

Robert Jansons with his family (brother David, 5; mom Sonja and dad Maris) prepares to serve as the 'Stick Kid' during the Capitals practice game on Friday.

'The Best Day Of My Life!'

NEWS, PAGE 2

Music 'In Layman Terms'

NEWS, PAGE 10

Outlook for 2011

NEWS, PAGE 3

ATTENTION POSTMASTER:
TIME SENSITIVE MATERIAL.
REQUESTED IN HOME 1-6-11

PRSRRT STD
U.S. POSTAGE
PAID
EASTON, MD
PERMIT #322

'The Best Day of My Life!'

Oakton student named 2011 NHL Winter Classic Stick Kid.

BY VICTORIA ROSS
THE CONNECTION

More than 20,000 Capitals fans flooded Heinz Field in Pittsburgh for this year's NHL Winter Classic on New Year's Day.

But only one young fan got to shake hands with his hockey heroes, get up-close-and-personal with Mike Knuble and 2-time league MVP Alex Ovechkin, and get an escort to the player's locker room to have the team's jersey signed by 17 members of The Caps.

"The whole thing was like the best day of my life. It was even better than Christmas," said nine-year-old Robert Jansons of Oakton, who was chosen as the 2011 NHL Winter Classic Stick Kid after writing an essay in November describing why he should be selected for the once-in-a-lifetime opportunity.

"When I found out I won the contest, I was like, wow! O.M.G! Wow! I was just going crazy," Jansons said.

THE HUNTER WOODS Elementary 3rd grader, with a winning smile and a passion for anything Capitals, beat out more than 50 other area youngsters with his essay.

The contest was sponsored by Upper Deck, a sports and entertainment trading card and collectibles company, in conjunction with the NHL Capitals Kids Club. The grand-prize package included tickets to the NHL Winter Classic for Jansons' family, two nights' hotel accommodations in the Steel City, a travel voucher for \$250, and an Upper Deck prize pack.

"Robert's entry was really heartfelt and well thought out. He talked about his love of hockey - and his loyalty to the Washington Capitals - and the fact that he's been a competitive youth hockey player for four years," said Terry Melia, Upper Deck Public Relations Manager.

A member of the Caps Kids Club since February, Jansons said being the Stick Kid during practice was fun - "especially since I got to take a gazillion pictures" - but added



Robert Jansons looks up in awe as his favorite Caps player - Mike Knuble - signs his jersey in the locker room during the NHL Winter Classic.

PHOTO BY SONJA JANSONS



Robert (left) and his brother David, 5, play hockey at their Oakton home.

PHOTO BY VICTORIA ROSS/THE CONNECTION

that the most exciting part of the trip was watching the game and getting to meet the players.

"I got to meet right winger Mike Knuble. He's my favorite player because he's Latvian, just like me. I like his strategies, and I like how he plays the game."

Knuble and Jansons even exchanged greetings in Latvian. "He said 'Sveiks,' which means 'hello' in Latvian. That was pretty awesome," Jansons said.

"I really wanted to see the Caps in action so bad. And it was really great to see them win." Which he did when the Capitals scored a 3-1 New Year's Day victory over their archrivals the Pittsburgh Penguins.

"It was so cool watching the game on New Year's Day. They had fireworks at the beginning and the end of the game," Jansons said.

He said the victory was especially sweet because the past year has been a difficult one for the entire family.

In October 2009, his mom was diagnosed with an aggressive form of breast cancer.

"Our lives were completely up-ended last year," his mom, Sonja, said. "We had just moved into our new house, Robert was going to a new school, we didn't have family here, and then I find out - on the Friday before Halloween - that I have breast cancer." Sonja said. "It was devastating." In November, Sonja had a double mastectomy, and for the past year, she has gone through months of radiation and chemo treatment.

"I've got one more surgery to go through, but I'm doing well," she said. "Robert's the one who really stepped up to the plate this past year. He's done more than any child should have to do at his age...We needed something like this to make us feel like things are turning around," she said, holding Robert's hand and wiping away tears. She said her new neighbors,

and the Moms of Oakton group, have been particularly supportive and helpful through this difficult time.

In his essay, Jansons wrote that, despite his mom's arduous breast-cancer treatments, she still watched all of the Capitals games with him:

"Last year she had treatment for breast cancer, but we still watched the Caps together. We haven't been able to go anywhere much so we would love to see the Winter Classic. Even though it was a rough year, I still got good grades and didn't miss any of my hockey practices or games. It would be awesome to be the 'Stick Kid' and help the Caps during practice..."

Jansons said that his mom is the only person in the family who roots for the Caps with him since his father, Maris, and younger brother, David, are Philadelphia Flyers fans.

"I'm a die-hard Capitals fan, which isn't easy because my Dad is from Philadelphia and loves only the Flyers," Robert said, adding that his father "even brainwashed my 5-year-old brother into liking the Flyers!" Adding insult to injury, Jansons said his 3rd-grade teacher is from Pittsburgh and she loves the Penguins. "She has Penguins stuff all over the room. She even made our computer password 'Penguins!'"

But he added that when he came back from the Winter Classic game, his teacher graciously displayed the Capitals pendant on the bulletin board.

And despite the fact that his father is a Flyers' fanatic from Philly, he made a bet with his son when he submitted his grand prize-winning entry in November. "My dad said he would even root for the Caps if I win!"

True to his word, Jansons' dad and brother rooted for the Caps during the Winter Classic, and "rocked the red" with the rest of the fans.

"My little brother is already back to wearing black and orange (the Penguin's colors), but he and my dad both promised that the Caps would be their #1 back-up team," Jansons said. "I'll probably remember this forever."

His mom added that she knows he will remember this forever, and use the win as leverage when he wants to buy something big, like his first car. Jansons agreed, laughing. "Yeah, I'll keep saying, 'remember when I won the family that awesome trip to the Winter Classic game'..."



Madeline Pelgrim

Winning Top Honors

Madeline Pelgrim took home top honors when she was crowned the 2010 Miss Hanover's Outstanding Teen on Dec. 11, in Hanover, Va. Madeline's talent was a character dance to a medley of songs from "A Chorus Line."

Madeline will be representing Hanover when she competes for the title of Miss Virginia's Outstanding Teen in Roanoke in June.

Madeline, 13, hails from Oakton, and is in the eighth grade at Rachel Carson Middle School. Madeline is in the National Junior Honor Society, All "A" Honor Roll, and in the advanced drama class.

Madeline has always been active in her community. She serves as a foster parent for cats and kittens through Lost Dogs and Cats Rescue Foundation. Most recently, she founded "Maddie's Blankets," a non-profit organization that teaches children the value of community service through the making and distribution of blankets for children in emergency situations and transitional housing as well as for animals in adoption facilities across the state of Virginia (www.maddiesblankets.org).

After completing high school, she intends to pursue her passion for helping animals and others by going on to college to become a pediatric oncologist.

In her spare time, Madeline loves studying dance, singing, scuba diving, skiing, horseback riding and traveling.

"The Miss Hanover program will help me to gain a platform for my non-profit organization and enable me to reach children throughout the state."



Town of Vienna Mayor M. Jane Seeman



Sen. Chap Petersen



Del. Mark Keam

Outlook for 2011

Elected officials point to budget, transportation.

BY DONNA MANZ
THE CONNECTION

Many of the most newsworthy issues of 2011 are déjà vu from 2010. Tysons redevelopment, transportation and the Fairfax County budget top the list of concerns facing local residents and their elected officials. What are the most significant and pressing challenges and issues that Vienna-area elected officials expect to address in 2011? Here's a sampling ...

Mayor M. Jane Seeman, Town of Vienna

The year 2010 brought many changes to the Town Hall, Mayor Seeman said. A new Public Information Officer, the retirement of Town Council member George Lovelace and the appointment of Dan Dellinger to finish out Lovelace's term rounded out the face changes.

Seeman noted the town lost Ketterman's Jewelry but saw many new businesses open. Vienna became home to new niche food establishments and a Vienna-based cooking school. A specialty grocery chain is planning on opening a store in Vienna but has not publicly announced its lease.

"I believe Vienna weathered the recession and economic downturn fairly well," Seeman said. "We did not lay off any employees, and we kept all Town services with a modest increase in the tax rate."

Town Manager John Schoeberlein retires effective May 1. "The biggest challenge for



Hunter Mill District Supervisor Cathy Hudgins

Council is to find his replacement and keep the budget process moving forward," said Seeman.

The Town has been consistent on Tysons development, Seeman said. Vienna was successful in its bid for lower density and remains committed to better traffic management and to mass transportation along Vienna's Rt. 123 corridor to Tysons Corner. The Town Council is steadfast in its commitment to protect Vienna citizens from carrying a larger burden of Tysons Corner improvements, said Seeman.

Sen. Chap Petersen (D-34)

Petersen's priorities for the 2011 General Assembly session include reforming the "drive-by foreclosure" system in Virginia by improving notice requirements, requiring recorded assignments and punishing lenders who use fraudulent documents. This, Petersen said, is his number one issue. Other priorities include indexing transportation taxes to raise more money for Northern Virginia and requiring LEED [Leadership in Energy and Environmental Design, a green building rating system] certification for state buildings.



Providence District Supervisor Linda Q. Smyth

As in the past, Petersen continues to have various local initiatives for the Town of Vienna and Fairfax City, he said.

Del. Mark Keam (D-35)

Keam's first year as Delegate coincided with the beginning of the biennial budget process and the General Assembly spent most of the 2010 session on balancing the budget. "Since we had to cut over \$4 billion in important government programs, no one was seriously proposing many new spending measures, including any solutions for addressing the transportation mess," Keam said. "Because the legislature took such fiscally responsible steps in a bipartisan way, the Commonwealth remains operating in a surplus."

I believe the most important task for us now is to consider making much-needed investments in infrastructure, including a real solution for the traffic gridlock in Northern Virginia. I hope Governor McDonnell will propose some solid plans for fixing transportation beyond simple short-term political fixes like the ABC privatization

SEE OFFICIALS, PAGE 13

VIEWPOINTS

What are your hopes and plans for 2011?

—DONNA MANZ



Bob Hatter, Vienna

"Plans are easy. I plan to retire permanently after several attempts to do so, and to be a man of leisure. I worked all my life since high school, spent 13 years in the military, and retired twice.

As for my hope, I want to see a peaceful conclusion to the conflicts in Iraq and Afghanistan. I want our troops to come home."



Sandy Layman, Oakton

"I hope to get more Kids Care Clubs in Fairfax County schools, and I hope to find more venues for our joyful music. I want to promote a project I'm most passionate about, Hungry for Music. My kids have had every opportunity to learn and experience the joy of music. Not all kids are that lucky. My hope is to put instruments in the hands of kids that don't have that privilege."



