

Springfield CONNECTION

Franconia ❖ Kingstowne ❖ Newington

Ruby Len and Katherine Len show their spirit during the parade, with a flag representing American pride.

Proud Americans

NEWS, PAGE 3

**New Commissioner
For Lee District**

NEWS, PAGE 3

**Of Lords
And Ladies**

NEWS, PAGE 4

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CALENDAR, PAGE 12 ❖ SPORTS, PAGE 14 ❖ CLASSIFIED, PAGE 17

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CONN



Justin Nelson, Lauren Nelson, Lisa Nelson and Dana and Margaret Manning prepare to ride in the parade at Hunt Valley Elementary School.



Members of the Fox Hunt Swim Team ride in the back of a pick up truck during the parade in support of their team and the holiday.



Two members of the many Cottontail Cobias Swim team that showed their spirit at the parade.

PHOTOS BY KELLY CARLIN

A Show of Patriotism

Orange Hunt, Winston Knolls communities show patriotic spirit with neighborhood parade.

With a simple parade of decorated bikes, trucks and cars, members of the Winston Knolls Civic Association and the Orange Hunt Estates Civic Association showed how proud they were to be Americans on Sunday, July 4. The Fourth of July parade began at Hunt Valley Elementary and ended at Orange Hunt Elementary, where the crowd enjoyed ice cream provided by the Huntsman Square Giant.

One Door Closes . . . Supervisors appoint James Migliaccio as Lee District Planning Commissioner.

BY JUSTIN FANIZZI
THE CONNECTION

As the Greater Springfield area continues its rapid growth and development, the people behind the scenes making it happen are often overlooked. As the plans change, however, so do the faces, and the district now has a new leader to guide it down that path.

James Migliaccio was appointed Lee District Planning Commissioner by the Board of Supervisors Wednesday, June 23, succeeding Rodney Lusk, who stepped down mid-term after 6-1/2 years in that capacity.

"I'm confident that he'll represent Lee District well."

— Supervisor Jeff McKay (D-Lee)

Migliaccio, a small business owner and land use expert, officially begins his term July 14.

"I'm very excited for this opportunity to work with Supervisor [Jeff] McKay (D-Lee) and the [Lee District] Land Use Committee," Migliaccio said. "It's a great opportunity to help the district move forward."

That opportunity arose for Migliaccio, 40, after Lusk decided several months ago that he would not finish his second, four-year term as the district's planning commissioner. Lusk, appointed commissioner by then-Supervisor Dana Kauffman in 2004 and again in 2008 by McKay, has a full time job at the county's Economic Development Authority and recently was promoted to na-

tional marketing division director.

According to Lusk, who was named the 2009 Citizen of the Year by the Greater Springfield Chamber of Commerce, the new position has much more responsibility and is much more time consuming than his previous position at the authority. Therefore, he realized that he would not have enough time to adequately serve the Lee District. So, last month, Lusk announced his resignation.

"My responsibilities [for the new position] are a bit greater than they were before, and I'll be working with a number of companies that could come before the Planning Commission, so I couldn't continue," Lusk



James Migliaccio

CONTRIBUTED

said. "Plus, I have two daughters that are 4 and 9 that I'd like to see a little more."

Migliaccio, a native of Fauquier County, entered the realm of public service after his graduation from James Madison University, first working on various political campaigns and then for former governor and U.S. Sen. Chuck Robb. Following his work on Capitol Hill, Migliaccio secured a job as chief of staff for Supervisor Penny Gross (D-Mason), where he served until 2002.

Migliaccio then took a position at TSCG, Inc., where he could maintain some semblance of public service by serving as a com-

SEE MIGLIACCIO, PAGE 7



End of Year Sixth graders from Springfield Estates Elementary celebrated their graduation with an end-of-year party.

Industrial-To-Office Building Conversions On Rise

The Fairfax County Economic Development Authority expects many large-scale warehouses and other industrial buildings to be priced out of the local commercial real estate market over the next few years.

"It is inevitable. Look at Arlington County and the City of Alexandria. The land just gets too expensive in urban areas. Those types of uses will eventually go away in Fairfax," said Gerald Gordon, president and chief executive officer of the Fairfax County Economic Development Authority.

The amount of industrial and flexible commercial space in Fairfax already declined in 2009, in part because industrial facilities were demolished and replaced with new office or retail developments. Redevelopment projects in Merrifield alone claimed more than 150,000 square feet of industrial space last year, according to the authority's 2009 real estate report. But Gordon anticipates that many warehouse-to-office conversions will take place in Springfield and Lorton area, where more than half of the county's industrial buildings are located. Government contractors will want to be nearby when several military operations move to Fort Belvoir and the National Geospatial-Intelligence Agency moves to Springfield in 2011.

"The overall inventory is expected to take some serious hits over the next 10 years as older industrial/flex is redeveloped into high-end office space to meet new demands in traditionally industrial areas along I-95," stated the economic development authority's report.

Most of the companies that currently occupy industrial space in Fairfax are small employers that provide functions like printing, auto repair and storage. Some are delivery services with large fleets of trucks or other vehicles that are parked on the property, said Gordon.

"These are all the kinds of uses that could move further west or south," he said.

According to the report, Fairfax is already seeing a surge of interest in industrial and flexible commercial property along Interstate 95. Ten of the county's 14 largest industrial leases signed in 2009 were for space in Springfield (three), Franconia (three), Newington (two) and Lorton (two).

"They won't do it now. ... But absolutely, we will see Class A office space on Richmond Highway," said Gordon.

Fairfax had already seen a shift away from traditional industrial use in its commercial market. Over the past decade, speculative industrial development was more likely to be built as "flexible space" that was easily adaptable to a number of different uses. Small and new businesses often choose to lease flexible industrial space over traditional of

SEE NEWS BRIEFS, PAGE 5



The 2010 Lord and Lady Fairfax winners stand with their supervisors after being presented certificates.

Local Volunteers Recognized

Supervisors name 2010 Lord and Lady Fairfax.

BY JUSTIN FANIZZI
THE CONNECTION

Too often good deeds are overshadowed by the seemingly constant flow of troubling news of budget deficits, transportation woes or workplace layoffs. Once a year however, Fairfax County hands out its Lord and Lady Fairfax awards, and those efforts get the attention they deserve.

The awards, which recognize Fairfax County citizens who have demonstrated outstanding volunteer service, heroism or other special accomplishments, are given each year to a man and woman from each district, chosen by the district's supervisor.

This year's honorees for the Lee District are Lord Harry Zimmerman, Lee District Transportation Commissioner, and Lee District Citizens' Budget Advisory Committee Chairman Suzette Kern. The Springfield District tabbed Tom Peterson, former mayor of Clifton, and Lady Lynne Garvey-Hodge, local history buff and community activist. The quartet, along with the other districts' honorees, was recognized at the Board of Supervisors' June 8 meeting, where they were brought up in front of the crowd and given a certificate.

"I am very honored, as well as completely surprised, to receive this award," Zimmerman said. "You take a look at the other winners, and you realize quickly that it's a very humbling group to be a part of."

Zimmerman, a Fairfax County resident since 1970, has served as the Lee District representative to the Fairfax County Transportation Advisory Commission since 2004. From the time he moved to the area, until 2002, Zimmerman worked for the U.S. Navy, and now works as a part-time consultant for engineering, construction and environmental matters.

This vast experience within the government and outside of it made him a key member of the BRAC Area Plans Review Task Force in 2008, and since then, has provided additional assistance to the county with BRAC-related land use issues. In addition, Zimmerman is also an appointed member of the budget advisory committee and is an active member

of the Springvale Community Association.

