

Burke CONNECTION

Home Seeker

Larry, a timid, 3-year-old black Labrador retriever, wants to be adopted Sunday, Jan. 30, at Lab Rescue Club of the Potomac's Adoption Day.

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Canine Therapy

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Dogs, Cats Visit Seniors

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PET CONNECTION



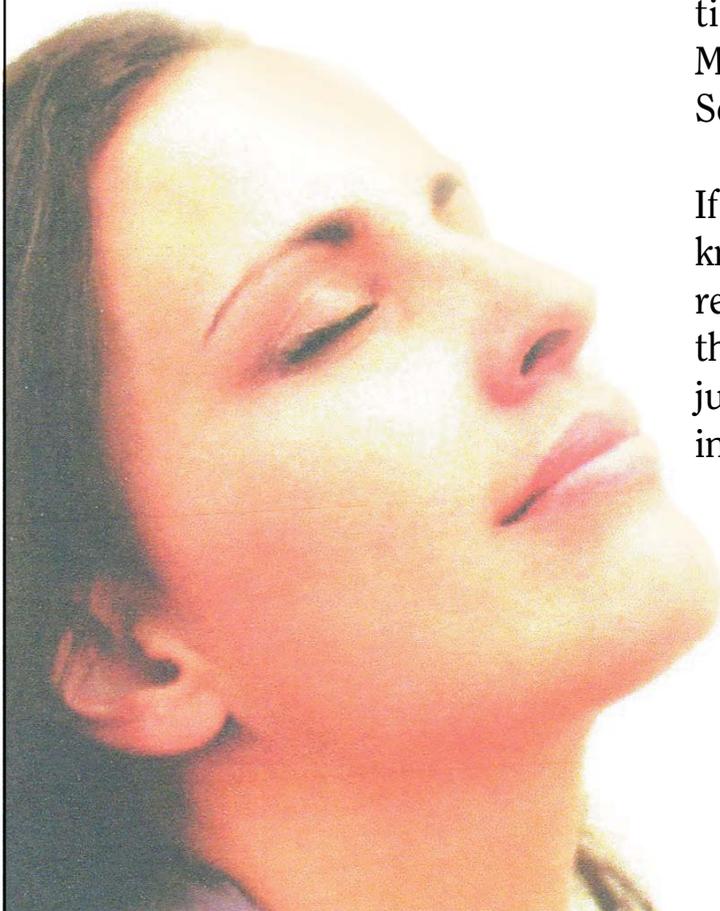
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Dr. Pamela Marzban

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What is Sedation Dentistry?

Many of you have heard the term sedation dentistry...so what is it? It is the act of taking anti-anxiety pills to help relax you enough to have dental treatment done. Through my years of practice, I seldom meet people that don't have some level of fear of the dentist. Some fear "the shot", some "the sound", and some the "entire experience". Regardless of what the fear is, there are ways to work through them.

The process is simple. After a careful review of the patient's medical history, I will choose the appropriate medication(s) and level of sedation to best meet their needs. On the day of treatment, the patient will be driven by a companion, because most likely they will have taken a single pill before arriving at the office. More medication may be given depending on the type of procedures being performed and the duration of the appointment. When treatment is complete and our patient is ready to go home, the companion will drive them home and stay with them until our patient is fully recovered (about 4-10 hours). Due to the amnesic properties of many of the medications, **PATIENTS HAVE LITTLE-TO-NO MEMORY OF THEIR TIME IN THE DENTAL CHAIR BY THE NEXT DAY!** Sedation dentistry is safe and it works when it is done by a trained doctor.

If this sounds like it may be what you've been waiting for, I want you to know that at our office, we understand and appreciate that your fears are real and completely legitimate. Fear and anxiety are normal, and something that you can't always control. You don't have to feel embarrassed, just get started. We welcome you to visit our office by calling us or checking out our website.

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PET CONNECTION



A group of Labrador retrievers get to know each other at Lab Rescue Club of Potomac's Adoption Day in Burke.

