

Springfield CONNECTION

Franconia ❖ Kingstowne ❖ Newington

West Springfield's James Walker recorded a personal best in the long jump during the Leslie Sherman Memorial Invitational track meet on April 1.

Personal Best

SPORTS, PAGE 10

Stormwater Deal Reached

NEWS, PAGE 3

Work Ethic Began Early

NEWS, PAGE 3

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CALENDAR, PAGE 8 ❖ SPORTS, PAGE 10 ❖ CLASSIFIED, PAGE 16

PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

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County May Manage Retention Ponds

McKay helps Kingstowne turn over its stormwater retention ponds to county.

BY JUSTIN FANIZZI
THE CONNECTION

The four-year battle over Kingstowne's stormwater management facilities finally appears to be nearing its end, and area residents can claim a victory.

The Board of Supervisors approved a motion produced by Supervisor Jeff McKay (D-Lee) at the board's March 23 meeting to expedite the public hearing process for a proffered condition amendment filed by the Kingstowne Residential Owners Corporation (KROC). The amendment, filed on behalf of the corporation by attorney Tony Calabrese, calls for the county to assume control of the stormwater facilities within the Kingstowne Community.

"Kingstowne, because of how and when it was built, is an anomaly in the county as far as stormwater is concerned," McKay said. "It is very expensive for the HOA, and in turn for the residents. I am glad I was able to work with the county and the community on a solution. This will go a long way in protecting the residents of Kingstowne."

The motion, McKay said, sought to speed up the

public process for the amendment so that a decision could be reached quickly after a long and drawn-out process. According to KROC President Kathleen Snyder, the process to change the current setup began more than four years ago, but in reality, this is a problem that was nearly three decades in the making.

Snyder said that construction on the Kingstowne community began 25 years ago, and at the time, stormwater management ponds were only beginning to be built, so the homeowners association took care of the ponds. However, because the community is so large and sprawling, it took nearly 15 years to complete construction. As a result, the size and scope of the community changed drastically while county policy on stormwater ponds remained the same and the now massive community was on its own with the ponds.

"The plans that we are trying to change were agreed upon 25 years ago and Fairfax County and Lee District are very different now," Snyder said. "Twenty-five years ago, things were put in

place and 15 years into the process, the HOA hadn't had to deal with any of this because Kingstowne took 20 years to build and it was still new. We couldn't have known what the future held."

So, four years ago, according to Snyder, plans were put into motion to challenge the original agreement and have the county take over control and mainte-

"This will go a long way in protecting the residents of Kingstowne."

— Supervisor Jeff McKay (D-Lee)



PHOTO BY JUSTIN FANIZZI/THE CONNECTION

Kingstowne Stormwater Management Basin #3.

SEE POND, PAGE 5

The Secret of His Success? Working Hard All His Life

David Foster has been developing businesses since he was a boy with a paper route.

BY JOHN BYRD
THE CONNECTION

Fairfax County native David Foster, 46, has always been enterprising. As a boy, he expanded a thriving paper route by hitching a trailer to his moped. Chatting with homeowners while collecting receipts led to a parallel lawn care business. Soon, the trailer carried newspapers and weed whackers.

Then people on the route were asking for Foster's help at tasks he was really passionate about: home repair and construction.

By his junior year at Lake Braddock Secondary School, the 16-year-old had signed on for the county's groundbreaking FATE Program (Foundation for Applied Technical Education). School guidance counselors tried to nudge him away from too much "vo-tech" — his father, Bob Foster, is after all a

Harvard MBA. But the boy growing up in West Springfield and Burke knew he had a knack for the building business, and he was eager to get started.

Foster's passion bloomed when the newly enrolled college freshman applied for and received his Class A Virginia state contractor's license. In short order, he was juggling business ownership responsibilities with a full academic load. Though not yet old enough to buy a beer, he was employing five full-time workers and executing remodeling contracts in excess of \$100,000. Foster attended NVCC Construction Management program while launching his remodeling business.

"Give people more than they expect," said Foster. "I find this sends a message that you can be trusted even ... even when you're just a kid, that you're committed to your client's long term satisfaction."

"Give people more than they expect."

— David Foster

Foster, who now lives in Clifton, has often been cited as a residential remodeling industry leader, elected to Remodeling Magazine's Big 50 Hall of Fame while still in his 30s. His 27-year-old Lorton-based residential construction business, Foster Remodeling Solutions, has a loyal and growing clientele — even in the slow times.

"Out-performance" has always been his mantra. Opening a dealer showroom so as to pass on dealer discounts helped the firm's business development process. On premise, he provides CADD (computer-aided design) systems and staff architects to help people research ideas. And then, there's the handyman and home maintenance practice — a specialty niche many in the industry have tried, and abandoned.

LAST FALL, Foster launched www.DIYEstimator.com, an advanced



David Foster

online remodeling service. Like many of Foster's brainchildren, the Web portal is both a harbinger of new market possibility, and user-friendly.

DIY visitors log onto the site, enter a target room's square footage and spatial configuration, then choose finish work preferences.

The site provides clear visuals and line-item costs, and visitors can revise to their heart's content. Once choices are submitted, the homeowner receives a detailed work order; a company representative follows up

by phone within 24 hours.

"The market is always looking for something better," Foster contends, "so it's important to take the lead — even when there are lots of steps, and lots of unknowns."

Foster experimented with his Web portal for five years before launching it last spring.

SEE IT ALL, PAGE 5



Free Dental Clinic Recently, The Arc of Northern Virginia, Northern Virginia Training Center and Northern Virginia Community College recently conducted Virginia's first-ever free dental clinic for persons with special needs at the NVCC Medical Education Campus in Springfield. The free clinic was preceded by a free workshop for dental professionals on Feb. 19 at NVTC. The day-long clinic provided initial evaluations, prophylaxis, fillings, and basic extractions to about 70 children and adults.



DONATED PHOTO

Sharing Reading Pictured are student Sion Kim, Librarian Dian Ryan, parent volunteer Mrs. Bos and Reading Coach Becky Hyatt enjoying Sion reading some of her writing during lunch time in the cafeteria. Rolling Valley participated in a national project called the Story Box Project which involves students writing and sharing their work with others across the country. The school received the box from a school in Kentucky and sent it on to a school in upstate New York, all thanks to Mrs. Bos.

Alcohol Sting Nets Two

Officers from the West Springfield District Station Neighborhood Patrol Unit conducted stings on Monday, March 29, at several locations in the Burke, Fairfax and Springfield areas. The operation was part of the ongoing "Spring Break" safety campaign, which uses a county police cadet dressed in plain clothing to purchase alcohol. In the sting, a cadet enters a store and attempts to purchase alcohol. If the cadet is asked whether he is 21, he responds with his true age and/or date of birth. If asked for identification, the cadet tells the clerk that he has no identification with him. If

SEE NEWS BRIEFS, PAGE 9



CONTRIBUTED

Members of the Lake Braddock Band stand in front of the Beijing Children's Palace.

Music the Universal Language

Lake Braddock band members return home after a week in China.