"Harry has dedicated himself to helping find transportation solutions in Lee District and obviously that's a huge issue in the community," said Supervisor Jeff McKay (D-Lee). "His down to earth approach has been invaluable."

The other winner, Suzette Kern, may be busy with her service on the advisory committee, but nonetheless finds the time to serve the community in several different capacities. Kern represents the Lee District on the Fairfax County Commission on Organ and Tissue Donation and Transplantation as well as on the county's Economic Advisory Commission, where she serves as the co-chair of the Strategic Planning Subcommittee.

"Both of these individuals have devoted hundreds of hours to the community on three of the biggest topics I face on a daily basis," McKay said. "So, to me, they were perfect choices this year."

"They were perfect choices this year."

— Supervisor Jeff McKay (D-Lee)

THE SPRINGFIELD DISTRICT'S Lady Fairfax, Garvey-Hodge, a Clifton resident, has made her mark in the district by being its resident historian. She

is currently serving her fourth consecutive term on the Fairfax County History Commission and has chaired or co-chaired the Clifton Oral History Project, the Clifton History Commission, the Annual Historic Candlelight Tour, as well as Clifton's 100th Anniversary celebration. In addition, she is heavily involved with the planning of the proposed suffragist memorial at Occoquan Regional Park, and led the effort for the placement of the historic marker at IVAKOTA Farm.

"It is a complete honor [to be named Lady Fairfax] and I am absolutely pleased to receive the award," Garvey-Hodge said. "I love Fairfax County. I'm a proud citizen and I don't plan on leaving the county any time soon. It's a great place to live, work and volunteer."

Springfield District's Lord Fairfax, Tom Peterson, has not only lived in the area his entire life, but has also spent most of it serving his fellow neighbors. Peterson, an alumnus of Robert E. Lee High School and George Mason University, taught at Laurel Ridge Elementary School and Robinson Secondary School, where he was head coach of Robinson's baseball team from 1990 to 2000.

SEE LORDS, PAGE 5

PEOPLE

Local Teen Inspired To Write

Rita Zevallos writes award-winning essay.

Rita Zevallos, a 17-year-old junior at West Springfield High School, won first prize in the LeadAmerica Essay Contest. Students were asked to write about how the leadership by a person or group of people contributed to the development of society, and what today's leaders and citizens can learn from this. The student's essay was required to be from 1,000 to 3,000 words in length. Zevallos answered a few questions about the award and her winning essay.

What's the award about?

"It was an essay contest for writing about an individual and their leadership and how it contributed to history."

What did you write about?

"I wrote about Cesar Chaves, who was the leader who organized migrant workers, and was a leader in Hispanic movement. I did an earlier project on him for Spanish, and I'm also interested in Hispanic history."

What got you involved in the competition?

"I'm in the history honor society and organization. They offer these competitions. I did it for points in the society."

How do you feel about winning the award?

"It's exciting. I like winning contests."

— AMANDA RANOWSKY

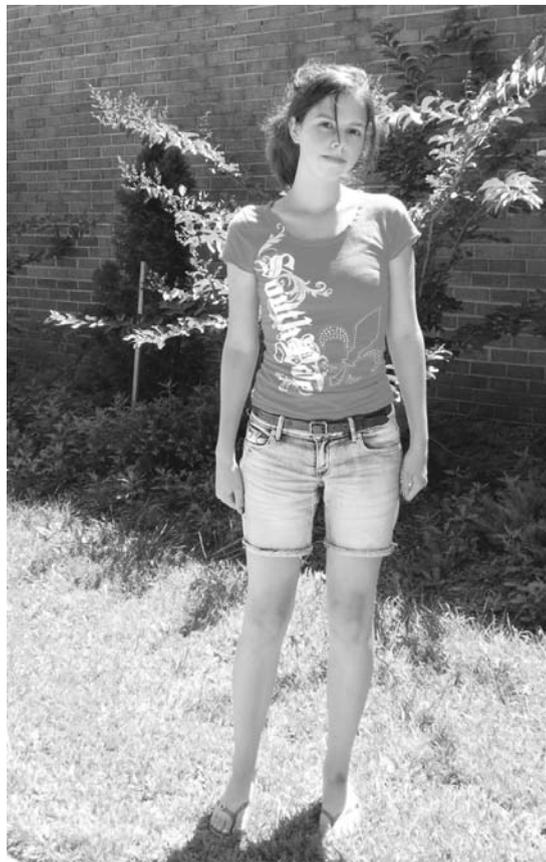


PHOTO BY AMANDA RANOWSKY/CONNECTION NEWSPAPERS

Rita Zevallos, winner of the LeadAmerica Essay Contest, stands outside of West Springfield High School.

Lords and Ladies

FROM PAGE 4

In 2001, Peterson moved to Clifton continued his track record of service there, as he was elected vice president of the Clifton Betterment Association and Clifton Day chairman. Five years later, Peterson was elected as the town's mayor, a position he occupied until this year, when he decided to retire. Nowadays, Peterson can be found nearly every day in Peterson's Ice Cream Depot, which he owns and operates.

"Our town thrives and survives because of the volunteer efforts of a whole lot of people, so I accept the award on behalf of the entire Town of Clifton," Peterson said. "It's humbling to be with these people who just give and give to their communities."

The night before the supervisors' meeting, the honorees were invited back to the Fairfax County Government Center for a reception where the lords and ladies could be recognized publicly. At the reception, each of the honorees was introduced and their accomplishments summarized and then enjoyed a fully catered meal. To date, nearly 500 individuals have been named Lord or Lady Fairfax by their district supervisors.

NEWS BRIEFS

FROM PAGE 4

fices because it is cheaper, according to the report.

There is a down side to losing true industrial uses in Fairfax, according to Gordon. Residents and companies will have to travel longer to get to their storage units for example, he said.

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COMMUNITY

Kings Park Parades on Fourth of July

Neighborhood serves slice of Americana during Fourth of July parade and party.

The word to describe the Fourth of July parade in the Springfield neighborhood of Kings Park would be: Americana.

A slice of wholesome, family-oriented American culture put on display as the families of Kings Park paraded the mile from Kings Park Elementary to the neighborhood park where a moon bounce and barbeque awaited the community.

The annual Independence Day parade was organized with the help of community member, Rita Botting, who says that the parade has been a tradition “for years.”

The celebration was not hindered by the blazing weather. Lawn chairs and tents were lined up along the sidewalks in anticipation of the parade. Cheers erupted as children and adults alike sped by on patriot-themed bicycles and tricycles, along with some adults driving their antique cars, tossing candy to those watching.

The parade concluded at the community park, where the Kings Park Band played patriotic tunes and families enjoyed plenty of hot dogs, chips, and snow cones. “We probably have up to 300 people each year,” said Botting. “Sometimes, we can tell how many people we have by the amount of snow cones that we have left.”



The Kings Park Band marched to a patriotic tune during the community's Independence Day Parade.

Music, food, moon bounces, laughter, and a real sense of community are great ways to spend any Fourth of July celebration, and the residents of Kings Park did just that.

— JULIE HIRSCHORN



Children of Kings Park ride patriotic themed bikes in the Independence Day parade.



Kings Park parents march with their children in festive attire during the Fourth of July parade.



The Kings Park Fourth of July celebration was a festive event for many children and their families who participated in the parade.