Karen Van Es, Great Falls

"I hope that the conflicts in Iraq, Afghanistan, the Sudan and other volatile parts of the world are resolved peacefully.

I hope that the world learns to recognize the value of all sentient beings, and that my brand-new grandson remains happy and healthy."



Nathan McMichael, Leesburg

"To try to get out of debt. We don't really have other plans. Getting out of debt is for our kids."



Joanne Fujito, Merrifield

"I'm taking classes to prepare for entry into vet school.

"My hope is that they invent flying cars, or teleportation, so I don't have to deal with traffic in the metro area.

And world peace."

Making a Healthier New Year

Vienna dietician gives tips for lifestyle changes.

BY DONNA MANZ
THE CONNECTION

January and New Year's resolutions go hand-in-hand. And not many among us have not decided that this would be the year – whatever year it happens to be – we live a healthier lifestyle. Many make grandiose resolutions that entail dramatic simultaneous lifestyle changes, from diet to exercise, that frequently set up the failure, said Vienna dietician and nutrition counselor Judy Caplan. “Make small changes at a single time,” says Caplan. “And don't demand perfection of yourself. Small changes add up.”

Caplan recommends, to lose weight or to become more physically fit, joining a gym and just moving more.

“Exercise produces endorphins and it burns off stress,” said Caplan. “Exercise is the



PHOTO BY DONNA MANZ/THE CONNECTION

Registered dietician Judy Caplan counsels clients in her Vienna office.

“To achieve results, you don't have to be perfect. You just have to keep plugging along.”

— Judy Caplan, registered dietician and nutrition counselor.

one thing that burns off energy.”

She practices what she preaches. As someone who has exercised routinely her whole adult life, Caplan views exercise and healthy eating as partners. She participates in a cycling class three mornings a week at 6 a.m. and works with a trainer two days a week for 30 minutes. Caplan does not recommend energy bars because, she said, they're loaded with sugar.

She tells her clients a trainer's guidance is cost-effective. “I'd rather pay for personal training

SEE LIVING, PAGE 7

Top 10 Tips

Here are Judy Caplan's top ten suggestions for healthier living that will not overwhelm a novice.

1. Start exercising, move more. Make exercise a part of your life.
2. Eat more fiber, including beans and whole grains.
3. Eat tons of vegetables.
4. Include fruit daily.
5. Consume healthy fat such as avocado, olives and raw nuts every day.
6. Eat breakfast every morning but avoid white flour. Whole grains are a filling, nutritious source. Keep in mind that a single bagel is the carbohydrate equivalent of four slices of bread.
7. Get eight hours of sleep. Turn off electronic equipment before bedtime. Give yourself a mental break.
8. Alcohol counts. A four to six-ounce glass of wine has the calorie content of a slice of bread with a pat of butter. “When you drink alcohol, you tend to store fat around your middle,” Caplan said.
9. Limit juice intake; eat whole fruit, instead. Avoid soda.
10. Avoid energy bars. They're like candy bars, full of sugar, Caplan said. Eat a piece of whole grain bread with peanut butter, instead.

NEWS



Keith Eck, Assistant Principal of OES, points out ceiling tiles that have been removed during the first phase of the renovation project.



PHOTOS BY VICTORIA ROSS/THE CONNECTION

The historic facade of Oakton Elementary School, built in 1913.

Oakton ES Gets High-tech Makeover

BY VICTORIA ROSS
THE CONNECTION

Oakton Elementary School is being propelled into the tech-savvy 21st century with a much-anticipated \$18 million renovation that kicked into high gear over the winter break.

The renovation project, which is expected to take about two years, aims to improve the building's aesthetics and comfort, as well as enhance the learning environment for students and teachers.

“It's a significant renovation, and we're excited about it,” said OES Assistant Principal Keith Eck.

When students returned to school on Monday, they encountered a chain-link fence that encircles the construction site near the parking lot, blocking student and staff access as a safety precaution. Students were also met with ceilings that had all of the tiles and grids removed.

“It's not pretty, but it is very important. With the fencing also comes some new pedestrian traffic patterns, too,” said Principal Christine Gray, who has been regularly communicating with the school community through PTA newsletters, Keep in Touch emails and the weekly “Principal's Blog.” The blog can be accessed on the Oakton Elementary home page, or by the following link <http://oaktonelementary.wordpress.com/> and clicking on renovation on the top right of the page.

“We have talked with all of the kids and given them an age appropriate view of the project and what changes they will be seeing now and in the near future,” Gray said.

“When everything is complete, all of our classrooms will have

more power to handle the new technology needs of the 21st-century classroom,” Eck said. “All of our SMART boards will have mounted projectors and students and teachers will be able to easily power up their laptops.”

The SMART board, now an integral part of every classroom in Fairfax County public schools, is not your parents' chalkboard. By using a projector connected to a computer, the SMART board is basically a flat-panel, interactive whiteboard with a touch screen. “The board creates an engaging and meaningful educational experience that utilizes a medium that kids can relate to,” Eck said.

IN ADDITION to high-speed Internet access, the refurbished classrooms will have brighter lighting and an audio enhancement system which allows the voice of the teacher and sound from the computer to be equally distributed throughout the room.

The renovation includes major improvements to the building's infrastructure: The school's fire suppression and security systems will be updated and new state-of-the-art HVAC systems and high-efficiency boilers will be installed.

A high-tech media center with student/teacher work stations will replace the school's retro and somewhat cramped library space. The media center will be located in a new wing of the school that will include a centrally-located main office and new classroom space. The renovation will add more than 20,000 square feet to the building. The space increase – from 70,000 square feet to approximately 91,000 square feet – will accommodate the projected increase in student population.

Currently, OES has about 700 students enrolled in kindergarten through sixth grade, and Eck said that's expected to increase to about 750 students in the next two years. Vienna parent Shelly Whittaker, who attended Oakton Elementary School in the late 1960s, and currently has a fourth-grader attending the school, said she is happy to see the school being renovated.

“We're excited to see the new renovations take our school into the future. My brothers and I went to Oakton Elementary. Back in those days, there was no kindergarten, air conditioning or computers. Definitely no Smart Boards! I love the idea that I sat in the same classrooms, library, cafeteria and auditorium as my kids, and that we shared that huge fabulous painting at the front of the school,” Whittaker said. “Four decades later I'm still impressed with OES' strong community feeling and the range of learning opportunities.”

Originally built in 1913 as a high school – when Woodrow Wilson became president and most residents rode bikes and electric trolleys – the school was rebuilt as an elementary school after burning down in 1945.

Eck said this is the school's first major renovation since the 1980s, when new building space was added. According to Fairfax County School's Capital Improvement Program documents, the renovations are being funded by school bonds approved in 2009.

In 2008, a community task force was formed to review and comment on the suggested renovations. “The community asked to keep the facade intact and to keep

SEE SCHOOL, PAGE 5

School Undergoes 'Smooth Renovation'

FROM PAGE 4

the auditorium as a main part of the building. That was important to them," Eck said.

THE SCHOOL, which fronts Chain Bridge Road, has a series of 15-foot-high windows that add visual appeal as well as natural light into the building. Although the renovation has cost the school

several large oak and pine trees, new landscaping and a track and soccer field will complement the school's outdoor playground and gardens. "(During this process) our number one priority is to make sure students are safe and that they get their education," said Eck "As long as we have those two things, we're doing well."

During an October public meet-

ing, Brady Rauch, Construction Manager for the FCPS Design and Construction Office, assured parents that student safety is the priority during construction. He said that air-quality will be routinely monitored to ensure that it's healthy, and added that on-site contractors will wear ID badges. Beginning last November, a team of certified contractors started removing and disposing

the non-friable asbestos tiles identified in the school, but only when students are not in the building. According to the Environmental Protection Agency, non-friable asbestos - defined as not being able to be crushed by the pressure of the average human hand - is not nearly as dangerous as friable (or easily crumbled) asbestos, which can be more easily released into the air thus

making it more toxic.

School officials said they anticipate a smooth process with minimal disruptions. "Most of the actual construction inside the building will be done at night and on the weekends," Eck said. "But the reality is there will be hiccups and our staff, students and community will need to be flexible as we go through it" he added.

Ring in the New Year with Beautiful Hair!

<p>Brazilian Blowout + Haircut \$249</p> <ul style="list-style-type: none"> * Regularly \$399 * Professional Smoothing Treatment * Haircut * Blowdry + Style * Take-home Shampoo + Conditioner 	<p>OR</p>	<p>Highlights + Haircut \$79</p> <ul style="list-style-type: none"> * Regularly \$129 * Full Head, Single Color Highlights * Includes Toner/Glaze * Haircut * Blowdry + Style
--	-----------	---

Regency Salon
703-448-7790 • 1800 Old Meadow Rd., McLean
offer good through January 31, 2011

Your Friendly, Neighborhood Thrift Shop

YESTERDAY'S ROSE
where you never see the same thing twice

<p>Thrifty Thursday 50% OFF Clothing, Shoes & Purses Every Thursday 10 a.m.-9 p.m. <small>Not valid with other discounts or sales.</small></p>	<p>Home Sale 50% OFF Furniture, Housewares & Linens Saturday 1/8/11 10 a.m.-6 p.m. <small>Not valid with other discounts or sales.</small></p>
--	--

Clothing • Furniture • Housewares
BRING IN THIS AD AND RECEIVE AN EXTRA 20% OFF NON SALE ITEMS GOOD THRU 1/12/11
9960 Main St. Fairfax, VA • 703-385-9517 • www.yesterdaysrose.org

GNC Live Well!

ENERGY UP, PRICES DOWN

NOW AT MCLEAN GNC

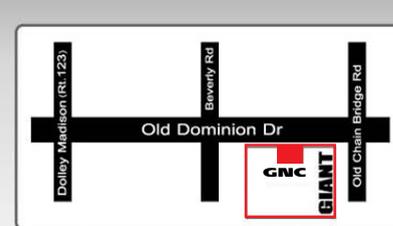


EVERYONE HAS A RESOLUTION

REACH YOUR GOAL IN A HEALTHY WAY



GNC McLean
703-734-6133
6831 Redmond Dr., McLean, VA 22101



Resolved: Pick One Way to Get Involved

New Year's resolutions? Go ahead, let's pledge to lose weight, exercise regularly, spend less, recycle, save and read more. The turn of the calendar really does provide an impetus to make small and large changes in the way we live.