Sarah Hoddinott, webmaster of the Lab Rescue Club of Potomac, snaps a photo of Marley, a 10-month-old yellow Labrador retriever, as foster parent Chris Mondichak looks on.

Dogs Meet New Owners

Lab Rescue hosts Adoption Day at Burke Petco.

Lab Rescue Club of the Potomac conducted an Adoption Day Event on Sunday, Jan 30, at the Petco store on Old Keene Mill Road in Burke. Besides putting on its Adoption Days, Lab Rescue also adopts out Labrador retrievers from foster homes throughout Maryland and Virginia throughout the year. To learn more, go to www.lab-rescue.org.



Bear is one of the Labrador retrievers waiting to be adopted at Sunday's Adoption Day at the Burke Petco.



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

Bear is getting some love from Jim Witkop and his daughter Regen, 7.



Lab Rescue Club of Potomac has lots of dogs available for adoption. The group adopts out Labrador retrievers 365 days a year.



Miles meets Bailey Himeon of Leesburg. This is the first step in the process of incorporating him and his other canine colleagues that work at Inova Fairfax into Himeon's recovery process. Himeon's doctor has requested that the Animal Assisted Care team evaluate her and assess whether a dog can be incorporated into her therapy program. The Animal Assisted Care program at Inova Fairfax Hospital, run by Leslie Horton, a certified canine trainer and an experienced critical care nurse, is the benchmark for animal assisted therapy programs throughout the country.



Alan Rivera of Ashburn gives Miles a hello pat. Rivera met Miles when he was a patient at Inova Fairfax Hospital. Miles is one of the 30 canine members of the Inova Fairfax Hospital's Animal Assisted Care (AAC) team, part of the rehabilitation center. Among other things, the dogs assist patients in achieving rehabilitation and recovery goals. In Rivera's case, Miles and some of the other AAC dogs helped Rivera walk laps in the hospital during his treatment. 'The dogs are wonderful,' says Rivera. 'Sometimes, I'd feel down when I was getting chemo and they made me happy.'

A Helping Paw

Canine volunteers help hospital patients with recovery, rehabilitation.



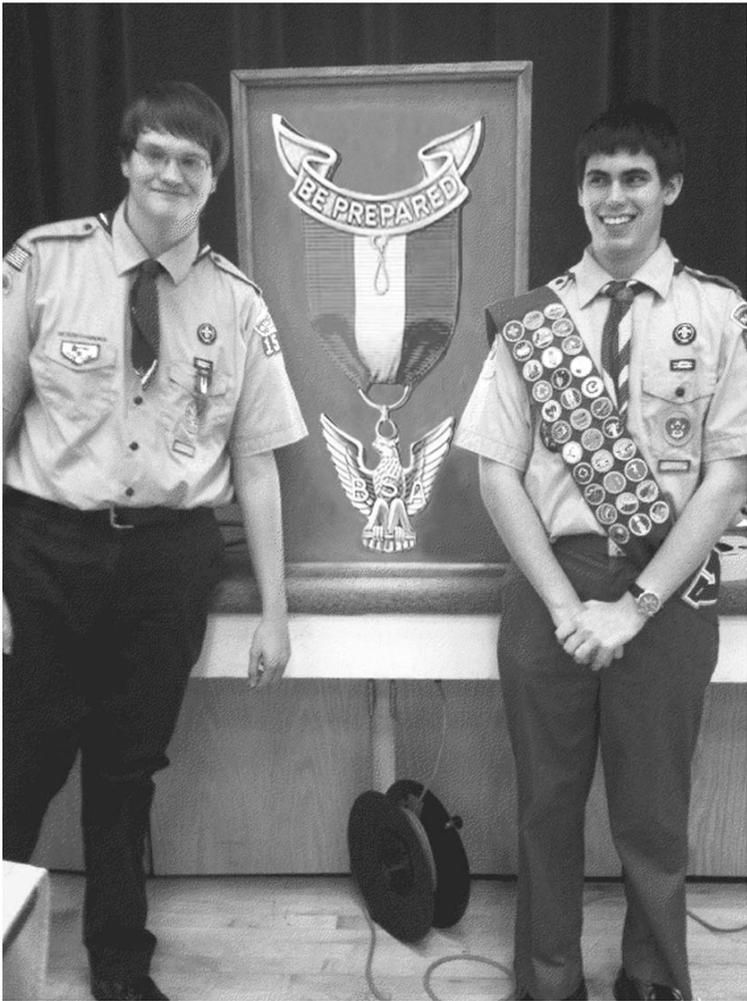
Neno Mejid of Fairfax welcomes Miles. Miles and the other members of the Animal Assisted Care team have been assisting Mejid with his rehabilitation and recovery.