Migliaccio

FROM PAGE 3

munity outreach liaison. His job, he said, was to be the go-between between his company and individual localities when TSCG wanted to expand, essentially informing local residents about the changes they are facing and attempting to involve them in the process. After three years with the company, Migliaccio found that he enjoyed the work, but wanted to be his own boss. So, in 2006, he left TSCG and formed Migliaccio Solutions, which does much of the same work.

"I wanted to do something on my own and be my own boss," Migliaccio said. "I also needed to come back home, so I broke away and started something myself."

This extensive land use experience, not only in the number of years but at a national level of service, was what initially made McKay identify Migliaccio as a possible replacement. The two knew each other well after working together as chiefs-of-staff for county supervisors, and according to Migliaccio, they used to talk frequently about ideas they had for the development of Springfield. Over the years, the pair kept in touch. So, when McKay received word that Lusk was stepping down, the first person that came to mind was Migliaccio.

"I picked James because he has been a longtime friend who knows the county land use process backwards and forwards and who can dedicate the long hours to the job," McKay said. "His background will be invaluable as we continue to make progress on Route 1 and Springfield."

Migliaccio shares those priorities, and like McKay and Lusk, he wants to continue all of the development currently in progress. He said that this top priority as planning commissioner is the revitalization of Springfield Mall, along with similar efforts at Metro Park. In addition, Migliaccio said that he will focus on fixing the Route 1 corridor's crumbling infrastructure, and will also continue to work with the U.S. Government on the Base Realignment and Closure project that will bring a massive influx of new residents and companies into the area.

"Rodney [Lusk] has helped guide Lee District through a full spectrum of land use issues, from the smallest development to the largest such as Springfield Mall and BRAC," McKay said. "[Migliaccio] will have large shoes to fill but I'm confident that he'll represent Lee District well."

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SPRINGFIELD CONNECTION ♦ JULY 8-14, 2010 ♦ 7

School Board Could Learn To Share

Too many decisions made with tone of 'we know best,' not enough sharing of data.

The possible closing of Clifton Elementary, apparently because it "is going to be a very expensive school to renovate," is causing outrage amongst people with and without school-aged children in the Clifton area.

More expensive than what? The specifics of alternatives, in this case and others, are often unavailable to the people who will be affected by such actions by Fairfax County Public Schools.

Small community-based elementary schools serve many purposes, benefit children and families and do in fact foster a sense of community. The pushback isn't surprising, and is probably inevitable.

But what makes the proposed closing of Clifton Elementary similar to the ending of other programs and closing of other facilities is the lack of hard information shared with the public about the benefits and alternatives in Fairfax County.

Consider the closing of Pimmit Alternative School, which will ostensibly save \$1 million annually in a \$2 billion budget. What will the costs be of having the students served by Pimmit go elsewhere? What of those adult students who will not be able to travel to one of the other alternative schools and conse-

quently might go without a high school diploma? Are some of these people more likely to need public assistance? Less likely to make a good salary that allows them to contribute to the local economy?

Or the elimination of Project Excel to be sure that all the schools with a large population of poor students get something, but now no one seems to be sure exactly who will be getting what.

EDITORIAL Or the elimination of a "modified calendar" (year-round school) in several elementary schools that has been associated with better student performance. Exactly what will that save? Enough to offset the fact that the schools with a modified calendar tend to have a higher population of students who will need services over the summer in any event?

And now it turns out that the plan for closing Clifton Elementary that has been the underlying assumption for more than a year (building a new, bigger school on the Liberty Middle School site) is being scrapped, meaning that students might be divided up amongst several different elementary schools. What will that cost? Will those schools need additions? We don't know.

As a result it's hard to have confidence in



PHOTO BY JULIA O'DONOGHUE/THE CONNECTION

Approximately 85 people showed up to the June 10 meeting of the Fairfax County School Board to oppose the closing of Clifton Elementary School.

the pronouncement that keeping the school open is too expensive. That might be true, but more expensive than what? If staff and school board can't answer that question, how did they consider the alternatives and costs?

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

Listen to Clifton

To the Editor:

I live in West Springfield and want to encourage you to fight as hard as possible to keep Clifton Elementary School open. The arguments for keeping it open have been expressed many times by many people. As I see it, this is a rush to judgment decision that will cut the heart out of the Clifton community. I have driven past that school for 32 years since moving into Springfield, and have always thought what an ideal setting for an elementary school. It is like a one room schoolhouse in the middle of a hustle, bustle county. Killing that school exemplifies what is wrong with our society.

The Clifton community is strongly behind keeping their school. They should be listened to.

Shannon Coffey
Springfield

Changes Needed

The following letter was sent to Supervisors Pat Herrity (R-Springfield) and Gerry Hyland (D-Mount Vernon).

Dear Supervisors:

I am a resident of Stream Valley Estates in Springfield. I live right

across the street from the Sydenstricker United Methodist Church, and I am the one who sent you the petition for protection from the Sydenstricker United Methodist Church Cell Tower on June 15.

On July 1, several of our neighborhood families met with representatives of TMobile and an "RF Expert" from EBI who does TMobile's RF Measurements. We discussed RF measurements, cell tower safety and our neighborhood's concerns.

Our first neighborhood concern was that we were not properly notified that the public hearing we were invited to concerned a cell tower. I have a masters degree in electrical engineering, with a focus in electromagnetics and antennas. I work with several antenna engineers every day. The notification letter stated "Ordinance to permit a church with nursery school and child care center with a maximum daily enrollment of less than 100 children and a telecommunications facility." In this context, I assumed "telecommunications facility" referred to a telephone switching or maintenance room within the child care facility. I polled seven antenna engi-

neers at work and every one of them thought the exact same thing. I was absolutely enraged that the church and TMobile would be so deceptive in the wording of this letter, but at our meeting on July 1, TMobile told us that the deceptive wording was actually required by the county government.

I would assert that no reasonable citizen would interpret the notification letter we received to include a 90-foot cell tower. Had the wording not been so misrepresentative of the situation, I assure you that every one of our 18 families would have been represented at the public hearing in very vocal opposition to this plan. At the very least, we could have come up with a camouflage strategy and placement that is preferable to the monstrosity we have now.

My first request to you is that we work together immediately to require better descriptive wording be provided on these public notification letters. For example, for a cell tower, recommend the wording state "Ordinance to permit a 90-foot cell tower, camouflaged as an American Flag Pole to be erected." Anything less is a complete farce of a notification.

Second, when we repeatedly

asked where the main beam of the antenna hits the neighborhood and who calculates whether the neighborhood is inside the main beam of the antenna (because the so-called "RF expert" did not), TMobile's attorney Ed Donahue said, "The county runs those numbers." When we looked back at Marlae & Marcia, who graciously took to time to attend this meeting, they seemed a little perplexed, as though the county does not actually run these numbers. The RF expert took measurements only within the antenna null, well short of our neighborhood. He used inaccurate facts to justify why he did not need to calculate the point at which the main beam impinges on our homes and yards. And TMobile is now stating that the county is on the hook for those calculations. My assertion is that someone needs to be on the hook for those calculations. If you take measurements inside an antenna null, you will get almost zero, every time. Our question is what is our exposure in our homes and yards?

My second request is that we identify a mechanism whenever these towers are erected to ensure that the proper measurements are

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LETTERS

FROM PAGE 8

made by someone to ensure that FCC's regulated maximum exposure is not exceeded. I abhor seeing the different agencies and branches of government pointing fingers at one another and asking me to trust that someone else is looking out for my children's' safety.

Shelly Uzpen
Springfield

Cell Tower Concerns

To the Editor:

The Orange Hunt Swim Club has taken upon themselves to negotiate and contract with T-Mobile Communications to install a 100-plus-foot cell tower for 30 years on the grounds adjacent to the clubs tennis courts. A good example of this is available to view on the corner of Hooes and Sydenstricker road.