One item to add to the list of resolutions is to get involved locally. Volunteer one time for one day, or give a few hours a week to something that interests you. Pick one place where you can make a difference. The experience will enrich you (and your family) as well, connecting you to the community in new ways. Making time for even a single volunteer effort communicates an invaluable message about your values to your children in a powerful way that words cannot match.

Most local nonprofits and church groups that provide emergency food and services for families in need are overwhelmed right now by the dramatic increase in demand for food, emergency help with rent to prevent homelessness and much more. See sidebar for some suggestions.

Volunteer Fairfax connects volunteers of all kinds to organizations in need of help, providing flexible weekend and evening opportunities including packing emergency food kits for families in crisis, tutoring adults in alternative learning programs, reading to elementary school children after school, socializing with seniors or planting trees to prevent erosion. Volunteer Fairfax will hold its annual Give Together: A Family Volunteer Day on Monday,

Places to Volunteer

- ❖ **Northern Virginia Family Service**, Oakton, 703-385-3267
- ❖ **LINK**, serving Herndon, Chantilly, Loudoun and more, 703-437-1776 www.linkagainsthunger.org
- ❖ **Reston Interfaith**, 11150 Sunset Hills Road, Suite 210, Reston, 571-323-9555, www.restoninterfaith.org
- ❖ **SHARE of McLean**, 703-284-2179, www.SHAREofMcLean.org
- ❖ **Herndon-Reston FISH** (For Immediate Sympathetic Help), 703-391-0105
- ❖ **Food for Others**, 2938 Prosperity Avenue, Fairfax, 22031, 703-207-9173

Jan. 17, 2011 at George Mason University, an opportunity to work on service projects with your family. See www.volunteerfairfax.org.

The Arlington County Volunteer Office promotes civic engagement and active volunteer participation, coordinating volunteer opportunities from hundreds of nonprofit and government agencies. Visit www.co.arlington.va.us and type "volunteer" into the search box.

The Alexandria Volunteer Bureau recruits and coordinates volunteers and matches their interests, skills and availability with the needs of service-providing nonprofit organizations and public agencies. Visit www.volunteeralexandria.org.

The Literacy Council Northern Virginia is in need of volunteers who will devote several hours a week to helping adults master reading and writing skills; visit www.lcnv.org.

A Court Appointed Special Advocate (CASA) volunteer is a trained citizen who is appointed

by a judge to represent the best interests of a child in court. CASA volunteers help children who will have their home placement determined in juvenile court. See www.casafairfax.org.

The Alexandria/Arlington Court Appointed Special Advocate (CASA) Program has helped hundreds of children have a voice within the court system. See <http://www.scanva.org/casa.htm>

Some other suggestions:

Get involved in state and local political campaigns. Every seat in the Virginia General Assembly, Fairfax County Board of Supervisors and School Board and many other state and local offices are about to enter campaign mode, with some races hotly contested. Volunteer with a candidate, with the League of Women Voters or with your local electoral board.

The public school or library closest to your house is also in need of volunteers. Homeowners associations need activists to learn about a variety of local issues and coordinate neighborhood response. Your church or house of worship could use a hand. Animal shelters and animal rescue groups are also over extended with families giving up pets due to the economy, in addition to their usual work. Environmental groups like Audubon Naturalist Society and the Nature Conservancy offer many kinds of volunteer opportunities, as do local parks.

- MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

EDITORIAL

COMMENTARY

No Position To Add New Spending

State asking its employees to take a pay cut.

BY SEN. CHAP PETERSEN
D-34

The governor announced in December that state employees would need to start contributing the 5 percent match to their Virginia Retirement System (VRS) account. He will propose legislation this year to make that happen.

For those who don't work for the state, one of the main perks is the VRS pension system which — prior to July 1, 2010 — was fully subsidized by the state. As a part of that system, the state historically contributed the employer's share (usually 7 percent of the paycheck amount), as well as the employee's share (capped at 5 percent).

Upon retirement, state employees could draw their VRS pensions under a formula that matches their

years of service with their income for the past three years. It's a system that pays off on the back end, especially if your earnings increase over time. That's one reason why state lawmakers who make approximately \$30,000 on their W-2 for annual "salary" will often retire to take a six-figure position as an agency head.

The "double contribution" system, which was implemented in 1983 in lieu of a pay raise, was popular with state employees and worked well. But, as a "defined benefit" plan, it is getting increasingly costly as retiree life spans increase.

In the 2010 session, the General Assembly took two steps that affected VRS. First, the Assembly took a loan from the system in order to balance the state budget without raising taxes. That had been done before and is legal, if not desirable. Second, the Assembly limited the benefits for new employees by requiring those hired after July 1, 2010 to pay their own 5 percent contribution. That was the first time the Assembly avoided the "double contribu-

tion" model in order to cap future costs.

In November, the Assembly's investigative arm (JLARC) issued a report that stated that VRS is underfunded by \$17 billion in order to meet its actuarial assumptions. Clearly, the system needs an overhaul. The governor has now made a recommendation to do that, which the Assembly will address in January.

This is a serious discussion and all sides are engaged. What's less serious is the proposal to spend new money in Richmond while we owe a loan to our own pension system and are essentially reducing salaries for long-term employees.

In mid-November, the governor informed us that Virginia would spend "its surpluses" on improving transportation. But we don't have surpluses, when we are borrowing \$700 million from VRS. So let's not pretend that there is extra money here. There's not.

The governor also announced initiatives on Dec. 17 to spend an extra \$50 million on higher education, \$30 million on economic

development and more money on behavioral health in 2011.

Are these worthy goals? Of course. But these new spending items cannot be separated from our VRS shortfall.

We are asking our state employees to take an effective pay cut on the VRS issue. Our roads are in disrepair. The House will oppose any tax increase, even increases in user fees dedicated for transportation. We are behind on our current obligations.

We are not in a position for new spending programs in Richmond.

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Send to:

Letters to the Editor
The Connection
1606 King St.
Alexandria VA 22314
Call: 703-778-9410.
By e-mail:
vienna@connectionnewspapers.com

NEWS DEPARTMENT:
To discuss ideas and concerns,
Call: 703-778-9410
e-mail:
vienna@connectionnewspapers.com

Kemal Kurspahic
Editor ❖ 703-778-9414
kemal@connectionnewspapers.com

Donna Manz
Contributing Writer
dmanz@connectionnewspapers.com

Nick Horrock
County & Projects
nhorrock@connectionnewspapers.com

Rich Sanders
Sports Editor ❖ 703-224-3031
rsanders@connectionnewspapers.com

ADVERTISING:
To place an advertisement, call the ad department between 9 a.m. and 5 p.m., Monday - Friday.

Display ads 703-778-9410
Classified ads 703-778-9411
Employment ads 703-778-9413

Don Park
Display Advertising
703-778-9420
donpark@connectionnewspapers.com

Andrea Smith
Classified Advertising
703-778-9411
classified@connectionnewspapers.com

Barbara Parkinson
Employment Advertising
703-778-9413
classified@connectionnewspapers.com

Editor & Publisher
Mary Kimm
703-778-9433
mkimm@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editors
Michael O'Connell, Kemal Kurspahic
Photography:
Louise Krafft,
Craig Sterbutzel
Art/Design:
Geovani Flores, Laurence Foong,
John Heinly, Wayne Shipp,
John Smith
Production Manager:
Jean Card

CIRCULATION: 703-778-9426
Circulation Manager:
Linda Pecquex
circulation@connectionnewspapers.com

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

Mary Kimm
Publisher/Chief Operating Officer
703-778-9433
mkimm@connectionnewspapers.com

Jerry Vernon
Executive Vice President
jvernon@connectionnewspapers.com

Wesley DeBrosse
Controller

Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

Jeanne Theismann
Special Assistant to the Publisher
703-778-9436
jtheismann@connectionnewspapers.com

NEWS

Living Healthier in 2011

FROM PAGE 4

than pay for prescription drugs," Caplan said.

What Caplan tells dieters is that they need to eat. Going without food sets you up to gain weight, she said. Not only does not eating slow down metabolism, but blood sugar drops when you haven't eaten, making you more ravenous.

"You have to educate yourself," Caplan said. "Look at the nutritional composition on packaging. Reading labels and understanding serving size is so important."

Pay attention to carbohydrates, the starches like sweets, white bread, pastry, alcohol, and potatoes.

Limit these to six servings a day, being aware of portion size. For example, a single serving of rice is but one third of a cup. A full cup equals three servings.

A little alcohol is okay, said Caplan, but it must be weighed with other carb consumption. "If you're trying to lose weight, drinking alcohol is a waste of calories."

Caplan, married to a Vienna cardiologist, lives in Oakton. In her Park Street office, she counsels clients, most of whom are referred to Caplan by physicians, on healthy diet and lifestyle changes that are customized to the clients' needs.

Many need to control cholesterol or triglycerides; some are those whose weight is causing medical concerns. She looks first at the overall picture, where clients want to be in six months, and then she concentrates on making small changes. The goal of diet and exercise is to enhance good health. "What it all comes down to, when you have a goal, is what are you willing to do to reach that goal," said Caplan. "To achieve results, you don't have to be perfect. You just have to keep plugging along."

"Don't give up if you don't see progress today. Life's a continuum. You just have to do enough of the right things to get results."

Judy Caplan is a registered dietician with more than 25 years of professional experience. Her office is located at 129 Park St. NE., suite #12.

For more information on learning healthy eating habits, go to <http://www.gobefull.com/> or call 703-758-2399.

Save the Date

**OUTER BANKS WEDDING ASSOCIATION
WEDDING WEEKEND**
JANUARY 7-9, 2011



The Outer Banks continues to grow as one of America's top wedding destinations, and so does our Wedding Weekend! Our 13th annual Wedding Weekend will showcase over 200 vendors and let you meet, select, and work with an amazing group of professionals dedicated to making your wedding a beautiful experience for you and all your guests.

www.obxwa.com
email@outerbanksweddingassoc.org • PO Box 1067 • Kill Devil Hills, NC • 27948

**THE PERFECT
NEW YEAR'S
RESOLUTION.**

Put us on speed-dial.

Resolve to call The Maids.
**WE'LL RING IN THE CLEAN.
ACT NOW TO RECEIVE \$50
OFF REGULAR MAID SERVICE.***

*Save \$30 on your first clean and \$20 on your fourth clean. New customers only. Not valid with other offers. Not valid with move-in/move-out cleans. Promo code: CON2011.

Call now to receive a free, no-obligation estimate
703-691-7999
www.MAIDS.com



Referred for a reason.

ROBERTS CARPETS ORIENTAL RUG CO.