BY JUSTIN FANIZZI
THE CONNECTION

The musicians tore through Beijing, China, giving a tour-de-force series of performances in front of packed venues at night and spending their days dodging throngs of photo seekers and being shuttled around to some of the country's most breathtaking sites.

This was not The Beatles storming the Far East, nor U2 finishing the Asian leg of a summer tour, however, but instead the talented, wide-eyed members of the Lake Braddock Secondary School Band participating in a cultural exchange.

The band went on a 10-day excursion to China, from March 23 to April 1, as part of a program sponsored by the U.S.-China Cultural and Educational Exchange Foundation. During the trip, the band members played seven shows at seven different venues, visited with Chinese students and went sightseeing all in an effort to immerse them in a culture most had never experienced before.

"It was an amazing chance for us to see the Chinese culture and the people themselves," said Jack Colbrun, a freshman who plays the French horn. "We hear a lot about Chinese culture, but you don't often get to meet the people and this [trip] gave us that opportunity."

The group, consisting of 160 students, 60 parents and a couple of faculty members, was immersed into Chinese culture almost immediately after getting off the plane in Beijing. According to Margi Flynn, mother of Hayley, a junior flutist, the group jumped right into the first of three cultural exchange sessions, with the first performance at the Children's Palace in Forbidden City. Here, the Lake Braddock

students met a group of Chinese music students ages 10 to 20 and the two groups each played a specially prepared song for one another then joined together for an ensemble piece.

The purpose of the event was to share cultures, but the true cultural exchange occurred after the show, Flynn said. After the last number was finished, all of the students gathered backstage to be introduced and mingle. The Lake Braddock students were initially nervous to meet their Chinese counterparts, especially due to the language barrier, but soon enough, Flynn said, all of the students were conversing in the one language they all were fluent in.

"Some people just started a jazz baseline and members of both bands just jumped right in," Colbrun said. "There was a language barrier, but everyone knew how to communicate through the music. We found that it really is a universal language."

The second cultural exchange occurred at Beijing School #57, a local high school. The students played a couple of songs for one another, then played together and after the show, the Lake Braddock students

were given a tour of the school. Instead of a jam session this time, however, the students joined to play games of basketball and table tennis and even got a lesson in Tai Chi

Perhaps the biggest venue the group played in during their trip was at Beijing's Wuzi University. Before the show, the Lake Braddock students and their parents

were given one-on-one tours of the institution and later that night, they played a full-length, nearly two hour show in a sold out concert hall. The experience, Flynn said, will never be forgotten.

"The house was packed," Flynn said. "Even after the concert, the audience hung out to see the kids after they got off the stage. It was just amazing."

While not performing, the students ventured out into Beijing to check out the local culture and see historic landmarks, getting a true taste of Chinese life. In addition to touring the Forbidden City, the students went to Tiananmen Square, Olympic Park

"There was a language barrier, but everyone knew how to communicate through the music."

— Jack Colbrun, band member

SEE BRUIN, PAGE 18

Pond Plan Moves Forward

FROM PAGE 3

nance of the ponds. The primary complaint levied by the KROC is that every single Fairfax County resident pays for the maintenance of stormwater retention ponds through a \$0.02 allotment from paid real estate taxes. If KROC was responsible for the Kingstowne ponds, then its residents were being taxed twice, she said, as area residents were paying county taxes on the ponds while simultaneously paying HOA fees to maintain them in addition to private insurance costs. The system was not only unfair because of the double taxation, Snyder said, but also because high HOA fees could keep new residents out and affect the quality of life for current ones.

"This is a municipal service and a HOA should not be responsible for something this complex and important," Snyder said. "The double taxation was going to affect the quality of life in Kingstowne if we had to keep devoting time and money [for the maintenance of the ponds]. It was increasing our HOA fees astronomically."

IN ADDITION to the complaint about taxation, Snyder said that the ponds in Kingstowne were taking on water from other neighborhoods that were

not within the Kingstowne community. This meant, she said, that while being taxed twice for the same service, the community was also paying for the management of water that was not even theirs and that the KROC paid for engineering studies to be performed on the ponds to prove this to the county.

"We did the heavy lifting by doing engineering studies to show these ponds took water from other ponds," Snyder said. "This [situation] really was an anomaly."

After four years of defining its arguments and completing research, KROC was finally able to submit the application for the proffered condition amendment March 1. According too McKay, the Lee District Land Use Committee vetted, approved and recommended the plan for board approval, and per tradition, McKay agreed to the decision that the committee made. The public hearing before the Planning Commission for the amendment is currently set for April 29, and before McKay's motion, no public hearing before the Board of Supervisors was scheduled. However, the hearing is now slated for May 11.

"It was an unfair situation and everyone is working together to make it equitable," Snyder said. "This puts us on par with other HOAs and treats us the same way, and we will be turning our ponds over in tip-top shape."

It All Began with a Paper Route

FROM PAGE 3

"We had the architecture worked-out, but weren't satisfied with online speeds. Naturally, we had to evaluate the program with all types of computers and servers. The important thing is to get it right."

Talent cultivation being the essential job of leadership, Foster also attests to an abiding faith in the importance of continued skills development.

"That's one of the reasons I chaired the FATE program, and still serve on the board," he said. "A worker's mastery of their own skills is my best assurance that our quality requirements will be deliv-

ered." Foster's two children attend Robinson Secondary School.

Several years ago Foster developed a protocol for testing entry-level carpentry skills. To demonstrate mastery of variety of construction disciplines, prospective new hires were asked to build a scaled, 10-by-8-foot playhouse from scratch.

The pay off: the company gained a realistic picture of a candidate's field strengths in a dozen areas. The playhouses were donated to local churches and pre-schools.

"It's a model that creates lots of winners," Foster said.

Freedom

BY ELAINE MCCONNELL
SPRINGFIELD

FREEDOM:

What is this word that gives our hearts a special thrill?
Intangible as wind across the desert plain,
Yet so inherent in our being, none can kill
The flame that burns within us o'er and o'er again;

That guards the right we hold to call our lives our own,
The right to dream, to work to make dreams be.

The still, small voice that whispers in our beating breasts,
That will not silenced be until we're free.

FREEDOM:

How can we best describe this word to half the world
That cannot know the measure of its grace?

For those whom tyranny has tried to still the voice,
And put a shallow symbol in its place.

That has no depth, no meaning save a world of hate,
And preaches overthrow of God and men,

That bows to idols clothed in blood of those it's slain,
And has a common brotherhood with sin.

FREEDOM:

I lift its lamp to those of us who worthy be,
Who willingly would fight to save its worth,
For those who realize that should we fail,
A darkness would envelop all the earth.
There is no light to equal that of freedom's rays,
No sun, no moon, no stars to match its shine.
So we must guard this precious light for all the world,
Until it shines anew for all mankind!

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OPINION

Cuccinelli Misleads on Costs

Perhaps we need a referendum to decide if and when Virginia will spend time, resources and image on challenging federal actions?

Some of us are probably prepared to admit that we are embarrassed, as two of Virginia's major newspapers warned we might be. But no one predicted that there would be so much to blush about so soon.