While I'm sympathetic to the pools need for cash the forthcoming tower is ugly, will detract from the tranquility of the neighborhood and leaves questionable health and real estate devaluation concerns for those of us surrounding the facility. I will also point out that neither of the decision makers live around or near the swim club.

Arguments will be made that evidence does not support alarm and consultants will claim studies have been done but none of these statements can be directly supported by clear scientific results. The American Cancer Society discusses reasonably well the matter and summarizes under a paragraph noted as "The Bottom Line" the industry is too young to have conducted adequate studies.

Most of the public is not aware that in 1996 Congress passed legislation called "The Telecommunications Act" and in it built in law making it impossible to bring forth litigation against cell phone companies for health related concerns, essentially eliminating any need for scientific research on the matter.

Its ironic that just months ago members of the board and committees along with others from the neighborhood participated in the "Relay for Life" at West Springfield High School as well last summer sponsored a swimathon at the club pool in behalf of neighbors stricken by cancer. This raises some question of the legitimacy in their participation in such a worthy and noble cause.

Marc Sieracki
Springfield

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.
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Call: 703-778-9416.

By e-mail: springfield@connectionnewspapers.com

Town Hall Meeting

On July 8, Governor McDonnell's Commission on Government Reform & Restructuring will be holding a public town hall in McLean. The public is invited to share suggestions about what state government is doing well and how Virginia can improve its services to taxpayers. Members from the commission, as well as Administration staff, will be on hand to take comments and answer questions from the public. They will then report back on their findings to the Governor. July 8, 2:00 p.m. to 3:30 p.m.

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After 17 years of climbing the corporate ladder, 30-year-old Sherry Nicely noticed she was getting winded — both metaphorically and physically.

“I was just never really satisfied or fulfilled, and sitting behind a desk doing accounting I realized that my health wasn’t as good as it could be,” Nicely said. “You know, that sick and tired of being sick and tired kind of feeling? I thought I was way too young to feel that way.”

So Nicely did what most people do: she joined a gym.

“I couldn’t wait to come home from a stressful day at work and go to the gym to work out my frustration,” Nicely said.

But a gym membership didn’t quench her craving for fitness. She immediately got a personal trainer for a few sessions to take her fitness to the next level.

“It was my passion and my hobby,” Nicely said. “I constantly had my head buried in a fitness or nutrition book or magazine.”

While visiting her family on vacation four years ago, her mother found an article about becoming a personal trainer in one of those very fitness magazines. She asked her daughter, “Why don’t you do this?”

For the first time Nicely began thinking about turning her passion into a career. “It never occurred to me to do what I love for a living,” Nicely said.

After eight months of hard thinking and

Local woman, 40, trains as body-builder.

tough training, she became a certified personal trainer, quit corporate America and took a job as a personal trainer at Fitness Together in Alexandria. She felt right at home at the Fitness Together franchise, saying, “I knew that was the right place for me.”

After a few months working in Alexandria, Nicely took the plunge and opened a franchise in Fairfax. She believed the private, one-on-one personal training was something she could offer to Fairfax-suburban neighborhoods that no other franchise could.

“I truly feel that we put the personal back in personal training,” Nicely said. “I could actually see changes and positive results I was making in my clients’ lives. Two of my clients have changed so much that they became personal trainers themselves.”

Fast forward a year and the Fitness Together franchise in Fairfax was a success. Everything finally fell into place, and her world began to calm down. That is, until friend and employee Fernanda Winchester asked Nicely if she had ever entered a body-building competition. Now she was ready for another adventure.

Now 40, Nicely began training for her first figure competition, a division of bodybuilding meant for “very fit, well-toned but a softer body type” than what most people envision when they hear the word ‘bodybuilder.’ The competition is drug and steroid-free, usually requiring drug tests or polygraphs beforehand.

“My only goal was at the age of 40 to

step on stage and look like I belonged there,” Nicely said. “I didn’t go in thinking, ‘I’m going to win this.’ It was just, ‘What am I made of?’ ‘Do I have the discipline?’”

Nicely proved she had the discipline when she completed the Mount Rogers figure competition, but had a hard time sticking to her strict diet due to cravings when she began training for her second figure competition, the Natural North American last May.

“I’m human,” Nicely said of her struggle. “I’m like any other woman. I don’t pretend that I’m not. When I’m in training it’s very disciplined and strict, but it’s worth every minute.”

Difficult as it may be, the

training and experience don’t just help Nicely, but aid her in becoming the best trainer she can be.

“The discipline that the body figure competition requires has caused her to have more sympathy and offer more inspiration to her clients,” said Nicely’s friend Dave Sutton. He described her new-found interest in competing “a full-blown passion for fitness and nutrition.”

But Nicely is so much more than just a trainer to her clients; she’s living proof that hard work, discipline and goals are all a person needs to change his or her life.

“A lot of women have a myth that they’re just going to look a certain way when they get beyond 40, and I’m here to teach them and prove them differently,” Nicely said.

“My only goal was at the age of 40 to step on stage and look like I belonged there.”

— Sherry Nicely, personal trainer

“Once you make up your mind and you want something, your body will follow.” — Sherry Nicely

How do you stay fit at 40?

I make my health a priority. Women tend to put everything else above themselves ... and ignore their own health. I make it a priority. I take the time to prepare my own meals so that I’m not caught out somewhere without proper nutrition. I exercise on a daily basis, so there’s never a day that I’m just sitting. Our bodies weren’t meant to sit.

Is it harder to stay in shape as you get older?

Our bodies absolutely change as we age, especially women. The only thing is adapting to the changes as they come. I don’t think it’s any easier, or harder, to stay in shape at 40 as it was at 25. Once you make up your mind and you want something, your body will follow. It’s easy. It gets hard when you think of diet as a bad four-letter-word [instead of]

fuel for your body and nutrition.

What does fitness mean to you?

Fitness to me means the fountain of youth. I’m 40 and I’ve never felt better, looked better [and] had more energy than I do right now, and that’s because I made fitness and nutrition a lifestyle. It’s not a quick fix. This is the only body we have. We don’t get to trade it in. Some people take better care of their cars than they do their body. It’s got to last me for the long haul, and I hope that’s a long time, so I’ve got to take care of it.

What’s an easy thing to do to live a healthier lifestyle?

Drink water. It is the number one. I fill this [gallon-sized jug] every morning with water, and I don’t go to bed that night until I drink at least 1 gallon of water. I don’t drink any sodas, anything else but water,

because you really don’t have time when you’re trying to drink a gallon. Our bodies are made up of over 70 percent water. It’s essential for every function of the human body, yet so many people don’t even have a sip during the day. By drinking more water you have energy, your body functions properly, your skin gets clear, your hair, your nails, everything a woman would want.

What advice do you have for women who need to get fit?

If possible, hire a personal trainer. A personal trainer will guide you through proper exercise technique and design an individualized program to fit your needs. They will also provide motivation and encouragement. Start small and plan on working out two to three times a week and stay consistent ... results will happen.

— ARIELLE RETTING



PHOTO BY ARIELLE RETTING/THE CONNECTION



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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.

FRIDAY/JULY 9

Pietasters. 7:30 p.m. Grist Mill Park, 4710 Mt. Vernon Memorial Hwy, Alexandria. Ska music. Free. 703-324-7469 or www.fairfaxcounty.gov/parks/performance.

