

Fairfax Station ❖ Clifton ❖ Lorton CONNECTION

Winter made its presence known last week as snow and ice covered the area, including Burke Lake Park in Fairfax Station.

Winter Arrives

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Cuccinelli Has Early Christmas

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School Board E-mails Revealed

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Gazette Packet
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THE CONNECTION

Potomac
ALMANAC
CENTRE VIEW

Winter's Icy Grip

Snow blankets the region, signaling start of winter season in Northern Virginia.



Above, the Burke Lake Park train is stored away for the winter, so it's safe to cross these tracks.



At right, a site of summer contemplation and fishing, this bench sits empty, facing the cold water of Burke Lake last weekend.

PHOTOS BY DEB COBB/THE CONNECTION

Cuccinelli: 'Christmas Came Early This Year'

Fund raiser turns into celebration for Virginia attorney general after health care decision.

By JEANNE THEISMANN
THE CONNECTION

Less than 48 hours after federal district Judge Henry E. Hudson ruled that the provision in the health care reform law requiring individuals to purchase insurance is unconstitutional, Virginia's Attorney General Ken Cuccinelli, architect of the controversial litigation, was savoring his first-round victory at a private fund raiser Dec. 15 in Northern Virginia.

"Christmas came early this year," Cuccinelli told a group of friends and supporters at the home of Susan and David Hirschmann.

After addressing a crowd that included U.S. Rep. Adrian Smith (R-Neb.), U.S. Rep. Sam Graves (R-Ga.), Virginia Secretary of Natural Resources Doug Domenich, Del. Barbara Comstock (R-34) and RNC state committeeman Morton Blackwell, Cuccinelli spoke about the media whirlwind following the Dec. 12 decision.

"The shock of actually winning is fun."

— Attorney General Ken Cuccinelli

"The last 48 hours have been tightly scheduled talking to a lot of different folks," Cuccinelli said. "Some of them are hostile, some are friendly and some are actually objective as I'm trying to explain to people why we are carrying the case forward."

While many were surprised at the outcome, Cuccinelli was not.

"The shock of actually winning is fun," Cuccinelli said. "I don't mean my shock, I mean other people's. We're not shocked at all. We analyzed this closely before we ever made a move on it. Every-

body else just presumed the outcome."

Despite the international spotlight on the case, Cuccinelli has taken a back seat in the courtroom to Virginia's solicitor general, who will argue the case when it is expected to go before the Supreme Court in 2011-12.

"Our solicitor general is one of those guys where people frequently say 'that's the smartest person I've ever been in a room



PHOTO BY JEANNE THEISMANN/THE CONNECTION

Attorney General Ken Cuccinelli visits with Clifton resident Elizabeth Schultz at a Dec. 15 gathering in Northern Virginia.

with," Cuccinelli said of E. Duncan Getchell. "And because he's not the attorney general, he can spend more time with the details planning for the curveballs. I would love to argue it and am capable of arguing it, but he's the one who knows the case law and history, which is critically important."

In addition to the health care case, Cuccinelli talked about other significant issues his office has tackled.

"Like the health care case, the EPA case is

about protecting the constitution," Cuccinelli said of the pending suit against the Environmental Protection Agency's move to regulate greenhouse gasses. "It's also about the rule of law and the economy. Typically, we are trying to support Virginia's good business environment."

Another Success for Cuccinelli was allow

SEE EARLY GIFT, PAGE 7



DONATED PHOTO

As part of its grand opening week, The Great Harvest Bread Company in Lorton Station gave away a new iPad. Shown here, from left, are Jeanette S Moler, iPad winner June Adelsberger, Ben Glass and Jeffrey Connelly.

Great Harvest Bread Co. Relocates to Lorton Station

The Great Harvest Bread Company opened a new outlet on Nov. 16, in Lorton Station, with a week of drawings and prizes, ranging from bread and sweets to an Apple iPad. The winner of the new Apple iPad, which was sponsored by Ben Glass Law, was June Adelsberger of Lorton. She plans to give the iPad to her son for Christmas. Her son has autism and the iPad has many applications that help children to learn.

Great Harvest Bread Company relocated its existing store from Silverbrook Road to 9000-S Lorton Station Blvd. The new space is on the corner of the main building of the Lorton Station Town Center.

Real Estate Rebound in 2012?

Though area real estate experts and economists discount the danger of a “double dip” recession in the Washington region, Secretary of Defense Robert Gates proposal to curb defense procurement is perhaps the greatest danger to Northern Virginia’s economic future, according to John McLain, deputy director of the George Mason University’s Center for Regional Analysis.

Speaking at an annual news briefing conducted by the Washington region real estate industry, McLain said that if Gate’s plan is successful to shave \$100 billion, or 10 percent a year for five years in defense procurement, it would result in a \$3 billion a year “blow to our economy. That’s a risk for our economy,” McClain said.

This loss, he said, would far overshadow the \$500 million a year impact of President Barack Obama’s plan to reduce federal salaries by 2- percent over the next two years.

Though McClain pointed out that Gates will leave office next year and his program may not be successful, a large number of other proposals to cut defense spending exist and that though history has shown other plans to cut DOD have failed, this time they could be successful.

He said some businesses are making plans for alternative products to offset defense procurement. “They know that we can’t keep expanding government spending 10 percent a year as we have for the past 10 years.

McClain said the region added 43,000 jobs in the past seven months, more than job growth in New York, Los Angeles and Chicago.

He said that home ownership is likely to remain strong

SEE REAL ESTATE, PAGE 7



PHOTO BY BONNIE HOBBS/THE CONNECTION

Brothers, from left, Greg, Jason and Adrian Tatem make beaded snowflakes.

Making the Season Bright

FACETS, community play Santa to local children.

BY BONNIE HOBBS
THE CONNECTION

When money’s tight and people are just happy to have a roof over their heads, Christmas presents are often a luxury they just can’t afford. But thanks to FACETS (Fairfax Area Christian Emergency & Transitional Services), nearly 200 children last week got some help with their gifts.

For its 10th year, FACETS organized and hosted Holiday Sibling Shops so that children in need would be able to provide presents for their brothers and sisters. All year long, the nonprofit group helps families living in transitional or permanent supported housing, and the sibling shops are always eagerly anticipated and fun for all.

Last week’s events were at the Ragan Oaks Community Center near Fair Oaks, at Robinson Square near GMU and at Barrios Circle in Centreville. They were also holiday parties where the children ate snacks, made Christmas crafts, selected presents for their siblings and helped wrap them.

“Throughout November, FACETS collected donations from individuals, corporations and faith communities,” said Amy Marlow, FACETS assistant director of development. “They gave gifts for babies through kids age 18.”

The items collected included things such as footballs, dolls, games, toys, books, cologne, makeup and \$25 gift cards to stores such as Game Stop. Then about 80 children came to the sibling shop at Fair Oaks, another 80 went to the one at Robinson Square and some 15-20 were at the Centreville party.

“We thank all the community members and organizations who donated these hundreds of toys,” said Marlow. “What’s really special about these parties is that the kids get to come and pick out the gifts for their siblings, which is empowering for them to do and lets them experience the joy of giving to their

family.”

The Ragan Oaks party was on Monday, Dec. 13, and the atmosphere was festive. Children munched on cookies, gumdrops and popcorn, as well as special, sesame-seed-coated doughnuts made by a community resident from Sudan. And while they snacked, adult volunteers helped them create crepe-paper Christmas wreaths and beaded snowflake ornaments.

“This is also about the community coming together and having fun,” said Marlow. “Most of the children’s parents are here, and everyone lives in this apartment complex, so it’s really neighborhood-based. We want to take this spirit of the holidays and express it all year ‘round, because the need continues.”

Because of the tough economy, she said, FACETS is serving about 20 percent more children this year than last year. “FACETS serves 5,000 individuals a year throughout Fairfax County,” said Marlow. “It provides emergency services for families and adults in danger of becoming homeless. Ragan Oaks is an affordable-housing community, and families here are living on about \$18,000 a year for a family of four.”

Fairfax residents Kati and J.P. Hesford organized last Monday’s party and brought the craft materials, most of the snacks and the wrapping paper. The party for preschool and elementary-age children was from 5-6 p.m., with middle- and high-school students having their own, holiday celebration from 6-7 p.m.

A mother of four, Shannon Tatem was there helping her two youngest boys choose presents for their older siblings. “It’s a good concept,” she said. “I like the idea of the kids exchanging gifts for each other; otherwise, they wouldn’t be able to. And they had fun, too.”

Each child received a number and was then called to pick out presents, so their siblings didn’t see what they were getting. “There’s also a serious purpose to these events,” added Marlow, gesturing toward the tables full of new toys. “Having these types of gifts donated to these families allows the families to stretch their money for basic needs like food, rent, utilities and transportation. It’s also a relief for the parents because it helps them to maintain financial stability when they’re struggling to make ends meet.”

HEALTH

Health notes are for support groups, exercise classes, blood drives and similar events open to the public at no or minimal cost. 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.