Ashley Himeon of Leesburg is excited to meet Miles, one of the dogs who might help her daughter Bailey reach her rehabilitation and recovery goals. AAC Program Director Leslie Horton has brought Miles to meet Bailey and to evaluate how a dog could be incorporated into her therapy program.

PHOTOS BY DEB COBB/THE CONNECTION

PEOPLE



Kyle Weidner, left and Andy Wilson earned their Eagle Scout rank.

Two Scouts Achieve Eagle Rank

Kyle Weidner of Fairfax Station and Andy Wilson of Burke, achieved the rank of Eagle Scout. On Dec. 12, 2010, a court of honor took place in honor their achievement.

Kyle is a senior at Robinson Secondary School and Andy is a senior at Lake Braddock Secondary School. They belong to Troop 1535 at the Burke Ward of the Church of Jesus Christ of Latter-day Saints.

For his Eagle Project, Andy organized a group to label neighborhood storm drains to warn against dumping toxic waste into the Chesapeake Bay watershed. Kyle organized a group to make five large quilts that were delivered to a homeless shelter in Salt Lake City, Utah.

March Wedding for Tackett, Hylant

Mr. and Mrs. James Tackett of Burke are pleased to announce the engagement of their daughter, Emily Rebekah Tackett, to John McQuade Hylant, son of Mr. and Mrs. John Hylant of Greenville, N.C.

Emily Tackett is currently attending East Carolina University in Greenville, N.C. and will be graduating in June with a B.S. in geology.

John Hylant is currently a maintenance worker for Pitt Property Management in Greenville, N.C..

The wedding will take place March 5 in Alexandria.



PHOTO BY DANIELLE SCHUH

Emily Rebekah Tackett and John McQuade Hylant

MILITARY NOTES

Coast Guard Seaman Matthew Lopez, a 1999 graduate of Lake Braddock Secondary School, Burke, re-

cently graduated from the U.S. Coast Guard Recruit Training Center in Cape May, N.J.

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.

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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

Making One's Own Pet Connection

We love our pets, but millions more need homes. Some Places To Adopt

Are you considering adopting an dog or a cat or another animal? Be sure to rescue one in need.

More people have turned in pets to animal shelters in the past couple of years, in part because of the recession and increased foreclosures.

Approximately 6-to-8 million pets end up in animal shelters each year, according to The Humane Society of the United States. Of that number, 3-to-4 million are adopted, but the

remaining 3-to-4 million pets end up being euthanized.

EDITORIALS

Here are a few places to adopt a pet who needs a home. There are many rescue organizations, including some that specialize in particular breeds. There are also networks of people, like PetConnect, mostly communicating on the internet, who help save adoptable animals from overcrowded shelters from near and far.

Fairfax County Animal Shelter: Dogs, cats and other pets are available for adoption at the Animal Shelter Tuesday – Friday, noon – 7 p.m. and Saturday, 10 a.m. to 5 p.m. 4500 West Ox Road, Fairfax, 703-830-1100 Some animals available for adoption can be viewed online. www.fairfaxcounty.gov/police/animal/adoption.htm

Fairfax County Humane Society, www.hsfc.org, 4057 Chain Bridge Road, Fairfax; 703-385-7387. FCHS also operates two thrift stores. Second Chance 1 Thrift Store, Monday-Friday, 10 a.m.-4 p.m. Saturday 10 a.m.-3 p.m., 4055 Chain Bridge Road, Fairfax; 703-385-3064. Second Chance 2, Monday-Saturday 10 a.m.-4 p.m. 929 West Broad St., Falls Church, 703-533-9268

Super Bowl Parties, Fun and Safe

This year's Super Bowl might even turn out to be a game worth watching.

