOT has a statewide contract with the National Weather Service to provide weather forecasts and alerts, and that VDOT was notified of the storm days in advance. After getting the report, he said, VDOT used its "utilization plan" that helps them to deploy the exact number and type of trucks and other removal equipment needed. Then, he said, special trucks were sent to priority areas to pre-treat roads with anti-icing chemicals.

"The most important improvement [we've made over the last several years] is on the issue of anti-icing and pre-treating, applying and spraying chemicals on the pavement

before snow or ice," Salehi said. "It has been well-received by our district managers and those out in the field."

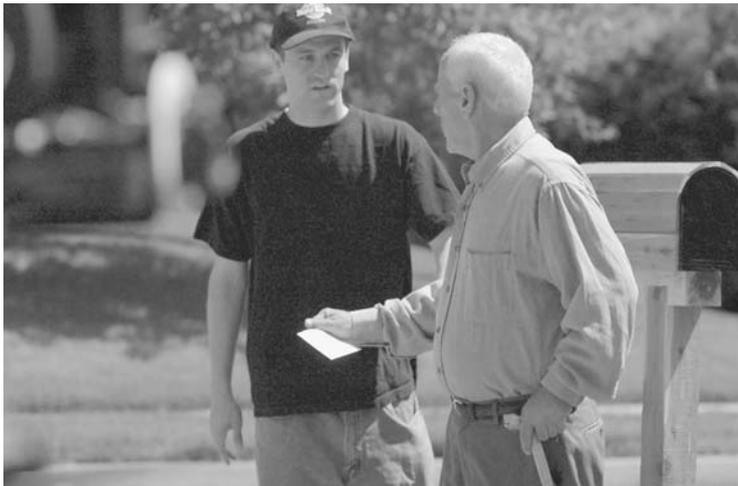
According to Salehi, with no snow or incidents, the VDOT customer service team receives approximately 135 calls a day, and with 6 inches of snow, it gets about 300 calls a day. During the week of the storms, however, more than 34,000 calls were placed. Many of the calls, he said, were to complain about plowing priorities and to report unplowed streets. Salehi stressed that VDOT deployed

2,200 pieces of equipment across the state. Not having enough equipment was not the problem, he said, it was the fact that VDOT

**"We don't have all the answers, but we're constantly trying to improve."**

— Branco Vlacich, Assistant District Maintenance Coordinator

SEE VDOT, PAGE 18



CONTRIBUTED

Filmmaker Anthony Faust and actor Mahmoud El-Khatib on the set of 'Rock and a Hard Place.'

## Filming at Prison

FROM PAGE 3

set out to find his next story.

Faust said that he was reading an e-mail from a friend and something in the e-mail flipped on a light bulb in his head, and the idea for "Rock and a Hard Place" was hatched. The story, written entirely by Faust, tells the tale of a man who is trying to remove a large rock from his backyard. After many attempts, he is unable to move it, and so he visits his son, who is in prison for murder, for advice. From there, the 10-minute film takes twists and turns reminiscent of an M. Night Shyamalan movie.

"It's about a son, and what he has to do to help his father," Faust said. "I think that the story is really good and I think that it will have a chance to make it into a film festival."

Faust began shooting the film in April 2009 over a period of 10 days over five weekends. Faust had worked with Alexandria resident and cinematographer Daryl Pittman for his previous two films, so he recruited Pittman to help him with his third. Pittman has worked extensively on different film projects in the area, so he knew several area actors and a film crew to use and brought them on board as well.

### "Rock and a Hard Place"

Go to [www.ThinkOutsidetheRock.net](http://www.ThinkOutsidetheRock.net) or go to [www.youtube.com](http://www.youtube.com) and search "Rock and a Hard Place" to view the trailer.

"Anthony and I had worked together previously on another one of his projects, so he reteamed with me to shoot this one," Pittman said. "We hit it off right from the start [on the previous film]. Like a lot of independent filmmakers, he had a lot of ideas and not a lot of money, and I had a lot of connections in this area."

The prison portions of the film were shot at the abandoned Lorton prison site over the course of one weekend. Faust said that he only had to ask the county for permission to shoot there, sign a liability waiver and obey a list of rules. Faust said that he originally looked at shooting in the Loudoun County Adult Detention Center, but felt that surroundings did not fit the feel that he was searching for. However, after taking a brief tour of the Lorton prison site, he knew that it was the perfect setting.

"We didn't shoot at the prison for the sake of it, we shot it there because we had to," Faust said. "We knew that if we shot at a regular jail, it wouldn't be dramatic enough. Lorton Prison housed all of the murderers, and I wanted my character to have that feeling."

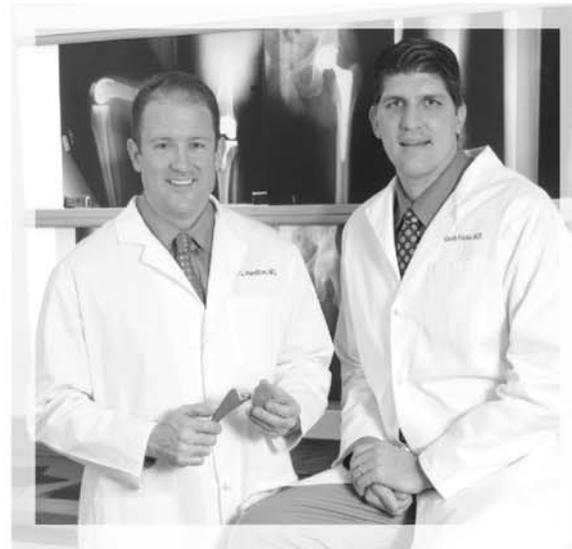
Currently, Faust is in post-production on the film. He hopes to have the film finished by the end of the year, but has posted a trailer for the movie on his Web site, [ThinkOutsidetheRock.net](http://ThinkOutsidetheRock.net) and on YouTube. The trailer was posted March 1 and according to Faust, has received more than 200 views already. He said that his ultimate goal for the film is to enter it in the Florida, Toronto, Palm Springs and Cannes Film Festivals and get it accepted for a festival premiere.

Though Faust is still working on "Rock and a Hard Place," he has already begun work on his next movie. Faust said that he would like to shoot one more short film by the end of this year, and in 2011, with two professionally made short films under his belt, would like to take the leap into full-length features.



## Reuse Center Opens

U-Haul has added a self-storage reuse center for customers at the Newington U-Haul Center, 8207 Terminal Road. The U-Haul Reuse Program was developed to provide a redistribution network for unwanted, gently used household goods, furniture, sporting equipment, bikes and clothing that formerly were destined for landfills. Items placed in the area are available for reuse, not resale, by the U-Haul community, including U-Haul Team members.



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# OPINION

## The Transportation Fix

No help on congestion just a small part of spreading pain from budget.

The Virginia General Assembly has adjourned. If for some reason your attention lapsed between the campaign for Governor (Gov. Bob McDonnell took office just two months ago) and now, you might expect a transportation plan as one of the outcomes of this assembly session.

Here is the transportation relief proposed and passed and likely to be signed: the maximum speed limit on some roads will increase to 70 miles-per-hour.

This seems like it might violate equal protection standards, since there are very few hours of the day on any Northern Virginia's roads that getting above 55 is possible. Heck, most of us are really happy if traffic on the Beltway or 66 or 95 or Toll Road moves along at 30 mph without frequent stops.

So in other parts of the state not dominated by congestion, vehicles will be moving faster.

In Northern Virginia, there will be even less

money for even fewer efforts at relieving congestion.

The governor's commitment to fixing transportation, the center of his campaign that boosted him to an election victory even in Fairfax County (not Arlington or Alexandria) turned out to be far weaker than his commitment to eschew any new forms of revenue that might be needed to pay for such a fix.

Seriously, the Governor made no major proposal to the General Assembly on transportation.

### EDITORIAL

Many, many people will face hardships that the rest of us can barely imagine because of the greatly pared down budget just passed in the General Assembly, especially people with disabilities of all kinds, working poor families, people who need mental health care, people who are struggling with addictions, families who can't afford health insurance whose incomes are just enough to keep them from getting assistance,

etc.

Localities will press to raise property taxes so they can buffer some of the cuts to education, health care and the safety net passed along from the state.

Parents and students and teachers will feel the pain as school districts struggle to adjust priorities in ways that won't sit well.

And everyone who needs to get anywhere will sit in traffic, wait longer for buses, pay more for rides on public transportation of all kinds.

But don't forget that if you are lucky enough to drive through some of rural Virginia on an interstate, you'll probably get to go 70 miles-per-hour. That should compensate for some of the pain.

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— MARY KIMM

## Teen Cough Medicine Abuse

Adults need to be aware of new drug problem.

BY ANA BURNS

The latest and among the most dangerous drug abuse problems has arisen among teens and is creeping across America, affecting many communities. There are codenames for it: *Skittles*, *Robo*, *Triple Cs*, *Dex*, *Tussin* and *Vitamin D*, to mention a few. This is the practice of getting high by taking excessive doses of over-the-counter (OTC) cough medications. These are the same medicinal remedies that we commonly stock in our medicine cabinets and are readily available in drugstores and supermarkets everywhere.

The "high" is caused by dextromethorphan, known familiarly as DXM, and is an active ingredient in more than 100 nonprescription cough syrups, tablets and gel caps like Dimetapp DM, Robitussin, Sudafed and Vicks 44. A normal dose of cough medicine is 15-30 milligrams. Surprisingly, children are sometimes ingesting 25-50 times the recommended doses.

DXM, when used as directed, has a long history of being safe and effective. However, when taken in large doses, it can produce a hallucinogenic high, along with dangerous side effects, caused by the DXM itself or other active ingredients in the medicine. Among them are stomach pain and heart problems, as well as delusions, depression, high blood pressure, loss of consciousness, nausea and vomiting, numbness, rashes and seizures.

Certainly, as a community, we would want to ensure that OTC cough and cold medicines containing DXM remain accessible to those who need them. However, the potential for

abuse among youth, demands immediate attention. Local organizations and concerned individuals should join together to mobilize the community to fight against this growing epidemic.

Authorities tell us that DXM overdoses typically occur in clusters, as word about the "high" spreads in a community's middle and high schools. According to a recent study, it's estimated that one out of 10 people aged 12 to 17, or 2.4 million children from all backgrounds and geographic areas have said they have taken cough remedies to get high.

### COMMENTARY

It is vital that adults, particularly parents be aware of the possible signs of abuse. A red flag should be raised if you see your child making frequent purchases of OTC cough preparations from the same or different stores, or from the Internet, hides cough medicine bottles in his/her bedroom, is exhibiting odd behavior; has declining grades; a loss of interest in friends and activities; or is experiencing hallucinations and/or any of the side effects mentioned above.