Aquatic Fall Prevention Classes. Fall prevention classes take place in a heated indoor pool Tuesdays and/or Thursdays 1:30 p.m. at The Woodlands Retirement Community, 4320 Forest Hill Drive, Fairfax. Classes designed to work on balance and core muscles in order to prevent injuries and falls. Registration required. \$10 per class. Register at 703-667-9800.

Free health screenings are available Mondays-Fridays, 8:30-10 a.m. for diabetes and high blood pressure, at Burke Internal Medicine & Research, 9243 Old Keene Mill Road, Burke. Appointments are preferred. 703-455-9711.

Haven of Northern Virginia, 4606 Ravensworth Road, Annandale, is offering a free Widow/Widower's support group. Haven also offers one-on-one support. A volunteer will meet with a person grieving the death of a loved one, as needed, to provide individual support. Volunteers will be selected to match individual need. 703-941-7000, www.havenofnova.org or e-mail havenofnova@verizon.net

The Compassionate Friends Fairfax Chapter. Friendship and understanding to families grieving the death of a child. The support group meets monthly at Old St. Mary's Hall, next to Fairfax Station Rd and Route 123. 703-622-3639. www.tcffairfax.org

Registration for weekday and weekend **Lamaze childbirth** classes in Springfield is available at www.lamaze-dc.com or by calling 703-589-5213.

Breastfeeding Mothers Support Group. Meets at Inova Fairfax Hospital Women's Center, 7 South Dayroom, 3300 Gallows Road, Falls Church Thursdays from 10:00-11:00 am. Only mothers and babies. Scale available for infant weight checking. Full service breastfeeding store available. \$5 parking fee. 703-776-4489.

Alzheimer's Family Day Center, located at 2812 Old Lee Highway, Fairfax, hosts various classes. Reservations are required, and classes are open to people who are caring for a relative or friend with dementia. 703-204-4664 or www.alzheimersfdc.org/classes.htm.

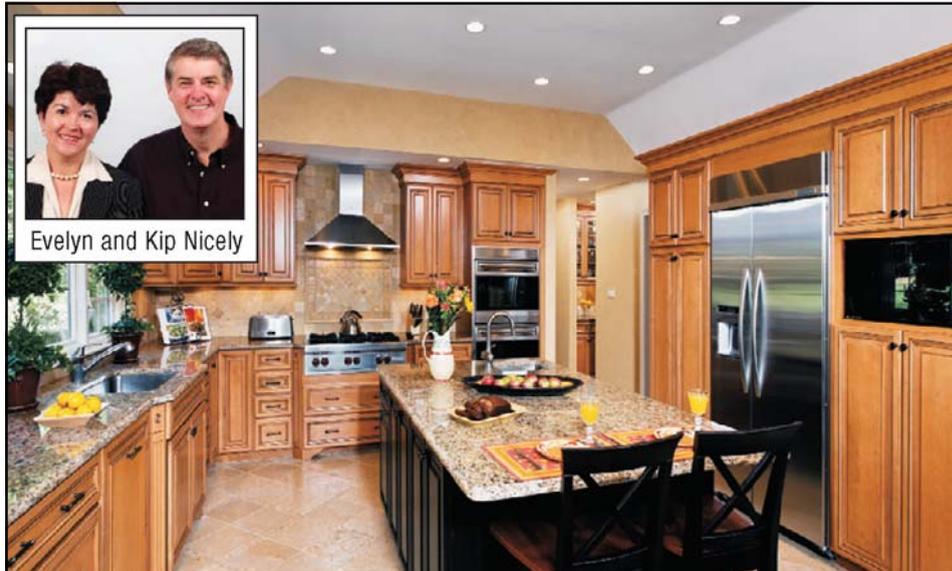
Alzheimer's Caregiver Support Group. Meets the fourth Wednesday of the month from 6:30-8:00 pm, at Arden Courts, 12469 Lee Jackson Highway. Facilitated by trained group leaders, ongoing, free and open to the community. Call 703-383-0060.

Fibromyalgia/Arthritis Support Group. Meets the third Friday of each month at 1 p.m. at Pohick Library, 6450 Sydenstricker Road, Burke. Call Barbara at 703-913-0890 (didn't ring) or Maxine at 703-451-4558. (family answering machine.)

The Alzheimer's Association National Capital Area Chapter (list of groups online) www.alz.org/nca.

Life with Cancer has a variety of support programs for cancer patients and their families at the Cancer Family Center, 2700 Prosperity Ave., Fairfax. 703-776-2841 or www.lifewithcancer.org.

Your "Nicely Done" Kitchen or Bath is Right Around the Corner! A "One-Stop Shop" That Goes Above and Beyond Your Imagination



Evelyn and Kip Nicely

Are you living with an out-of-date kitchen? Not enough space for your dishes...much less to entertain guests the way you would like? For most people, the main purposes of a kitchen are to cook, eat and socialize. Why not own a kitchen that allows all of that to happen with ease?

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The Better Business Bureau of Washington, D.C. (BBB)



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Watch our informative video at www.NicelyDoneKitchens.com



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Send Your Photos & Stories Now to

south@connectionnewspapers.com

Be sure to include your name, address and phone number, and identify all people and pets in photos. Submission deadline is January 20.

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Holly Senn, of the Child Life Department of the Fairfax Hospital for Children pushes the cart of toys Santa brought to the hospital to give out to the children.



Santa, Mrs. Claus, Rudolph and Frosty, with some of their friends from the Fairfax County Police Motor Squad, and volunteers arrive at Inova Fairfax Hospital for Children. Santa had to forgo the motorcycle because of the impending snow.



Deputy D. Redmon of the Fairfax County Sheriff's Office, is an honorary elf, helping Santa sort toys for the children.

Spreading Holiday Cheer

Santa and his friends Visit Inova Fairfax.

Santa and Mrs. Claus, Frosty, Rudolph and some of their friends from the Fairfax County Police Motor Squad and the Fairfax County Sheriff's office made a visit to the Inova Fairfax Hospital for Children on Thursday, Dec. 16.

Started as a philanthropic effort among the Fairfax County Motor Squad, Santa's Ride has become a countywide toy drive involving more than 100 volunteers from several local law enforcement agencies.

For several weeks in late November and early December, donation sites at police sta-

tions and at designated elementary schools in each of the eight districts in Fairfax County collect new, unwrapped gifts. Santa, on a motorcycle, weather permitting, with his police escort and a box truck, visits the elementary schools that collected presents and thanks the children involved, and then turns around and delivers them to the children in need. This year, Santa and his friends delivered them to Inova Fairfax Hospital for Children, the Georgetown Lombardi Cancer Center, the Ronald McDonald House, the Reston F.I.S.H. and children at Mount Calvary Baptist Church.



PHOTOS BY DEB COBB/THE CONNECTION

Officer Estrella looks at a fire truck set with Warrick Wolf of Alexandria.



Alex Salmoran of Alexandria might be a little overwhelmed by Santa and his crew, but he was thrilled by the visit.



Skylar Stott and his grandfather Wesley Stott, of Spotsylvania, pose with some of Santa's escort.



Owen Wicks of Bristow celebrates his 15th birthday. He poses with Santa, Mrs. Claus and the crew.



PHOTO BY MIKE MCKEE

Connolly Celebrates Election Victory

On Dec. 10, U.S. Rep. Gerry Connolly (D-11) and his supporters celebrated Connolly's re-election to the U.S. House of Representatives at Fairfax's Old Town Hall. Connolly said that principles and integrity would not be forgotten and that he would remain available at all times to his constituents.

Early Gift for Cuccinelli

FROM PAGE 3

ing absentee ballots that arrive after Election Day to be counted. "Protecting the voting rights for our military members deployed abroad is important," Cuccinelli said. "We have registrars who don't get absentee ballots out on time so now for the first time we allow people's votes that arrive after Election Day to be counted."

According to Cuccinelli, the races to watch in 2011 will be in Northern Virginia.

"I believe we're going to have a great candidate in Janet Howell's district — Caren Merrick," Cuccinelli said. "In the Prince William-Loudoun swath we're going to get a new senate seat and that open seat is going to be very interesting regardless of where it lands."

Cuccinelli, who has remained in the area since taking office earlier this year, was happy to be back where he considers home.

"I get mocked in other parts of the state but this is where I grew up," Cuccinelli said. "This is where I went to school, this is where my kids have grown up and where they're going to school. My wife did the same thing. We're those rarities — we actually grew up here and stayed here and we're very happy with that."

Real Estate Market for 2011-12

FROM PAGE 4

in Northern Virginia because family ownership is far greater than in Washington, D.C. and Baltimore, where greater numbers of single people live.

The very core of the region's economic resistance to the impact of the national recession had been the fruits of the enormous federal procurement that flows in to region and most particularly to Northern Virginia, McClain said.

McClain and other speakers at the briefing do not see 2011 as the "come back" year in this region from the recession and think that the general real estate market will begin to return in 2012.

Indeed, for most of the year, 2010, housing sales in Northern Virginia outstripped 2009 6,486 to 6,067. But the sales tailed off in November, despite low interest rates, because of the end of the federal tax deduction program.

Vin Nguyen, chairman of the board of the Northern Virginia Association of Realtors, said he sees 2011 unfolding very much like 2010 if the interest rates remain low.