Kingstowne Farmers Market. 4-7 p.m. at Kingstowne Town Center, 5955 Kingstowne Center, Alexandria.

SATURDAY/JULY 10

Naturalist-Guided Kayak Trips. 9 a.m. at Pohick Bay Regional Park, 400 Ox Road, Fairfax Station. For age 16 and older. All equipment and instruction provided. \$30. Register at www.meetup.com/Northern-Virginia-Conservation-Trust.

Workhouse Ice Cream Social. 1-4 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. Enjoy ice cream while listening to classic rock band Crosscut. Al fresco artist demos on the Quad. \$15. www.workhousearts.org.

Burke Farmers Market. 8 a.m.-12 p.m. at 5671 Roberts Parkway, Burke.

B-Sides Music Presents: Local Motive Tour. Critical Propeller, The Philistines, Pay the Tab, All in Karma, Electric Meadows. All Ages. \$10 in Advance, \$12 Day of Show. Doors open 4 p.m. Show at 4:15 p.m. Jaxx, 6355 Rolling Road, Springfield. 703-569-5940.

Neighborhood Plant Clinic. 10 a.m. Kings Park Library, 9000 Burke Lake Road, Burke. The Fairfax County Master Gardeners Association gives tips and strategies. Adults. 703-978-5600.

SUNDAY/JULY 11

Gunston Conversations. 2-4 p.m. at Gunston Hall Plantation, 10709 Gunston Road, Mason Neck. Converse with 18th-century costumed characters. Discuss politics, fashionable dress, or the doings of the neighborhood with Founder George Mason's family and friends. \$9, \$8 seniors, \$5 ages 6-18, under 6 free. 703-550-9220 or www.gunstonhall.org.

Lorton Farmers Market. 9 a.m.-1 p.m. at 8990 Lorton Station Blvd., Lorton.

Gorilla Music Presents: Mystify, The Decade Sleeps, Julie Hall, The More You Know, Knife at a Gunfight, Satellites on Parade, Crucial Pain, Forever is Forever, Legacy, Turn Around, Chute. All Ages. \$8 in Advance, \$10 Day of Show. Doors open 4 p.m. Show at 4:15 p.m. Jaxx, 6355 Rolling Road, Springfield. 703-569-5940.

Fest-Ability Picnic to Celebrate All Abilities. 1-4 p.m. at T.C. Williams High School, 3330 King Street, Alexandria. Sponsored by the Virginia Ability Alliance. Fun, activities, information, and resources for northern Virginians with intellectual and developmental disabilities and their families. Free. www.TheArcofNoVa.org.

MONDAY/JULY 12

Friends of the Library Meeting. 7 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. Join our Friends group for their monthly meeting. Adults. 703-978-5600.

TUESDAY/JULY 13

Sound Waves. 2:30 p.m. John Marshall Library, 6209 Rose Hill Drive, Alexandria. Share the nautical, nonsense of Charlie Williams, the

Noiseguy, as sound effects bring splashy stories to life. Age 6-12. 703-971-0010.

Groovy Reading. 2:30 p.m. Lorton Library, 9520 Richmond Highway, Lorton. Sing and dance with Groovy Nate and his puppets. All ages. 703-339-7385.

Let's Hear It for the Girls. 7 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. Mother-daughter book discussion group. "The Evolution of Calpurnia Tate" by Jacqueline Kelly. Age 9-11 with adult. 703-978-5600.

WEDNESDAY/JULY 14

The Fairfax Symphony Orchestra's Brass Quintet. 7 p.m. Green Spring Gardens, 4603 Green Spring Road, Alexandria. Free. 703-324-7469 or www.fairfaxcounty.gov/parks/performance.

Holy Ghost Tent Revival. 7:30 p.m.

Escape, Get Scared. All Ages. \$12 in Advance, \$14 Day of Show. Doors open 5 p.m. Show at 5:15 p.m. Locals Needed, contact thompson@outerloopresents.com to play. Jaxx, 6355 Rolling Road, Springfield. 703-569-5940.

Book Discussion Group. 7 p.m. John Marshall Library, 6209 Rose Hill Drive, Alexandria. Title: Kindred by Octavia Butler. 703-971-0010.

Lorton Book Club. 7 p.m. Lorton Library, 9520 Richmond Highway, Lorton. "Hannah's Dream" by Diane Hammond. 703-339-7385.

FRIDAY/JULY 16

Sun of a Beach. 7:30 p.m. Lake Accotink Park, 7500 Accotink Park Road, Springfield. Reggae pop rock. Free. 703-324-7469 or www.fairfaxcounty.gov/parks/performance.



Art Exhibit at JCC

The JCC of Northern Virginia Bodzin Art Gallery is pleased to announce the opening of a new art exhibit called **Summer Colors** running June 22 through Aug. 10. Barbara Kaplowitz's exhibit delights us with its playful paper mache birds and stunning photographs that explore the natural beauty of flowers. Carol S. Zilliacus works magic with her polymer clay jewelry and more. The artist reception is Thursday, July 8, 6 p.m. - 7:30 p.m.

Lee District Park, 6601 Telegraph Road, Franconia. Indie Americana music. Free. 703-324-7469 or www.fairfaxcounty.gov/parks/performance.

Wakefield Farmers Market. 2-6 p.m. at 8100 Braddock Road, Annandale. Soilwork, Death Angel, Augury, Mutiny Within, Swashbuckle, Cab Ride Home. All Ages. \$22 in Advance, \$25 Day of Show, \$50 VIP. Doors open 6 p.m. Show at 6:15 p.m. All VIP ticket holders will be admitted to the venue one hour before door time and will get a poster from the venue signed commemorating the event. Jaxx, 6355 Rolling Road, Springfield. 703-569-5940.

Rocknoceros. 2:30 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Join Coach Cotton, Williebob, and Boogie Woogie Bennie for a rockin' good time. All ages. 703-249-1520.

Sound Waves. 10:30 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. Share the nautical, nonsense of Charlie Williams, the Noiseguy, as sound effects bring splashy stories to life. Age 6-12. 703-978-5600.

THURSDAY/JULY 15

Hot Topic Presents: The Sacred Ceremony Tour. Black Veil Brides, Vampires Everywhere!, Modern Day

Kingstowne Farmers Market. 4-7 p.m. at Kingstowne Town Center, 5955 Kingstowne Center, Alexandria.

Gorilla Music Presents: Histrionic Witch, Silence the Blind, Deranged Theory, Engulfed in Flames, Resurgency, Manticore, Burnside Landing, Gomorrah, The 6th Degree and more. All Ages. \$10 in Advance, \$12 Day of Show. Doors open 6 p.m. Show at 6:15 p.m. Jaxx, 6355 Rolling Road, Springfield. 703-569-5940.

SATURDAY/JULY 17

Dead Men's Hollow. 7:30 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. Bluegrass, country, blues and gospel. \$10. www.workhousearts.org.

Burke Farmers Market. 8 a.m.-12 p.m. at 5671 Roberts Parkway, Burke.

Apex Booking Presents: In Alcatraz 1962, I Saw A Ghost, Lakeview. All Ages. \$10 in Advance, \$12 Day of Show. Doors open 2 p.m. Show at 2:20 p.m. Jaxx, 6355 Rolling Road, Springfield. 703-569-5940.

Northern Virginia Country Western Dance Association at the Accotink Unitarian Universalist

SEE CALENDAR, PAGE 13

WWW.CONNECTIONNEWSPAPERS.COM

CALENDAR

FROM PAGE 12

Church, 10125 Lakehaven Court, Burke.
Line dance lessons 7:30 p.m., couples specialty dance 8 p.m. Open dancing 8:30-11 p.m. Admission \$5-\$12. 703-860-4941.