Be cautious about your medicine cabinets. You should know what is in there, keep track of your medicines, and discard OTC and prescription medications that you don't need. If you suspect a problem, immediately contact a local substance abuse prevention/intervention professional, such as your pediatrician or family doctor. The time to educate and act is now.

Ana Burns has a B.S. in health policy and administration and is an epidemiology program assistant. She is pursuing her masters degree in public health and grew up in the Fairfax area.

## Balancing Budget By Making Cuts

To the Editor:

After 61 days down in Richmond for the General Assembly's session, we have passed a balanced budget to last us until July 1, 2012. I have served in the General Assembly for 17 years and this year was by far the toughest budget year of them all.

The Recession has ravaged Virginia's finances. Now I know you have heard this before. We always hear about budget shortfalls. Usually, when you hear that the state has a "budget shortfall" it means we have less money than we expected to have, but more money than last year. However, this year, we actually had "negative growth," meaning that Virginia had less money than last year.

Simply stated in round numbers, last year's General Fund budget was about \$15 billion. The Recession caused a drop of \$1 billion in revenue collection and the Federal Government Medicaid mandates required us to increase Medicaid spending by \$1 billion. Because Virginia has a balanced budget requirement, we cannot borrow money like they do in Congress. The General Assembly had to find the missing \$2 billion by either increasing taxes by \$2 billion (13 percent) or reducing spending by 13 percent.

The question for this session was: How does Virginia address a 13 percent bud

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## THE CONNECTION

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1606 King Street  
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NEWS DEPARTMENT:  
To discuss ideas and concerns,  
Call: 703-778-9410  
e-mail:  
[burke@connectionnewspapers.com](mailto:burke@connectionnewspapers.com)

Michael O'Connell  
Editor / 703-778-9416

Bonnie Hobbs  
Community Reporter  
703-778-9438  
[south@connectionnewspapers.com](mailto:south@connectionnewspapers.com)

Julia O'Donoghue  
Education & Politics  
703-778-9436  
[jodonoghue@connectionnewspapers.com](mailto:jodonoghue@connectionnewspapers.com)

Ken Moore  
Courts & Projects  
[kmoore@connectionnewspapers.com](mailto:kmoore@connectionnewspapers.com)

Reed Albers  
Sports Editor  
703-224-3014  
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Editor & Publisher  
Mary Kimm  
703-778-9433  
[mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)

Editor in Chief  
Steven Mauren  
Managing Editors  
Steve Hibbard, Michael O'Connell,  
Kemal Kurspahic

Photography:  
Robbie Hammer, Louise Krafft,  
Craig Sterbutzel

Art/Design:  
Geovani Flores, Laurence Foong,  
John Heinly, Wayne Shipp,  
John Smith

Production Manager:  
Jean Card

CIRCULATION: 703-778-9427  
Circulation Manager:  
Ann Oliver

CONNECTION NEWSPAPERS,  
L.L.C.  
Peter Labovitz  
President/CEO

Mary Kimm  
Publisher/Chief Operating Officer  
703-778-9433  
[mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)

Jerry Vernon  
Executive Vice President  
[jvernon@connectionnewspapers.com](mailto:jvernon@connectionnewspapers.com)

Wesley DeBrosse  
Controller

Debbie Funk  
National Sales  
703-778-9444  
[debfunk@connectionnewspapers.com](mailto:debfunk@connectionnewspapers.com)

## COLLEGE

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. Deadline is Friday. Dated announcements should be submitted at least two weeks prior to the event.

**Michael Golden Stokes Hubbell**, a resident of Fairfax Station, was awarded dean's list honors for academic achievement during the fall 2009 semester at St. Mary's College of Maryland. Dean's list honors are awarded to full-time students at SMCM who earn a semester grade-point average of 3.5 or better on 12 or more graded credits.

**Silvia Hernandez**, a theater arts major at Davis & Elkins College in Elkins, W.Va., has been named to the fall 2009 dean's list. Silvia is the daughter of Mario Delgado and Claribeth Martinez of Lorton. Students on the Davis & Elkins dean's list must earn a 3.6 G.P.A. on a 4.0 scale while taking a minimum of 12 semester hours.

**Khanh D. Huynh**, a resident of Lorton has earned a bachelor of science from Excelsior College.

**Jennifer A. Warren** of Fairfax Station received a master of education in counseling from Boston University in January.

Four Fairfax Station residents have been named to the fall semester dean's list at Radford University. They are **Beau Burgess Proctor**, sophomore pre-business major; **Benjamin James Brantlinger**, senior media studies major; **Kayla Beth Reisinger**, freshman early childhood and special education major; and **Corbin Rose Stewart**, freshman art major. To be named to the dean's list, a student must

have taken 15 or more credit hours and have a grade point average of 3.4 or above with no grade below a C.

The following students are among the 681 students who have been named to the dean's list at the University of Mary Washington for the fall semester of the 2009-10 academic year: **Margaret Boatner**, a junior, from Clifton; **Rachael Flaks**, a junior, from Fairfax Station; **Lara Froemke**, a junior, from Fairfax Station; **Tara Gallagher**, a freshman, from Lorton; **Dana Kreyenhagen**, a senior, from Fairfax Station; **Jason McCormack**, a senior, from Fairfax Station; **Matthew Robinson**, a senior, from Fairfax Station; **Claire Tuley**, a senior, from Fairfax Station; **Ryan Vaughn**, a sophomore, from Clifton; **Ashley Warhurst**, a sophomore, from Clifton; and **Kathleen Watson**, a senior, from Lorton. The dean's list honors outstanding academic achievement by full-time students who attain a minimum grade point average of 3.5 out of a possible 4.0.

Seven Fairfax Station residents received degrees from Virginia Tech in Blacksburg at the December 2009 graduation: **Ryann Brzoska**, bachelor of science in biochemistry; **Alexander Cho**, bachelor of science in psychology; **Ryan Gleeson**, bachelor of science in business in hospitality and tourism management; **Jill LeBlanc**, bachelor of science in materials science and engineering summa cum laude; **Joseph O'Bryhim**, bachelor of science in business management; **Lauren Swenson**, bachelor of science in business in hospitality and tourism management; and **Caitlin Thomas**, bachelor of arts degree in international studies.

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This new Waterlase® is a breakthrough in comfortable dentistry. The laser sprays a computer-controlled spray of air, water and laser energy at the decay in the tooth. The laser energy is absorbed by the water and the energized microscopic water droplets are what actually remove the tooth decay. Rarely is a shot necessary to numb the patient. Since no heat is generated from the laser the Waterlase® is very safe to use on everyone.

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The Waterlase® allows us to prepare teeth with less trauma which results in significantly less tooth sensitivity after new fillings.

Additionally, using the Waterlase® for gum procedures reduces bleeding, post-operative pain, swelling and the need for pain medication in many cases. That means a new level of comfort and satisfaction for your entire family.

### ■ Sterilization

The laser sterilizes the tooth as it removes decay. This is very important. Because of bacterial contamination, many of you have had old fillings replaced with either new fillings, or in many cases, with crowns--and sometimes even root canals!! The reoccurrence of decay under fillings is a primary reason so many root canals are needed. Since this new laser sterilizes the tooth as it removes decay, and since many dentists now use 'bonded' filling materials enriched with fluoride, the chances of ever having recurrent decay under that new filling are much lower.

### ■ Great for Teenagers

The Waterlase® is especially great for teenagers. Sure, if the dentist is very good, shots should not really be painful. But **KNOWING** you're getting a shot is psychologically painful even if you can't feel the needle--especially for teenagers. By not getting a shot, not feeling the vibration of the drill, and by not hearing the loud drill, kids never become **afraid of the dentist**, so they don't grow up to be adults afraid of the dentist.

By incorporating laser technology into our dental practice, we are changing dentistry. It is no longer yesterday's world of painful shots, large silver mercury fillings, and fearful patients. Lasers have improved the lives of patients and their dentists.

Technology is something that makes life better. Better in this case is better clinical results, improved patient comfort, less use of anesthesia and antibiotics.

We are proud to be one of the first dentists in Fairfax County to offer this revolutionary technology. Since August 2003, Dr. Fox has completed over 3,000 laser fillings with no needle/no pain/no numbness. If you've been putting off going to the dentist because you were nervous about the drill and needle, you don't have to put it off any longer!

For more information about our dental practice please visit our website at

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



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## LETTERS

FROM PAGE 6

get shortfall — raise taxes or reduce spending?

Gov. Kaine (D) answered this by proposing both spending cuts and tax increases. As he left office, Gov. Kaine presented his proposed budget (basically a first draft), which included \$70+ million per year in higher fees and the option of either (a) eliminating the car tax repeal or (b) instituting a new 1 percent local income tax increase.

The State Senate answered the question similarly by proposing both spending cuts and tax increases. To their credit, they did not raise income taxes nor re-impose the car tax. They did make cuts. However, they proposed more than doubling the governor's suggested fee increases by raising over \$115 million per year in fees.

The House proposed no tax increases, to keep the car tax repeal and no fee increases. But, to be fair, the budget cuts in the House proposal were much more severe than those proposed by Gov. Kaine and the Senate.

On Sunday, the General Assembly met on its final day and agreed to a budget compromise. While I wanted to pass a budget as proposed by the House without a fee increase, we needed a budget. And a compromise means that you get some things you want, but you have to accept some things you don't. Therefore, in the end, the agreed compromise cut the Senate fees in half from \$94.5 million/year to \$47.25 million/year. In exchange, the budget kept the car tax repeal in place and did not put in place any new tax increases, including Gov. Kaine's proposed 1 percent income tax increase.

In the end, we agreed to balance a budget with a 13 percent shortfall by reducing spending and increasing revenues by a mere 0.6 percent through new user fees (These include a Deed Recordation Fee increase of \$10, food inspection fees, coal and mineral fees, driver's license reinstatement fees, driver's license renewal fees of \$2, and court filing fees, to name a few.)

Some anti-tax purists won't like this budget. Most, if not all, pro-government liberals will hate this budget. It's easy to sit on the outside and wish that you could have everything your way. But, that is not how government works and, with a Republican controlled House and Democrat controlled Senate, compromise is necessary.

The bottom line is that increasing government revenues by a mere 0.6 percent while cutting spending by 12.4 percent is a great deal given that we kept the car tax repeal in place (thus saving most people about \$600 per car per year) and did not impose a 1 percent income tax.