— NICHOLAS HORROCK

COLLEGE NOTES

Alexis Simone Poindexter-Jenkins of Lorton, daughter of Mrs. Renee M. Jenkin, is among the 853 students who entered Colgate University with the class of 2014 in late August.

The class, selected from an applicant pool of almost 7,900 students, is the most diverse to enroll at Colgate. Poindexter-Jenkins is a graduate of Hayfield Secondary School.

How would you like state of the art LASER dentistry without drills or needles?

What would you say if you could have your fillings placed painlessly without drills or needles, with laser precision and comfort? You'd probably say, "Where do I sign up?" Well, now you can with a revolutionary new laser we call the Water Laser. You may have seen it on TV lately.

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

What are the benefits of Waterlase® dentistry?

■ Patient Comfort

Heat, vibration and pressure are the primary causes of pain associated with the use of the traditional dental drill. Since cutting both hard and soft tissues (teeth and gums) with the Waterlase® does not generate heat, vibration or pressure, many dental procedures can be performed with fewer shots, less need for anesthesia, less use of the drill and fewer numb lips!

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

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

■ Sterilization

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

■ Great for Teenagers

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

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

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

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

For more information about our dental practice please visit our [facebook](#) page or visit our website at www.larryfoxdds.com



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OPINION

Merry Christmas, Happy New Year

We wish our readers, our clients and everyone who lives, works, studies, plays, shops or pursues their avocations here all the best over this holiday week and beyond into the New Year. Thank you for making the Connection a part of your week, a part of your year.

This is our last news edition of 2010; next week shortly after Christmas, readers will receive the Children's Connection our traditional issue devoted to the writing and artwork of local children and teens.

In the meantime, we are looking for input on New Year's resolutions. Share one or more of the resolutions you will make for 2011, or tell us about a past resolution and how you approached it, for better or worse. Do you have some tips to share for achieving your goals? Send us 50-200 words, and please share a photo as well. We'll print selections in our first issue of the New Year, Jan. 5-12, 2011.

Send your submissions to south@connectionnewspapers.com.

Another opportunity to be a part of the Connection: The Pet Connection will publish on

Feb. 2, 2011, send us photos of you and your pet by Jan. 20.

Alternatives to Drinking and Driving

A recent ride-along with a Northern Virginia police officer gave Connection reporter Alex McVeigh a chance to convey some of the methods and mission to get drunk drivers off the road. (See Getting Drunk Drivers Off the Streets, in Dec. 15's Reston Connection, <http://connectionnewspapers.com/article.asp?article=346976&paper=71&cat=104>)

Among other things on the night of the ride-along, the officer encountered an apparently drunk driver who had fallen asleep behind the wheel waiting to make a right turn, his car running, his turn signal blinking and vomit evident down the outside of the driver's side door.

It's enough to make you want to stay home.

With the season for holiday parties comes the increased incidence of driving under the influence, with drunk driving arrests up more than 70 percent compared to other times of

year. In 2010, Fairfax County Police have investigated more than 660 alcohol related accidents. In 2008 in Fairfax County, there were more than 3,100 arrests for driving under the influence.

In Arlington, 677 arrests. In Alexandria, 515 arrests. In the City of Fairfax, 181 arrests.

Don't take the risk. Plan ahead, leave your car at home, take public transportation, arrange for a designated driver, or choose to abstain if a designated driver isn't available.

But if you find yourself in the unfortunate position of drinking without a safe way home on your own this holiday season, the Washington Regional Alcohol Program has provided you with a safety net called SoberRide. Take their number with you when you head out, and be sure any young adults (must be 21 or over) in your family are similarly armed.

WRAP's 2010 Holiday SoberRide program is available now through 6 a.m., Saturday, Jan. 1, 2011. To receive a free cab ride home (up to a \$30 fare), call 800-200-8294. You must be 21 or older. (Callers are responsible for anything over \$30.)

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Saving Lives, Saving Money

To the Editor:

Recent editorial ["October: Breast Cancer Awareness Month", Connection, Oct. 13-19, 2010] includes several points that deserve special emphasis because they can shape both our attitudes and our behavior regarding breast cancer.

The first point is: "...there is just one person in charge of your health care, and that person is you." While that statement may seem obvious today among educated people with sufficient health insurance, it still comes as a revelation to many who lack access to health care and regard illness and wellness passively – as forces we react to instead of managing. However our health care reform legislation evolves, a primary objective must be that we take ownership of our own health – knowing our risk factors, getting regular preventive check-ups, and adopting good nutrition and lifestyle choices.

That leads to a second point worth emphasizing: "...early detection really can save lives." The national Prevent Cancer Foundation based in Alexandria (www.preventcancer.org) advocates and funds research and outreach on early detection and prevention programs for treatable cancers, among them prostate, colon, cervical, skin, and breast cancers. As a member of their Board, I know the importance of

routine check-ups including regular mammograms. Today a mammogram can detect barely visible tumors that a woman might not be able to "feel" for another decade.

Editor Mary Kimm had a more aggressive tumor, but she was aware from earlier exams that her symptoms merited a return visit to her doctor. She used her knowledge to be her own advocate, and she was treated in time as a result. According to the Virginia office of the Every Woman's Life program, the survival rate for breast cancer is 98 percent if diagnosed at an early stage, but only 26 percent if diagnosed at a later stage. Likewise, the survival rate for invasive cervical cancer is 92 percent if diagnosed early and only 15 percent if diagnosed late.

"A woman's race or economic status in the United States should not affect her chances of surviving breast cancer, but they do." This point is worth repeating, because in Virginia poor women must go to one of 26 health care centers in the state to be screened for breast or cervical cancer if they wish to have the cost of a positive diagnosis covered through Medicaid. Given their lack of accessibility to a diagnostic center, limited resources, and fear of unknown outcomes, these women are often not diagnosed until they have a late stage cancer. Beyond the devastating personal impacts, the cost to the state is substantial: early

stage breast cancer treatment is about \$28,000 as opposed to almost \$44,000 for late stage cancer. The disparities for cervical cancer are greater: \$11,700 as compared to \$38,500 for late stage treatment.

In 2009 as a legislator, I introduced HB2200 to establish a non-reverting, interest-bearing fund for underserved Virginia women diagnosed with breast or cervical cancer. The bill passed unanimously, and was signed into law. Now, The Breast and Cervical Cancer Prevention and Treatment Fund (BCCPT) may receive private donations that may not be diverted to other state funds and are matched two-to-one by federal funds established under a law passed in 2000. Once the Virginia fund reaches a self-sustaining threshold, the legislature can remove the requirement that poor women must be screened at one of the 26 centers.

Instead, they can receive their screenings close to their homes, and qualify for treatment if diagnosed under the current Every Woman's Life program. We will at a minimum, double the number of women treated early for these two diseases.

If you would like to help Virginia women achieve the promise of early detection and treatment for breast or cervical cancer during October's Breast Cancer Awareness Month – or at any time – you may send a check made out to The Department of Medical Assistance Services "and write "BCCPT Fund"

in the memo line. Contributions should be sent to: The Department of Medical Services, Fiscal Division/BCCPT, 600 Broad St. – 8th floor, Richmond, Virginia 23219.

Together we can save lives, save money, and savor a cause worth celebrating.

Margaret Vanderhaye
McLean

Creationism Vs. Evolution

To the Editor:

Many argue that teaching creationism in schools violates our First Amendment rights and the principle of keeping church and state separate. If both ideas were taught in the classroom, the school would not be favoring one or the other but simply teaching two theories of how life came to be on the Earth. Did a higher being create us with a purpose for the world or did we randomly evolve?

Both creationism and evolution should be taught in public schools. Instead of all of the debate about which single one should or should not be taught. There should be an introduction of both theories. In this way, each individual could come to his or her own conclusion about each of the theories and which one he or she chooses to believe. It is important for students to learn and know where and how human life formed. And if parents

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THE CONNECTION

www.ConnectionNewspapers.com

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LETTERS

FROM PAGE 8

oppose exposing their children being to such ideas, they could opt their children out of that portion of the class in the same way a child can be opted out of sex education.

The U.S. Supreme Court has decided that it is unconstitutional to prohibit a teacher's right to teach evolution, but in public schools it can be taught only as scientific fact. Teaching creationism is entirely off limits. The U.S. Supreme Court has ruled that it is unconstitutional to require teachers who teach evolution to also teach creationism. In public school science classes, educators may only teach scientific ex-

planations for life on Earth. Creationism is can only be discussed in comparative religion classes as an example of how some religious groups believe life began on Earth. It may not however, be taught as scientific fact, like evolution is. Teaching both would open students' minds to both theories. Merriam Webster defines "faith" as: a belief that is not based on truth. Neither creationism nor evolution can be proved, which is why they are theories. So it is safe to say that believing in either one requires faith.

Ana Guerra
Student at Northern Virginia
Community College

MILITARY NOTES

Christopher A. Buck has graduated from the Army ROTC (Reserve Officer Training Corps) Leader Development and Assessment Course, also known as "Operation Warrior Forge," at Fort Lewis, Tacoma, Wash. He is the son of Jennifer C. Buck and stepson of Jessie B. Strickland of Old Colchester Road, Lorton. Buck is a 2007 graduate of Lake Braddock Secondary School.