Fairfax Court Appointed Special Advocates (CASA) Information Session. 11 a.m. at the Burke Centre Library, 5935 Freds Oak Road, Burke. Learn about advocating for abused or neglected children. 703-273-3526, ext. 22 or ekosarin@casafairfax.org.

Neighborhood Plant Clinic. 10 a.m. Kings Park Library, 9000 Burke Lake Road, Burke. The Fairfax County Master Gardeners Association gives tips and strategies. Adults. 703-978-5600.

SUNDAY/JULY 18

Lorton Farmers Market. 9 a.m.-1 p.m. at 8990 Lorton Station Blvd., Lorton.

MONDAY/JULY 19

Rainforest Alive. 10:30 a.m. Kings Park Library, 9000 Burke Lake Road, Burke. Discover the world of tropical rainforests and meet unique creatures that call the jungle their home. Presented by Reptiles Alive. 703-978-5600.

TUESDAY/JULY 20

Book Discussion Group. 1:30 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. Netherland by Joseph O'Neill. Adults. 703-978-5600.

Book Discussion Group. 6:30 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. "The Pale Blue Eye" by Louis Bayard. Adults. 703-978-5600.



Diane Frykman



The FOUR SEASONS



Burke artist Diane Shiely Frykman displays her work at Green Spring Gardens in Alexandria.

Frykman Shows 'Four Seasons'

Diane Shiely Frykman, a Burke painter, will exhibit still life and landscape oil paintings, from June 30 to Aug. 29., in the Historic House at Green Spring Gardens in Alexandria for her show, "The Four Seasons." A reception will take place July 11, from 1-3 p.m. The exhibit and reception are free and open to the public.

Frykman, an award-winning romantic realism oil painting artist, was an art teacher in Fairfax County where she was given the Art Teacher of the Year award. She currently operates a studio in the Lorton Workhouse for the Arts located at 9601 Ox Road, Lorton, where she is one of more than 100 juried visual artists with studios. At her studio she teaches adults in the "Old Master Method" of oil painting.

Green Spring Gardens is located at 4603 Green Spring Road, Alexandria. For more, call 703-642-5173 or visit www.fairfaxcounty.gov/parks/gsgp/. The gardens and house are open Wednesday-Sunday, from 12-4:30 p.m.



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Stars at Nationals

West Springfield relay team sets new state record at Greensboro, N.C. meet.

BY JON ROETMAN
THE CONNECTION

For seniors Paige Kwartunas, Alex Watt and Anna Barber, four years of hard work culminated with a storybook ending to their high school days. For freshman Maddie Wittich, the first chapter of her promising prep career featured a successful conclusion. While one is staying and three are going, the West Springfield girls 4x800 relay team came together and finished the 2010 track and field season in style.

The Spartan four-some won the AAA state championship on June 5 with a state-meet-record time of 9 minutes, 8.32 seconds. Two weeks later, the team competed at the New Balance Outdoor National Track & Field Championships in Greensboro, N.C. With a change in strategy, the team earned All-America honors with a sixth-place finish and set a Virginia high school record with a time of 9:03.35.

"It was awesome," Kwartunas said. "We worked four years to get to that level, and it was the first time we'd done something that big."

At the state meet, Wittich ran the first leg,

Watt the second, Barber the third and Kwartunas anchored the Spartans. While West Springfield won by more than 4 seconds, they had no time to relax.

"We were all really nervous," Barber said. "I remember talking to Paige beforehand saying, 'I'm going to throw up.' ... [During the final lap] we were freaking out because [Osborn Park] was gaining. But Paige was going fast and the last 150 [meters] she just outkicked everyone."

At nationals, West Springfield head coach Chris Pelligrini changed the order, moving Kwartunas to the second leg and Barber to the anchor. The 27-year-old Pelligrini, in his ninth season with the program, said only

"What I'll remember the most was how good it felt to watch them succeed, because they're such good people."

— Chris Pelligrini, West Springfield track coach

SEE THREE SENIORS. PAGE 15

The West Springfield girls 4x800-meter relay team of, from left, Paige Kwartunas, Maddie Wittich, Alex Watt and Anna Barber earned All-America honors by placing sixth with a Virginia-record time of 9:03.35 during the June 18-20 New Balance Outdoor National Track & Field Championships in Greensboro, N.C.



PHOTO BY DAVID WATT

Local Legion Players Shine at All-Star Game

Seven Springfield Post 176 baseball players are represented at Fourth of July showcase.

BY RICH SANDERS
THE CONNECTION

Several members of the Springfield Post 176 American Legion baseball team made contributions for the winning team at last Sunday's District 17 Fourth of July All-Star Game. The annual holiday showcase game took place at Vienna's Waters Field. The mid-season exhibition began at 11 a.m. and went on into the early afternoon.

Seven Springfield Post 176 players were members of the National All-Stars team, which, in front of a large, festive crowd, soundly defeated the American All-Stars, 12-1.

Post 176's representatives in the game were: catcher Nathan Slater, pitcher Brennan Miller, shortstop Jake Boswell, outfielder John Ponton, pitcher Shannon

Smith, outfielder Joe Townsend and outfielder Nick Digby.

Springfield Post 176 Manager Al Vaxmonsky was a member of the National All-Stars' coaching staff.

Miller, a 2009 South County Secondary graduate, was the Nationals' starting pitcher and tossed one shutout inning, striking out three and allowing two hits. Also seeing mound work was Digby, also a 2009 South County graduate, who tossed one shutout inning with two strikeouts and a walk.

Digby, who plays collegiate baseball at North Carolina Wesleyan, did not pitch over the first half of the season for Post 176. But he got a chance to show his stuff in the All-Star affair.

"Nick faced some pretty good hitters," said Vaxmonsky, of Digby's one inning of work. "He was throwing the ball with some velocity and surprised some guys. He had a

good little curve ball too. I told him after the game, 'We'll definitely look for situations to use you [in the season's second half.] He seemed relaxed and in control in the All-Star game.'

Digby, an outfielder at Wesleyan, pitched three innings for the Battling Bishops this past spring season.

At the plate on Sunday, Digby smacked a two-run triple in the second inning to make the score 5-0 Nationals.

"That was really the key blow," said Vaxmonsky, of the extra base hit that kept the Nats' team well in the driver's seat.

Other Springfield base hits in the win came from Ponton, Townsend and Boswell, all with singles.

Boswell, who graduated from Lee High School last month, played the entire game at shortstop. He came up with one of the game's best defensive plays when he dove to his left to glove a groundball before making a toss to second base for the force out.

The legion All-Star game usually gener



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Jake Boswell played the entire game at shortstop for the National All-Stars.

SEE NO HOMERS. PAGE 15

SPORTS

No Homers, But Plenty of Runs for All Stars

FROM PAGE 14

ates a few home runs, but the Nationals did not hit any despite all their runs. The Americans' lone run came in the bottom of the ninth inning as the result of a Nationals' error.

"The pitching certainly was key," said Vaxmonsky, of the Nationals' dominating showing. "There were no home runs, which is surprising at [homer friendly] Waters Field. Homers usually fly out of that place. But that's a testimony to our pitching."

Vaxmonsky was pleased with the play of his Post 176 team members at the All-Star game.

"I think they played superb, they really did," he said. "All-Star games bring out the best talent in the league and for [the Post 176 players] to shine is a real tribute to them. To stand out in a game like that means a lot to a kid."