Del. Dave Albo  
R-42

## Swimming Against the Tide?

To the Editor:

I opined that when Ken Cuccinelli (R) was elected Attorney General he would likely become an embarrassment to the Commonwealth of Virginia. The Commonwealth has a myriad of problems and turmoil created by the severe downturn in the Nation's economy. Cuccinelli would do better if he helped solve these problems rather than creating new ones.

When he was a state senator, Cuccinelli pursued his own social agenda, which is probably derived from his religious faith, this is understandable. But, his religious beliefs should not be the basis for his actions as Attorney General of Virginia.

Ken Cuccinelli can continue to tilt at windmills in a time when the Nation's Defense Department is trying to fix the "Don't Ask Don't Tell" issue. In my opinion, Cuccinelli is swimming against the tide of history. If [Former Republican Del.] Vincent Callahan thinks Cuccinelli's action is ill-advised, then that's good enough for me.

Some 50 years ago, when I was a student in graduate school, I rode in a carpool for 13 months with another Air Force officer who I later found out had to resign his commission because he was a homosexual. He also had a wife and daughter at the time of our military assignment at school, as did I. My life has been no better or worse because I happened to have been assigned by the military to the same graduate school program with a man who today would be categorized as being gay.

I do not know why a man or woman is gay. Some say they are born that way and others say it is because of the environment in which they grew up. Some say it is a combination of both. Be that as it may, I doubt if Ken Cuccinelli knows why, either. Maybe, because of his upbringing, he feels compelled to fix what he perceives to be a problem, which, in my opinion, is bigger than him. If all of us are children of

SEE LETTERS, PAGE 9

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## LETTERS

FROM PAGE 8

God, I sincerely doubt if a mortal man like Cuccinelli can do anything to change person's sexual orientation. The question then becomes: Does Cuccinelli believe that it is OK to discriminate against people who are gay? Even if, some of them, men and women in our armed forces, are fighting and dying to protect the freedom he and all of us enjoy in our beloved country?

**Lon Caldwell**  
Springfield

## Supporting Martin

To the Editor:

I just received an announcement that Scott Martin will be running for the 39th State Senate Seat next year. I can't tell you how happy I am that we will have a principled and common sense candidate running to represent us in the State Senate.

Our current state senator, George Barker (D) just voted to the far-left of his own party against SB 417, a Senate bill that would provide us, the citizens of Virginia, constitutional protection against mandated federal health care. Not only is this deeply disturbing, but it is a clear indication of how out of touch George Barker is with the interests of his constituents.

Show me where in the U.S. or Virginia Constitution it states that the government has the right to force me to obtain a specific health insurance policy for my family and me?

Yes, health insurance needs reform, but forcing citizens to obtain government mandated insurance is not only wrong, it is unconstitutional.

I for one will be happy to see Barker's forced retirement next year when my friends and neighbors vote for Scott Martin!

**Victoria Thompson**  
Fairfax Station

## Write

The Connection welcomes views on any public issue.

The deadline for all material is noon Friday.

Letters must be signed.

Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

Letters to the Editor  
The Connection  
1606 King St.  
Alexandria VA 22314  
703-778-9416.  
south@connectionnewspapers.com

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- Slash information assistance and computer/Wi-Fi access for students, job seekers, ESL patrons and others
- Eliminate outreach services for the disabled, homebound and senior center residents
- Reduce services for children and teens
- Cut the library budget by nearly 1/3 over two years
- Make per resident library spending for Fairfax County the lowest in the DC Metro area

## Help Save Library Services

Sign our petition at <http://tiny.cc/fcpl>

## Contact the Fairfax County Board of Supervisors

- Chairman, At-Large — Sharon Bulova 703-324-2321 [chairman@fairfaxcounty.gov](mailto:chairman@fairfaxcounty.gov)
- Braddock — John C. Cook 703-425-9300 [braddock@fairfaxcounty.gov](mailto:braddock@fairfaxcounty.gov)
- Dranesville — John W. Foust 703-356-0551 [dranesville@fairfaxcounty.gov](mailto:dranesville@fairfaxcounty.gov)
- Hunter Mill — Catherine M. Hudgins 703-478-0283 [hntmill@fairfaxcounty.gov](mailto:hntmill@fairfaxcounty.gov)
- Lee — Jeff C. McKay 703-971-6262 [leedist@fairfaxcounty.gov](mailto:leedist@fairfaxcounty.gov)
- Mason — Penelope A. Gross, Vice Chairman 703-256-7717 [mason@fairfaxcounty.gov](mailto:mason@fairfaxcounty.gov)
- Mount Vernon — Gerald W. Hyland 703-780-7518 [mtvernon@fairfaxcounty.gov](mailto:mtvernon@fairfaxcounty.gov)
- Providence — Linda Q. Smyth 703-560-6946 [provdist@fairfaxcounty.gov](mailto:provdist@fairfaxcounty.gov)
- Springfield — Pat Herrity 703-451-8873 [springfield@fairfaxcounty.gov](mailto:springfield@fairfaxcounty.gov)
- Sully — Michael R. Frey 703-814-7100 [sully@fairfaxcounty.gov](mailto:sully@fairfaxcounty.gov)

Residents of Fairfax City contact the Mayor and City Council [mayor&council@fairfaxva.gov](mailto:mayor&council@fairfaxva.gov)

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## Kolton Outstanding Cadet Drum Major At Randolph-Macon

Victoria Kolton, daughter of Randy and Miki Kolton of Fairfax Station was named the Outstanding Cadet Drum Major at the 34th Annual Military School Band Festival that took place Feb. 26-28, at Randolph-Macon Academy in Front Royal. Tori is a senior at R-MA and the senior drum major in R-MA's 91st Virginia Air Force J.R.O.T.C. Band.

Tori received a gold medal in recognition of her outstanding performance during the drum major competition at the Band Festival. She competed against students from nine different military high schools and colleges to win this honor.



Victoria Kolton

Michael Golden Stokes Hubbell, a resident of Fairfax Station, was awarded dean's list honors for academic achievement during the fall 2009 semester at St. Mary's College of Maryland. Dean's list honors are awarded to full-time students at SMCM who earn a semester grade-point average of 3.5 or better on 12 or more graded credits.

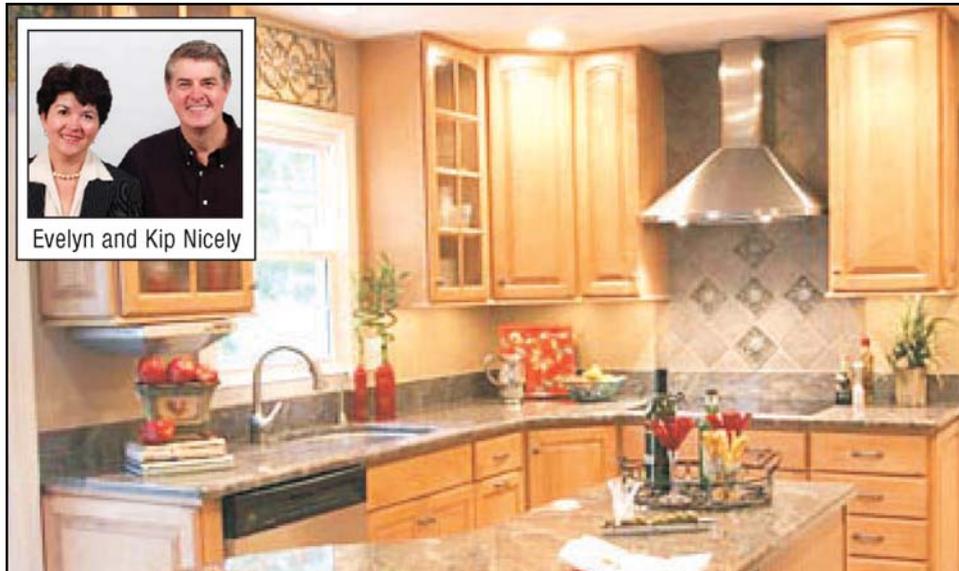
Silvia Hernandez, a theater arts major at Davis & Elkins College in Elkins, W.Va., has been named to the fall 2009 dean's list. Silvia is the daughter of Mario Delgado and Claribeth Martinez of Lorton. Students on the Davis & Elkins dean's list

must earn a 3.6 G.P.A. on a 4.0 scale while taking a minimum of 12 semester hours

### COLLEGE NOTES

Four Fairfax Station residents have been named to the fall semester dean's list at Radford University. They are **Beau Burgess Proctor**, sophomore pre-business major; **Benjamin James Brantlinger**, senior media studies major; **Kayla Beth Reisinger**, freshman early childhood and special education major; and **Corbin Rose Stewart**, freshman art major. To be named to the dean's list, a student must have taken 15 or more credit hours and have a grade point average of 3.4 or above.

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Evelyn and Kip Nicely

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Family owned and operated by Evelyn and Kip Nicely, Nicely Done Kitchens is dedicated to making sure each and every client is amazed with

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### CALENDAR

Send notes to the Connection at [south@connectionnewspapers.com](mailto:south@connectionnewspapers.com) or call 703-778-9416. Deadline is Friday. Dated announcements should be submitted at least two weeks prior to the event.

#### THURSDAY/MARCH 18

**Latin Dance Nights.** 10 p.m. at Jaxx, 6355 Rolling Road, Springfield. Ladies free, men \$10. 703-569-5940.

#### FRIDAY/MARCH 19

**Kix, ZO2 and more.** 8:30 p.m. at Jaxx 6355 Rolling Road, Springfield. \$27 advance, \$30 door. 703-569-5940.

**Lunch Bunch.** 12 p.m. John Marshall Library, 6209 Rose Hill Drive, Alexandria. Bring lunch and listen to stories. Birth-5 with adult. 703-971-0010.

#### SATURDAY/MARCH 20

**Gunston Hall 31st Annual Kite Festival.** 12-5 p.m. at Gunston Hall, 10709 Gunston Road, Lorton. Puppet show, hands-on archaeology, open-hearth cooking, and a modern-day fire truck. Bring a kite or purchase one from the Museum Shop. Costumed characters introduce 18th-century games, penmanship with a real quill pen and basket weaving. Picnic foods and baked goods available for purchase. Adults \$10, \$6 ages 6-18, \$2 ages 2-5 years. \$25 Family Admission for 2 adults and up to three children. 703-550-9220 or [www.GunstonHall.org](http://www.GunstonHall.org).

**Cranford United Methodist Women's Ham & Oyster Dinner.** 4-7 p.m. at Cranford United Methodist Church, 9912 Old Colchester Road, Lorton. Fried oysters, baked ham and much more.

SEE CALENDAR, PAGE 12

## THINGS TO DO



FILE PHOTOS

More than 200 cakes and other confectionery foods were on display at the 2009 National Capital Area Cake Show.