Army Sgt. Maj. Michael D. Buckley has been decorated with the Meritorious Service Medal. The medal is presented to members of the U.S. Armed Forces who distinguish

themselves by either outstanding achievement or meritorious service to the United States in noncombat situations. Buckley is an element leader of the Jazz Ambassadors assigned to the U.S. Army Field Band at Fort George G. Meade, Md. The sergeant major has served in the military for 21 years. He graduated in 1980 from Lake Braddock Secondary School High School and received a bachelor's degree in music education in 1985 from the University of North Texas, Denton. In 1989, Buckley earned a master's degree in music from the University of Northern Colorado, Greeley.

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Who Needs Wikileaks When We Have E-mail?

Newly public e-mails give a behind-the-scenes look at School Board decision to close Clifton.

By JULIA O'DONOGHUE
THE CONNECTION

While the world frets over the diplomatic fallout that could come from Wikileaks releasing less-than-polite remarks foreign dignitaries have made about each other, a smaller tempest has started to gain momentum right here in the halls of Fairfax County's local government.

The Clifton Elementary School parent community used the Freedom of Information Act to acquire hundreds of e-mails sent to and from some Fairfax County School Board members earlier this year. Members of the Clifton RED group had hoped to stumble upon a "smoking gun" with regard to the School Board's vote to close their local elementary school.

Members of the School Board, which voted 9-2 in July to shutter Clifton, have said they decided to close the school because its facility renovation costs per student were significantly higher than average and the school system needs to spend its limited capital dollars on projects that will affect a greater number of students.

But the Clifton community, which offered to take a significantly scaled-back renovation or forego a building upgrade altogether, said they have proved the costs could be kept under control. Many Clifton community members have decided that some School Board members have ulterior motives for closing their school. They filed a request for the School Board members' e-mails in order to try to shed more light on what was behind the vote to close Clifton Elementary.

THE NEWLY-PUBLIC e-mail correspondence, which The Connection acquired from Clifton parents, uncovered candid but sometimes, impolitic remarks between School Board members and staff.

After all, U.S. officials merely called France's President Nicolas Sarkozy vain in the cables By Wikileaks. Fairfax County Public Schools chief operating officer Dean Tistadt suggested that Supervisor Patrick Herry (R-Springfield) was acting so strangely that he might be using crack cocaine. Although no doubt Tistadt meant the comment to be humorous, in email, it's difficult to tell.

"It must be nice to live in a world where you can make up your own version of reality and then shovel it all around you as you travel around your little universe. I think we have enough evidence here for a search warrant to check his house for crack," wrote Tistadt about Herry in an e-mail to School Board members and staff.

Tistadt, who has clashed with Herry over the school system's facilities budget, preferred not to comment on any specific e-mails he might have sent, though he said it

is likely he made a few jokes that he now regrets.

"I do have a tendency to banter, and I am sure some of those e-mails are going to be a little bit embarrassing," said Tistadt in an interview.

Herry, for one, isn't laughing about Tistadt's comment.

"It is extremely unprofessional and I am weighing what my options are," he said. "I am weighing what my response will be. You have to take a deep breath about these things so you don't overreact."

The Springfield supervisor suggested that Tistadt, one of the most public and powerful figures on the school system's staff, not only owed Herry an apology but should also be reprimanded by the school board for making the comment in the first place.

"I know that [Fairfax County Executive Director] Tony Griffin and the Board of Supervisors wouldn't put up with that from a county employee. I certainly wouldn't put up with that from one of my employees in the private sector. This was copied to the superintendent and to School Board members," said Herry.

Supervisor Jeff McKay (D-Lee) agreed with Herry, calling it a "highly unprofessional and inappropriate way to communicate."

"You don't say something like that. And if you are going to, you sure as heck don't put it in an e-mail," said McKay.

The county supervisors provide the vast majority of the school system's operating and facilities budget on an annual basis and any residual tension between Herry and Tistadt would have the potential to make that process more difficult, said McKay. He added that it was unlikely that a personal gaffe would have such a substantial impact.

"I don't think any of the parties involved in these particular exchanges were surprised to find out how they felt about each other," said McKay.

Still, this wasn't the only personal attack that came to light in the e-mails acquired by the Clifton community. School Board member Liz Bradsher (Springfield) sarcastically remarked that Herry seemed to think he "walked on water" in one e-mail to school staff.

Bradsher was also publicly attacked in mass mailings by former Clifton Mayor Tom Petersen and Del. Tim Hugo (R-40), who accused the School Board member of "throwing Clifton under the bus" by supporting their Clifton school's closure. Bradsher, who represents Clifton, made the motion that lead to the school board vote to close the school.

Bradsher said Herry and others not only made her decision to support the school's closure personal but also distributed factually incorrect information in the weeks leading up to the vote.



Approximately 85 people showed up to the June 10 meeting of the Fairfax County School Board to oppose the closing of Clifton Elementary School. On July 8, the School Board voted 9-2 to close the school.

PHOTO BY JULIA O'DONOGHUE/THE CONNECTION

"I am pretty passionate and emotional about this because it has been so difficult on me personally," said Bradsher.

Bradsher said friends and supporters who wrote sympathetic e-mails to her during the Clifton school closing debate have subsequently been harassed by some Clifton school supporters, since they're e-mails were made public during the Freedom Of Information Request.

"A lot of people from Annandale boundary study won't e-mail me because they are afraid. Anybody who disagrees with Clifton has been painted a villain," said Bradsher.

FOR THEIR PART, the Clifton School community said they feel betrayed by Bradsher. The Springfield School Board member not only voted to close their school, but they believe the acquired e-mails prove she had made up her mind months in advance, when she was telling the Clifton community she was still undecided.

In e-mails prior to the vote, Bradsher does appear to be irritated with many of the Clifton school supporters, taking a sarcastic

tone when she describes them to other School Board members and staff in the e-mails.

In several instances, she refers to Clifton

"Now I have moments where I am starting to write an e-mail and then I stop because I think I wouldn't want anyone to read this."

— Dean Tistadt, Fairfax County Public Schools chief operating officer

school supporters as "flippers" when forwarding their letters to her School Board staff assistant for example.

But the e-mails reveal that Clifton residents are also not always on their best behavior either.

"I did something they don't like and they are really upset. They are really upset and just irrational about it. They have called me some really negative names and terms," said Bradsher, who lives in Fairfax Station.

BUT PERHAPS THE most serious accusations the Clifton community has made against Bradsher is that she closed their elementary school solely for political gain.

Hawkins, the head of SOAR, on how to strategically gain the most favor with the school board.

She also suggests SOAR members write the School Board right before the Clifton vote to remind them about the importance of conserving money in the schools' capital fund so West Springfield and others receive funding sooner rather than later.

SOAR coordinated its letter writing campaign to coincide with the vote to close Clifton Elementary.

"And now I think we need to start with the SB email campaign regarding the Clifton ES vote on July 8," said Hawkins in an e-mail to other SOAR members and elected officials.

IN CLOSING CLIFTON, the School Board has been able to push up some of its renovation and new construction projects, including work planned for West Springfield High School, said Tistadt.

"Of high schools, Langley moved up a year or two and West Springfield moved up two or three years," said Tistadt, who added that the decision to close down an alternative high school in Falls Church and the downturn in the construction market has also helped accelerate renovation projects.

West Springfield is also not the sole school in Bradsher's district in need of capital funding, said the School Board member. Cherry Run Elementary School, for example, is still trying to make do with an "open classroom" floor plan, where classrooms have no permanent walls or doors.

"There are just so many other schools in the county that need this money and there isn't enough of it. There is difference between what we want to do and what we have to do," she said.

Bradsher said there is nothing unethical about a School Board member and a group like SOAR brainstorming on a strategy to reach their policy goals.

For her part, Bradsher thinks Herry became deeply involved in the Clifton school dispute for his own political reasons.

Clifton is one of the most affluent and reliably Republican sections of Fairfax County. Herry and other local conservatives rely on Clifton to help fund local Republicans around Fairfax, said Bradsher.

Moving forward, several School Board members have decided to include a disclaimer along the bottom of their e-mails, reminding constituents that most School Board correspondence is publicly accessible.

"We do get a lot of e-mails from people, and I don't know if people will be more careful about what they say in them because of the disclaimer," said School Board president Kathy Smith (Sully).

Individual School Board members and staff have already started adjusting the way they communicate with each other.

"Now I have moments where I am starting to write an e-mail and then I stop because I think I wouldn't want anyone to read this," said Tistadt.

E-mail Excerpts:

TO MEMBERS OF THE SCHOOL BOARD, ABOUT SUPERVISOR PAT HERRY

"It must be nice to live in a world in which you can just make-up your own version of reality and then shovel it all around you as you travel about your little universe. I think we have enough evidence to ask the court for a search warrant to check his house for crack."

Dean Tistadt, Fairfax County Public Schools chief operating officer

TO A CLIFTON COMMUNITY LISTSERV ...

"The elected School Board member from this school district, Ms. Liz Bradsher, is not a friend in saving our school."