Suddenly, Virginia is in the national spotlight, not for being home of the Internet along the Dulles corridor, not for being the place for lovers (too many exceptions apply), not for being the mother of many presidents, not for its history, not for its wine.

No, Virginia is in the national spotlight because our newly elected Attorney General, Ken Cuccinelli of Clifton, Fairfax County, has taken to court declaring recently passed landmark health care legislation as unconstitutional. He also sued to stop the regulation of greenhouse gasses and now will challenge new federal standards for auto emissions (even though even the auto industry would rather have federal controls than a patchwork of state regulations).

He opened his administration telling Virginia's dramatically underfunded colleges and universities that they could not include sexual orientation in their anti-discrimination policies.

Last October, before the election, the Virginian Pilot warned: "Cuccinelli's election would bring embarrassment to Virginia." The Washington Post, a few days later: "Cuccinelli would drive away qualified lawyers from an office that

functions as the state government's law firm, and, given his bizarre ideas, he would very likely become an embarrassment for the commonwealth."

ADDING INJURY TO INSULT, Cuccinelli denies that these escapades are costing the Commonwealth anything, releasing a statement claiming, for example, that the only costs involved are the filing fees, \$350 in the case of the constitutional challenge to the health care.

That's like saying it didn't cost anything to close the Federal Government in the snow emergency in February. The actual cost was about \$70 million a day.

Cuccinelli owes his constituents a real accounting of the costs, the amount staff time devoted to the efforts. The Office of the Attorney General is Virginia's law firm, and there are established methods for billing and assessing costs.

Most important is admitting the opportunity costs. What is it that his office is not doing because of the time and focus playing national politics?

His two immediate predecessors, Gov. Bob McDonnell and Virginia Supreme Court Justice Bill Mims, both focused on consumer protection. McDonnell launched the "consumer alert of the month," a column which addressed real problems faced by ordinary Virginians in

terms of financial fraud, identity theft and other critical issues. Mims maintained the monthly effort. The columns appeared in media around the state, and served both as a warning and as a means of reaching out to people who had been victims.

The last such "alert" was filed the month before Cuccinelli took office, after monthly entries for four years through 2009. (www.oag.state.va.us/CONSUMER/Consumer_Alert_Archive.html)

Taking care of Virginian's interests is not at the top of the priorities of the current attorney general.

The 14 duties and powers of the Office of the Attorney General (see www.oag.state.va.us/OUR_OFFICE/Role.html) include providing information on identity theft and remediation, help Social Services collect child support, prosecute certain environmental and computer crimes, enforce laws that protect businesses and consumers, represent consumers in utility matters before the State Corporation Commission, in addition to providing legal advice and opinions to the Governor, General Assembly and other state agencies.

Ken Cuccinelli was elected state senator representing the 37th District, part Prince William and Fairfax counties, in a special election in 2002. The election drew 16.6 percent of registered voters after state Sen. Warren Barry (R) resigned to take a job with the Warner Administration. Cuccinelli was reelected in 2003 and then in 2007 held onto his seat by less than 100 votes.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Proud Virginian

To the Editor:

Having used the courts to get its way over the objections of the majority for years, the left is outraged when an attorney general seeks to use the courts to uphold the Constitution. Polls clearly show that a majority does not want the unprecedented government intrusion into their lives, the massive debt or the drain on productivity that comes with this health insurance legislation. They are appalled at the corrupt means by which elected representatives were bought or intimidated to support this bill.

Last November's election proved that a large percentage of Virginians want to be protected from this federal power grab at our rights. The Virginia legislation against forcing anyone to purchase health insurance was passed by a significant bipartisan majority with no manipulation, buying of votes or intimidation.

The attorney general is obligated to address this conflict between the Commonwealth's effort

to protect our rights to control our healthcare and the federal attempt to rule over us.

And the Democratic Party's concern? Three hundred and fifty dollars expended in the challenge. They support a \$1 trillion program that will degrade the quality of our healthcare, as demonstrated everywhere this has been attempted, but are concerned about \$350. This shows they are fearful that Attorney General Cuccinelli (R) will be successful and that they have no sense of the appropriate allocation of your money.

I am proud that Virginia is leading in the strike for freedom with a legitimate challenge of this unconstitutional and un-American attack on the best healthcare system in the world.

Steve Hunt
Fairfax Station

Misled Writer

To the Editor:

In her letter ["Supporting Mar-

tin," Connection, March 18-24, 2010], I'm sorry to see that Victoria Thompson has been sadly misled by inaccurate rhetoric in her quest to support the candidacy of Scott Martin. Contrary to her claim, health care reform will not force her to obtain a specific health insurance policy for her family. She can continue with the insurance of her choice.

There will be no mandated federal health care and no federal plan other than Medicare, but there will be private health care for those who can't afford or can't qualify due to pre-existing conditions under our current system. If Ms. Thompson prefers not to purchase private health insurance for her family, then she may pay a fee. Why would she pay this fee? Because your insurance, my insurance and tax dollars now pay much of the cost of medical care for those who choose not to have insurance. If Ms. Thompson prefers not to purchase health care for her family and one of them incurs huge expenses for catastrophic care, she will at least have paid a small penalty towards the cost of

care that we will pay for her family member.

SB 417 is a smokescreen, political grand standing that pretends to exempt Virginia from federal law when it cannot do so. Federal law takes precedence over state law. Anyone who thinks that because Virginia passed SB 417 we are now exempt from federal health care reform has been misled.

Sen. George Barker (D-39) has worked in health care for many years, controlling costs and increasing access to care. Last year, he got a bill passed to allow the courts and child support enforcement to require absent parents to pay for private health insurance for their own children, reducing the number of uninsured children and saving tax dollars by shifting many children from Medicaid to private insurance. SB 417 would have contradicted that common sense legislation. SB 417 cannot override federal law, but it does jeopardize our own good Virginia laws.

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LETTERS

FROM PAGE 6

Rather than arguing about a federal law that cannot be overridden in Richmond, we should be working together to control health care costs and to help all Virginians have access to good medical care. We should not shirk our duty to get our fellow Virginians affordable health care. Are we that selfish?

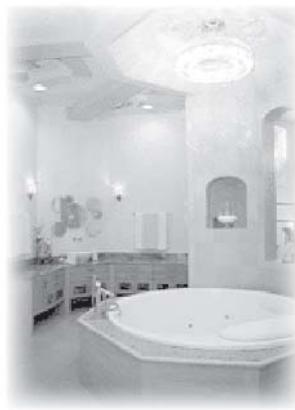
Miriam Meyer
Clifton

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
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Call: 703-778-9416.

By e-mail: springfield@connectionnewspapers.com



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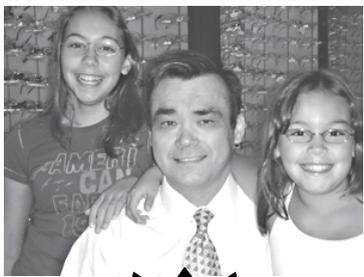
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CALENDAR

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.

THURSDAY/APRIL 8

Latin Dance Nights. 10 p.m. at Jaxx, 6355 Rolling Road, Springfield. Ladies free, men \$10. 703-569-5940.
Afternoon Book Discussion Group. 1 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Call for title. Adults. 703-249-1520.