# Something's in the Oven

National Capital Area Cake Show comes to Woodson High School this weekend.

BY BONNIE HOBBS  
THE CONNECTION

Cake lovers from far and wide will flock to Woodson High this weekend for the second annual National Capital Area Cake Show. World-class sugar artists will display their cake-decorating skills, while showing off their creativity and ingenuity.

Innovative wedding-cake art, hot trends in decorating, live challenges, classes and demonstrations by many of the top names in the world of cake decoration are just a few of the many treats in store for attendees.

Show times are Saturday, March 20, from 10 a.m.-5 p.m., and Sunday, March 21, from 9 a.m.-5 p.m., and various ticket options are available. A \$35 ticket is good for both days, including Saturday's and Sunday's challenges. Or a \$15 ticket may be purchased for either day and includes that day's challenge. For more information, plus a schedule of classes, see [www.cakeshow.org](http://www.cakeshow.org).

During Saturday's live challenge from 11 a.m.-5 p.m., famous sugar artists from TV will compete to see who can create the best, 3-foot-tall, circus-themed cake. Sunday's two, live challenges will be "What's in This Box?" from 1:30-2:30 p.m., and the "Haunted Castle Competition" from 10 a.m.-1 p.m.

In Sunday's first competition, Norm Smith and Zane Beg, co-owners of The Sweet Life Cakery in Fairfax, will vie against each other and everyone else participating. They'll open up a box and will have to decorate a cake with whatever items they find inside, such as fondant, flowers, icing, etc. In the second challenge that day, participants will assemble elements they've been given in advance to create a haunted castle.

"It's the second-largest cake show in the



**Sandy Sheppard of Lorton, owner of Confectioner's Art, explains the technique that was used to make a cake at last year's show.**

U.S.," said Smith. "People travel for this event from as far away as Texas, Arizona, Florida and Canada. The show has over 250 cake entries in various categories and features 19 big names in the cake industry. Many stars seen on the Food Network and TLC's 'Ultimate Cake Off' will be at this event."

There's also a wedding cake competition, plus contests for decorations illustrating nursery rhymes. Pound, chocolate and fruit-and-nut cakes will vie in the tasting division, along with cheesecakes; and on Sunday, the cakes in the challenges will be sold by the slice.

In addition, a portion of the cake show's proceeds will benefit two, local charities — Shelter House Inc. and Kristi's Christmas.

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# CALENDAR

FROM PAGE 10

All proceeds go to mission work. 703-339-5382.

**Northern Virginia Chorale and Northern Virginia Community College Annandale Chorale.** 7 p.m. at St. Mark's Lutheran Church, 5800 Backlick Road, Springfield. Haydn's Missa Brevis St. Joannis De Deo (Little Organ Mass) and Lord Nelson Mass plus Handel's Coronation Anthem, directed by Robert S. Webb, Jr. and accompanied by a professional chamber orchestra. Adults \$15 in advance, \$20 at the door. Age 12-24 \$10, under age 12 free. 703-239-2180 or www.northernvirginiachorale.org.

**One-on-One Computer Tutoring.** 10 a.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Learn to use a computer and navigate the Internet. Call for an appointment. Adults. 703-249-1520.

**VITA Tax Assistance.** 10:30 a.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. IRS-certified volunteers help taxpayers who earned up to \$49K. Adults. 703-339-4610.

**PAWS to Read.** 11 a.m. Lorton Library, 9520 Richmond Highway, Lorton. Read with a trained reading therapy dog, for a ten-minute session. Call to register. Age 6-10. 703-339-7385.

**Latin Dance Nights.** 10 p.m. at Jaxx, 6355 Rolling Road, Springfield. Ladies free, men \$10. 703-569-5940.

**Potluck Dinner.** 5-9 p.m., at Ravensworth Elementary School, 5411 Nutting Drive, Springfield.

## SUNDAY/MARCH 21

**N Scale Model** Trains will be running from 1-4 p.m. at the Fairfax Station



TAO ENTERTAINMENT

Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Trains will be running in the caboose as well. \$2 adults, \$1 ages 4-10. 703-425-9225.

**Taking Saturn, A Sound of Thunder,** Dance Party Hazard, Misanthrope, The Trouble With Satellites, Upon Disfigurement, Ashes of the Massacre and more. 1:15 p.m. at Jaxx 6355 Rolling Road, Springfield. 703-569-5940. \$10 advance; \$12 door.

## MONDAY, MARCH 22

**Read to the Dog.** 4:30 p.m. Kingstowne Library, 6500

Landsdowne Centre, Alexandria. Read to a Therapy Dog. Call to register. 703-339-4610.

**Latin Dance Nights.** 10 p.m. at Jaxx, 6355 Rolling Road, Springfield. Ladies free, men \$10. 703-569-5940.

## WEDNESDAY/MARCH 24

**West Springfield Pyramid Art Show.** 6:30 p.m. at West Springfield High School, 6100 Rolling Road, Springfield. An evening of art spanning the elementary level to high school. 703-913-6800.

**Open Irish Song Session.** 8:30 p.m. at Hard Times Cafe, 6362 Springfield Plaza, Springfield. Open to anyone

who would like to sing or listen to Irish songs. 703-913-5600.

**SevenMaryThree.** 7:30 p.m. at Jaxx 6355 Rolling Road, Springfield. \$20 advance; \$23 door. 703-569-5940.

## THURSDAY/MARCH 25

**Think Spring!** 10:30 a.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Story time celebrating spring. Ages 2-5 with an adult. 703-249-1520.

**Spring Babies.** 10:30 a.m. Richard Byrd Library, 6315 Backlick Road, Springfield. Stories and activities. Age 2-5 with adult. 703-451-8055.

**Latin Dance Nights.** 10 p.m. at Jaxx,

6355 Rolling Road, Springfield. Ladies free, men \$10. 703-569-5940.

## FRIDAY/MARCH 26

**St. Bernadette School Art Show.** 6:30 p.m.-8:30 p.m. at St. Bernadette School, 7602 Old Keene Mill Road, Springfield. The centerpiece of the exhibit is a life-sized paper mache tree made by the art teacher and parents and filled with students' origami projects. 703-451-8696.

**Latin Dance Nights.** 10 p.m. at Jaxx, 6355 Rolling Road, Springfield. Ladies free, men \$10. 703-569-5940.

## SATURDAY/MARCH 27

**One-on-One Computer Tutoring.** 10 a.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Learn to use a computer and navigate the Internet. Call for an appointment. Adults. 703-249-1520.

**VITA Tax Assistance.** 10:30 a.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. IRS-certified volunteers help taxpayers who earned up to \$49K. Adults. 703-339-4610.

**Death Row Reunion, One Slack Mind, Acid Queen and more.** 6:15 p.m. at Jaxx, 6355 Rolling Road, Springfield. \$17 advance; \$20 door. 703-569-5940.

## MONDAY/MARCH 29

**Read to the Dog.** 4:30 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Read to a Therapy Dog. Call to register. 703-339-4610.

**Latin Dance Nights.** 10 p.m. at Jaxx, 6355 Rolling Road, Springfield.

SEE CALENDAR, PAGE 13

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## THINGS TO DO

# Honoring Women's History

## Lorton Workhouse performances mark Women's History Month.

**O**n Sunday, March 21, the Workhouse Arts Center presents two performances in honor of Women's History Month — "The Remarkable Susan" by Tim Kelly and "Petticoats in Politics" by Kate Campbell Stevenson.

The South County Secondary School Theatrical Arts Troupe presents "The Remarkable Susan" at 1 p.m., in Gallery Building W-16. Set in a late 19th century courtroom, the drama centers on Susan B. Anthony, who is on trial for the crime of casting a ballot.

At 2 p.m., Kate Campbell Stevenson offers characterizations of early 20th century women who led the fight in securing women's right vote in "Petticoats in Politics." Both performances are free.

The presentation is part of the Workhouse exhibit "Minds Wide Open: Virginia Celebrates Women in the Arts," a



PHOTO COURTESY OF TOM RADCLIFFE

**Kate Campbell Stevenson as Eleanor Roosevelt**

statewide celebration honoring women in the Commonwealth and their contribution to the arts. Learn more by visiting [www.vamindswideopen.org](http://www.vamindswideopen.org).

### AT THE WORKHOUSE

The Workhouse Arts Center is located at 9601 Ox Road, Lorton.



## Colored Wax Pencil Drawings

**L**ocal, award-winning artist Sherry Smith mixes local color with an iridescent twist in her contemporary still life studies. "My drawings are not as much about the subject matter as they are about the fusion of colors, pattern, contrast, and detail, detail, detail," said Smith.

The exhibit runs Tuesday, April 6 through Sunday, May 2 at the Loft Gallery, 313 Mill St., Occoquan. Meet-the-Artist Reception: Sunday, April 11, 1-4 p.m. [www.loftgallery.org](http://www.loftgallery.org), 703-490-1117.

### 'Iridescent Fusion,' Original Colored Wax Pencil Drawings

## CALENDAR

FROM PAGE 12

Ladies free, men \$10. 703-569-5940.

**The Friends of Fairfax Station Annual Meeting.** 7:30 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax. Free and open to the public. 703-425-9225.

### TUESDAY/MARCH 30

**Lullaby Stories.** 7 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Evening stories

and activities. Pajamas and stuffed animals welcome. Age 1-5 with adult. 703-339-4610.

### WEDNESDAY/MARCH 31

**Practice Your English.** 10:15 a.m. and 6:30 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Conversation group for adults learning English. 703-339-4610.

**VH1's Brittany O'Campos, Pretty Boi Mo & Romeo,** DJ Legacy, DJ Pootie, DJ Skeem and DJ Skoobie. 8 p.m. at Jaxx, 6355 Rolling Road, Springfield. \$15 advance; \$20 door. 703-569-5940.

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# Three Added to Local Hall of Fame

## Bruins' Jim Poythress named Coach of the Year.

BY REED S. ALBERS  
THE CONNECTION

**D**allas Cowboy Jason Witten might one day be immortalized in the Pro Football Hall of Fame in Canton, Ohio, but his first hall of fame honor is Fairfax's to

claim. On March 14 at the McLean Hilton, the Fairfax County Football Hall of Fame inducted the six-time, Pro Bowl tight end and former Vienna Youth linebacker to its illustrious roster of local football legends.

"There's no question that the experiences I had [at Vienna Youth] helped me reach my dreams," Witten said. "Thank you for helping make my dreams come true."

Witten was unable to attend the ceremony due to duties with the NFL Players Association and its yearly meeting in Hawaii, but his award will be held in Fairfax until next year's ceremony and he vowed to claim it in person.