Tom Petersen, former Mayor of Clifton

TO SCHOOL BOARD MEMBER LIZ BRADSHER ...

"SHAME ON YOU. Shame. On. You."

Darrell Poe, Clifton resident

TO SCHOOL BOARD MEMBER LIZ BRADSHER ...

"Closing Clifton, destroying an integral part of this community and causing our children nothing short of trauma is what will be shortchanging our children.."

Virginia Shields, Clifton resident

TO SCHOOL BOARD PRESIDENT KATHY SMITH ...

"Herry seems to be the second coming, who knew?"

School Board member Liz Bradsher

TO SCHOOL BOARD MEMBER LIZ BRADSHER ...

"You are our representative and you are doing nothing to help; you are trying to hurt our children and children across Fairfax County."

Karen DePaolis, Clifton parent

TO A CLIFTON COMMUNITY LISTSERV ...

"Dear Liz, why don't you just tell it like it is ... you don't give a dam about Clifton!"

Blair Diseati, Clifton community member

TO SAM BLESII, CLIFTON RESIDENT ...

"Your e-mail demonstrates quite graphically why further conversation is futile. You seem intent on turning every legitimate concern into an argument about why (in your view) I have no idea what I am talking about — frustrating for you, and insulting for us both."

School Board member Stuart Gibson

TO SCHOOL BOARD MEMBER LIZ BRADSHER ...

"Yet closing it is being considered for one real reason- the school is just too white. Its racial profile is out of balance with the rest of the county and this is simply unacceptable."

Donald Gibson, Clifton resident

TO SCHOOL BOARD MEMBER LIZ BRADSHER ...

"We will have them eating out of our hands, just like we did at Clifton."

Dean Tistadt, FCPS chief operating officer

TO WEST SPRINGFIELD H.S' SOAR LEADERSHIP TEAM ...

"And I now think we need to start with a SB email campaign regarding the Clifton ES vote on July 8."

Erik Hawkins, West Springfield High School SOAR leader

TO PATRICK HERRY'S OFFICE ...

"I have asked SOAR to send very general emails on the importance of watching [capital] dollars and believe the Clifton issue is not being mentioned."

School Board member Liz Bradsher

THINGS TO DO

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Earlier this month, members of Going Places! attended a holiday dinner at Choices by Shawn restaurant in Fairfax. The group gets together monthly for an outing, ranging from bowling to mini-golf to painting pottery.

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OPEN HOUSE LISTINGS
Will Return after the Holidays

To add your Realtor represented Open House to these weekly listings, please call 703-821-5050

Expanding Their Horizons

JCC and JSSA team up to provide social group for young adults with Asperger's Syndrome.

trouble interacting with others.

The club has been around for a few years, said Dawn Kaye, a clinical social worker with JSSA in Fairfax. There are 25-30 people who gather for the monthly events at the JCC, and the activity each month could be any one of a number of things — in the past, the group has gone bowling or painting pottery; earlier this month, the group went to a holiday lunch at Choices by Shawn, a restaurant in the City of Fairfax.

For the young adults, between the ages of 18 and 30, their involvement in Going Places! might be the first social club they've felt comfortable joining, Kaye said.

"It might be the first time they are meeting friends and getting together outside the group," she said. "Some have gained so much confidence, they've gotten jobs. Our group has really bonded, they look forward to getting together each month because it's a supportive environment."

Kaye said she runs a social skills therapy group with JSSA, but felt there were limits to the skills her clients to learn and master in that setting. Establishing a group where people get together and go out to restaurants, on hiking or paddling expeditions, and can feel confident and comfortable seemed the next logical step.

SEE GROUP, PAGE 14

BY AMBER HEALY
THE CONNECTION

Robin Weisman knows her son, Corey, is an outgoing person who loves talking with his friends.

But through his involvement with Going Places!, an activity group organized by the Jewish Social Services Agency and the Jewish Community Center of Northern Virginia, Corey has blossomed into a confident, social and happy young man, eager for the group's monthly outings and to see the friends he's made there.

"He just loves it," she said. "His designated role with the group, he introduces new members because he knows so many of the people there."

Going Places! is an activities group for young adults with Asperger's Syndrome, a condition on the autism spectrum in which people may have difficulties understanding social cues and therefore have

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.

WEDNESDAY/DEC. 22

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

Travel Club. 1 p.m. Richard Byrd Library, 7250 Commerce St., Springfield. Bring lunch and enjoy a lively discussion. Adults. 703-451-8055.

The Sacred Worlds and Songs Divine World Tour: Blind Guardian, Holy Grail and Seven

Kingdoms. 8 p.m. Jaxx Nightclub, 6355 Rolling Road, Springfield. \$25 advance, \$28 at the door. www.Jaxxroxx.com.

WEDNESDAY/DEC. 29

Fun with Origami. 4 p.m. Lorton Library, 9520 Richmond Highway, Lorton. Learn Japanese paper folding. Age 6-12. 703-339-7385.

Read Yourself Silly. 10:30 a.m. Richard Byrd Library, 7250 Commerce St., Springfield. A juggling and magic show presented by Flow Circus. Cosponsored by the Friends of Richard Byrd Library. All ages. 703-451-8055.

Shrine, Broken Buttons, The Idiomatics, Georgiamac, She Bites Dogs, Drawing Sounds,

Ritual of The Boar, IQ and Shankool, LEDs and Smoke Machines. 6 p.m. Jaxx Nightclub, 6355 Rolling Road, Springfield. \$8 advance, \$10 at the door. www.Jaxxroxx.com.

FRIDAY/DEC. 31

Outerloop Presents: Night of New Year's Metal. 6 p.m. Jaxx Nightclub, 6355 Rolling Road, Springfield. \$10 advance, \$12 at the door. www.Jaxxroxx.com.

FRIDAY/JAN. 7

Apex Booking Presents: Wings of Apollo, Clocks Strikes XII and

SEE CALENDAR, PAGE 14

Give Together

A Family Volunteer Day

Martin Luther King, Jr. Day of Service
Monday, January 17, 2011
Shift 1: 10:30 a.m. - 12:30 p.m.
Shift 2: 1:30 p.m. - 3:30 p.m.
GMU - Fairfax Campus

Families of all shapes and sizes can volunteer at projects with Fairfax 4-H, FACETS, Herndon Senior Center, the Jewish Community Center of Northern Virginia, Operation Military Kids and the Orphan Foundation of America — in the convenience of one, central location.

Spaces are limited and pre-registration is required at www.volunteerfairfax.org.

Projects best suited for elementary-aged children.

Volunteer Fairfax

Special thanks to the Connection for its support of volunteerism.

Join us for live tweets at VolunteerFFX.

'I Feel Blessed To Have Survived'

After a heart attack at 36, WJLA reporter, Robinson Secondary grad Jennifer Donelan faces 'new normal.'

BY VICTORIA ROSS
THE CONNECTION

Wednesday, Sept. 8, was both the worst day of WJLA reporter Jennifer's Donelan's life —and the luckiest.

At 5:45 p.m., just as Donelan was wrapping up a live-shot in Washington, D.C., she started to have trouble breathing. She felt a crushing pressure and pain inside her chest, and her left arm went numb.

Terrified and confused, the 36-year-old crime reporter asked her live-truck operator, Bruce Bookhultz, to call 911.

Within minutes, Donelan was being transported to the emergency room at Washington Hospital Center.

"I'm 36-years-old. I'm having a heart attack, but, and this is what I think about now, the stars aligned for me that day," Donelan said, now back to work at WJLA part-time as she continues daily cardiac rehab.

There were so many ways that her crisis could have turned fatal fast.

On a typical day, Jennifer would have headed home immediately after her story aired.

"By 5:30, I would usually be in my car, stuck in D.C. traffic, or at home by myself." However, she received a message that the mayor's office was going to make a statement regarding her story, so she waited for the

call. "I was not supposed to be there around people who could call 911. I was where I needed to be exactly when I needed to be there. I think angels were watching over me that day," she said.

Hunched over in pain, crying and praying for the medics to get there quickly, Donelan had another "lucky" moment.

Renaldo Bell, a medic for 12 years with D.C. Fire and EMS, responded to the call that day, even though his shift had officially ended.

"Normally, I would not be on that truck that day, but I happened to have a rare opportunity for overtime, and I'm glad I took it that day," Bell said.

When he saw Donelan, Bell said he quickly recognized the signs of a heart attack.

"She presented with a lot of the classic signs. She was clenching her chest, she was in a lot of pain, she was agitated and anxious and she couldn't sit still. She also had that look of impending doom on her face," Bell said. "Her age wasn't even a factor, because I had seen that look before. We couldn't get a proper set of vitals on her, so

I just told the driver to load and roll. At this point, literally every second counts." Bell administered baby aspirin and nitro-glycerin, standard protocol when treating a heart-attack victim.

"The paramedic took me seriously. He treated me like I was having a heart attack," Donelan said, adding that one of the first responders, perhaps because of her age, kept asking her if she was allergic to pollen.

WITHIN 5 MINUTES, Donelan was wheeled into the emergency room at Washington Hospital Center, one of a handful of hospitals in the area that has a first-rate cardiac response team ready 24-hours a day.