On Tuesday, Post 176 won its first game following the All-Star break — a slugfest 19-12 win over first place Vienna Post 180 in a game played at Lee High School. Springfield (13-7), which was tied for second place in the league standings going into the game with Vienna, trailed 3-0 early before breaking out for seven, third inning



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Joe Townsend of Springfield Post 176 waits for the pitch during Sunday's Fourth of July District 17 American Legion All-Star baseball game at Waters Field in Vienna.

runs.

"At that point it was who wanted it most," said Vaxmonsky, whose team never lost the lead. "We showed some grit because they made a few runs at us."

Sean Ruggles pitched well in the win and the Springfield bats did some big time damage behind huge games from Shannon Smith (four hits, including two doubles and five RBIs), Townsend (two hits), Ponton

"Homers usually fly out of that place."

— Post 176 Manager Al Vaxmonsky

(three hits) and Digby (three hits, including a double and triple, five RBIs). °

During the season's first half, Springfield had lost all three games it played against Vienna — the setbacks coming by scores of 3-2, 7-5 and 18-11. But Post 176 finally notched a "W" against the District 17 leaders on Tuesday.

"I told them before the game Vienna is a playoff caliber team and we need the game to stay in second place," said Vaxmonsky, whose team was tied for second with Arlington Post 139 going into the contest.

Springfield, which at one point this season was 6-6, is scheduled to play Alexandria Post 24 on Thursday evening, July 8 at Hayfield High School. On Sunday, July 11 at 2 p.m., Post 176 will play Post 1976, made up of players from Annandale High and Lake Braddock Secondary schools. The game is tentatively scheduled to take place at Oakton High School, although Vaxmonsky is trying to switch the game to a location closer to home.

Three Seniors, One Freshman Snag Record

FROM PAGE 14

four or five of the 11 teams in the fast heat had a legitimate chance of winning the race and would eventually pull away from the other teams. When the teams separated into two groups, the Spartans' only chance, Pelligrini said, was to be part of the front pack. After Wittich's opening leg, Kwartunas, the team's best runner, bobbed and weaved the Spartans back into the top five. From there, Watt and Barber assured West Springfield of a top-six finish and All-America honors.

Coaching All-Americans "was honestly one of the biggest accomplishments I've ever had as a coach," Pelligrini said. "Being selected as one of 11 teams in the fast heat in the best relay in the country is an honor in itself."

While the Spartans possessed athletic ability, Pelligrini said it was the runners' attitudes that helped them work well together and made them a joy to coach.

Kwartunas was the team's star athlete, but didn't act like it, the coach said. While the anchor leg is usually reserved for a relay team's top runner, Kwartunas accepted and embraced her role of running the second leg at nationals after Pelligrini explained his strategy.

"Paige turned herself into a robotic type of athlete," Pelligrini said. "At the end, she was capable of almost anything. The type

of workout she was throwing down between races showed a level of fitness I'd never seen as a coach.

"She was a superstar that never acted like it. She was unassuming. I've had athletes with egos so big that if I told them to do a less glamorous job than they hoped for, [they moped around]. She took the second leg and never questioned any decision."

Kwartunas received scholarship to Virginia Tech and will compete in cross-country and track next year.

"Coach put me second because he wanted us to be able to stay in the race at the national level," Kwartunas said. "I got the baton near the back — I was in eighth or ninth. I knew my goal was to catch as many people as possible."

Watt was the team's vocal leader and will also run at Virginia Tech next season.

"Alex," Pelligrini said, "was the heartbeat of the team."

Barber is an emotional athlete. She would admit feeling nervous before a race and cry tears of joy after. She even cried while being interviewed for this story. While talented in her own right, Barber's desire to continue working despite being overshadowed by Kwartunas and Watt made for the season's best story, Pelligrini said.

"At most schools, she'd be the No. 1 girl," the coach said. "But it just so happened she was living in the shadow of the two best girls to ever go though West Springfield."

Pelligrini glows when he talks about Barber's clutch performance while running the anchor leg at nationals. He said Barber ran the highest-graded girls' race during his nine-years with the program, meaning Barber's production was the best in relation to what her body was capable of relevant to her training. After running a personal best 2:18.8 at states, Barber shaved more than 3 seconds off at nationals, posting a 2:15.6.

Afterward, the tears flowing from Barber were a mixture of emotional joy and physical agony.

"For her to have that kind of race" at nationals was huge, Pelligrini said. "She really deserved to show what she was capable of."

Barber will attend the University of Virginia.

"It was awesome to be able to do these things," an emotional Barber said. "When we were driving back to Springfield I started crying. It's been the best four years of my life. I love the team and I love these girls and I'm going to miss them."

While the senior trio is off at college, Wittich will attempt to carry on success at West Springfield. The freshman joined the relay team after junior Lauren Blackburn suffered a stress fracture. Wittich made the most of her opportunity.

"We're all amazed with her," Barber said. "When we were freshmen we never could

have done the things she did."

Pelligrini said he was pleased with the way Wittich approached her opportunity, using "clutch" as a one-word description of the freshman.

"The best part about Maddie was she had the right mental makeup to have that kind of role because she knew it was the seniors' last chance," the coach said. "She's not your typical freshman that doesn't understand the gravity of a situation with her head in the clouds. She was nervous because she understood the gravity of the situation."

"Her temperament as a freshman is really mature beyond her years. Everybody's light bulb turns on at a different time and it's rare for a freshman" to step up.

Wittich said she was treated nicely by her elder teammates. She's looking forward to her remaining seasons as a Spartan.

"I felt so accomplished because we had worked really, really hard for it," she said. "I still have three more years and I have to keep focused and work with my team."

Whether or not West Springfield can duplicate its 2010 success in the 4x800 relay is yet to be seen. For now, three hard-working seniors — with the help of a freshman — go out on top.

"What I'll remember the most was how good it felt to watch them succeed because they're such good people," Pelligrini said. "It felt that much better because they deserved it."

COMMUNITY

Teacher Gets Presidential Treatment

Crestwood music teacher travels to Land of Lincoln.

BY KELLY CARLIN
THE CONNECTION

Not many teachers get the opportunity to take a trip exclusively for the purpose of learning new educational material. But for elementary school teacher Debra Kay Robinson Lindsay, the chance arose and the experience was beyond compare.

In Illinois each year, Horace Mann Insurance hosts a fellowship focusing on the life of Abraham Lincoln. This year, Lindsay, who teaches music at Crestwood Elementary in Springfield, was one of 50 applicants selected for the fellowship.

"This is the fifth year for the Horace Mann-Abraham Lincoln Fellowship program. Fifty Fellowships are awarded each year so including this year, there are now 250 Fellows," said Paul Wappel, a representative from Horace Mann, in an e-mail.

Horace Mann's involvement in the fellowship is for the purpose of widening their contributions to educator's abilities to teach. Working with the Abraham Lincoln Presidential Library and Museum has helped Horace Mann Insurance to help their clientel gain new information and experiences.

The program, which lasted five days in Lincoln's hometown of Springfield, Ill., focused on educating teachers from all over the United States on Lincoln's life, his impact as a presi-

dent and his leadership during the Civil War.

"It was an educational experience waiting to happen," said Lindsay, who, along with 22 other teachers, took the trip to Springfield on June 20. "Many of my study goals are around the time period of the 1800s when Abraham Lincoln was alive."

Lindsay, who has been teaching in the Fairfax County Public School system for 35 years, is also a playwright and author whose main purpose is to educate. A highly regarded as a teacher, she has been nominated for teacher of the year. Lindsay is also a member of the National Teacher Hall of Fame.