FRIDAY/APRIL 9

Rose Hill Elementary School presents "Snow White and the Seven Dwarfs: the Musical." 7 p.m. at Hayfield Secondary School, 7630 Telegraph Road, Alexandria. The fairy tale is brought to life with an eclectic score and is performed by kindergarten-sixth graders. Adults \$5, children \$3. Concessions available. jacquie.clark@gmail.com.
Latin Dance Nights. 10 p.m. at Jaxx, 6355 Rolling Road, Springfield. Ladies free, men \$10. 703-569-5940.
Lunch Bunch. 12 p.m. John Marshall Library, 6209 Rose Hill Drive, Alexandria. Bring lunch and join us for stories. Birth-5 with adult. 703-971-0010.

SATURDAY/APRIL 10

Fairfax County Park Authority Watershed Cleanup. 9 a.m.-12 p.m. at Lake Accotink Park, 7500 Accotink Park Road, Springfield. Pick up everything from plastic bottles and bags to discarded mattresses, rusting auto parts, old appliances, rubber tires and other debris illegally dumped in local waterways.



Participants are encouraged to wear boots and old clothes. Bring gloves. Trash bags will be provided. 703-569-0285 or www.fergusonfoundation.org/.

Snouts and Scouts. 11 a.m.-3 p.m. at Felix & Oscar's, 6671 Backlick Road, Springfield. Brownie Troop 579 will join Mid-Atlantic Great Dane Rescue League's Spring Celebration. Face painting, temporary tattoos, silent auction, games, raffles, Girl Scout cookies and bake sale. lauriezoock@gmail.com.

Indoor Yard Sale & Vendor Fair. 7 a.m.-1 p.m. at Robert E. Lee High School, 6540 Franconia Road, Springfield. More than 20 yard sale participants offering a variety of items and 20 vendors/crafters with jewelry, sweets, beauty items, household, gifts and more. Free admission, refreshments available for

Swing Into Spring

Vocalist Nancy Scimone performs at the benefit Swing Into Spring Jazz Concert with guitarist Steve Herberman and bassist Victor Dvoski on Thursday, April 22, from 7:30-9:30 p.m., at Church of the Holy Spirit School, 8800 Braddock Road, Annandale. Suggested Donation: \$10. For more information, call 571-232-1873 or e-mail LiveJazzConcerts@verizon.net.

purchase. Sponsored by the Lee Sports Boosters. 703-836-5566 ext. 101.

Rose Hill Elementary School presents "Snow White and the Seven Dwarfs: the Musical." 7 p.m. at Hayfield Secondary School, 7630 Telegraph Road, Alexandria. The fairy tale is brought to life with an eclectic score and is performed by kindergarten-sixth graders. Adults \$5, children \$3. Concessions available. jacquie.clark@gmail.com.
Latin Dance Nights. 10 p.m. at Jaxx, 6355 Rolling Road, Springfield. Ladies free, men \$10. 703-569-5940.
One-on-One Computer Tutoring. 10 a.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Learn to use a computer, navigate the Internet and work with common software

SEE CALENDAR, PAGE 14

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PAG404642A

NEWS

FROM PAGE 4

the sale of alcohol takes place, a plain-clothed officer takes possession of the alcohol from the cadet and makes the appropriate charge(s), along with the help of a uniformed officer assigned to the team.

Thirteen locations were entered during the operation. Two illegal sales were made inside the businesses, including the CVS Pharmacy, 8330 Old Keene Mill Road, Springfield and Safeway, 9525 Braddock Road, Fairfax.

The stings were conducted using one team consisting of a plain-clothed officer, a uniformed officer, one supervisor and a cadet.

Senior League Softball Registration

Northern Virginia Senior Softball (www.nvss.org) seeks players, men 50 and older and women 40 and older, for fun, fitness, and fellowship.

Participants will play two slow-pitch seven-inning softball games Tuesday and Thursday mornings, April 13-Aug. 12, on Fairfax County fields.

NVSS fields 26 teams, average age 65, organized into three skill-level Conferences.

Players are assigned to a team at their skill level by skill assessment, not a try-out.

Eleven play defense. Everyone present bats. NVSS runs an Indoor Conditioning Program until April 8.

Those interested in player should contact Dave Scheele at 703-524-5576.

National Public Safety Football League

On April 10, Fairfax High School will be the site of the first game of the National Public Safety Football League (NPSFL) of the season.

NEWS BRIEFS

The game will feature the Washington D.C. Generals versus the Orlando Guardians.

Gates open at 3:30 p.m. and kickoff is at 4:30 p.m. Tickets are \$5 a person and children 12 and younger attend for free. Proceeds will be donated to the City of Fairfax Firefighters Benevolent Fund, DC Firefighters Burn Foundation and Washington DC Chapter Concerns of Police Survivors.

Pre-game entertainment will also be presented.

Prior to the kickoff, city fire personnel will have public safety equipment in the parking lot for tours and information.

For more information, please visit the D.C. Generals Web site at www.dccgeneralsfootball.org or call 703-309-9220.



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Dozier's Dash Seals Win for Edison Relay Team

Eagles win five events at Leslie Sherman Memorial Invitational track meet.

BY REED S. ALBERS
THE CONNECTION

Edison senior Sterling Dozier might have been able to ease up during the final leg of the 4x100 relay and save energy for upcoming races at the Leslie Sherman Memorial Invitational track meet at West Springfield on April 1, but his team had a mission.

"There's a lot of teams going out to win the region and state," he said. "It's a challenge we want to take."

With more than enough space to secure a victory at the final baton handoff from Justin Jeter, Dozier dashed away from the Robinson relay team's runner and followed through to the finish line, winning the event with a time of 44.55.

"I just clinched the baton tight," he said. "I used my speed to try and finish strong."

Message sent and received, but the 4x100 team's goal of making a name for itself wasn't just for teams in the Northern Region — the runners wanted to impress their coaches.

"Our coaches were a little bit skeptical about how this relay might run," Dozier said.

The group of Dozier, Jeter, Tarikh Cooper and Jamison Hart had never run as a 4x100 relay for the Eagles. The team members said they were sure they could run fast, they just didn't know it would happen this soon.

"We were just thrown together," Cooper said. "We've been running together for a long

time, but we've never run this relay as a team."

It also didn't help that Hart, who is normally the second leg of a relay team, had to set the pace as the team's first runner.

"Usually in relays, I'm not the first leg," Hart said.

With limited time to adjust to his new role, Hart focused on creating a burst of speed off the starting block similar to how he creates momentum as the second runner in other relays.

"Before the race, I was just practicing and practicing to keep my head down and get out strong and drive my knees," he said.

After successfully opening the relay, Hart said he could grow into the role, but recognized its differences from other positions.

"It's harder to be the first leg," he said. "The third and fourth legs, you have time to get out ahead, but in the first you have to start strong."

While Dozier's final 100-meter sprint captured first, Cooper's run as second leg helped create some much needed distance from the Robinson and West Potomac teams

"I knew what I had to do," Cooper said. "When I got the baton, I just moved. With the speed I had when I got the baton, I knew we could get out ahead of everyone."