"They pull me into WHC, thank God, and I'm crying and I'm sweating, throwing up ... and so many things are going through my mind. I'm scared. I'm thinking I don't want to die alone, without my family," Donelan said.

The doctor immediately hooked up Donelan to an electrocardiogram (EKG), and told her what she feared most: she is having a heart attack.

"I'll never forget the look on his face. From that moment, everything changes. Things are happening so fast. They call 'Code Heart' over the intercom, 20 people rush around me and they just run with me to the cath lab," Donelan said.

In the cardiac catheterization lab, Dr. William Suddath put Donelan in a "twilight" state of sedation, where she could still hear the frantic nurses and doctors shouting orders all around her. Suddath then inserted two stents through her artery, opening her right coronary artery, which was completely blocked, and aspirated the blood clots, allowing her blood to flow.

"I can't even think at this point, because the pain, the pain," said Donelan. "The chest pain gets worse, if that's possible. And then suddenly, the pain is gone. They opened my artery, and I'll never forget that feeling when the pain stopped," she said.

She learned that her heart attack was the result of an extremely rare, and typically fatal, tear in her artery. The searing pain she felt after her live-shot was most likely the tear, and she actually had cardiac arrest in the hospital. "So many doctors told me that if I didn't have the heart attack in the hospital, I would probably be dead."

Nearly 10 weeks after Donelan's near-fatal heart attack, she is trying to put the event into some perspective as she continues to



DONATED PHOTOS

ABC 7's Jennifer Donelan is back at work part-time after surviving a heart attack.

build back her strength and her confidence.

"I have to have a 'new normal,' and never forget what that day was like, how precious a gift life is, and how easily it can be taken away," Donelan said. Through all of this, her loved ones have been with her with her every step of the way.

She grew up in Fairfax County in a close-knit family. Her mother, Maryanne Donelan, was a single parent and Fairfax County science teacher, who raised Jennifer and her younger brother, John Watson with the belief that anything was possible. She graduated from Robinson Secondary School in 1992, where she was student council president, voted "most likely to succeed," and a cheerleader, among other accomplishments.

She attended the University of Virginia, where she decided her dream was to become a reporter in the highly-competitive world of broadcast journalism.

"She's always been a go-getter, always reaching for the stars, and she has grasped several," Maryanne Donelan said, adding that it's not at all surprising to her that her daughter is moving forward and determined to turn her medical crisis into a way to help others.

"She's always been very friendly, and always compassionate to other people. I remember when she first went to middle school, she walked around with an address book, getting names and numbers because she wanted new friends," said Maryanne Donelan, laughing at the memory.

"She thought of us as the Three Musketeers. 'All for one and one for all,'" said Maryanne Donelan. "We're very close, and we support each other."

She said that she never thought she would be worried about her daughter's health.

"I thought the reverse would be true. This puts everything else into perspective. I will never forget being at the hospital, and hearing them call Code Heart, knowing it was

for Jennifer and that she was having a heart attack. I felt so helpless. It's not something a mother ever wants to hear," Maryanne Donelan said.

Jennifer Donelan's quest to understand the reasons behind her rare heart attack, which doctors say is probably a combination of lifestyle, stress and genetics, has also led her to focus on heart health and women.

"Someone said to me 'maybe this heart attack isn't about you, maybe it's about somebody else,'" said Jennifer Donelan. "OK, I'm good with that, because maybe I can help somebody else." It makes me feel less sorry for myself."

Advocating for woman and educating them about heart health has become a passion. "We all think pink, which is great, but we also need to go red," she said.

She said when WJLA asked her to share her story, she was concerned about revealing a secret that has embarrassed her for years.

"For the whole story to be told, I had to come clean about being a smoker. I know how much smoking did not help my situation, and I can tell you that when I was on all fours praying and crying on the street, I vowed I would never smoke again," she said. And she has kept that promise to herself.

WJLA aired a three-part story — "The day every second counted" — on Nov. 1-3.

She also vowed to reach out to organizations like the American Heart Association and Heart Health, and make herself available to talk about healthy lifestyles.

"I feel blessed to have survived. I feel like I need to share my story, and advocate for women and heart health," Jennifer Donelan said.

In fact, the day she was interviewed, Jennifer Donelan spoke to a group of 50 local high school students about leading healthy lifestyles for the Alliance for a Healthier Generation, a joint venture between the American Heart Association and the Clinton Foundation.

While she still worries about the angina pains she continues to have, and the specter of suffering another heart attack, Jennifer Donelan is beginning to rebuild her life and regain her sense of self.

WJLA station manager Bill Lord stops by her desk, which is covered with flowers and cards from well-wishers, to chat. "You know," Jennifer Donelan said, smiling "he's the one who told me that the day after my heart attack, everyone in the newsroom was eating salads."

"She's educating all of us about heart health," Lord said.

After spending three hours being interviewed by a reporter, one of WJLA's publicists, Abby Fenton, reminds Jennifer Donelan that she has about 15 minutes before they have to leave for her speaking engagement. As she walks out of the newsroom, one reporter calls "Hey Jen! When can we stop being nice to you?"

"Yep," Jennifer Donelan laughed, "it's starting to feel more normal every day."



More than 90 Jewish and non-Jewish students at George Mason University took part in the first Shabbaton, Shabbat & Speakers on Dec. 3 in Fairfax.

George Mason Meeting Explores Jewish Traditions

Students learn about faith, shared history.

On Friday, Dec. 3, more than 90 George Mason University students, of whom about 50 percent were Jewish, attended the first-ever Shabbaton, Shabbat & Speakers, which took place at the Fairfax campus.

The evening's goal was to empower the university's Jewish students and to expose non-Jewish students to Judaism and to the beauty of Israel. The evening began with

student-led Shabbat services that were followed by Shabbat 101, a session led by Sue Aft, wife of Congregation Adat Reyim's Rabbi Bruce Aft, and Becca Elliott, GMU Hillel's student president, that explored Shabbat through the senses of taste and smell.

Following a Shabbat dinner, the event hosts treated guests with surprise gift cards to a local coffee shop and stress balls as a way to survive finals week.

The evening concluded with three breakout sessions with guest speakers. Marvin Klemow of Fairfax led a discussion on technology in Israel. Klemow has been associated with Israel Aerospace Industries, Israel's most sophisticated high-tech company for 40 years. He was vice president of its Washington, D.C. office for 32 years and then served as a consultant for eight years. Joelle Kelenson, school-aged services coordinator at the JCC of Northern Virginia with a master's degrees in Judaic studies and science and social work from Columbia University, spoke about Kabbalah and Israel.

Michaela Cohen, Northern Virginia's community shlichah (emissary), a community funded program and the Israel Fellow on campus, spoke about Israeli Jewish holidays such as Mimuna, a traditional holiday of the Moroccan Jews that celebrates the end of Passover; Yom Ha'Atzmaut, Israel Independence Day; and Yom Ha'Zikaron, a holiday that honors fallen Israeli soldiers.

"It was an inspiring event that made me realize how much we, as a small Jewish population on campus, can do to make an impact," said Cohen, who has worked with the GMU Hillel for nearly two years.

Group Has Youths Going Places!

FROM PAGE 12

"The JCC provides staff and special education specialists, and each month we meet at their facility," Kaye said. But a person doesn't have to be Jewish to participate, she said. The group is non-denominational and is open to anyone with Asperger's.

The outings are organized in such a way that if someone needs to take a few minutes to sit alone, that's all right, Kaye said. Social workers accompany the group as well, so there's someone to talk to if one of the participants needs some assistance.

"Some people with Asperger's have difficulty relating to other people," said Mollie Katz, a JSSA spokesperson. "One part of the disability is that people with Asperger's might not be very strong in recognizing body language, facial expressions or tone of voice. It can be difficult to try and connect with other people or to understand humor or irony."

With the each outing, the members of the group get more confident in their interactions, Kaye said.

The program is getting some outside recognition as well.

In November, Going Places! was named a Merit Finalist for the 2010 Mutual of America Community Partnership Award, which recognizes community organizations and partnerships that have "made a difference" to those people it has served, according to the announcement released on Nov. 18.

Two weeks ago, Going Places! also received a grant

that will allow the group to attend a number of cultural events next year, said Melissa Hochberg, a resource specialist at the JCC who helps coordinate the group's outings.

"We'll be going to see 'Sheer Madness' at the Kennedy Center next year, and to Wolf Trap," along with other outings that are favorites among the group, like mini golf and bowling, she said.

Going Places! has been so successful among young adults that it has led to the creation of two other groups, one for teenagers and another for adults over 30 years of age, she said.

The young adult group came first because the support system and activities offered by schools disappear when a person turns

21, and there aren't many other places to turn for people with Asperger's for support, let alone where they feel safe, Hochber said.

She's also started a book club that meets for a half-hour before each monthly outing. While currently only about 10 people are participating in the book club, it is another thing that participants can talk about with their family and friends, she said.

Parents like Robin Weisman know that the group is making a difference. They can see it in the faces of their children.

The group has "expanded his horizons," she said of her son Corey. "He's open and social. He takes his commitments seriously and he likes the social setting. This group has enhanced his relationships with people."