Lindsay has previously attended fellowships in Japan and Russia, but in those cases, was not surprised when she received the news. Horace Mann contacted Crestwood principal of Mary Person, who secretly arranged for them to come to the school during a theater production of Lindsay's with a large check, flowers and balloons.

"It was a big shock for everyone," said Lindsay. "I think I waited longer than most to hear, but it was a more meaningful experience."

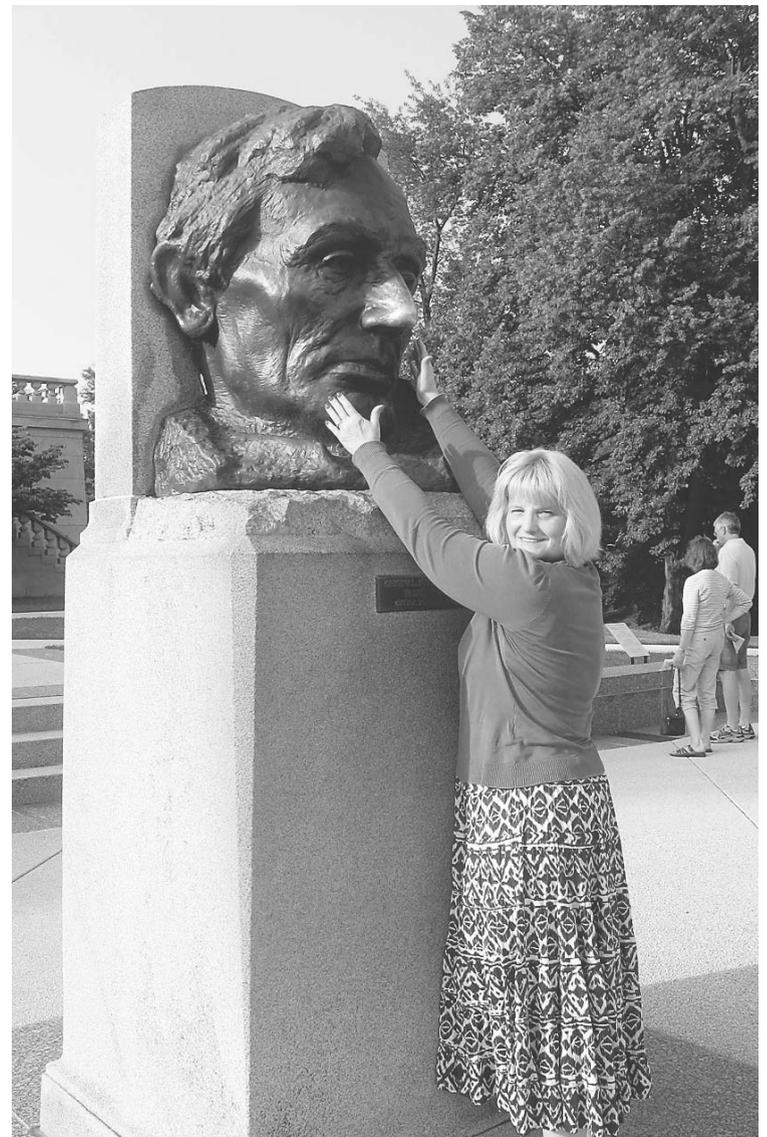
Horace Mann sponsored the trip for Lindsay and the other winners. During the five day stay, the fellowship spent time exploring the Abraham Lincoln Presidential Library and Museum, which included a theater and an IMAX screen. The teachers were also given a tour of Lincoln's home in Springfield, the Capital building and Lincoln's law office. They were given an opportunity to read newspapers dating back to the 1830s, when Lincoln was first working in Springfield as a lawyer.

"One of the joys was that the experiences were like I'd donated a million dollars to the museum," said Lindsay. "Everything was behind the scenes."

Lindsay was particularly interested in Lincoln because of his love for music and theater in his per-

"It was an educational experience waiting to happen."

— Debra Kay Robinson Lindsay



While in Springfield, Ill., Debra Kay Robinson Lindsay learned a vast amount of information about Abraham Lincoln's life to apply to her career as a teacher.

sonal life, outside of his work as president. His experiences with theater were passionate, even leading up to his death at Ford's Theatre in Washington, D.C. The common interest is what inspired Lindsay to apply for the fellowship originally.

"Lincoln was very much a supporter of the arts," said Lindsay. "He would often play music and sing, and he loved the theater."

Lindsay plans to take the information that she obtained from the fellowship and apply it to her teaching at Crestwood by writing more plays that educate students about Lincoln's legacy. Because of the students' age, her main goal in the plays is to instruct her students in an interesting and captivating manner.

"I go on a lot of trips to places like Rome, Chile, and Pompeii, and write plays that inspire me, and [I] hope it will inspire my students to become writers and lovers of travel, and to have an interest in history," said Lindsay, who often writes songs that teach children on historical information and background.

Horace Mann, the insurance company that promotes education and sponsored the trip, paid for all the fellowship applicants to be housed, fed, and transported. Lindsay is grateful to the company for everything that they let her and the other fellowship attendees experience.

"They treated us royally," she said. "Academically and professionally, it's been a good year."

"Lincoln was very much a supporter of the arts."

— Debra Kay Robinson Lindsay



Lindsay stands with a wax statue of John Wilkes Booth, one of the many wax figures that were visited by the group during the fellowship at the museum.

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21 Announcements

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21 Announcements

LEGAL NOTICE
The following store will be holding a public auction on 07-21-10 starting at 12 Noon

Storage Mart 1851
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unit#4068 Robert L. Baldwin/Robert Baldwin Tote,bed,clothes
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32 Lost

LOST DOG

"Casey" is a male,
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Please contact Adrienne at 703-675-2849
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Fairfax Station \$599,900
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MANASSAS/ WOODBRIDGE \$799,950

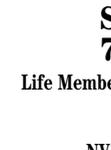
Gorgeous home! What a setting! Look out on your own spectacular priv 4+ acre parkland from your fabulous deck with screened porch! Enjoy this stately colonial home w/ 3- Car Gar., 5 BR, 3.5 BA, w/ Morning Rm, custom interior paint, Dual staircase, Stone FP in Fam. Rm., gourmet kit, with granite. Shows like a model! This home sports a sprinkler system, outdoor motion sensor lighting, luxury mbr suite, sitting room, Jacuzzi BA, water filtration system and LL BR and Full BA. Call Florence!



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Clifton \$649,000
Beautiful Colonial Home w/2-car garage on 1+ acre private cleared lot surrounded by parkland. Composite deck leads to patio w/hot tub & fully fenced-in level yard. Updated Gourmet Kitchen opens to 2-story family rm w/frpl & skylights. Formal LR & DR with hardwood floors. Finished walkout bsmt w/wet bar.



Fairfax Station \$1,175,000
Gorgeous all brick Colonial on private 5 Acre lot with 4BR, 4.5BA. Completely updated kitchen & baths, walk-out lower level with media rm, game rm & gym! Luxurious pool, hot tub, tiered decks, patio & private tennis court; perfect for entertaining.



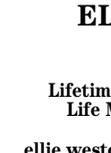
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Annandale \$950,000
This brick and stucco home was built in 2006 and has over 5,500 sq. ft of living space and sits on a half-acre lot. The home features a grand two-story entry foyer, 6 bedrooms, 7 full bathrooms and a 3 car side load garage. The home has a main level office as well as a stunning kitchen, formal living room and den. The finished lower level is a walk out with additional rooms as well as a recreational room. Welcome home!



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Burke \$589,000
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