With plenty of space and the lead, Jeter said he was able fixate on the sometimes tricky baton handoff.

"My first instinct was to stay focused,"

"We were just thrown together."

— Tarikh Cooper



Justin Jeter hands the baton to Sterling Dozier during the boys' 4x100-meter relay at the Leslie Sherman Memorial Invitational.

Jeter said. "I didn't want to drop that baton or mess up the handoff."

Jeter grabbed the baton from Cooper and maintained the lead, allowing Dozier to seal the victory.

5 Qs with West Springfield track athlete Josh Armstrong

Q: How do you feel about your conditioning coming into the first meet of the season?

A: I feel all right. I kind of slacked off in practice.

Q: What music are you listening to before you run on the track.

A: Anything really, just whatever's on my iPod.

Q: If you weren't running track, what sport would you want to play?

A: Lacrosse. I was too late to try out. I played as a youth, but not last year.

Q: If you could be any athlete, who would you want to be?

A: [Portland Trailblazers guard] Brandon Roy. He's been favorite player since his college season.

Q: Who's your favorite sports team to follow?

A: Probably the Dallas Cowboys.



Josh Armstrong

— REED S. ALBERS

of who is missing.

"It's difficult because this meet is during spring break," he said. "But this is a great chance to see where everyone is."

Even with teams missing key runners, Pellegrini said the meet signaled early signs of success for the Spartans.

"We've had about a half-dozen personal records today," he said. "I'm really happy

with where we are right now."

Junior James Walker is one of the Spartans who earned a personal record. Walker finished eighth in the long jump with a score of 18-feet, 10.50-inches.

"This was my first time breaking 18 feet," he said. "I haven't done it in practice, but I thought I could break it. It was a nice surprise."

Challenge for the Tiffany Cup

Local soccer players clash with D.C. United, West Ham, Georgian teams.

JON ROETMAN
THE CONNECTION

Washington-Lee sophomore Eric Schmidt had his doubts prior to action. Bishop Ireton junior Danny O'Keefe was nervous.

Once play began, West Springfield sophomore Jannik Eckenrode realized how he could improve his game. And when it was all over, Lake Braddock sophomore Tyler Durbin filed in his memory the perspective of an influential English coaching staff.

Emotions and experiences were plentiful for members of the U16 Annandale United FC, who competed in the International Amateur Soccer Tournament — The Challenge for the Tiffany Cup during the final week of March.

Annandale United, a travel team composed of high school athletes from the Washington D.C. metro area, took on high-caliber foreign — U17 Georgian National Team, West Ham United FC Academy — and domestic — D.C. United Academy — competition. Annandale United finished 0-2-1, but the opportunity to participate as the only travel team in the tournament should help the group in the long term.

The tournament was "the most useful [soccer] thing the kids have [experienced] in their lives," said Annandale United head coach Bo Amato, who also coaches the varsity teams at St. Stephen's/St. Agnes School (fall) and Langley High School (spring).

Amato's Annandale club entered the Tiffany Cup tourney ranked among the top travel teams in the nation, but was still considered an underdog against the older academy team of D.C. United and the talented foreign teams.

"I figured we'd compete in the D.C. United game," Amato said, "but the other two games we could get badly damaged."

The first part of Amato's assumption was realized. Annandale United opened against D.C. United on March 28, losing 2-1. Annandale took a 1-0 lead on a Schmidt goal but failed to capitalize on chances late in the game.

Annandale United spent the rest of the tournament putting to rest any thoughts of getting "badly damaged." The Virginia travel team played the Georgian national team to a 1-all draw on March 30 and lost to West Ham United 4-2 on March 31. Annandale trailed West Ham 3-0 before



West Springfield's Jannik Eckenrode said playing against top-flight teams such as D.C. United and West Ham will help him at the high school level. 'It definitely gave me some views on how I can change the game in high school,' he said.

goals by Schmidt and Josh Godec (Gonzaga) cut the lead to one. West Ham added a late goal.

"I think our team showed a lot of heart going into each game," O'Keefe said. "We never gave up."

Schmidt, who scored three of Annandale's four goals in the tournament, called the ex-

"Every time he steps on the field, he leaves everything he's got on the field. If every youth player tried to emulate him, they'd be better overnight."

— Bo Amato, Annandale United head coach

perience "life changing."

"We hung in there, we competed," he said. "The teams were pretty much better than us, but it was definitely a good experience."

The Washington-Lee sophomore had his doubts prior to the tournament.

"We kind of thought," Schmidt said, "we were going to get blown out and embarrassed."

The University of Virginia and James Madison University have shown interest in Schmidt, a striker.

"Every time he steps on the field, he leaves everything he's got on the field," Amato said. "If every youth player tried to emulate him, they'd be better overnight."

Amato said Schmidt and West Springfield's Eckenrode "have developed a very good twin-strike partnership."



Lake Braddock's Tyler Durbin is a member of the Annandale United travel soccer team. The Annandale United competed against elite U17 teams at the International Amateur Soccer Tournament.

Eckenrode said he learned from facing superior competition.

"I realized how key movement off the ball is," he said. "I knew it was key, but when I saw West Ham put it to action we" got a better understanding.

"It definitely gave me some views on how I can change the game in high school," Eckenrode said.

West Ham coach Tony Carr and his staff spoke with Annandale United players after their match. Carr is "one of the most influential figures in English football," the club's Web site says.

West Ham coaches said "since we weren't really brought up in a soccer culture that we really need to try to

watch the game as much as possible," Lake Braddock's Durbin said, "so we really know the game."

West Ham defeated D.C. United in the championship game April 2.

Amato said the most important lessons Annandale United learned during the tournament were: be mentally tough, be vocal on the field and keep the ball moving. Facing top-shelf competition and being exposed to a different style of soccer should help the team in the future.

"The best thing that came out of this tournament on a personal level is we didn't roll over and die," Amato said. "When the going gets tough you find out what you're all about. That was a really good eye-opener for me and that was a great eye-opener for my players."



The 4x100-meter relay of, from left, Jamison Hart, Justin Jeter, Sterling Dozier and Tarikh Cooper had not run together as a team before their April 1 meet.