Get involved

For more information about Going Places!, contact Melissa Hochberg at the Jewish Community Center; melissah@jccnv.org or 703-537-3040.

CALENDAR

FROM PAGE 12

More. 5 p.m. Jaxx Nightclub, 6355 Rolling Road, Springfield. \$10 advance, \$12 at the door. www.Jaxxroxx.com.

U.S. Navy Concert Band. 8 p.m. at the George Mason University Center for the Arts Concert Hall, 4400 University Drive, Fairfax. Free. 888-945-2468 or cfa.gmu.edu.

Professional Bull Riders Tour. 7:30 p.m. at the George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. Tickets \$20-\$65. Age 2-12 years old, excluding top price seats are \$10. Available through www.ticketmaster.com or 703-573-SEAT.

SATURDAY/JAN. 8

2nd Saturday Art Walk. 6-9 p.m. Workhouse Art Center, 9601 Ox Road, Lorton. Meet each building's featured artist, a reception in W-16 from 6-7 p.m. and more. www.WorkhouseArts.org.

Outerloop Presents: Battle For Ice Jam and More. 5:15 p.m. Jaxx Nightclub, 6355 Rolling Road, Springfield. \$10 advance, \$12 at the door. www.Jaxxroxx.com.

U.S. Navy Band Commodores. 8 p.m. at the George Mason University Center for the Arts Concert Hall, 4400 University Drive, Fairfax. Free. 888-945-2468 or cfa.gmu.edu.

Professional Bull Riders Tour. 7:30 p.m. at the George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. Tickets \$20-\$65. Age 2-12

years old and excluding top price seats \$10. Available through www.ticketmaster.com or 703-573-SEAT.

SUNDAY/JAN. 9

U.S. Marine Band. 2 p.m. at the George Mason University Center for the Arts Concert Hall, 4400 University Drive, Fairfax. Free. 888-945-2468 or cfa.gmu.edu.

FRIDAY/JAN. 14

"Willy Wonka Jr." 7:30 p.m. at the New Hope Church, 8905 Ox Road, Lorton. Northern Virginia Players present Roald Dahl's story of the famous candy maker. \$10 in advance or \$12 at the door. 703-866-3546 or www.nvplayers.com.

SATURDAY/JAN. 15

"Willy Wonka Jr." 7:30 p.m. at the New Hope Church, 8905 Ox Road, Lorton. Northern Virginia Players present Roald Dahl's story of the famous candy maker. \$10 in advance or \$12 at the door. 703-866-3546 or www.nvplayers.com.

Outerloop Presents: Lakeview CD Release Show and More. 5 p.m. Jaxx Nightclub, 6355 Rolling Road, Springfield. \$10 advance, \$12 at the door. www.Jaxxroxx.com.

Fairfax Symphony Orchestra. 8 p.m. at the George Mason University Center for the Arts Concert Hall, 4400 University Drive, Fairfax. Tickets \$25-\$55, available at 888-945-2468 or cfa.gmu.edu.

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8302 RICHLAWN TER	5	3	1		FAIRFAX STATION	\$715,000	Detached	0.42		GILES RUN
8900 LAUREL OVERLOOK DR	3	2	0		LORTON	\$713,800	Detached	0.83		LAUREL OVERLOOK
9017 COPPERLEAF LN	5	4	1		FAIRFAX STATION	\$710,000	Detached	0.15		CROSSPOINTE
5957 FAIRVIEW WOODS DR	5	3	1		FAIRFAX STATION	\$710,000	Detached	0.91		FAIRVIEW WOODS
9229 TREASURE OAK CT	5	4	1		LORTON	\$675,000	Detached	0.21		SUMMIT OAKS
10122 HAMPTON WOODS DR	3	2	1		FAIRFAX STATION	\$672,500	Detached	5.00		HAMPTON WOODS THREE
8304 PINYON PINE CT	3	2	0		FAIRFAX STATION	\$655,000	Detached	5.00		FOUNTAINHEAD
6817 TIDDLE WAY	4	2	1		LORTON	\$650,000	Detached	0.59		RACEWAY FARMS
12606 CLIFTON HUNT LN	5	4	0		CLIFTON	\$632,400	Detached	5.31		CLIFTON HUNT
12916 POPES HEAD RD	5	2	0		CLIFTON	\$615,000	Detached	5.01		CLIFTON
13914 WHETSTONE MANOR CT	5	3	1		CLIFTON	\$600,000	Detached	0.23		LITTLE ROCKY RUN
8995 BIRCH BAY CIR	5	3	1		LORTON	\$590,000	Detached	0.16		LAUREL HILL LANDBAY
11310 ROBERT CARTER RD	5	3	1		FAIRFAX STATION	\$585,000	Detached	0.60		FAIRFAX STATION
9061 GALVIN LN	4	5	1		LORTON	\$570,000	Detached	0.09		LAUREL HIGHLANDS
13778 LAUREL ROCK DR	5	3	1		CLIFTON	\$569,900	Detached	0.22		LITTLE ROCKY RUN
13701 SPRINGSTONE CT	5	3	0		CLIFTON	\$540,000	Detached	0.35		LITTLE ROCKY RUN
10508 BELMONT BLVD	5	4	1		LORTON	\$535,000	Detached	0.50		GUNSTON HEIGHTS
8925 MAYHEW CT	3	3	1		LORTON	\$525,000	Detached	0.09		LORTON TOWN CTR LANDBAY
9153 STONEGARDEN DR	3	3	1		LORTON	\$520,000	Detached	0.06		LORTON TOWN CTR LANDBAY
9029 CHESTNUT RIDGE RD	4	3	0		FAIRFAX STATION	\$520,000	Detached	0.28		TIMBER RIDGE
9779 LORRAINE CAROL WAY	4	3	1		LORTON	\$515,000	Detached	0.14		MASONS PASSAGE
6106 BLUFFDALE CT	4	3	1		CLIFTON	\$510,000	Detached	0.31		LITTLE ROCKY RUN
9707 CHAPEL OAK DR	4	2	1		FAIRFAX STATION	\$470,000	Detached	0.55		SOUTH RUN OAKS
8329 MIDDLE RUDDINGS DR	4	2	1		LORTON	\$452,000	Detached	0.11		VILLAGE AT LORTON VALLEY
9058 TANYARD LN	3	2	2		LORTON	\$425,000	Townhouse	0.06		LAUREL CREST
8937 PERIWINKLE BLUE CT	3	3	0		LORTON	\$424,000	Detached	0.09		SPRING HILL SENIOR CMP
8452 KIRBY LIONS DALE DR	3	2	2		LORTON	\$415,000	Townhouse	0.04		LORTON VALLEY NORTH
8331 LINDEN OAKS CT	3	2	2		LORTON	\$349,000	Townhouse	0.07		SOUTHERN OAKS
6714 RED BIRD WOODS CT	3	3	1		LORTON	\$345,000	Townhouse	0.03		VILLAGE OF MOUNT AIR
7374 ARDGLASS DR	3	2	2		LORTON	\$337,500	Townhouse	0.04		WORTHINGTON WOODS
7898 SEAFARER WAY	3	2	1		LORTON	\$330,000	Townhouse	0.05		MASONS PASSAGE
5651 GOSLING DR	3	2	1		CLIFTON	\$320,000	Townhouse	0.07		CENTREVILLE GREEN

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Bruin Girls Face Tough Opponents Early in Season

Local girls' and boys' teams wrapping up their pre-holiday schedules.

BY RICH SANDERS
THE CONNECTION

The early season record is not what the Lake Braddock Secondary girls' basketball team would want at this point in its pre-holiday, early season schedule, but the Bruins could be a better team in the long run for having played stiff competition over the season's first month.

"We've played some pretty tough non-district opponents so far, including Westfield," said Lake Braddock head coach Leigh Kampman, whose team was 1-4 going into this week's action.

"We are 1-0 in the [Patriot] District right now, and I believe these first few games against tougher opponents will only help us in the end."

The district win came on Dec. 10 when the Bruins defeated visiting W.T. Woodson, 58-54. Natalie Butler, a 6-foot-2-inch sophomore forward, led Lake Braddock with 15 points in the win. Other scoring contributions came from junior guard Hannah Aboulhossn (8 points), freshman guard/forward Marcia Altman (7) and sophomore guard Morgan Stearns (7). Logan Russell, a senior forward, and senior guard Maggie Collins both scored five points in the win, while Caroline Young, a senior guard/forward, and senior forward Shelby Sheridan scored four each. Freshman guard Allie Snow scored three in a Lake Braddock at-

"We are 1-0 in the [Patriot] District right now, and I believe these first few games against tougher opponents will only help us in the end."

— Lake Braddock head coach
Leigh Kampman

tack which saw nine different players get into the scoring column.

For Woodson (3-3), Keara Finnerty, a sophomore guard, scored a game-high 22 points, while sophomore forward Taylor Hayes was also in double figures with 18 points. Also for the Cavaliers, Bryce Debolt, a sophomore guard, scored six points and both Amy Sitts, a junior forward, and sophomore forward Katie Hayes scored four.