Former Robinson Secondary School head football coach Nick Hilgert joined Witten as one of the three 2010 inductees to the Hall of Fame.

Hilgert, who served as head coach from 1983 to 1996, was the first Robinson head coach to take the Rams to the state football finals in 1988. Hilgert also worked as an assistant coach at Hammond High School and Marshall High School.

Known for being a likeable coach and teacher, Hilgert used his time at the podium to remind the

student-athletes in attendance to strive for excellence in everyday life.

"There's a lot more to [sports] than winning and losing ... you don't just go out for sports to be winners," he said. "Always do your best. If you do your best, then you're not a loser. Learn more, study more, work hard and don't be satisfied with average."

Richard Herman of Fort Belvoir Sports also was inducted into the Hall of Fame for his decades of service to area youth sports. In 1993, he founded a select basketball program, and in 2000 founded a youth track club.

He currently is the Fort Belvoir youth football commissioner.

"I love children and I'll probably do this until the day I die," he said. "I appreciate this award and I'm very humbled."

**IN ADDITION** to the Hall of Fame inductions, various service and player of the year awards also

were handed out.

Josh Hogan (W.T. Woodson), Kevin Samson (Madison), Anton McCallum (Hayfield), Brian Laiti (Robinson), Hunter Debutts (Episcopal) and Bo Revell (Battlefield) were named the High School Players of the Year.

Jim Poythress (Lake Braddock) and Mickey Thompson (Stone Bridge) were named High School Coaches of the Year.

Solomon Thompson Jr. won the Karl Davey Memorial Award. John Page won Official of the Year and Joe Swarm, director of student activities at Marshall High School, won the Tom Davis Meritorious Service Award.

Damian Caracciola, Southwestern Youth Association youth football commissioner, won the Gene Nelson Commissioner's Award.

**"Thank you for helping make my dreams come true."**

— Jason Witten



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Lake Braddock football head coach Jim Poythress was named Coach of the Year at the ceremony. Poythress led the Bruins to a state finals appearance in 2009.

# Determination Leads to Dream School

## Robinson's Mickey Bennett chases his dream of wrestling for West Virginia University.

BY REED S. ALBERS  
THE CONNECTION

**M**ickey Bennett, a 145-pound wrestler for Robinson, had just about everything squared away to begin his transition to West Virginia University next fall.

He had paid his first-year tuition deposit and had a roommate and dorm assignment lined up, but a spot on the team's NCAA Division 1 wrestling team was still in limbo.

"West Virginia was my top pick for college," the senior said. "I had been looking at West Virginia for a while. I went to a camp there and hoped they would notice me."

Through various camps and fund raisers at West Virginia, Mickey had attempted to draw attention to his wrestling.

Mickey hoped his first-place finish at the

Northern Region wrestling tournament would earn him a spot on Mountaineer's wrestling team.

No offer came.

His third-place finish in 145-pound class at the Virginia AAA state wrestling tournament didn't yield any news.

"It was getting upsetting," said Marcia Bennett, Mickey's mother. "We hadn't heard anything [about Mickey's recruitment]. We knew they had just recruited two other kids in his weight class. We

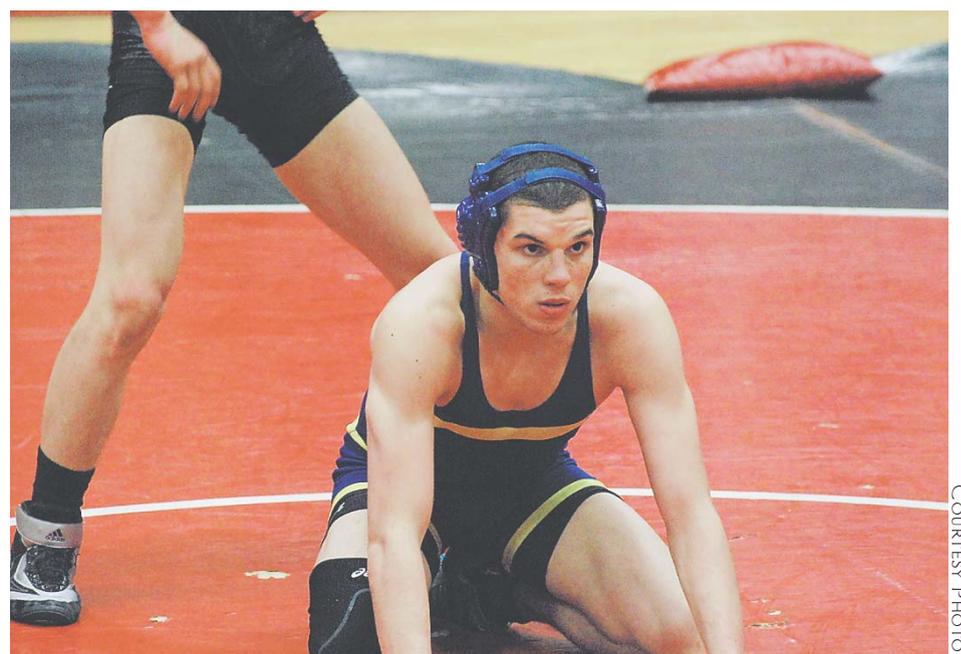
were like 'What now?'"

Mickey Bennett faced a grim situation. It appeared he would have to walk on to the wrestling team and try to earn a spot over wrestlers who had been recruited — some of them national and state champions.

"If I had to walk on, then that's how it was going to be," Mickey Bennett said.

**"He was going to make them want him."**

— Marcia Bennett



COURTESY PHOTO

Setting his sights on joining West Virginia University's wrestling team, Bennett put in hours of extra work at camps during the summer to better his chances.

As it turned out, Mickey Bennett had been a Mountaineer all along. His family's worried frenzy over his wrestling career had

kept them from performing a simple task.

SEE MICKEY BENNETT. PAGE 15

WWW.CONNECTIONNEWSPAPERS.COM

# Structure Comes Back To South County

New head lacrosse coach Brian Cabacar looks to reverse losing trend for Stallions.

BY REED S. ALBERS  
THE CONNECTION

South County defender Dan Beebe already can see a profound change in the boys' lacrosse team's attitude with just a few days before the season opener.

"Last year, we lacked a lot of discipline," Beebe said. "We showed up to practice when we wanted, warmed up the way we wanted, and played the way we wanted. There wasn't a lot of structure on the team."

Where his teammates might have spent time goofing off not taking their practice seriously, the Stallions are now taking simple practice drills such as ground balls and left-handed throwing with a new mindset.

"Now, warm ups are synchronized, everyone is working together, practice begins on time and we're doing drills together," the senior said. "It's a rude awakening to the younger kids who aren't used to [the structure]."

The team's past troubles weren't just on the practice field.

During the 2009 season, a campaign that ended with a 3-8 record, Beebe said the team suffered from a "me first" mentality that hindered the Stallions' ability to become a cohesive unit.

Those days are over, too.

"We can already see big changes just from

our two scrimmages," he said. "Just watching our guys play now, you can tell [their effort is] a lot better than it used to be."

The source of all the change comes from new head coach Brian Cabacar.

Cabacar started his tenure with South County as an assistant in the 2007 season, but when the head coach position opened up after last season, he said he was ready for the challenge.

"I wanted to bring some structure and organization to this team," he said. "Consistency is a big thing. When you change coaches every year, it takes away from the whole consistency thing."

Cabacar is the fifth coach to take over the Stallions since 2006.

Each season since their 9-5 campaign in 2006, the Stallions have grown progressively worse, but

Cabacar hopes to reverse that trend.

"The lack of structure was something I promised to improve upon," he said. "We've been lacking that for the past couple of years."

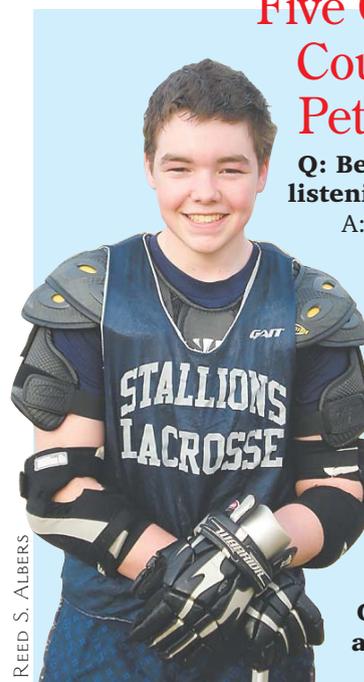
Cabacar is receiving high marks from players for his coaching style.

"He gets along with all the guys," junior midfielder Ryan Higgins said. "He really gets involved and is strict on the schedule. He just gets stuff done. He's every player's dream coach. He'll get on your [butt], but we like him."

**"We're going to do better than last year."**

— Brian Cabacar

Five Questions with South County lacrosse player Peter Basnight



REED S. ALBERS

Peter Basnight

**Q: Before a game, what kind of music are you listening to?**

A: It's not really a single song, but I listen to whatever the team puts on the radio on our locker room.

**Q: Who's in charge of the radio, and is he doing an adequate job?**

A: Right now it's Matt Newell. I'm kind of hoping it will change. We haven't had the best of song choices (laughs).

**Q: How did you end up settling on playing attack?**

A: I'm not the fastest guy, but I have decent stick skills. It's worked out for me and [attack] has less running.

**Q: If you could change places with any athlete, who would it be?**

A: It would be great to play pro lacrosse and be [Syracuse University four-time All-American] attacker Mikey Powell.

**Q: Are you looking to play in college?**

A: I don't know. I'm not looking at one place right now. If the opportunity comes, then I'll be happy to play.

— REED S. ALBERS

Getting the team in line with stricter practices and a tougher attitude might be easier said than done. Cabacar is also dealing with a program that features many lacrosse newcomers.

Despite having a senior-heavy team, Cabacar said many of his players are ex-football players who are picking up sticks and learning the sport as the season progresses. Cabacar is hoping their team-

work and work ethic from the football team will carry over to the lacrosse field.

"These guys are very self motivated," he said. "We have a lot of seniors on the team who haven't played before, but they know each other from football."

"This isn't a building year," he said. "It's a foundation year. We're looking at two- to three-year process. We're going to do better than last year."

# Mickey Bennett Climbs to Mountaintop

FROM PAGE 14

"I didn't check the mail during the entire week of regionals and states," Marcia Bennett said. "I pulled out the mail and there was a 3-inch packet from West Virginia saying they would like him to wrestle for them."

Mickey Bennett's dream of becoming a Mountaineer goes back to his first day with the Robinson wrestling team.

Mickey, who played defense in football, wanted something to do during the off-season.