*At Same Location,
Under Same Ownership
for 47 years*

**STOREWIDE SALE
ALL ORIENTAL
RUGS**

**Oriental Rug
Cleaning**

- Plant on Premises
- Washing
- Refrining
- Repairs
- Reweaving
- Appraisals

**20%
OFF**
Expires 1/12/11

**FREE Pickup & Delivery
for Rolled & Ready Rugs**



Wall-to-Wall Carpet

Sale

- Stainmaster
- Choice of 28 Colors

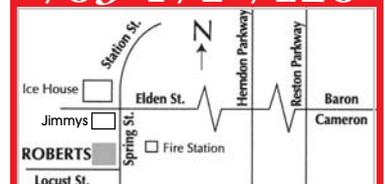
\$3.06 Sq. ft.

Installed w/6lb. pad

**ALL HARDWOOD
on SALE**

**681 Spring Street
Old Town Herndon
Hours: Mon., Tues.,
Thurs. & Fri. 9-6
Wed. 9-5, Sat 10-3**

703-471-7120



**www.RobertsCarpets.com
Installation by Certified
Installers/Employees**

Authorized Agent of
Karastan

ROBERTS CARPETS
ORIENTAL RUG CO.

Oriental Rug Cleaning & Repairs In Our Plant

Master Weaving • Restoration • Pet Odor Removal
• Woolgard • Water Damage Experts •

FREE Pickup & Delivery for Rolled & Ready Rugs

681 Spring Street, Herndon • Under same ownership for 47 years

Around the corner from the Ice House • Across the street from the Fire Station • Same block as Jimmy's Tavern

Hours: Mon, Tues, Thurs & Fri: 9-6
Wed: 9-5 • Sat: 10-3

703-471-7120
www.RobertsCarpets.com

INSTITUTE OF RUG CLEANING AND RESTORATION CERTIFICATION

go “New World”
Symphony!

FAIRFAX SYMPHONY ORCHESTRA
Christopher Zimmerman | Music Director

Saturday, January 15th – 8:00 p.m.
George Mason University Center for the Arts, Fairfax

and

Sunday, January 16th – 3:00 p.m.
Hylton Performing Arts Center, Manassas

- **BERNSTEIN:** Overture to *Candide*
- **WALTON:** Violin Concerto, Chee-Yun, violin
- **DVOŘÁK:** Symphony No. 9, “From the New World”

Tickets: 888-945-2468 or www.fairfaxsymphony.org

Looking for a Real Optician...
One who understands every aspect of your eyecare needs?

“Don’t Settle for Less – You’ll see the difference when you buy quality from professionals.”



5 Licensed Opticians with over 100 years of combined experience

- Full Service Optical Facility
- Onsite Laboratory
- Eye Exams • Contact lenses
- Fashionable Eyewear & Accessories

END OF YEAR CLEARANCE
30%-50% OFF WITH PURCHASE
ALL FRAMES IN STOCK* OF RX LENSES

*Does not include swim or sport goggles, Silhouette Titan Rimless, Maui Jim & Oakley Sunglasses. Not valid with any other offer, discounts or insurance. Coupon must be presented at time of order. Expires 1-15-11.

EYE STREET OPTICAL
Chantilly Professional Building



3910 Centreville Road Suite 100, Chantilly VA 703-830-6377
EyeStreetOptical.com

ENTERTAINMENT

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

THURSDAY/JAN. 6

Elizabeth and The Catapult, The Last Monarchs and Cecilia Jeffrey. 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.com.

FRIDAY/JAN. 7

Agatha Christie's "The Mousetrap", 8 p.m. at 1st Stage, 1524 Spring Hill Road, Tysons Corner. \$25 adults, \$15 students. www.1ststage.com or 703-854-1856.

The Capitol Steps. 8 p.m. McLean Community Center Alden Theatre, 1234 Ingleside Ave., McLean. Topical comedy. \$40-\$45. sabrina.anwah@fairfaxcounty.gov.

The Michael Clem Trio and Peyton Tochterman. 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.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 and excluding top price seats \$10. Available through www.ticketmaster.com or 703-573-SEAT.

"Reviving Ophelia", 7:30 p.m. James Madison High School, 2500 James Madison Drive, Vienna. Four girls learn to overcome their differences. \$5. madisondrama.com.

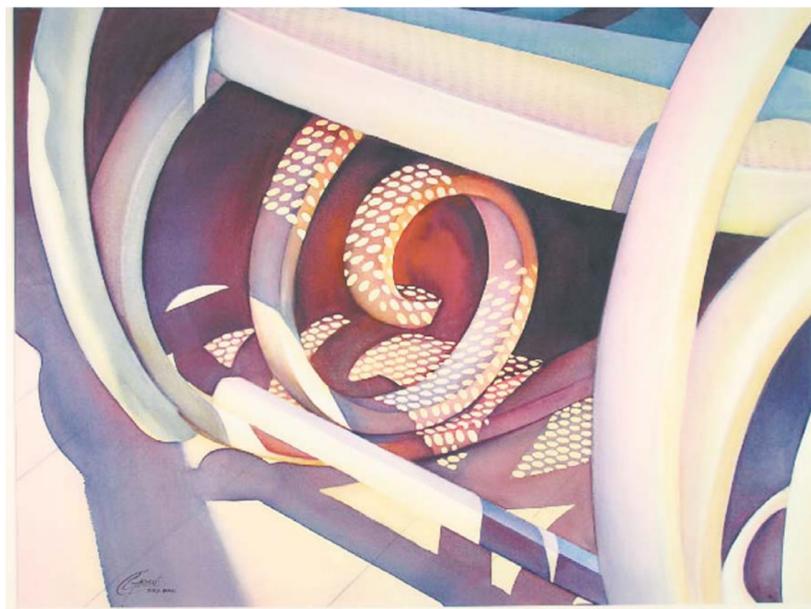
English Conversation Group. 10 a.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. English conversation group for adults. 703-938-0405.

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

SATURDAY/JAN. 8

Agatha Christie's "The Mousetrap", 2 p.m. and 8 p.m. at 1st Stage, 1524 Spring Hill Road, Tysons Corner. \$25 adults, \$15 students. www.1ststage.com or 703-854-1856.

The Capitol Steps. 8 p.m. McLean



“Rocker Shadows”, watercolor by Carolyn Grosse Gawarecki

“Painting Shadows and Color in Shade” is a demonstration at the Vienna Arts Society’s Thursday, Jan. 13 meeting, 10 a.m. at 115 Pleasant St., N.W., Vienna. Artist Carolyn Grosse Gawarecki will demonstrate watercolor techniques. The meeting is free and open to the public. Contact 703-319-3971 or www.ViennaArtsSociety.org.

Community Center Alden Theatre, 1234 Ingleside Ave., McLean. Topical comedy. \$40-\$45. sabrina.anwah@fairfaxcounty.gov.

The Independent EP Release and The Wave Exchange and Pandamonium Dance Party with Dirty Steevee, Santi and Ypsset at 10 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.com.

Library Book Sale. 10 a.m.-4 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Fiction, nonfiction, paperbacks, children's books, recorded books, CDs, DVDs and more. TysonsLibraryFriends@gmail.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.

"Reviving Ophelia", 7:30 p.m. James Madison High School, 2500 James Madison Drive, Vienna. Four girls learn to overcome their differences. \$5. madisondrama.com.

Langley HS Theatre Honor Society Coffeehouse Concert. 1 p.m. Jammin' Java, 227 Maple Ave. East, Vienna. Music, skits, poetry and more. \$5. una@cox.net.

Artist's Reception. 6-8 p.m. Applegate

Gallery & Custom Framing, 101 Church St. N.W., Suite C, Vienna. With landscape painter David Grafton. info@applegateframing.com.

Singer-songwriter Tom Chapin. 7:30 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. \$22. www.wolftrap.org.

Friends of the Tysons-Pimmit Library Book Sale. 10 a.m.-4 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. All ages. 703-790-8088.

World Children's Choir Voices for Children Workshop. 8:15 a.m. Charles Wesley United Methodist Church, 6817 Dean Drive, McLean, Virginia. The film "The Peace Tree," African drumming, show tune choreography and singing. info@worldchildrenschoir.org.

BULLETIN BOARD

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

THURSDAY/JAN. 6

ESL Class Registration. 7 p.m. at St. Mark Christian Formation Center, 9972 Vale Road, Vienna. Seven proficiency levels, from Beginner 1 to Advanced 2. \$20 for the 10-week semester, classes will meet on Tuesdays and Thursdays at 8 p.m. New students must also purchase the appropriate book. Optional basic computer skills class offered to intermediate and advanced ESL students. 703-626-3585 in English, 703-477-2389 in Spanish, or 703-994-8510 in Korean.

Successful Resume Essentials. 6:30 p.m. The Women's Center, 127 Park St., N.E., Vienna. \$35 non-members, \$25 members. Register at www.thewomenscenter.org

703-281-2657.

SATURDAY/JAN. 8

Brinker Toastmasters. 9:30 a.m. at Vienna Presbyterian Church, 124 Park St. N.E., Vienna. Meets second and fourth Saturday of the month. brinker.wordpress.com.

Public Hearing held by Fairfax County's Delegation to the General Assembly. 9 a.m. Fairfax County Government Center, Board Auditorium, 12000 Government Center Parkway, Fairfax. 703-324-2649, TTY 711.

MONDAY/JAN. 10

Why Good Wills Go Bad. 10 a.m. at the Vienna Community Center, 120 Cherry St., S.E., Vienna. A discussion of Virginia will law, organizing assets, when to change a will, talking to an executor, reducing probate, will copies, do-it-yourself tax plans and more. Free, no registration required. 703-255-6360 or www.viennava.gov.

Family Abuse - What Is It and What Can You Do About It? 7 p.m. The Women's Center, 127 Park St., N.E., Vienna. Free. Register at www.thewomenscenter.org or 703-281-2657.

TUESDAY/JAN. 11

Tysons Corner Kiwanis Club Meeting. 7:30 p.m. at George C. Marshall High School, Room 124, 7731 Leesburg Pike, Falls Church. Meeting is public and individuals looking to volunteer in their community welcome. www.tysonscornerkiwanis.org.

WEDNESDAY/JAN. 12

Multiple Sclerosis Support Group. 7 p.m. at Vienna Presbyterian Church, 124 Park St. N.E., Vienna. Sponsored by the National Capital Chapter of the MS Society. The group meets the 2nd Wednesday of every month. Free. 703-768-4841.