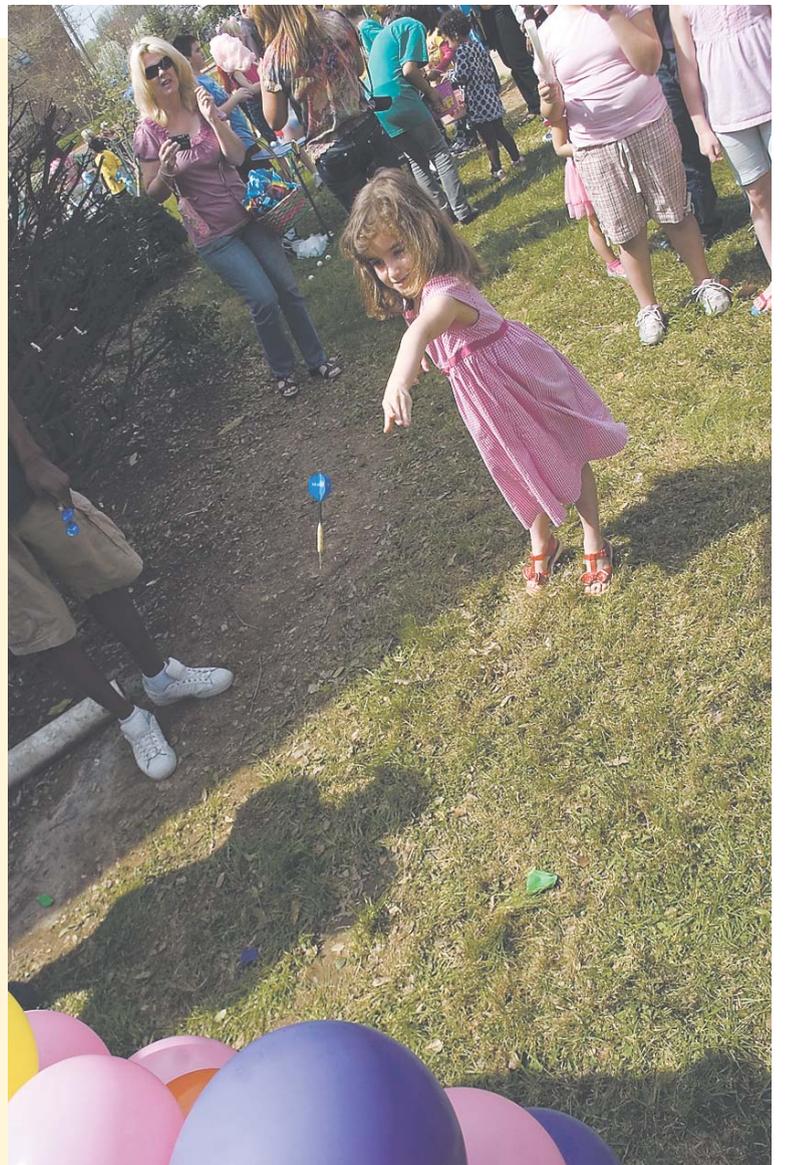
COMMUNITY



Rachelle Quispe, 6, is first out of the gate during the Saturday, April 3 Easter egg hunt at Springfield United Methodist Church.

All Eyes on the Egg

Children seek fun — and eggs — at April 3 Springfield United Methodist's Easter egg hunt.



Aubrey Keriws, 6, attempts to pop a balloon with a dart at one of the event's games.



In addition to the Easter egg hunt, a moonbounce was available for children to jump around in.

Alina Yang rummages through open Easter eggs, searching for an egg of her own.

PHOTOS BY CRAIG STERBUTZEL

PEOPLE



Commissioners of Fairfax County Commission for Women pose for a photo with Keynote Speaker Maureen McDonnell, First Lady of Virginia.

County Commission Hosts Women's Voices Forum

On March 20, the Fairfax County Commission for Women conducted a Women's Voices Forum at the Fairfax County Government Center. Keynote Speaker was

First Lady of the Commonwealth, Maureen McDonnell. McDonnell returns to her home area, Northern Virginia for the first time since her husband was elected as governor of Virginia.



Organization of Chinese American Women, Virginia Chapter presents a book written by an OCAW member to Fairfax County Board of Supervisors Chairwoman Sharon Bulova (D-At-large).

COLLEGE NOTES

Julia Bond, class of 2013 at Connecticut College and a resident of Springfield, has been named to the dean's honors for the 2009 fall semester. Dean's honors is a recognition for students who have earned a grade point average of at least 3.3.

Brendon G Deltoro, a senior from Springfield majoring in justice studies, has been named to the dean's list for the fall 2009 term at Georgia Southern University. To be eligible for the dean's list, a student must have at least a 3.50

grade point average and carry a minimum of 12 hours for the semester.

Hillary Jett, daughter of George and Paula Jett of Springfield, was named to the dean's list at Ithaca College's School of Business for the fall 2009 semester with a GPA of 3.5.

Ji Eun Kim of Seoul, daughter of Joon Tae Kim and Chong Suk Kim of Springfield, was named to the dean's list of Emory College, the undergraduate, liberal arts college of Emory University

in Atlanta, Ga., for the 2009 fall semester. Students must be in the top 20 percent of Emory College or have approximately a 3.850 grade point average or higher to be named to the dean's list.

Pui E. Sham, a resident of Springfield, 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.



Front row, from left, Gov. Bob McDonnell (R); Pete Jobse, president and CEO of The Center for Innovative Technology and Bobbie Kilberg, president and CEO of NVTC. Back row, Bob Sledd Sr., economic advisor to the governor; Michael Grisham, president of GPB Scientific; Spencer Williamson, president and CEO of Intelliject LLC; Del. Rich Anderson (R-51); Sen. Walter Stosch (R-12); Del. Mark Sickles (D-43); Sen. Mark Herring (D-33); Sen. Janet Howell (D-32) and Del. Barbara Comstock (R-34).

Governor Signs 'Job, Opportunity' Bills

Sickles on hand for Herndon event promoting job creation agenda.

At a bill signing ceremony co-hosted by the Northern Virginia Technology Council (NVTC) and the Center for Innovative Technology (CIT), Gov. Bob McDonnell (R) signed several major components of his "Jobs and Opportunity" legislative agenda to encourage job creation and economic development in Virginia. NVTC President and CEO Bobbie Kilberg provided introductory remarks during the ceremony, which took place at the Center for Innovative Technology in Herndon. The governor's Senior Economic Advisor Bob Sledd and a bipartisan group of legislators from Northern Virginia and throughout the Commonwealth were present.

Three of the initiatives highlighted by the governor were top legislative priorities for NVTC. First, the governor signed legislation establishing a 100 percent capital gains tax exclusion for founders and investors in qualifying technology, energy and biotechnology startups in Virginia for investments made over the next three years. This new law will position Virginia as a leader in next generation tech company formation and innovation, as well as a top destination for entrepreneurs, early-stage investors, researchers and innovators.

The governor also commented on several additional economic development provisions in the recently-passed budget. Particularly noteworthy was McDonnell's support of an additional \$1.5 million in funding over the next two years for the CIT GAP fund, which will underwrite critical and immediate first financing for 20 new early-stage technology companies by leveraging private sector capital at a rate of 11 times the Commonwealth's investment.

"Over the past several years, NVTC has actively promoted a comprehensive 'Grow Your Own' strategy for new company formation," said Kilberg. "Gov. McDonnell has taken an important step in promoting investment in new company formation and job creation in Virginia, giving the Commonwealth a competitive advantage as a potential location for entrepreneurs deciding where to locate their startups."

Also during bill signing ceremony, McDonnell cited a budget initiative that will improve incentives for companies to expand, relocate and move corporate headquarters to Virginia by doubling the Governor's Economic Development Fund with an additional \$12 million in FY 2011. This additional funding, for which NVTC had been a strong advocate, will bring much-needed growth and tax revenue to Virginia, enhancing its ability to attract mature companies to the Commonwealth. "Small entrepreneurial companies, with their ability to creatively address problems and quickly adapt to changes in the marketplace, are often the drivers of technology innovation," said Kilberg.