"For 10 years, I played football," he said. "After the season I wanted to try something new."

With no wrestling experience or any understanding of the sport, Mickey Bennett joined the Robinson wrestling team — one of the region's premier wrestling programs — as a freshman.

"When he came into the room, we didn't know what to expect," Robinson head wrestling coach Bryan Hazard said. "He was a

tough kid to deal with, but as he started to gain experience and confidence, he shattered our expectations."

Marcia Bennett didn't know what to expect either.

"I remember picking him up and he was soaking wet. He came out and said, 'This is sweat,'" she said. "I thought he had gotten in a water fight. The next practice I picked him up and he was all wet again. After two or three more days, I realized he wasn't getting in a water fight."

Mickey Bennett spent a season on the junior varsity team where he found such early success that it prompted him to make a drastic change in his sporting life.

"I decided to quit football so I could focus on my wrestling," he said.

**WITH A** renewed focus, Mickey Bennett earned a few matches on the varsity roster in his sophomore year before earning a full-time spot as a junior.

When the season ended and other wrestlers played other sports or took time off,

Mickey Bennett toiled on the mats, chasing his dream.

Mickey Bennett started going to as many wrestling camps as he could, finding any way to improve his skills.

"For two summers in a row, he went to over 30 days of camps," Marcia Bennett said. "He just did a lot of work while everyone else was going to the pool."

Hazard said it's uncommon for a wrestler to enter a program with no experience and reach Mickey Bennett's potential.

"There are people who have been national champions who did not start wrestling until their freshman or sophomore year," he said. But without prior experience, he admitted it can be difficult to achieve Mickey Bennett's success."

With a resumé of impressive victories, Mickey Bennett embarked on his quest to gain the eyes of the West Virginia coaches.

He sent letters of recommendation, visited coaches at the school, attended fund raisers at WVU and wrestled at events where he might be seen by the coaches.

"You have to make yourself known to the coaches and Mickey did that," Marcia Bennett said. "He was going to make them want him."

Mickey Bennett said there was never a second school, there was only West Virginia. Hazard knew wrestling for WVU was a lofty goal.

"Up until the end of this year, I never would have expected him to wrestle at the Division 1 level," he said. "He didn't really have the awards, but he put in a lot of time and bought into what we were [teaching]."

**THE NEWS** that Mickey Bennett had earned a spot on the team righted some past disappointments in his young life.

"He's kind of come up short on things he wants," Marcia Bennett said. "It's nice that he finally got it. He worked hard for it."

Hazard said Mickey Bennett's chance to wrestle for West Virginia is just one result of his hard work and dedication to the sport.

"Wrestling has made him a better person," Hazard said.

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## COMMUNITY

# Coming To Our Census

## Will county's million-plus residents be enough?

BY JULIA O'DONOGHUE  
THE CONNECTION

This is one of three articles about the upcoming 2010 census and what to expect in Fairfax County. To see other articles, visit [www.connectionnewspapers.com](http://www.connectionnewspapers.com).

In a little more than a month, the United States will count its residents and update demographic information for the first time since 2000.

Fairfax County residents will receive their census forms through the mail or by hand delivery in the middle of March. The completed forms are due April 1.

The U.S. Constitution calls for each state's apportionment of seats in the House of Representatives to be based on the results of the census that is taken every 10 years. The information gathered during the census is also used to redraw political boundaries at the state and local level.

Fairfax County officials are encouraging all citizens to participate in the census since an increase in the county's population could lead to, among other things, a greater number of representatives in Richmond or on Capitol Hill.

"Political representation is based on our population so we want to make sure we are accurately counted. Our numbers provide us representation in congress. It is also important that we have adequate representation at the General Assembly level," said Fairfax County Chairman Sharon Bulova (D-At-large).

OVER THE PAST few decades, Fairfax has gained political clout as a result of population counts taken during the 10-year census.

Fairfax acquired a new congressional seat, Virginia's 11th District, when the 1990 census reflected the locality's significant population growth. The Virginia General Assembly also opted to move the 86th District delegate seat from Southwest Virginia to the Herndon area after the 2000 census showed a population boom in western Fairfax.

Following the 1990 head count, local officials also added a new seat, the Sully District, to the Fairfax County Board of Supervisors.

But it is not clear that Fairfax would gain representatives or create new political seats as a result of the 2010 census, even though the number of Fairfax residents has continued to climb over the last decade.

ACCORDING TO ESTIMATES from the census bureau, approximately 1.01 million people called Fairfax County home in 2008, up from 979,000 at the beginning of the decade.

The county is still, by far, the largest locality in Virginia, claiming one in every seven or eight resi-

dents of the commonwealth. Virginia's second largest locality, Virginia Beach City, is less than half the size of Fairfax, with approximately 470,000 residents.

From 2000 to 2008, Fairfax's population is estimated to have grown a little more than 4 percent. During the same time period, Virginia's population grew by about 10 percent.

If the 2008 census estimates prove true, Fairfax went from accounting for 13.7 percent of Virginia's population in 2000 to 12.9 percent in 2008. And one percentage point is equal to approximately one seat in the 100-person House of Delegates.

If anything, Fairfax's Northern Virginia neighbors appear more likely to gain political seats or extra representatives in Richmond and on Capitol Hill, given that they have grown at a faster rate than the rest of the state as a whole.

From 2000 to 2008, Arlington County has grown by approximately 20,500 residents, an 11 percent increase; the City of Alexandria has grown by 15,600 residents, a 12.6 percent increase; Prince William County has grown by approximately 84,000 residents, a 30 percent increase; and Loudoun County has grown

### Growth in Northern Virginia 2000-08

Locality	Additional Residents	Percent of Growth
Fairfax	36,231	4 percent
Arlington	20,500	11 percent
Alexandria	15,600	12.6 percent
Loudoun	120,400	71 percent
Prince William	84,000	30 percent
<b>Virginia</b>	<b>620,228</b>	<b>10 percent</b>

by approximately 120,400 residents, about 71 percent.

"I think, with the population growth, you'll see a movement toward outer Fairfax, Prince William and Loudoun but it is hard to know until the numbers come in," said former U.S. Rep. Tom Davis (R-11), who helped orchestrate the political redistricting for federal and state seats following the 2000 census.

The number of Fairfax representatives and the state and federal level will also depend largely on which political party controls redistricting since partisans often manipulate political boundaries to their advantage, according to Davis.

If the Republicans are in control, they may try to keep more rural districts, which tend to favor their party, in the legislature.

"You may be able to do four congressional districts in Northern Virginia. It just depends on who draws them," said Davis.

WITHIN THE COUNTY LIMITS, elected officials seem divided and a little hesitant to talk about what local population growth might mean for the Fairfax County Board of Supervisors.

The greatest amount of Fairfax's population growth has taken place in south county around Lorton in the Springfield and Mount Vernon districts. The shuttering of a federal prison and opening of a world-class arts center has led to revitalization and a boom in residential housing in the area.

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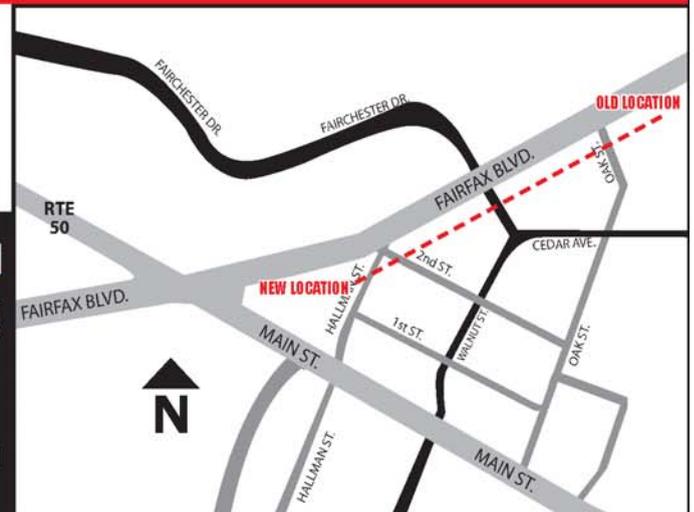
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Regardless of circumstances, each man lives in a world of his own making.

—Joseph Murray Emmis

## NEWS

# VDOT Faces Supervisors' Ire

FROM PAGE 4

had 17,000 miles of roadway to plow and that the storms were followed by prolonged low temperatures, which slowed melting.

"The most important factor was that snow was combined with low temperatures," Salehi said. "After the blizzard of '96 we had sunshine and heat. After this, we had days of low temperatures."

Vlacich followed and gave more insight on VDOT's actions during the storm, and what it could have done better in terms of removal and recovery. He said that VDOT employees in the field worked 12- to 16-hour days everyday for nearly two weeks, many of whom brought sleeping bags to work with them and slept in the office between shifts and ate only one meal a day.

He also said that while people in residential areas complained about slow removal, VDOT requires that roads be plowed in order of priority based on traffic volume. As a result, the first areas repeatedly plowed were Interstates 66, 395 and 495 and Routes 1, 7 and 9, followed by main roads within towns and finally subdivisions. The subdivisions, Vlacich said, are broken down into "snow maps," which are routes assigned to each driver to plow. Because of the routes, he said that many people saw streets nearby getting plowed before their own streets, so they called to complain.

"It's important to let the crews have the chance to finish their snow maps," Vlacich said. "Getting thousands of phone calls telling us that they didn't get plowed doesn't help us. It makes it harder to identify what we have already done."

**WHILE THE** explanations helped to allay some concerns, the board nonetheless still had issue with several areas of VDOT's response. Supervisor Linda Smyth (D-Providence) criticized the snow map system, saying that neighborhoods that Vlacich showed on the map in her district had some of the least cleared streets. She suggested that VDOT improve its mapping system to ensure that all streets are represented on their maps.

"I had to laugh when you showed one of my neighborhoods on the map when that's the neighborhood I got the most complaints about," Smyth said. "There

are gaps in the maps between Route 50 and 29, and roads [in that area] fell through the cracks."

Supervisor John Cook (R-Braddock) took aim at VDOT's communication system, saying that all streets would have been plowed quickly if VDOT had better communication with its plow operators. He said that he received calls from constituents complaining that their streets were not plowed for more than a week. He added that the poor communication hindered VDOT's ability to adapt to the changing nature of the situation.

"As we saw some problems it occurred to me that the communication between you and the people in

**"If you don't have a way to communicate with drivers and they're not in the office, that's not helping anyone.."**

— Supervisor John Cook (R-Braddock)

the plows is the issue," Cook said. "If you don't have a way to communicate with drivers and they're not in the office, that's not helping anyone. You have to have a management structure that allows you to change during the event."