Virginia Chronic Pain Support



“EXQUISITE THAI CUISINE”

*** Conde Nast Traveler
“50 Best” Washington Post
“.. Would be equally hip in Paris, Bangkok or Soho.”
The New York Times March, 1998

www.busara.com



Photo by Kenneth M. Wyner

Join Us For Lunch & Dinner

Open Daily: Mon – Sun
11964 Market Street (Reston Towncenter) Reston • 703-435-4188
8142 Watson St. (Tysons) McLean • 703-356-2288

FREE Delivery Available
Please call for details for each location.

McLean Community Center

Register Now for

Winter Classes

- Parent & Child Workshops
- Art and Language
- Culinary Program
- Painting & Drawing
- Dance & Fitness
- Music & Theater
- Writing & more...

Open a World of New Possibilities.

For a complete listing of classes, tours, performances and events, pick up a free Program Guide at the Center or visit our Web site at: www.mcleancenter.org—and register online.



The McLean Community Center
1234 Ingleside Ave., McLean VA 22101
703-790-0123; TTY: 711
www.mcleancenter.org



Here's What's Happening at MCC

Winter/Spring Class & Activity Registration Continues

Start the new year off with a new you! Pursue your interests by signing up for one or more of the more than 100 classes we offer for children and adults. Our day trips, special events and performances can keep you active and chase away the winter doldrums.

Visit our Web site for detailed information.



The Capitol Steps

Friday and Saturday, Jan. 7 and 8, 8 p.m.
\$45/\$40 McLean district residents

They're back! We always have to turn people away from the annual Capitol Steps shows, so buy early and buy often.

Martin Luther King Jr. Day Celebration

Sunday, Jan. 16, 5-7 p.m.
Admission: \$5 adults;
\$3 children age 10 and under.

Our blues and barbecue dinner includes a performance by Curtis Blues, a preservationist of acoustic Delta Blues of the 1920s and 1930s.

The Steamboat Story: Voyaging Alaska's Inside Passage

With filmmaker Stan Walsh
Wednesday, Jan. 19, 7:30 p.m.
\$10/\$8 McLean district residents

Come early and enjoy a cooking demonstration of regional cuisine with a professional chef.

Family Fun Bingo

Saturday, Jan. 22, 2:30-4 p.m.
\$10/\$5 McLean district residents;
children age 2 and younger are free.

Here's a great way to spend time together as a family. Win great kid-friendly prizes, play guessing games and enjoy light refreshments.

The McLean Community Center
1234 Ingleside Ave., McLean, VA 22101
703-790-0123, TTY: 711
www.mcleancenter.org

OPEN HOUSES

Saturday & Sunday, Jan. 8th & 9th



8254 George Washington Ct., Vienna
\$999,000 • Open Sunday 12-3
Cathy Zamanpour, Long & Foster, 703-517-2367

When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses visit www.ConnectionNewspapers.com, click the Real Estate links on the right side.

Call Specific Agents to Confirm Dates & Times.

Vienna

10218 Vale Rd.....\$650,000...Sun 1-4...Mary Hovland.....Long & Foster.....703-946-1775
 9211 Cello Court.....\$739,500...Sun 1-4...Heather Embrey.....McEneaney.....571-236-2616
 8254 George Washington Ct...\$999,000...Sun 12-3...Cathy Zamanpour.....Long & Foster.....703-517-2367

Oakton

12001 Wayland St.....\$549,900...Sun 1-4...Pat Stack.....Weichert.....703-597-9373

Reston

1760 Wainwright Dr.....\$379,500...Sun 1-4...Judy Gruner.....Long & Foster.....703-904-3700
 11510 Maple Ridge Road...\$379,950...Sun 1-4...Pat Orend.....Long & Foster.....703-407-3300
 11095 Saffold Way.....\$425,000...Sun 1-4...Pat Orend.....Long & Foster.....703-407-3300
 11782 Great Owl Cir.....\$467,500...Sun 1-4...Barbara Dugger.....RE/MAX.....703-858-9108
 12114 Walnut Branch Rd...\$999,500...Sun 2-4...Karen Chipman.....Weichert.....703-760-8880

Great Falls

754 Ellsworth Ave.....\$1,749,999...Sun 1-4...Diane Van Volkenburg...Weichert.....703-980-4553
 470 RiverBend Road.....\$4,785,000...Sun 1-4...Bob Nelson.....Keller Williams.....703-999-5812

McLean

1315 Daviswood Dr.....\$1,550,000...Sun 2-4...Dolores Ferrer.....Weichert.....703-893-1500

Falls Church

3035 Meeting St.....\$499,900...Sun 1-4...Ron Cathell.....Keller Williams.....703-975-2500

Sterling

46628 Drysdale Terr, #302...\$249,900...Sun 1-4...Dina Azzam.....Re/Max.....703-403-3830
 20402 Rupert Island Pl.....\$829,000...Sat 1-4...Sheila Cooper.....Weichert.....703-626-1033

To add your FREE Realtor represented Open House to these weekly listings, please contact Don Park at 703-778-9420, or donpark@connectionnewspapers.com All listings are due by Monday at 3 p.m.

NEWS

Music 'In Layman Terms'

BY DONNA MANZ
 THE CONNECTION

Sandy Layman, a special education teacher at Cunningham Park Elementary School, has intersecting passions. There are her children, Cole and Logan. There's charitable fundraising. There's music. And there's the Kids Care Club she started at Cunningham Park. Somehow, they all intertwine.

With Cole, 13, and Logan, 10, Layman makes up a bluesy family band, In Layman Terms, that plays for the joy of it and for community service. Layman plays drums, while Cole plays guitar and Logan bass. Both youngsters provide vocals. When Logan belts out "Keep Your Hands to Yourself," her favorite song, she sounds like a cross between Janis Joplin and Tina Turner.

On Jan. 16, In Layman Terms, along with musical artist Holly Montgomery, will perform at Jammin' Java.

"We just love to play," said Layman. "We have such a joy when we play together that's indescribable."



PHOTO BY DONNA MANZ/THE CONNECTION

Logan, Cole and mom Sandy Layman make up the family band 'In Layman Terms,' appearing at Jammin' Java on Jan. 16.

THE FAMILY ROOM holds the band's instruments and electronic equipment. Sandy Layman received a new drum set for Christmas and she plans on donating her older one to Hungry for Music, a nonprofit that provides musical instruments to children whose parents cannot afford to buy them.

Cole is in seventh grade at

Thoreau Middle School and Logan is a Cunningham Park fifth-grader. Sandy Layman's tour of service in the Coast Guard ended in 1992. She used the G.I. Bill to pay her way through college, getting her degree in special education. Her husband remains with the Coast Guard stationed in Northern Vir

SEE FAMILY BAND, PAGE 11

60-75% OFF POTS
Area's Largest Selection

50% OFF
Japanese Maples
Over 100 Varieties (6"-12')
Evergreen Magnolias,
Hollies, Arborvitae &
Leyland Cypress

Off-Season Pricing
Free Landscape
& Hardscape Estimates
Patios, Walls,
Walkways, Paver
Driveways & So
Much More

Spring is in the Greenhouse
Citrus, Cyclamen
& Amaryllis

Cravens Nursery & Pottery
9023 Arlington Blvd.,
Fairfax, Virginia
2 miles west of I-495 on Rt. 50,
1 mile from I-66 (Vienna Metro)
703-573-5025
www.cravensnursery.com
9:00-5:00 7 Days a Week

THE CONNECTION
NEWSPAPERS

If you do not get The Vienna/Oakton Connection delivered to your home...

FIRST CLASS MAILED SUBSCRIPTIONS

are now available for the first time with timely postal carrier delivery: \$30 for six months. Help us meet the costs of providing first-rate community journalism on newsprint to your household.

Call 703-778-9426 (or -9427) or e-mail circulation@connectionnewspapers.com

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

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

Special thanks to the Connection for its support of volunteerism.

Join us for live tweets at VolunteerFFX

Family Band Performs in Vienna

FROM PAGE 10

ginia. Three years ago, when Cole and Logan celebrated their birthdays, they did so in an unselfish manner. Rather than accept gifts from family and friends, they accepted donations for Big Cat Rescue. The following year, they held an "adopt a manatee" birthday celebration in which guests adopted a manatee. Last year, they moved to Oakton from Florida and had few contacts. In Layman Terms played at a 4-H charity event, but nothing of the magnitude they created while living in Florida.

They're making up for it this year.

Come spring, In Layman Terms participates in a Hungry for Music charitable concert. Playing a concert to raise funds for children with cancer is something the family band hopes to do in the near future. Layman envisions a county-wide Kids Care Club program someday. Cole is a "generationOn" ambassador, promoting public service among youths.

"There's lots of times I played at nursing homes in Tampa," Cole



PHOTO BY DONNA MANZ/THE CONNECTION

Drummer Sandy Layman is a special education teacher at Cunningham Park Elementary School and organizer of the school's Kids Care Club.

said. "There are many things I'd like to do when I grow up.

"I'd like to go around playing and singing, making money for charities." He also sees himself as a music director, specifically at the School of Rock in Vienna, some day. "Music helps me express my feelings in a better way through singing and writing songs."

Cole began guitar lessons when he was 5 years old. By the age of 8, he was hooked on guitar and found music to be a way to express himself. Cole, said his mother, wants to use his gift, which is music, to make the world a better place. When Logan turned 7, she and Sandy Layman started taking music lessons, too, to keep up with Cole. "They have a language all their own," Layman said, describing the musical jargon the siblings use to communicate when rehearsing. Logan, except for her earthy, strong voice, is like most 10-year-olds. She wants to be lots of things when she grows up, none of which are incompatible with one another.

"Music makes me have joy in my heart," Logan said. "It makes me happy when I raise money for children. "I want to be a musician who raises money, teach at the School of Rock, and be a veterinarian because I love animals."

IN LAYMAN TERMS plays at Jammin' Java, 227 Maple Ave. E., on Jan. 16 at 1:30 p.m. To purchase tickets, go to www.jamminjava.com or call 703-255-1566.

Rising 9th Graders - Apply Today for the VERITAS AWARD

an award consisting of \$30,000 tuition remission over four years!

An independent school for girls grades 6-12 guided by the teachings of the Catholic Church
WWW.OAKCREST.ORG • (703) 790-5450

Join Us at an Upcoming Admission Event

Morning Admission Information Sessions for Parents 8:15-9:45 a.m.

Tuesday, January 11
Friday, February 4

Evening Admission Information Session for Parents 7:00-8:00 p.m.

Tuesday, January 11

CONNECTION

Photo Galleries

Now! Thousands of pictures of sports, graduations, current events and more—never published, but posted on the Web. Free for evaluation, available for prints.



Connection Newspapers.com
Click on "Photo Gallery"

When everyone forgets how to drive.

I'm your agent for that.