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7014 Sylvan Glen Lane	\$845,000	Sun 1-4	Carol Hermandorfer	Long & Foster	703-503-1812
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6755 CARDINAL WOODS CT	\$425,000	Sun 1-4	Juan Rodriguez	Solutions Realty	(703) 750-1450
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9516 Harrowhill Lane	\$524,900	Sun 1-4	Kinder Saund	Long & Foster	202-369-5597
10330 LURIA COMMONS	\$123,000	Sun 1-4	Debbie Ingram	Weichert	(703) 569-8780

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9351 Chestnut Knolls Dr.	\$569,888	Sun 1-4	Debbie Dogrul Assoc.	Long & Foster	703-425-3582
5267 Pumphrey Dr.	Mid \$500s	Sun 1-4	Debbie Dogrul Assoc.	Long & Foster	703-425-3582

Springfield

7827 Belleflower Dr.	Upper \$500s	Sun 1-4	Debbie Dogrul Assoc.	Long & Foster	703-425-3582
6278 Rathlin Dr.	\$325,000	Sun 1-4	Violeta Warner	Long & Foster	703-282-9779
9020 Giltinan Ct.	\$330,000	Sun 1-4	Maeke Ermarth	Jobin Realty	202-288-9074
8302 Timber brook lane	\$485,000	Sun 1-4	Art Flikinger	Weichert	703-690-0204

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5205 Cannes Ct.	\$365,000	Sun 1-4	David Gillis	Long & Foster	571-451-7306
6601 Dunwich Way	\$619,950	Sun 1-4	Kathleen Quintarelli	Weichert	703-862-8808
5928 Wescott Hills Way	\$459,950	Sun 1-4	Tom & Cindy	Long & Foster	703-822-0207
6710 Ordsall St.	\$559,950	Sun 1-4	Tom & Cindy	Long & Foster	703-822-0207
6522 Brookleigh Way	\$370,000	Sun 1-4	Tom & Cindy	Long & Foster	703-822-0207
6956 Ellingham Cir.	\$299,950	Sun 1-4	Tom & Cindy	Long & Foster	703-822-0207

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7217 Masonville Dr.	Lower \$500s	Sun 1-4	Debbie Dogrul Assoc.	Long & Foster	703-425-3582
8285 PRIVATE LN	\$1,350,000	Sun 1-4	Nancy Basham	Long & Foster	(703) 772-2066
6803 Algonquin Ct.	\$475,000	Sun 1-4	Rhonda Walker	Long & Foster	703-635-4588

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4608 Ryecliff Ct.	\$610,000	Sun 1-4	Yvonne Collins	Long & Foster	703-200-7685
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To add your FREE Realtor Open House listing in Springfield/Kingstowne, Burke, or Fairfax Station/Laurel Hill, Contact Steve Hogan at shogan@connectionnewspapers.com All listings due by Tuesday at noon.

CALENDAR

FROM PAGE 8

applications. Call for an appointment. Adults. 703-249-1520.

Friends of the Library Book Sale. 10 a.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Used book sale. 703-339-4610.

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.

Mother's Day Multi-Vendor Event. 9 a.m.-1p.m. at the Community Business Partnership, 7001 Loisdale Road, 2nd floor, Springfield. Jewelry, handbags, chocolates, beauty items, teas, gifts and more. 703-451-8871.

Introductory Spring Wildflower Walk. 10:30 a.m. at Hidden Pond, 8511 Greely Blvd., Springfield. Join a naturalist for a leisurely walk in the Pohick Stream Valley. Reservations required at 703-451-9588.

SUNDAY/APRIL 11

Soyfoods Cooking Class. 10 a.m. 9302 Hallston Court, Fairfax Station. Tofu, tempeh, miso, soy milk and more. \$50. Registration required at 703-643-2713. www.veggourmet.wordpress.com.

MONDAY/APRIL 12

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

PAL Reading Visits. 4 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Practice reading with a trained therapy dog. Dogs will remain with handlers as children read to them. Call to register. 703-

249-1520.

Early Reader Book Discussion. 4:15 p.m. John Marshall Library, 6209 Rose Hill Drive, Alexandria. Call for titles. Age 6-8 with adult. 703-971-0010.

Hugs for Bugs. 10:30 a.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Story time about bugs. Age 24 months to 5 years with adult. 703-339-4610

TUESDAY/APRIL 13

Dine Out Night for Koinonia. 5-8 p.m. at King Street Blues, corner of Kingstowne Blvd. and South Van Dorn St., Alexandria. The Koinonia Foundation, a local social services organization, will receive 20 percent of every restaurant check. Diners must mention "Koinonia" to their server. 703-971-1991 or www.koinoniacares.org.

Open Mic w/Bob Gaynor of The Roadducks. 8 p.m. at Jaxx, 6355 Rolling Road, Springfield. 703-569-5940.

Fun for Twos and Threes. 10:30 a.m. John Marshall Library, 6209 Rose Hill Drive, Alexandria. Stories and activities. Age 2-3 with adult. 703-971-0010.

Second Tuesday Evening Book Discussion. 6:45 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Say You're One of Them by Uwem Akpan. Adults. 703-339-4610.

WEDNESDAY/APRIL 14

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.

Nonfiction Book Discussion

Group. 7 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Call for title. Adults. 703-249-1520.

Older Adults Book Group. 2 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. "The Story of Edgar Sawtelle" by David Wroblewski. Meet next door at Kingstowne Center for Active Adults. Adults. 703-339-4610.

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.

THURSDAY/APRIL 15

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

Earth Day: Birthday! 10:30 a.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Earth Day stories, songs and activities. Age 2-5 with Adult. 703-249-1520.

Let's Go to the Library. 10:30 a.m. Lorton Library, 9520 Richmond Highway, Lorton. Stories about libraries and a tour. 703-339-7385.

FRIDAY/APRIL 16

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.

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Or to mail photo prints, send to:

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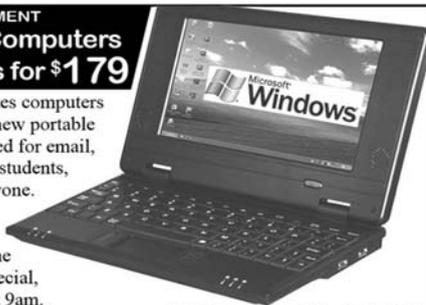
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OPINION

Isn't It Obvious?

Transportation problems are still the elephant in the room.

BY SEN. DAVE MARSDEN
D-37

Once again, we have balanced our budget in Virginia in the most difficult and challenging financial environment since the Great Depression of the 1930s. It was my goal for this session of the General Assembly that we accomplish three things: first, that we maintain the car tax relief we currently enjoy, second, that the Local Composite Index (LCI) for school funding that finally adjusted to Fairfax County's favor not be frozen at last year's level granting us an additional \$60 million over the biennium, and thirdly, that cuts to K-12 funding be minimal as the quality of our schools are the most critical factor in maintaining our home values.