Another area in need of change, several supervisors said, is the issue of private contractors. Supervisor Pat Herrity (R-Springfield) questioned the work of the private contractors hired by VDOT to assist in plowing efforts, saying that the contractors were not held accountable for their work, and in turn, neglected to plow many streets. He called for more monitoring of their work and suggested that VDOT provide incentives for good performance.

McKay also took issue with private contractors, but in terms of contractors hired by homeowners' and civic associations. He said that many of his constituents told him that their plows were willing to plow streets outside of these neighbors and that they were willing to incur the cost to help the community. However, due to VDOT restrictions, only VDOT staff or contractors hired directly by VDOT can plow VDOT roads.

While the summit provided answers to some of the most pressing questions that arose from the snowstorms, Salehi and Vlacich both said that even if the preparation was better and the response more efficient, the sheer volume of the snow would have hampered any efforts.

"The snow impacted residents, neighborhoods, our families and us," Vlacich said. "Our goal, first and foremost, is to do the most good in the quickest amount of time. We don't have all the answers, but we're constantly trying to improve."

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The Fairfax County Department of Public Works and Environmental Services Planning and Design Division will hold a citizens information meeting to provide the public with information regarding the proposed Noman M. Cole Jr., Water Reuse Project in Lorton, VA. This project is a reclaimed water distribution system designed to reuse the treated effluent from the Noman Cole Plant for the purposes of irrigation and cooling. The proposed project involves the installation of a pipeline from the Noman M. Cole Jr., Pollution Control Plant on Route 1 to Covanta Fairfax, Inc. Waste-to-Energy facility, and to Laurel Hill Golf Course, as well as other sites and associated pumps, storage and support facilities. The meeting will take place from 7:00 pm to 8:30 pm, Wednesday March 24, 2010 at South County Secondary School, 8501 Silverbrook Road, Lorton Virginia 22079. The purpose of the meeting will be to present information and status of the project, and provide public outreach to the community. Project information can be found at [http://www.fairfaxcounty.gov/dpwes/construction/water\\_reuse/](http://www.fairfaxcounty.gov/dpwes/construction/water_reuse/). Interested citizens and property owners throughout the project area will have the opportunity to discuss the project one-on-one with representatives of the County and the design-build team.

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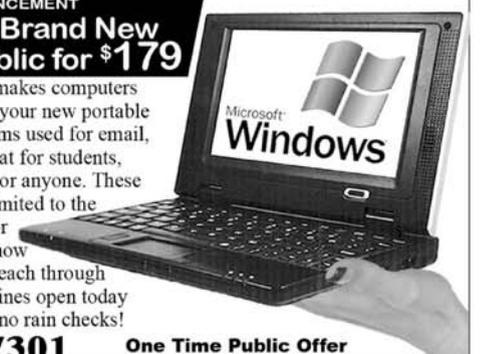


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# Will the Numbers Add Up for Fairfax?

FROM PAGE 16

"There is a lot of growth happening in my district that is not happening in other districts. Fairfax is growing because of that part of the Mount Vernon District," said Supervisor Gerry Hyland (D-Mount Vernon), who has represented the Lorton area for 23 years.

In 2008, the Mount Vernon District was estimated to have 123,873 residents and the Springfield District came in at 126,116 compared to just 114,702 residents in the Providence District and 109,321 in the Braddock District, according to information provided by Fairfax County's demographic information.

But whether that growth warrants the creation of a 10th magisterial district and an 11th chair on the Fairfax Board of Supervisors is uncertain.

"The change in population could or would justify creating a new district. I don't think there is agreement on the board to do that but we haven't talked about it at all," said Hyland.

## Population Growth, Household Characteristics, Commute

The year 2000 was the last time the U.S. Census did a precise survey of Fairfax County residents but the federal government also collected information through an American Community Survey from January 2006 to December 2008 in order to determine how the county has changed.

Many of the trends found when comparing the 2000 Census data to the 2008 survey estimates are likely to also show up when the 2010 Census is completed.

	Fairfax County		Virginia		USA	
	2000	2008	2000	2008	2000	2008
Population	969,749	1.01 million	7.07 million	7.8 million	281 million	307 million
Households w/ Married Couple	59.4%	56.3%	52.8%	50.7%	51.7%	9.6%
One-person Households	21.4%	25.8%	25.1%	27.4%	25.8%	27.5%
Average Household Size (People)	2.74	2.72	2.54	2.54	2.59	2.61
Average Family Size	3.2	3.29	3.04	3.1	3.14	3.2

**HYLAND'S DISTRICT** is already fairly divided into two separate communities by the Fort Belvoir Army Base.

Neighborhoods to the north of the base have Alexandria mailing addresses, older housing stock and the residents tend to be more established, having lived in the county for several years. Families in that part of the district generally attend West Potomac or Mount Vernon High School and their homeowners associations and other civic groups are organized under the Mount Vernon Council of Citizens Associations.

But south of Fort Belvoir, especially in the

Laurel Hill area, residents are more likely to be newcomers to the county and younger. Much of the housing stock was recently built and has a Lorton or Springfield mailing address.

Those living south of Fort Belvoir usually attend Hayfield and South County secondary schools. They have their own umbrella civic organization, the South County Federation, and their own regional cultural attraction, the Lorton Arts Center.

"I think Lorton, as it stands now, is pretty disconnected from the rest of the Mount Vernon District. It is a ways from there and

it has its own character and own flavor that is very different from Mount Vernon," said Supervisor Jeff McKay (D-Lee), who sat on the county's political redistricting advisory committee following the 2000 census.

Since Fairfax created its last supervisor seat, Sully in 1991, the census estimates that county's overall population has increased by more than 200,000 residents, or approximately 25 percent.

But even with the large amount of population growth over the last 20 years, Bulova said she is not fond of the idea of creating another magisterial district and seat on the

county board.

"We would have an awfully large board with the addition of another district and another member. My personal preference is not to make changes to our boundaries," said Bulova.

Adding another supervisor seat will also lead to more operational costs for the county. Each supervisor currently has their own district office and few members of the staff that are built into the county's budget.

"It just leads to more expense and, at a certain point, you begin to look more like a state legislature," said Davis.

## Town Hall Budget Meeting

FROM PAGE 3

we don't have middle school sports, I did what I had to do."

Another major concern for several audience members was the way the county was spending its money. An example cited by audience members, and seconded by Herrity, was the county spending money on housing subsidies for county employees and low-income families. Joana Garcia, a Fairfax Station resident, said that the county is worrying about providing for people from outside of the county while the money could be used to support the people already within it.

"We have a county purchasing homes that need to be renovated, but we aren't making sure our children have the fundamental building blocks of education," Garcia said. "There are children on my bus route that are riding three across [in a seat] with children on their laps and we're spending all this money on these houses."

Herrity said that he agreed with Garcia's sentiment, saying that the money being spent on the housing program is mostly for county employees living out-

side the county to move to here. He said that while he drew criticism for voting against the subsidies, he did so with the belief that the money could be better used to fill budget gaps in education and public safety.

"I've been leading the charge against this, and I'm made out to be the bad guy," Herrity said. "But right now, we need to be focusing on the things that we should be doing. A lot of this [money for housing subsidies] is going to move people from Gainesville to here because they work for the county. That's not the role of the county. Its role is to educate, ensure public safety and get that money to the people who really need it."

While the disagreements between the Board of Supervisors and the School Board over the school budget are sure to continue, Herrity said that as long as a bipartisan approach is taken to balancing the budget, the situation will be corrected. A combination of interagency cooperation and citizen involvement, he said, are the keys to satisfying all parties.

"There's a lot in flux right now and this budget needs work," Herrity said. "We need to work through this process with an open dialogue and by doing things that make sense."



## Covert Graduates Boot Camp

**Pvt. Rick Covert, 19, son of Cal and Carolyn Covert of Clifton, graduated from the United States Marine Corps boot camp at Marine Corps Recruit Depot Parris Island on Dec. 18, 2009. Covert successfully completed 13 weeks of intensive basic training at MCRD Parris Island in Training Platoon #2090. He is currently training at the School of Infantry in Camp Geiger, N.C.**

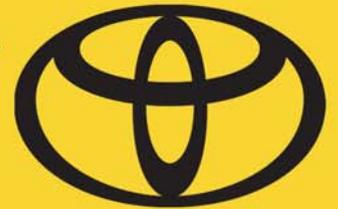
On Thursday, March 11, 19 new deputy sheriffs, along with 18 police officers graduated the 56th session of the Fairfax County Criminal Justice Academy. The ceremony took place at the George Mason University Center for the Arts. **Deputy Sheriff Kevin Davis** received the Instructor's Award for his outstanding leadership, he was elected the class president. **Deputy Sheriff Carmela**

### PEOPLE NOTES

**Slocum** received the Training Award for outstanding performance during the physical fitness phase of the Academy, and **Deputy Sheriff Manuel Vaz** received the Defensive Tactics award. **Deputy Sheriff Joshua Silver** had the second highest overall academic score of 98.44 percent, and **Deputy Sheriff Andrea Mardocco** was elected class treasurer.