On those crazy days, just know that I have your back. With my help and the backing of my great team, I'll have you back on the road and driving happy in no time. Like a good neighbor, State Farm is there.®

CALL FOR A QUOTE 24/7.

State Farm

1001195 State Farm Mutual Automobile Insurance Company
State Farm Indemnity Company • Bloomington, IL

Arleigh Burke Pavilion
A Vinson Hall Retirement Community Residence

We Have Openings!

- Assisted Living Apartments
- Private Pay Healthcare Beds

Come visit before they're gone!

Arleigh Burke Pavilion offers private-pay Assisted Living and Healthcare accommodations in an intimate setting. We also offer on-site physical, occupational and speech therapy which may be billable through Medicare Part B and secondary insurance.

NO MILITARY AFFILIATION IS REQUIRED.

Call 703-506-6900 for more information

Arleigh Burke Pavilion
1739 Kirby Road, McLean, VA 22101
www.arleighburke.org

An Annual Fabric of Life

No two games are ever exactly alike.

BY RICH SANDERS
THE CONNECTION

Sports are a big part of my life as I realize they are for much of the Connection Newspapers readership which support and cheer on their favorite youth, high school, college and professional sports teams. For me, the yearly calendar is often marked by signature sporting events, such as the NFL playoffs in January, Major League Baseball's Opening Day in early April, and the men's NCAA college basketball tournament in March.

My birthday (March 13) always arrives as the college basketball conference and national tournaments are beginning to unfold. Many of my birthdays have been extra special or dampened somewhat, depending on how my favorite college men's basketball team, the Terrapins of the University of Maryland, fared at the ACC Tournament or whether or not they went on to qualify for the national tournament field.

Sports fans often associate major events in their lives with landmark sports moments involving their favorite teams. A former co-worker of mine, a huge Boston Red Sox fan like myself, got married and enjoyed his honeymoon during the Sox's history-making World Series run in the fall of 2004.

After being with my mom in the hospital for the birth of one of my younger brothers, my father, then the high school boys' basketball coach at Bishop O'Connell in Arlington, rushed from the hospital to the O'Connell gymnasium where his Knights were in the closing minutes of a nip-and-tuck game. Upon my dad's arrival to the home team bench, his head assistant coach, in one of those memorable moments that has been remembered and laughed about for years, simply told him, "It's yours to lose."

In fact, O'Connell won that night, making it one of my dad's landmark coaching days - with the birth of a son and a basketball victory.

THERE WERE WONDERFUL local sports memories made in 2010 for fans around the Northern Virginia area. Quickly coming to mind for me were the prep school heroics of the Virginia State AAA girls' softball champions from McLean High School, as well as the Langley High boys' lacrosse team which, after being disappointed in the Northern Region title game - an overtime finals loss to Robinson - stormed back to capture its second consecutive state title the following week with a championship game win over Loudoun Valley.

In Reston, the South Lakes High girls' basketball team, under head coach Christy Winters Scott - the former University of



Madison and McLean High put together outstanding spring softball seasons in 2010. The two Liberty District teams met in the Northern Region title game, with Madison winning. But it was McLean which went on to win the state crown the following week.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

Maryland women's basketball star - advanced all the way to the Liberty District finals before falling to two-time defending champion Madison. Freshmen center sensation Zoe Beard-Fails made the all-district tournament team, as did freshmen guard Marlena Tremba. A year earlier, a much more seasoned South Lakes team had captured the regular season district crown.

The Herndon High baseball team did not capture any titles, but enjoyed a winning season (11-7) under new head coach Greg Miller, a former Hornet baseball star himself who was taking over the reins of the program from the legendary, long-time Herndon baseball skipper, Al McCulloch.

Fred Priester's Oakton High Cougars, behind the terrific guard play of the Coyer twins - Caroline and Katherine - and shooting sensation Zora Stephenson, made their annual strong postseason charge, capturing another region crown and qualifying for the state tournament. The Cougars defeated West Springfield in the region finals. Caroline Coyer scored 20 points in the title game win and earned tourney MVP honors. Also from the Vienna area, the Madison High girls' hoopsters, under steady

head coach Kirsten Roberts, a former Warhawk player herself, won their third consecutive district tournament title. Jun-



South Lakes and Madison met in last winter's Liberty District girls' basketball tournament championship game.

ior guard Erin Kavanagh earned tourney MVP honors in the Warhawks' finals win over South Lakes.

Other local team's experienced sensational seasons, including McLean High football, baseball and boys' soccer; Langley boys' soccer and girls' lacrosse; Madison baseball, girls' softball and girls' soccer; South Lakes' boys track, boys' cross country and boys lacrosse; and Herndon boys' basketball.

Local professional sports highlights for 2010 included the Washington Capitals putting together the best win-loss record in the NHL; Washington Nationals rookie pitcher sensation Stephen Strasburg electrifying the Washington, D.C. home crowd and the entire baseball universe with his debut game, 14 strikeout outing versus the Pirates; and the Wizards landing the top pick in the NBA Draft and selecting point guard extraordinaire John Wall from Kentucky.

I HAVE COVERED high school sports for The Connection Newspapers for the past 23 years, and I am still amazed that every contest - regardless of the year, sport, schools involved, or even the players and coaches -

is a special, one-of-a-kind event which will never be duplicated. One could attend hundreds of high school football, field hockey or soccer games and all of those sporting contests would hold their own, distinct characteristics, such as weather elements, the mentality of the individual athletes on that particular day, the recent success or failures of the teams leading up to the game, or even the bigger picture world events taking place at that particular time. No two games are ever exactly alike.

Almost always, the teams and players I have watched compete over the years have played with passion, determination and a healthy will to win within the rules. There is still a sense that high school sports is, overall, pure in a way the professional and college games are not. I get tired of watching enormously high paid pro athletes playing half-heartedly in front of packed stadiums and millions of TV viewers. There is another option - supporting and attending the local high school and youth sports events.

The New Year, God willing, will be filled with more numerous, exciting high school and youth events for local sports aficionados to take in and enjoy. May area high school and youth sports fans throughout Northern Virginia continue to rally around and remain a big part of

the local sports scene in 2011.

My best wishes go out to all for a happy, safe and successful New Year.

Officials Discuss Outlook for 2011

FROM PAGE 3

idea. I look forward to working with him and others on transportation in the upcoming session.

I also plan to continue pushing for my legislative priorities of promoting job creation and economic development, fixing traffic and transportation problems, school reforms, government efficiency and transparency, and specific requests from constituents and the Town of Vienna.

Supervisor Cathy Hudgins (D-Hunter Mill)

The Board of Supervisors is facing a difficult budget across the spectrum, Hudgins said, but noted the emerging importance of a couple of initiatives facing the County. "I'm looking forward to better communication between the Board and County schools," said Hudgins. An area in which a closer working relationship will pay off is in that of safe routes to schools, routes where students can walk or bike safely in terms of traffic and of other issues affecting the welfare of children. "We, the Board and the schools, need to

coordinate this," said Hudgins. "An important part of being able to walk or ride safely is that it gets kids outside, helping them to be healthy. We don't want our kids to be unhealthy students."

Next to the County budget, the implementation of the Tysons redevelopment plan ranks as a top-level priority. "It's a major plan for the County and transportation is going to be a key element of the plan," said Hudgins. Applications for building construction are already coming in and construction in Tysons is expected to begin within the next two years. "We have to have our transportation commitment clear," Hudgins said. That includes funding and construction commitments from developers and the County.

To support rail service, mass transit needs to include bus service, particularly shuttle buses, around Tysons and Reston, she said.

Supervisor Linda Q. Smyth, (D-Providence)

The Providence District, which includes Dunn Loring and Merrifield, is the district hardest-hit by HOT lane construction,

Smyth said. Many of the Dunn Loring area's main arterials – Rt. 123, Rt. 7, I-66, Rt. 29 and Gallows Road – lie within Smyth's district. Oak Street Bridge opened after being disassembled last year but the Idylwood Bridge is still closed.

Smyth said that VDOT has been responsive to residents' complaints. VDOT responded to the concerns expressed by those living near HOT lanes by building higher-than-typical sound walls along the HOT lanes in the Providence District.

One "big project hanging out there," Smyth said, is the Gallows Road/Lee Highway intersection redesign. Gallows Road and Lee Highway, approaching their intersection, are to be widened with multiple turn lanes.

Bids are expected to go out in 2011, and the projected start-date of the project is summer, 2011.

Supervisors expect a shortfall in the 2011 Fairfax County budget, although not of the magnitude of 2010. "We're waiting to see what Tony [Fairfax County Executive Anthony Griffin] brings in to the Board on Feb. 22," said Smyth.

MUSIC MASTERS

Where You'll Love To Play

Specializing in music instruction • Instrument Rentals
 Monthly student performances • Popular and classical music
 Music supplies and more! • Special orders welcome
 Special teacher discounts • Instrument Repair

INSTRUMENT RENTAL

8455-H Tyco Rd. • Vienna, VA 22812
703-848-9403
 E-mail: mmasters2@aol.com • Web Site: www.music-masters.org



Be Part of The Pet Connection in February

Send Your Photos & Stories Now to
vienna@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.

Visit These Houses of Worship

Join A Club, Make New Friends, or Expand Your Horizons...

SMITH CHAPEL UMC CHURCH

11321 Beach Mill Road
Great Falls, VA 20165

It's like coming home

smithchapel@verizon.net
www.SmithChapelUMC.com

Rev. D. J. Zuchelli, Pastor

WORSHIP HOURS SUNDAY: 11:00 AM

St. LUKE A.M.E. Church

"Serving the People of God"

SHERATON RESTON HOTEL

SUNDAY SCHOOL 9 A.M.
SUNDAY WORSHIP 10 A.M.

LET US WORSHIP GOD TOGETHER

Rev. Dr. Peter G. Taylor, Pastor
571-337-2022

Progressive & Welcoming

ST. ANNE'S EPISCOPAL CHURCH • Reston

7:45 a.m. Holy Eucharist, Rite I
 9:00 a.m. Holy Eucharist, Rite II
 Sunday school/Music: preschool - grade 2
 10:25 a.m. Sunday school/Music: grades 3 - 12
 11:15 a.m. Holy Eucharist, Rite II
 5:00 p.m. Come Just as You Are Contemporary Service

Nursery care provided at 9:00 and 11:15 services

The Rev. James Papile, Rector
 The Rev. Jacqueline Thomson
 The Rev. Denise Trogdon
 703-437-6530
www.stannes-reston.org
 1700 Wainwright Dr., Reston

FIRST BAPTIST CHURCH OF VIENNA

450 ORCHARD STREET
VIENNA, VA
703-938-8525
fbcvoffice@verizon.net
www.fbcv.org



**Dr. KENNY SMITH,
PASTOR**

SUNDAY WORSHIP, 7:45 AM & 11:00 AM
MIDWEEK SERVICES, WED. 7:00 PM



Church of the Holy Comforter
(Episcopal)

The Rev. Richard A. Lord, Rector, *Welcomes you to worship, learn & enjoy fellowship with us!*

Saturday - 5:00 p.m. Holy Eucharist
 Sunday - 7:45 a.m., 8:45 a.m., 10:45 a.m. Holy Eucharist

On the first Saturday of the month, please join us for wine & cheese after the 5:00 p.m. service.