COMMENTARY

The budget put forth by the Senate accomplished these goals. The House of Delegates and governor wanted to cut K-12 by \$620 million and \$721 million, respectively, but the Senate position prevailed in a compromise and far less was cut, \$253 million. Northern Virginia did much better than I could have hoped for. This being said, the cuts that were ultimately agreed to were painful and many of our citizens will feel the impact very dramatically.

THE STATE budget is now lower than when I first started to serve in the General Assembly in 2006. While this may be good news in some respects it ignores the elephant in the room — transportation.

We did not address our growing transportation problem in both construction and maintenance during this past session. The snow took a huge bite out of the maintenance budget, (15 percent), which was far

greater than anticipated, and left our roads a potholed mess. I have had two bent rims this year, which cost more than \$800 to repair. I hit a pothole on Interstate 64 in Richmond during the session and spoke about it on the Senate floor to remind the Senate that lack of transportation dollars is costing our citizens greatly. The next day, one of the Senate clerks hit the same pothole and bent her rim also. I am assuming that many of you are experiencing damage to your vehicles as well. Our transportation problems regarding maintenance are becoming just as critical as our lack of infrastructure investment.

This coming fiscal year, starting July 1, we can either provide maintenance funding or make our federal highway dollars match wherein we would get \$4 for each dollar we put up. We can't do both and this is a catastrophe. The expense of car repairs due to poor road maintenance will cost us now. The loss to businesses, and future business development, that stems from not investing in a transportation system that can adequately move goods, services, commuters and create jobs will cost us for years to come. We are currently out of money and cannot meet our obligations.

It is good news that the governor is re-opening some rest stops. It is also good that the governor is pursuing off-shore drilling to raise transportation funds, although the benefits may not be apparent for seven-10 years and then only if Congress grants Virginia royalties. It is essential, however, that he call a special session of the General Assembly so that the governor can put his transportation plans before the legislature and give us an opportunity to weigh in. Only the governor can call this special session, and he has pledged to act. It's time we got started.

BULLETIN BOARD

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

identity theft and provide helpful tips on how to protect oneself as well as his lessons learned. Guests welcome. rmgallagher@verizon.net or 703 455-4373.

THURSDAY/APRIL 8

Navigating the Medicaid Maze:

Waivers, Eligibility and Documentation. 7 p.m. at West Springfield Government Center, 6140 Rolling Road, Springfield. Eligibility criteria, screening process, required documentation, and home-based and nursing home care. 703-451-8873 or www.fairfaxcounty.gov/dfs/olderadultservices.

The Springfield/Alexandria Women's Connection Guest Night Dinner.

6-8 p.m. at the Springfield Golf and Country Club, 8301 Old Keene Mill Road, Springfield. \$20 per person. Reserve by Friday, April 9 at 703-569-4670, 703-590-6562 or SpringWmConn@yahoo.com.

WEDNESDAY/APRIL 14

NARFE Springfield Chapter 893

Meeting. 1:30 p.m. at American Legion Post 176, 6520 Amherst Ave., Springfield. Roy Michael will share his personal story of

THURSDAY/APRIL 15

Fimian-Herrity Debate. 1:30 p.m. at Greenspring Retirement Community, Hunters Crossing Conference Center, 7430 Spring Village Drive, Springfield. Keith Fimian and Pat Herrity will debate ahead of the June 8 primary election to choose the Republican candidate for Virginia's 11th District congressional seat. John McCaslin, host of America's Morning News radio show, will moderate. 703-923-4690.

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CAMPS & SCHOOLS

Bruin Band Pays Visit to China

FROM PAGE 4

and the Great Wall, but it was during meals and their transportation between sites that offered the truest glimpse of the culture. Flynn said that the students were given authentic Chinese cuisine for all of their meals, though she said their hosts were careful to keep the more exotic dishes at bay. All of the students enjoyed the food, she said, but a couple of McDonald's pitstops were made nonetheless.

"The food isn't at all like American Chinese food," Colbrun said. "They don't have egg rolls or fried rice. It's a lot of healthy things like vegetables and things like that. Some [of the group] were nervous about the food, but it was great."

PERHAPS THE strongest feeling of being a foreigner, they said, came when the group was walking through the streets of Beijing. Flynn said that the students' light hair and fair skin made them stand out, and many times, local residents would ask them to pose for pictures and even pulled some students out of the group to talk. Though the experience was slightly awkward, she said, the hospitality and welcoming nature of the people was never in doubt.

"We had certain students who were fair, with light eyes and light hair," Flynn said. "They would get literally pulled out of the group to have their photo taken. They were just so nice. We never felt any untoward feelings from them."

On the long plane ride home, the students said, they were given the time to reflect on their experiences from the past week and were in awe of what

they had seen and done. Hunter Langdon, a sophomore in the Color Guard, said that on the way back, all she could think about was how many of her preconceived notions of the country were dispelled. She said that after years of social studies classes and being told that China was a communist country, she expected a grim atmosphere with unhappy people, but found the exact opposite.

"You're told for so long that it is a communist country, but when we got there, all we found was people trying to be friendly and kind to us," Langdon said. "They did everything they could to make us feel like we were at home."

Flynn said that another common feeling the return trip home was a sense of appreciation, because many of the students and parents realized that they most likely would not be going back to China ever again. Though there was much more they wanted to do, Flynn said that she was satisfied that the students took advantage of their time there and learned as much as they could. Her only hope was that the Chinese students and people they met got as much out of the interaction as they did.

"We wanted to go over there and leave the people we interacted with a good impression," Flynn said. "The world is a big place, and America is just a small part of it."

More

Go to www.lbband.org for a blog, videos and photos from the trip.

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THE CONNECTION

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3. CONTROLLING: Interrogates you intensely (especially if you're late) about whom you talked to and where you were; keeps all the money; insists you ask permission to go anywhere or do anything.
4. UNREALISTIC EXPECTATIONS: Expects you to be the perfect mate and meet his or her every need.
5. ISOLATION: Tries to cut you off from family and friends; accuses people who are your supporters of "causing trouble." The abuser may deprive you of a phone or car, or try to prevent you from holding a job.
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7. MAKES OTHERS RESPONSIBLE FOR HIS OR HER FEELINGS: The abuser says, "You make me angry," or "You're hurting me by not doing what I tell you."
8. HYPERSENSITIVITY: Is easily insulted, claiming hurt feelings when he or she is really mad. Rants about the injustice of things that are just a part of life.
9. CRUELTY TO ANIMALS OR CHILDREN: Kills or punishes animals brutally. Also may expect children to do things that are far beyond their ability (whips a 3-year-old for wetting a diaper) or may tease them until they cry. Sixty-five percent of abusers who beat their partner will also abuse children.
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14. PAST BATTERING: Admits to hitting a mate in the past, but says the person "made" him (or her) do it
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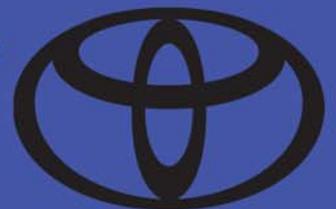
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