Super Bowl parties are fun even for those who are not big football fans. It's a great reason to get together at home or out in a restaurant or bar with friends.

Just be sure that you or your guests get home safely.

The McLean-based organization Wash-

ington Regional Alcohol Program suggests tips for safe celebrating to on Super Bowl Sunday, Feb. 6. During Super Bowl Sunday 2009, 50 percent of all U.S. crash fatalities included drivers who were intoxicated according to the National Highway Traffic Safety Administration.

Plan ahead: designate a driver if you're celebrating with alcohol, or use alternative transportation like taxi or public transportation.

If you're hosting the Super Bowl party: serve high protein food like meats and cheeses with alcohol; serve non-alcoholic beverages as an option; designate a bartender so guests don't

mix their own drinks; close the bar at least an hour before you expect your guests to be leaving; don't serve alcohol to anyone who appears to be impaired; never serve minors; never allow anyone who has had too much to drink to get behind the wheel.

If you're driving on Super Bowl evening (or anytime), wear your seatbelt. "Wearing a seatbelt may be your best defense against a drunk driver," said Kurt Erickson, WRAP director. "The routine wearing of seatbelts is the single most effective measure to reduce crash-related deaths and injuries."

State Senator Sets His 'Personal Record'

Marsden files nine bills in one day.

SEN. DAVE MARSDEN
D-37TH DISTRICT

I set a personal record yesterday presenting nine bills in one day at various committee meetings in the Senate. Final score: five bills passed, one bill being amended (which should lead to passage next week), two losses and one bill continued to next week.

My favorite bill is one that requires motorists involved in a fender bender on the Beltway, where the shoulders have been eliminated by temporary barriers, to proceed to the next available shoulder or pull off area. It is frustrating for all of us when we see two people during rush hour, which is now all day, standing beside their cars on their cell phones when no one is hurt and the cars have little damage and are operable, talking to their spouse for advice or calling the police. Guess what? The police can't get there because of the traffic jam these drivers have created. Senate Bill 1167 now requires them to proceed to the next pull off area where they can exchange information and the rest of us can get moving. I doubt the police will give out a lot of tickets for this and, if this bill passes, I will be asking the popular morning and evening radio shows to announce this change in Virginia law to motorists on any part of Interstates 495, 95 and 395 where the High Occupancy Toll (HOT) lanes are being

constructed. We have to stop slowing each other down. This idea came to me after experiencing several of these delays.

After three years, the House of Delegates will most likely pass the Autism Insurance bill I co-sponsored in the Senate.

My bill, which would allow tax deductible Third Party Trusts for disabled children, is out of committee and on the floor of the Senate for a vote next week. If we can help families with college savings plans, we must help families do the same planning for children with disabilities.

A number of contentious issues are coming up in my Agriculture and Natural Resources Committee next week. From mountain top removal for mining coal (I'm against) to changing who decides what the Menhaden (a fish that fish oil tablets and other products are made from) catch limits should be. I am concerned about these fish stocks but am also worried about the 400 hundred jobs this industry provides Virginians. This will be a difficult vote to decide on. I will let you know how it went next week.

The governor did not introduce his ABC Privatization Bill in the House of Delegates, so Del. Bob Brink (D-48) put it in. It does not have the votes to pass I am told, but this ought

to put an end to an issue that neither party believes is in Virginia's best interest.

Remember last week I told you about a bill that the Virginia Association of Counties wanted to amend that would hold localities they represent accountable to the rules on spending state money for services for disabled, foster care, mentally ill and special education children. They agreed to a compromise then backed out. The assistant secretary of health and human services and I will be speaking with them next week. We have given them enough time and have told them they can participate in creating the rules by which their localities will be held accountable. Last chance! Get on board or we do it in a way they hate even more, but we will spend State money with high standards for accountability.