543 Beulah Road, NE, Vienna, VA 22180
703-938-6521 www.holycomforter.com



GOOD SHEPHERD LUTHERAN CHURCH

Making more and better disciples of Christ

1133 Reston Avenue, Herndon, VA 20170
Worship: Sunday, 8:00 A.M. and 11:00 A.M.
Sunday School: 9:30 A.M.

Church Office: 703.437.5020
 Preschool: 703.437.4511
www.gslcva.org

Child care available at all services

To Highlight Your Faith Community call Karen at 703- 917-6468

WWW.CONNECTIONNEWSPAPERS.COM

VIENNA/OAKTON CONNECTION ❖ JANUARY 5-11, 2011 ❖ 13

NEWS

Keeping Eyes on the Road

By ALEX McVEIGH
THE CONNECTION

Students from George C. Marshall, James Madison and Falls Church High Schools presented their solutions to distracted driving last month at Luther Jackson Middle School. The presentation was part of the Transurban-Fluor and AAA Mid-Atlantic's Orange Cones, No Phones campaign, which urges drivers to maintain their focus while driving on roads that are under construction, such as the Beltway and I-95.

According to a recent survey of local drivers, 55 percent of Beltway drivers use their phones while driving, which includes talking as well as reading and writing texts. From September 2009 to September 2010, talk on hands-free cell phone devices remained the same, while talk on a hand-held cell phone increased from 30 percent to 33 percent, drivers who read texts rose from 15 percent to 22 percent and drivers writing texts rose from nine percent to 13 percent.

The survey also showed that younger drivers are more likely to be distracted, with 35 percent of drivers aged 18-24 admitting to reading texts while driving and 26 percent of drivers admitting to writing texts.

The students who participated in the event said they were interested in helping spread the campaign because it was they and their friends who are the ones affected.

"We feel that if our peers are passionate about the cause, it will have a bigger impact," said Katie Yoon, a student at Falls Church High School.

Yoon, along with Maianh Phan and Mollie Dreisbach presented a campaign that included ads at the Tysons Corner Movie Theater, plastic wristbands, radio ads and T-shirts.

The wristbands, which are fashionable among teens, was one of their more important items, because they are trendy, and also with the driver in the car.

"When drivers have their hands on the wheel, the orange wrist bands will remind them of the campaign, and just how dangerous it is to be distracted," Dreisbach said.

The team from Marshall High, Christine Greve, Jenny Felter and Ritika Jain, impressed the judges the most, with their campaign using social networking and the Kane Show on Hot 99.5 as ways to spread awareness.

The group won \$5,000 to carry out their campaign, which they will do between January and April 2011.

Judge Michelle Holland, or Transurban-Fluor, said the judges were "impressed with your understanding of the issue and your understanding of your target audience."

Uncertainty, Of That I'm Certain



By KENNETH B. LOURIE

I'm having some difficulty starting this column. The reason being, primarily, that it's presently Dec. 18 and it won't be until Jan. 5, 2011 when it will appear in print. And why that latter date is problematic is, that it occurs a week after my next round of quarterly scans will have been completed and two days before my every-three-month, follow-up appointment with my oncologist — Jan. 7, is scheduled. And it is during that appointment when I will learn the fate of my universe. Because that is when the results from my weeks-previous Bone and CT scans and Brain MRI will be revealed/discussed with my doctor. And whatever it is I think I feel — or don't feel, the scans will confirm it, presumably.

Not that much has changed concerning my health/symptoms. It's more that there are results forthcoming which will change my life — for the worse potentially, or reaffirm how fortunate my present lack-of-circumstances are. Either way, it's one of those moments in time when the world stops — and you can't get off. I can only hope that when my oncologist enters the examining room where my wife, Dina, and I will be waiting anxiously, he'll be smiling when he sees us; and not uncomfortably, but reassuringly, as he has frequently in the past 15 months.

Therefore, to write definitively about anything health-related now, when the tale of the tape will tell it all in three weeks, seems risky somehow. I don't want to presume facts not in evidence nor do I want to anger the gods. And I most assuredly do not want to write about substance/circumstance on which I have fairly limited knowledge and minimal control: my cancer. So this column is about what I don't know, and how long it might be until I do know and why I'm being circumspect — and hesitant, and what it is I hope I will know. And to write anything significant about my cancer, given the Jan. 5/7 time line, other than I'm feeling pretty good though increasingly nervous about this next appointment, seems prudent and certainly precautionary — given my general mental state.

Every day, I begin a sentence with "What if...?" And every day, I try not to complete that question. Every night I go to sleep wondering if the next day I'll learn the answer to that question. And the next day when I will learn the answer to that question will be Jan. 7, 2011. And since Jan. 5, 2011 arrives before that, and I'm writing this column three weeks before both of those dates, anything I'm thinking or feeling now (in mid December), seems incredibly presumptuous and naive almost. I will know soon enough if the road ahead is filled with good intentions or whether it's a road under repair.

As I wrote about in a recent column, the end of my quarterly scan cycle always presents these subconscious/unconscious emotions and anxieties — which are totally beyond my control. What is in my control is writing about them as if I knew anything definite about the "underlying problem" (as I refer to my lung cancer) and I don't. All I do know is, I'm in pretty good shape for the shape I'm in. However, it's exactly the way I felt — basically, when I was first told back in late February 2009 that I had stage IV lung cancer.

Certainly I realize that it is better to feel good than it is to feel lousy. Still, given the minimal symptoms I experienced back in the beginning, it's not as much consolation now as you might think, especially considering that the projected back end of my "13-months-to-two-year life expectancy" anniversary is fast approaching.

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

ZONE G: • ARLINGTON • GREAT FALLS
• McLEAN • VIENNA/OAKTON

EMPLOYMENT

703-917-6464

ZONE G Ad DEADLINE:
TUESDAY 11 A.M.

TELEPHONE
A great opportunity to
WORK AT HOME!
NATIONAL CHILDRENS CENTER
No sell! Salary + Bonus + Benefits!
301-333-1900
Weekdays 9-4

TELEPHONE
A great opportunity to
WORK AT HOME!
NATIONAL CHILDRENS CENTER
No sell! Salary + Bonus + Benefits!
301-333-1900
Weekdays 9-4

BEST CHILDCARE JOBS!

F/T, P/T, On-Call, Top Salaries
No Fees, Must be 21, Legal & Drive
References Req'd
703-838-2100
White House Nannies, Inc

EDUCATION TRAINING

GET HIRED!

Dental, Medical & Pharmacy Staff
Trainees

Needed now!!

No Experience Necessary.

Medical, Dental Facilities & Pharmacies
NOW HIRING.

Local Job Placement & Training
Available

1-(800)-381-1734

CTO SCHEV

HOW TO SUBMIT ADS TO

THE CONNECTION

Newspapers & Online

CLASSIFIED

DEADLINES

Zones 1, 5, 6.....Mon @ noon
Zones 2, 3, 4.....Tues @ noon

E-mail ad with zone choices to:

classified@connectionnewspapers.com

or call Andrea @ 703-778-9411

EMPLOYMENT

DEADLINES

Zones 5, 6.....Tues @ 11:00

Zones 1, 3.....Tues @ 4:00

Zone 2.....Wed @ 11:00

Zone 4.....Wed @ 1:00

E-mail ad with zone choices to:

classified@connectionnewspapers.com

or call Barbara @ 703-778-9413

ZONES

- Zone 1:** The Reston Connection
The Oak Hill/Herndon Connection
- Zone 2:** The Springfield Connection
The Burke Connection
The Fairfax Connection
The Fairfax Station/Clifton/
Lorton Connection
- Zone 3:** The Alexandria Gazette Packet
The Mount Vernon Gazette
- Zone 4:** Centre View North
Centre View South
- Zone 5:** The Potomac Almanac
- Zone 6:** The Arlington Connection
The Vienna/Oakton Connection
The McLean Connection
The Great Falls Connection

Educational Internships

Unusual opportunity to learn many aspects of the newspaper business. Internships available in reporting, photography, research, graphics. Opportunities for students, and for adults considering change of career. Unpaid. E-mail internship@connectionnewspapers.com

THE CONNECTION
NEWSPAPERS

Employers:

Are your recruiting ads not working in other papers?

Try a better way to fill your employment openings



- Target your best job candidates where they live.
- Reach readers in addition to those who are currently looking for a job.
- Proven readership.
- Proven results.

THE CONNECTION
to your community

703-917-6464

classified@connectionnewspapers.com

Great Papers • Great Readers • Great Results!

GUTTER

PINNACLE SERVICES,
 • GUTTER CLEANING
 • SMALL REPAIRS
 • SCREENING
 • POWER WASHING
 703-802-0483
 GROUP RATES AVAILABLE
 FREE EST.