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**Pam Boe 703-909-1663**



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**Nancy Basham 703-772-2066**



**Alexandria** **\$359,900**  
**Fantastic Location, Fantastic Home!**  
Located on King Street, this home is a commuter's dream! Minutes to I395, Metro, and the Pentagon. Gorgeous 2bd, 1.5 ba townhome includes all new appliances, remodeled bath, private slate patio, large bedrooms and plenty of storage. This is a must see!  
**Diana Khoury 703-401-7549**



**Woodbridge** **\$199,000**  
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**Jorge Reyna 703-677-5336**



**Springfield** **\$220,000**  
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**Pam Boe 703-909-1663**



**Burke** **\$539,900**  
**Terrific Buy!**  
Lovely, well-kept, 4BR, 3.5 BA, Center Hall Colonial features insulated windows, formal LR, sep. DR, walk in closets, great Family room, walkout finished Rec. room in well sough after Lake Braddock Schools area, on a large corner lot with great landscaping.  
**Mary FitzHenry 703-503-1825**



**Springfield** **\$307,000**  
**Newington Station**  
Large 3BR, 2.55 Bath TH + den. Spacious Eat-in FR/Kitchen. 21x11 MBR. Large fenced Deck backs to trees. Cul-de-sac. Covered Entry. 2 parking spaces. Near Ft Belvoir.  
**Joel Lutkenhouse 703-969-6442**



**Fairfax Station** **\$775,000**  
Gorgeous Waterfront Colonial on 5+ wooded acres. Charming interior with all modern conveniences. Updated Kitchen, Baths, Pella windows, Hardiplank exterior, Landscaping & new HVAC. Picturesque view of lake, tiered deck, foot bridges, creek and in-ground pool. Private location.  
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**Janice Clark 703-400-1995**



**OAKTON** **\$525,000**  
**STATELY SPLIT FOYER** on large wooded lot fronting & siding to pkld. Generous rm sizes. 4BR; 3 BA. 2 fireplaces. Hardwood floors; Huge rec rm with wood stove insert & built-ins. SGD leads to patio and fishpond. Garage with large workshop.  
**Claudia Callis 703-620-2790**



**Lake Anna** **\$418,900**  
**Gorgeous Log Home**  
Perfect retreat or full time home on wooded 3.79/Acres. Main level offers the convenience of a Master suite, Gourmet kitchen Dbl sided f/p, Open floor plan, Cathedral ceilings & Loft Overlook for the great room. Over size garage and 12x40 RVer's pad with full hook up. Boat slip conveys.  
**Paul Wesche 540-847-3848**



**Alexandria** **\$275,000**  
Terrific 2 bedroom, 2 bath unit with large rooms, lots of windows overlooking trees! Fireplace, brand new carpet, fresh paint and washer/dryer. Community pool/tennis and super convenient to transportation/shopping!  
**Pam Boe 703-909-1663**



**Lake Anna Lot** **\$89,900**  
**Build your Lake Anna Dream Home.**  
Almost 2 Acre Wooded Lot with Assigned Boat Slip.  
**David or Janet Lewis 703-980-3090**



**Manassas** **\$529,000**  
Beautiful and spacious home w/3 finished levels, hardwood floors on main level. Study, 4 bedrooms, 4.5 baths, w/3 car side-loan garage! Situated on 1.53 acres in beautiful Hunters Ridge.  
**Pam Boe 703-909-1663**



**Fairfax \$385,000**  
**Style and Convenience**  
This 3 BR, 2 .55BA, 3 Lvl TH with garage is located in Fair Ridge. Step down LR w/ bay window, sep DR, country kitchen, vaulted ceilings, large MBR w/ full MBA are just a few of the features offered. LL is fully finished w/ fireplace, 1/2 BA, & walk-out to brick patio w/ fountain. Close to Rt 50, shopping, Metro.  
**Gerry Staudte 703-309-8948**



**Fairfax Station** **\$850,000**  
**Country Living, Close In**  
This lovely Colonial is sited on a wooded paradise, 6+ acres. 4 BRs, 3 1/2 Baths, Updated Kitchen w/Granite Counters, Center Island, Updated appliances, Huge Fam. Rm & Sun Rm w/wall to wall windows, Formal LR & DR, Brazilian Cherry Flooring on Main level, Stairs, Hall & MBR, Finished LL Level is fun filled and ready for entertaining. All this plus a Inground Pool & Hot Tub.  
**Sheila Adams 703-503-1895**



**Burke \$735,000**  
**NEED MORE SPACE??**  
Quality and elegance abound in this spectacular home. Spectacular ceilings & light-filled rooms highlight approx 4400 sq ft on three finished levels. Wooded lot for privacy. Granite counter-tops plus island Jenn-air cooktop in renovated kitchen. Step-down family room and door to deck and hot tub. Luxury master bedroom suite with cathedral ceiling and jazzy bath. Fully finished walk-out basement could be separate apartment. Check out photos at www.longandfooster.com. Superb location for commuters; students walk to Lake Braddock School. This home is just perfect and ready for you. Contact Beth today. Your search is over!!  
**Beth Jones 703-503-1869**



**Fairfax City \$895,000**  
**Main Level Bedroom**  
Spacious 4 BR/3.5 BA plus loft, 2 story family room with gas fpl, spacious 1st floor MBR with 2 walk-in closets, luxury MBA, hwd floors, gourmet kitchen with maple cabinets & granite, 3 sides brick, beautifully landscaped yard with fountain, premium lots backs to trees. Farrcroft community w/pool in the heart of Old Town Fairfax.  
**Nancy Basham 703-772-2066**

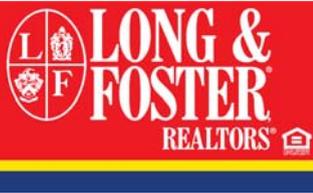


**Bristow \$214,900**  
Immaculate 3 Level townhome with 3 BRs, 2 Full BAs & 2 Half BAs. Gleaming hardwood floors, Living & Dining rooms, large Kitchen with Dining area; walks out to large deck. Upper level Master Suite w/Luxury Bath & walk-in Closet, 2 other Bedrooms & a Full Bath. Finished walk out lower level.  
**Ngoc Do & Associates 703-798-2899**



**Mason Neck** **\$469,900**  
Immaculate 5 BR, 3 BA home on Mason Neck on 1/2 Acre Lot with upgraded baths & new roof in '09. Gorgeous hwd floors. Master BR w/full BA, large living room, kitchen walks out to deck. LL with two more BRs, large upgraded BA & huge family room; walks out to patio. Harborview Membership included: \$5K Value!  
**Ngoc Do & Associates 703-798-2899**

Find us on **facebook** Long & Foster Burke/Fairfax Station



# LONG & FOSTER # 1 in Virginia

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## Carol Hermandorfer

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### Centreville \$839,000

Gorgeous Brick Colonial sited on 5+ acres off secluded cul-de-sac in Fairfax National Golf Course Community. Features include in-ground pool w/waterfall, a gourmet Kit w/ stunning Sunroom overlooking pool & deck, & spacious BRs including the over-sized MBA w/ luxurious MBA! LL offers fully finished Rec Room w/ wet bar, Exercise Room, Den/5th Bedroom and a full BA.



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ronandsusanonline.com



### Fairfax Station \$685,000

4 bdrms, 3 1/2 baths. Totally remodeled kitchen with granite, new cabinets & stainless steel appliances! Bay windows, skylights & MBR cathedral ceiling. Spacious rec rm with bar area & large storage rm. Raised hearth FP in family rm with French doors to deck. Wonderful pond & patio in private flat rear yard.



### Lorton/Laurel Hill \$689,900

Coming Soon!  
Exceptional 5BR, 3.5BA, luxury home with many upgrades. Two master suites including one on the main level.  
For 24-hour recorded information call 1-888-495-6207 x207.



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www.JudysHomeTeam.com



### Alexandria Coming Soon!

If you need location and convenience, this 2 bedroom condominium has it all. Adjacent to the Huntington Street Metro, I-495, I-395, Route 1 and Old Towne.

Call today for details.

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DATES IN 2010: TIME: 7:00-9:00 PM

March 31

April 28

June 2

June 30

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Long & Foster's Northern Virginia Training Center  
3069 Nutley St.  
Fairfax, VA 22031

From the Beltway (495), take Rte. 66 West to the Nutley St. South Exit (exit 62) towards Fairfax. Go through the intersection of Lee Highway and Nutley Street. The training center is located in the Pan Am Shopping Center on the left.

TO REGISTER:  
Please contact Mary Ann Plonka at 703-503-1898 or maryann.plonka@longandfooster.com

## DIANE SUNDT

with Spencer MARKER & CO.

The SEL NUU Team

703-615-4626



### VIRGINIA RUN \$669,900

Gorgeous 4 BR/4BA home! Hardwood on most of main and upper levels. Bright, open floor plan. Eat-in kitchen with center island and granite countertops. Lovely screened porch and deck. Finished walkout basement with plenty of daylight. Wet bar, ballet area, too. Large fenced yard. Call Diane at 703-615-4626 and find out how you can become a part of this great community.



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### Springfield \$420,000

Move-in Condition  
Spacious & comfortable. Updated appliances, windows & deck. Wood laminate floors. MBR bath w/tub & shower. Gas fireplace, recessed lights. Adjacent to Cross County Trail. Near to Ft Belvoir EPG & Springfield Metrorail.  
Call Joel @ 703-969-6442.

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### Springfield \$1950

RENTAL CLOSE TO METRO  
Detached\*4 bedroom\*2 bath\*2 level\*Large lot/partially fenced\*2 fireplaces\*Den/family room\*large master bedroom\*Large rec room\*W/D\*Close to schools\*Springfield Mall\*Springfield Metro\*  
Call Buzz 703-503-1866

## David Levent

703-503-1821

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davidshomes@Inf.com  
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### Burke Centre Townhouse \$285,000

Unique opportunity to own 3 level 3 Bedrm TH in sought after Burke Centre with hardwood floors main level, upper level w/w carpeting, Maytag kitchen appliances, remodeled baths, walkout liv rm to deck, fully fin w/o basement, close to Burke Centre pools, plenty of street parking, close to shopping, transportation, and main roads. Call or email me for price and details.



## ANN & HAL GRAINGER

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### Fairfax Station/English Hills \$1,049,900

English Countryside Brick Custom Cape Cod in great equestrian community on spectacular 5+ acres with inground pool & spa. Private yet close-in. 3BR, 3.5BA, 3 fin lvl, fine craftsmanship & detailing, spacious rooms, hdwd floors, custom garage, recent updates. 60' porch overlooking pool. What a Find!  
See this property at www.GraingerTeam.com.



## Judy McGuire

703-581-7679

Susana Vargas  
571-217-2740



### Woodbridge For Rent \$1,550 COMING SOON

Super convenient location!!! End-unit former model townhouse. 3 Bedrooms, 2 Master B. with own baths. kitchen island with breakfast bar. Large deck of dining room. Fireplace, walkout basement to large fenced backyard. Hardwood floors on main level. Please call agents with any inquiries.



## Sheila Adams

703-503-1895

Life Member, NVAR Multi-Million Dollar Sales Club  
Life Member, NVAR TOP PRODUCERS



### Fairfax Station \$850,000

Country Living, Close In  
This lovely Colonial is sited on a wooded paradise, 6+ acres. 4 BRs, 3 1/2 Baths, Updated Kitchen w/Granite Counters, Center Island, Updated appliances, Huge Fam. Rm & Sun Rm w/wall to wall windows, Formal LR & DR, Brazilian Cherry Flooring on Main level, Stairs, Hall & MBR, Finished LL Level is fun filled and ready for entertaining. All this plus a Inground Pool & Hot Tub.  
Sheila Adams 703-503-1895

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gerry.staudte@longandfooster.com  
www.MyVirginiaHomeTeam.com



### Reston \$525,000

Rarely Available in Reston  
Well maintained 4 BR, 3 BA, 1-Car Gar split level on half acre lot in park-like setting. Vaulted ceiling in LR/DR & SGD to screened porch. Expansion provides huge Kit & MBR. Call Barbara at 703-473-1803.

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