Lake Braddock trailed Woodson, 15-9, after one quarter and still trailed by six, 44-38, at the end of three quarters. But the Bruins put things together in the final quarter, outscoring Woodson, 20-10, to earn the comeback win.

Lake Braddock had opened the season with a pair of losses — 41-29 to visiting Centreville on Dec. 3, and a 53-39

defeat at Herndon on Dec. 7 — before earning its first win over Woodson. But following the victory over the Cavaliers, the Bruins lost their next two games, 41-31 over visiting Westfield, the defending Concorde District champions, on Dec. 14, and 44-23 at Robinson (5-2) Friday night, Dec. 17. In the loss to the Rams, Russell was the Bruins' leading scorer with seven points. Robinson, meanwhile, had big games from Tyler Hansen (17 points) and Megan Green (11).



Caroline Young (30) of Lake Braddock defends during her team's game against the Rams.

young squad this season, was 0-3 going into this week's non-district home game versus Oakton on Dec. 21.

"I think that our guys are playing hard right now, but we need to get game experience in that we are such a young team," said veteran Lancer head coach Michael Harris, whose squad has just two seniors — guard Jalen Boswell and forward Eric Shirley. "This is the youngest and most inexperienced team since I have been here."

Last Friday night at Lee, the Lancers fell to Patriot District opponent Woodson, 73-52. Boswell scored 16 points for Lee, while Maseer Ghorab, a junior guard, scored 21 points. Woodson (3-3) had strong games from senior guard John Schoof (18 points) and junior guard Brandon Stepka (13).

One of the Lancers' strengths early in the season has been its impressive free throw shooting. Through their first two games, Lee had converted 51 of 63 shots (81 percent) from the charity stripe.

Harris realizes it's a long season and said his inexperienced team will get better as the season moves on.

"I think in the long run we'll be fine as time goes on this season," said Harris.

The Lancers will travel to Richmond on Dec. 28 to play a game against John Marshall High.

This season, Woodson's has posted wins over Robinson, Fairfax and the Lancers. The Cavaliers' defeats have come to local private school powers Paul VI and Bishop O'Connell as well as district foe Lake Braddock.

Schoof scored 22 points in Woodson's season opening 78-67 home win over Robinson on Dec. 1. Mark Noe, a junior guard, contributed 12 points and freshman guard Daniel Noe 10 points in that Cavaliers' victory. For the Rams that night, Mike Rice, a senior forward, scored a game-high 26 points, while teammates Robert Pillow, a junior guard, and Ian Evanchow, a senior guard, scored 18 and 12 points, respectively.

In its home loss to Paul VI, 60-51, on Dec. 3, Schoof led the Cavaliers with 14 points while Andrew Boehling and Stepka both scored nine. Paul VI's balanced scoring attack consisted of big games from Stan Robinson (16 points, 9 rebounds), Patrick Holloway (15 points), Coleman Johnson (12 points, 7 boards) and Tilman Dunbar (9 points). The Panthers of Paul VI were 4-2 going into this week.

In Woodson's loss to O'Connell, 69-46, on Dec. 18, Stepka tallied 11 points to pace the Cav's offense. O'Connell built a 33-20-halftime lead before outscoring Woodson, 17-9, in the third quarter to take total control. Woodson, was outscored by just two points in the final quarter.

Lake Braddock is working hard to improve. Kampman has had her squad focus on playing solid defense night-in and night-out.

"Every game we focus on the positives and try to build off of them," said Kampman. "We have different people step up at different times, depending on the match-ups. We really emphasize playing a team game and have focused a lot of our attention on our defense. As I always tell my team, 'Defense should never have an off day.'"

Lake Braddock was scheduled to play its final game prior to the Christmas holiday on Tuesday, Dec. 21. Over the holidays, Lake Braddock will take part in the Lady Rebels Winter Classic at Fairfax High School from Dec. 28-30.

"I would like to see us win the tournament so we can carry that momentum into district play," said coach Kampman.

Woodson, meanwhile, will participate at the Mardela Tournament in Mardela Springs, Md., Dec. 29-30. The Cavaliers, under head coach Pat Neri, have wins this season over Washington-Lee, Fairfax High and Lee High. The losses have come to Robinson, Lake Braddock and Mount Vernon.

In Woodson's win over Lee, a 57-34 home triumph on Dec. 17, Finnerty scored 30 points. Hayes scored 13 for the Cavaliers and Katie added nine points. For Lee (0-4), Megan Cox scored 11 points.

Woodson was scheduled to host T.C. Williams on Tuesday, Dec. 21 in its final game before the holidays.

The Lee High boys' basketball team, a



Lake Braddock girls' basketball coach Leigh Kampman, center, instructs her Bruins during their game at local rival Robinson last Friday night.

SPORTS

VISTA Patriots Seek Players

The VISTA Patriots FC, an NCSL U19 (U17, 18, and 19) boys team, is seeking experienced players born on or after Aug. 1, 1991. The team is looking for five or six players to fill some available spots on the team, which is composed of players residing in Northern Virginia from the Centreville, Chantilly, Burke, Manassas, Springfield and the Fairfax Station areas.

The Patriots accommodate athletes with multiple commitments. The team has a history of developing players with an emphasis on team play, respect for others and good sportsmanship. The club was nominated

and honored twice by the coaches, referees and ODSL officials as winners of the Randy Rawls Sportsmanship Award. Bill Walter, a former collegiate player who holds a USSF National License, coaches the Patriots. Try-outs started Dec. 11-12 and will take place throughout the winter up to the start of the NCSL Spring 2011 season. Players and parents that are looking for a respectful and fun soccer atmosphere for a reasonable time commitment and cost should contact either Jack Dulan, the Patriots Team Manager, at dulang@cox.net; or coach Bill Walter at billybobandktr@aol.com or by phone at 571-259-1000.

Chantilly Classic Offers Best Of High School Basketball

Chantilly High School, over the holidays, will once again host the Pohanka Chantilly Classic Holiday Basketball Tournament. The dates of the event, in its 18th year, will be Tuesday, Dec. 28; Wednesday, Dec. 29; and Thursday, Dec. 30. All games will take place at Chantilly High School, located at 4201 Stringfellow Road, in Chantilly.

The Pohanka Classic, which includes both boys' and girls' tournaments, is regarded as one of the most storied holiday tournaments in the Washington, D.C. area. This year's tournament will feature 16 schools from Virginia, Maryland and the District in an exciting and intense three-day chase for the title. Last year's tournament featured some of the best and most exciting basketball in its history.

Guest opponents will include South County and Hayfield secondary schools.

On the boys' side, the defending Pohanka champion Chantilly Chargers return All-Northern Region center John Manning, along with senior teammate Jake Weigand. One of the Chargers' top obstacles to successfully defending last year's holiday tournament title will be Hayfield, a traditional Northern Virginia powerhouse. Led by long-time California high school coach Ron Palmer, the Hawks bring a relatively new-

look team this season, having to replace all five starters from last year's team, which didn't lose until February.

In addition to Chantilly and Hayfield, the boys' bracket features improving programs South County and Thomas Jefferson (Alexandria), as well as Deep Run and Mills Godwin, traditionally two of the Richmond area's finest programs. Wilson High School from Washington, D.C. also makes its Pohanka Chantilly Classic debut. Rounding out the boy's field is Mountain View High School from Stafford.

The girls' tournament also features an exciting array of teams, such as Northern Region teams Langley and Annandale, and Paul VI of Fairfax.

The following schedule is for the opening round games on Tuesday, Dec. 28: Georgetown Visitation vs. Loudoun County (girls, 9 a.m.); Hylton vs. Annandale (girls, 10:45 a.m.); Mills Godwin vs. Paul VI (girls, 12:30 p.m.); Mills Godwin vs. Mountain View (boys, 2:15 p.m.); Deep Run vs. Wilson of Washington, D.C. (boys, 4 p.m.); Hayfield vs. South County (boys, 5:45); Langley vs. Chantilly (girls, 7:30); and Thomas Jefferson vs. Chantilly (boys, 9:15).

For information on games played on Wednesday and Thursday, call 703-448-4909 or check the website.

Charity Bowling on Jan. 30

Fairfax Adult Softball (FAS) hosts a bowling tournament each year, benefiting Northern Virginia Special Olympics and Fairfax County Park Authority field improvements. The 11th annual tournament will be Jan. 30, at the Bowl America Shirley in Alexandria. It is time for Fairfax Adult Softball to solicit raffle prizes and tournament sponsorships in hopes of raising the maximum amount of funds for the Special Olympians. FAS is hoping local companies, organizations and individuals will be kind enough to become a sponsor of the bowling event.

Two types of sponsorships are available to choose from:

Raffle prize/Goods Sponsorship - FAS conducts a big prize raffle auction at the event. The more raffle items FAS receives, the more tickets are sold and the more money is raised for the Special Olympians.

Lane Sponsor- For just \$100, one can sponsor a lane for the FAS event and be a hero for Northern Virginia Special Olympics. The Lane Sponsorships are split into three levels: Spare sponsor for \$100, Strike sponsor for \$500 and Turkey sponsor for \$1,000.

For more information on the Jan. 30 event and sponsorships, contact Christine Frece at the FAS office at: office@fairfaxadultsoftball.com.

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