HAULING

ANGEL'S TRASH REMOVAL
 • Junk & Rubbish • Furn., Yard, Construction
 Debris • Tree Leaf & Snow Removal
 703-863-1086
 703-582-3709

HAULING

AL'S HAULING
 Junk & Rubbish
 Concrete, furn., office, yard, construction debris
 Low Rates NOVA
 703-360-4364
 703-304-4798 cell
 7 DAYS A WEEK

LANDSCAPING

ANGEL'S LAWN MOWING
 • Trimming • Leaf & Snow Removal • Yard Cleaning
 • Hauling • Tree Work
 703-863-1086
 703-582-3709

3 RE for Rent

Alex/Old Town N, right on the Potomac,--River front, balcony. 1 br, 1 ba, \$1725. utils inc. remodeled 703-838-7603

28 Yard Sales

WANTED: AFFORDABLE USED SADDLE. to fit Percheron, wide, extra-wide or draft tree, 18 inch seat (17-20 ok) all purpose or dressage, synthetic or leather is fine. 301-996-5084

26 Antiques

We pay top \$ for antique furniture and mid-century Danish/modern teak furniture, STERLING, MEN'S WATCHES, jewelry and costume jewelry, paintings/art glass/clocks. Schefer Antiques @ 703-241-0790. Email:theschefer@cox.net

102 Instruction

Experienced Tutoring Available in the Northern Virginia Area
 Dean's List College Graduate with Years of Experience
 Accounting/Finance Degree All Ages and Grades Considered
 Math, Spanish, English from \$35/hour
 Call Hal @ (703)864-6616

ELECTRICAL

K & D ELECTRIC
 COMMERCIAL / RESIDENTIAL SERVICE
 Family Owned & Operated
 Recessed Lighting
 Ceiling Fans
 Phone/CATV
 Computer Network Cabeling
 Service Upgrades
 Hot Tubs, etc...
 Licensed/Bonded/Insured
 Office 703-335-0654
 Mobile 703-499-0522

ELECTRICAL

PATRIOT PAINTING
 www.PatriotPainting.net
 Wallpaper Removal, Carpentry, Power Washing, Int/Ext Painting
 Free Est. • Satisfaction Guar. Lic./Ins. Int./Ext.
 703-502-7840
 Cell 571-283-4883

PAINTING

Roofing & Siding
 (All Types)
 Soffit & Fascia Wrapping
 New Gutters
 Chimney Crowns
 Leaks Repaired
 No job too small
 703-975-2375

ROOFING

TREE SERVICE

ANGEL'S TREE REMOVAL
 Brush & Yard Debris
 Leaf & Snow Removal
 Gutters & Hauling
 Angeltreeslandscaping-hauling.com
 703-863-1086
 703-582-3709

116 Childcare Avail.

AuPairCare
 Affordable live-in childcare! AuPairCare provides quality:
 • Screened, international au pairs.
 Approximately \$340/wk for 45 hours
 • Families can have an in-home childcare.
 Infant specialized program
 • Available. Save \$350 by using promo code RMZEROAPP, call 800-4-AuPair.
 * www.aupaircare.com

116 Childcare Avail.

109 Prof. Services

SAN THOMAS
 Peace of Mind is What You Deserve
 (703) 772-8362
 • Personal Drivers Services (www.santhomas.net)
 • House Watching Service (Law Enforcement Officers)

109 Prof. Services

GUTTER

PINNACLE SERVICES, INC.
LAWN SERVICE
 MOWING, TRIMMING, EDGING, MULCHING & TRIM HEDGES
 Group Rates Avail.!
 703-802-0483

GUTTER

MASONRY

MASONRY SPECIALIST, LLC
 For All of Your Masonry Needs
 Custom Design, Installation, Repairs & Restoration
BRICK - FIELDSTONE
FLAGSTONE - CONCRETE
 EP Henry & Belgard Pavers
 Patios, Walkways, Driveways
 Retaining & Decorative Walls
 703-443-2308
 See our web site for ideas, pictures & coupons:
 www.masonryspecialist.com
 All Work Guaranteed - Licensed & Fully Insured
 Class A License #VA2705087240A

MASONRY

21 Announcements

LEGAL NOTICE
 AT&T intends to file an application to modify an existing wireless communications facility at 1200 North Courthouse Road, Arlington, Arlington County, Virginia 22201. AT&T is publishing this notice in accordance with Federal regulation 37CFR1.1301 et seq, the National Environmental Policy Act and the Advisory Council on Historic Preservation 36 CFR 800. The project referenced as "Quality Hotel" will consist of the collocation of three antennas on tripod frames located on the roof of the building and the installation of equipment on the existing rooftop platform. Parties interested in submitting comments or questions regarding any potential effects of the proposed facility on Historic Properties may do so in writing by contacting Carol Blitz, AT&T, at 12900 Park Plaza Drive, Cerritos, California 90703 or c/o theresa.scarlato@atcassociates.com.

21 Announcements

21 Announcements

LEGAL NOTICE
 AT&T Mobility, LLC is proposing to modify its wireless telecommunications facility located on a building at 2666 Military Rd., Arlington, VA. The modification consists of removing one existing omni antenna and replacing it with a new omni antenna at a centerline height of 34 feet, 9 inches. Any interested party wishing to submit comments regarding the potential effects of the proposed facility may have on any historic property may do so by sending such comments to: Project 61107888-MAT c/o EBI Consulting, 6876 Susquehanna Trail South, York, PA, 17403, or via telephone at (781) 273-2500.

21 Announcements

IMPROVEMENTS

R&N Carpentry
 ♦ BASEMENTS ♦ BATHS ♦ KITCHENS
 Foreclosure specialist/Power washing
 ♦ Exterior Wood Rot, Roofing & Siding
 Deck & Fence repair, Screen Porches
 No jobs too large or small
 Free est. 37 yrs exp. Licensed, Insured
 703-987-5096

IMPROVEMENTS

Now! Complete Print Editions Online!
 The full print editions of all 18 Connection Newspapers are now available on our Web Site in PDF format, page by page, identical to our weekly newsprint editions, including print advertising. Go to www.ConnectionNewspapers.com and click on "Print Editions."

21 Announcements

21 Announcements

LEGAL NOTICE
 AT&T Mobility, LLC is proposing to modify its wireless telecommunications facility located on a building at 5115 Little Falls Rd., Arlington, VA. The modification consists of adding three antennas (one per sector) at a height of 41 feet, behind an existing stealth wall on the rooftop. Any interested party wishing to submit comments regarding the potential effects of the proposed facility may have on any historic property may do so by sending such comments to: Project 61107880-MAT c/o EBI Consulting, 6876 Susquehanna Trail South, York, PA, 17403, or via telephone at (781) 273-2500.

21 Announcements

21 Announcements

LEGAL NOTICE
 AT&T Mobility, LLC is proposing to add new wireless telecommunications equipment to its facility located at 4401 Lee Highway, Arlington, Arlington County, Virginia. The proposed installation will consist of adding three panel antennas mounted at a centerline height of 81-feet, and painted to match existing conditions. Any interested party wishing to submit comments regarding the potential effects of the proposed facility may have on any historic property may do so by sending such comments to: Project 61107881-LLM c/o EBI Consulting, 6876 Susquehanna Trail South, York, PA, 17403, or via telephone at (717) 428-0401.

21 Announcements

M. C. Lynch Home Improvement
 Family Owned & Operated
 Rotten Wood, Wind Damage, Trims, Windows, Doors, Deck, Stairs, Vanity, Basement Framing, Garbage Disposal, Painting, Power Wash, Siding Repairs.
 Licensed, Bonded, Insured
 703-266-1233

Now! Complete Print Editions Online!
 The full print editions of all 18 Connection Newspapers are now available on our Web Site in PDF format, page by page, identical to our weekly newsprint editions, including print advertising. Go to www.ConnectionNewspapers.com and click on "Print Editions."

21 Announcements

21 Announcements

21 Announcements

21 Announcements

The HANDYMAN
 A DIVISION OF NURSE CONSTRUCTION
 BATHROOM REMODELING, DRYWALL, PAINTING, CERAMIC TILE, CARPENTRY, POWER WASHING & MUCH MORE
 You have tried the rest - NOW CALL THE BEST!!
 Proudly serving Northern VA - 46 yrs. exp.
 Licensed Insured We Accept VISA/MC
 703-441-8811

Now! Complete Print Editions Online!
 The full print editions of all 18 Connection Newspapers are now available on our Web Site in PDF format, page by page, identical to our weekly newsprint editions, including print advertising. Go to www.ConnectionNewspapers.com and click on "Print Editions."

21 Announcements

21 Announcements

21 Announcements

21 Announcements

R.N. CONTRACTORS, INC.
 Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting
 We Accept All Major Credit Cards
 Licensed, Insured, Bonded • Free Estimates • Class A Lic
 Phone: 703-887-3827 Fax: 703-830-3849
 E-mail: rncontractorsinc@gmail

Now! Complete Print Editions Online!
 The full print editions of all 18 Connection Newspapers are now available on our Web Site in PDF format, page by page, identical to our weekly newsprint editions, including print advertising. Go to www.ConnectionNewspapers.com and click on "Print Editions."

THE CONNECTION NEWSPAPERS CLASSIFIED
 Classified or Home • Lawn • Garden:
 703-917-6400
 Employment: 703-917-6464
 E-mail: classified@connectionnewspapers.com

Fairfax



AUTO PARTS

WWW.FXPARTS.COM

We're Changing to NAPA to Better Serve Our Customers

Same People • Same Ownership Since 1961 • Same Professional Commitment to Service

10% OFF

EVERY ITEM IN THE STORE!

You must present this coupon with your purchase.
Not valid with any other discounted or promotional offer.
Expires February 1, 2011.

ONLY \$1.00

1 GALLON OF WINDSHIELD WASHER FLUID

- Valid at all locations
- Limit 1 per customer
- Offer valid while supplies last
- Must present coupon
- Expires February 1, 2011

ALEXANDRIA.....703-823-0800
456 S. Pickett St.
(Corner of Edsall & South Pickett)

BURKE.....703-425-4400
5663 Burke Centre Pkwy.
(Rt. 123 & Burke Center Pkwy., Behind McDonald's)

CHANTILLY703-631-3800
14154-C Willard Rd.

FAIRFAX CITY.....703-978-4500
(Economy Auto Parts) 3855 Pickett Rd.

FALLS CHURCH.....703-534-1200
431 S. Maple Ave.
(near intersection of Lee Hwy. & Rt. 7)

HERNDON.....703-707-0800
23070 Oak Grove Rd. #100
(Corner of Rt. 606 & Oak Grove Rd.)

FAIRFAX.....703-591-6500
10912 Lee Hwy.

MERRIFIELD.....703-560-1560
(Machine Shop) 703-560-0813
8701 Lee Hwy.

NEWINGTON.....703-339-8300
8196-A Terminal Rd.
(Fairfax County Pkwy. at Terminal Rd.)

STERLING703-450-6600
(LOUDOUN).....703-444-5096
47060 Harry F. Byrd Hwy.
(Rt. 7 at Dranesville Rd.)

VIENNA.....703-281-5700
121 Church St., N.E.
(Behind Vienna Inn)

2 MANASSAS AREA LOCATIONS

MANASSAS/EUCLID AVE.....703-368-7106
(Metro).....703-631-1125
(Champ Auto Parts) 9088 Euclid Ave.

MANASSAS/Rt. 234.....703-368-1002
(Metro).....703-631-1205
(Economy Auto Parts) 8106 Sudley Rd.

These stores are not affiliated with NAPA.

Fairfax



AUTO PARTS

**MOST STORES OPEN
NIGHTS & SUNDAYS**

PARTS PRO GROUP®
EVERYTHING AUTOMOTIVE

Full Line of Foreign & Domestic Parts
Complete Machine Shop Service