The big issue on the horizon is the governor's transportation plan that relies heavily on debt. It also relies, to some extent, on general funds to service the debt. This means transportation spending will come from funds usually reserved for schools, public safety and health care. He offers no long-term funding plan. Secretary of Transportation Sean Connaughton came to my office to seek support for the plan. Sean is a great person, but I cannot go along with a plan for funding transportation that robs our future.

"Never let a short term gain interfere with your long term needs," said Sen. Mark Warner (D-Va.)

THE CONNECTION

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LETTERS

About Energy

To the Editor:

In ancient times, energy efficiency meant keeping the tribal cooking fires well-fed with branches and twigs gathered from the nearby forest. The gathering activity was not without some effort on the part of the tribe. Over the centuries, we've found easier ways of providing energy to cook our food, heat and cool our homes, support commerce and operate emerging tools and technologies.

Today, most of our energy sources are from fossil fuels such as coal, oil and natural gas and far too much of it is imported from other countries. Regardless of the origins, our reliance on fossil fuels is not sustainable and does not provide long-term supply security. It also takes its toll on the environment as it is dug, pumped or blasted out of the earth.

Thirty years ago, a similar story unfolded in Europe. Faced with potentially crippling supply threats, weak economies and serious environmental degradation countries such as Finland and Germany framed new energy policies around long-term supply reliability, technical flexibility and transportation alternatives.

Local leaders from Northern Virginia have been able to observe firsthand the success of these policies through a Sister-Region Partnership between the Northern Virginia Regional Commission (NVRC) and the Verband Region of Stuttgart, Germany. In Stuttgart, Helsinki and other European cities we saw large-scale applications of renewable energies from wind, solar and biomass.^o We studied district energy systems that combined heat and electrical power generation, including waste-to-energy, and distributed it efficiently through downtown central business districts.

Fairfax County has been a pioneer in energy innovation. An example is our Waste-to-Energy facility in Lorton, where heat from burning garbage is converted into energy that is then used to run the plant. Essential elements of our Environmental Agenda include the efficient use of energy resources, the promotion of energy conservation and support for alternative energy sources. We have made notable strides towards improving the energy efficiency of our County buildings, facilities and operations – but we can do more.

Real progress can only be achieved in partnership with the private sector. Redevelopment in Fairfax County, will offer significant opportunities for creativity

SEE LETTERS, PAGE 15

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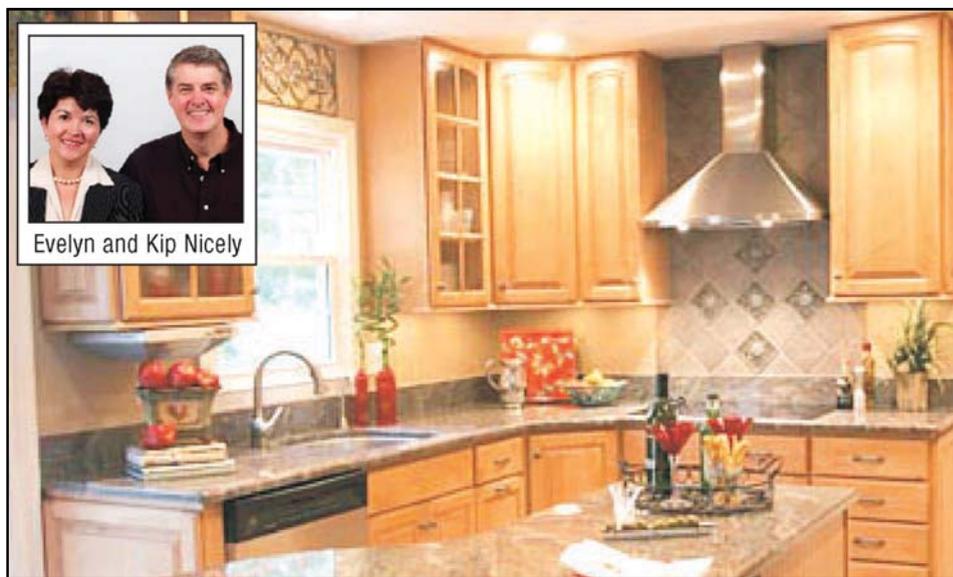
Directions to Sun Design: From I-66 East take the Fairfax County Pkwy/VA-7100 exit - Exit 55A towards Springfield. Left on Burke Centre Pkwy. After the second light, make your first left. Follow the road behind the Kohl's department store. We are located in the offices directly in front of you at: 5795B Burke Centre Parkway, Burke, VA

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Dogs, Cats Visit Local Senior Friends

Pets on Wheels brings furry friends to area nursing homes.

BY LISA GILLESPIE
THE CONNECTION

Life in a nursing home can be lonely. Residents don't always want to go there in the first place to spend their days among people they don't know, away from their families and former lives. It can look like a bleak future.

But then, imagine sitting in a room and seeing a puppy trot by. Perhaps you had a dog in your old house. Perhaps you just need that unconditional love.

That's where Fairfax Pets on Wheels comes in. The volunteer organization brings dogs and cats to the elderly that wouldn't get to pet a dog otherwise.

Beginning in 1987, Kim Wilkerson started visiting people at nursing homes with her dog. The more she came, the more the nursing homes started noticing a change in residents. They asked her to come more and more, and she realized she couldn't do it on her own. She formed Fairfax Pets on Wheels to bring animals to the elderly.

Now, 23 years later, 250 to 300 volunteers visit the 12 facilities Fairfax Pets on Wheels serves with more than 8,000 hours of volunteer work.

"It makes their day, honestly, anytime I've

visited, I've had at least one resident that will say, this has been the highlight of my week," said Ruth Benker, director of communications and facility liaison at Illiff Nursing and Rehabilitation Center in Dunn Loring. "On some level, it's scary, I don't want to get old and be in a nursing home. It brings life into perspective."

As a nonprofit, Pets on Wheels is completely volunteer run and operates out of offices provided by Fairfax County. The owners of the dogs and cats go through five rounds of training, starting with an online application through the Fairfax Agency on Aging website to a test where the dog or cat is exposed to a "neutral" animal. If the pet does not react negatively, it's on to a visit to the vet to make sure the pet is healthy. Finally, the pet visits the nursing home of choice to be approved.

Kathi Baker, is the FPOW facility liaison at Cameron Glen Nursing Home in Reston. She and her dog, Abby, are responsible for orienting new volunteers there. Baker is also on our Board of Directors.

"Sometimes, the folks have become removed from their families and the staff because they are unhappy," Baker said, who also has a sheltie that regularly makes visits. "You can tell the difference in attitude almost immediately. Sometimes it's just a

little love that's needed."

Illiff is a relatively small home in comparison to the other homes Pets on Wheels Serves, but the result is the same.

"Nursing homes do the best they can to keep them busy, but this is completely different kind of busy," said Emily Atkinson, Illiff's activities director. She also serves as the volunteer coordinator for all the center's programs. "We can do bingo every day, but this is different. One of the regular dogs just passed away and a few residents were devastated. A lot of the residents had dogs growing up and since they can't have them here, this is the next best thing."

Get Involved

Where: Administrative offices are located in the Fairfax Area Agency on Aging, but trainings take place throughout the county. Volunteer work takes place in Commonwealth Care Center, Illiff Nursing Home, Leewood Healthcare Center, Mount Vernon Nursing Center, Sleepy Hollow Nursing Home and The Virginian, to name a few.

When: Visiting hours differ for each facility, but are generally Monday-Saturday, 10 a.m.- 6 p.m.

How: Visit FPOW.org, call 703-324-5406 or e-mail dfspetsonwheels@fairfaxcounty.gov for more information.

Why: Get involved with the community through a visit to a local nursing home with your pet.



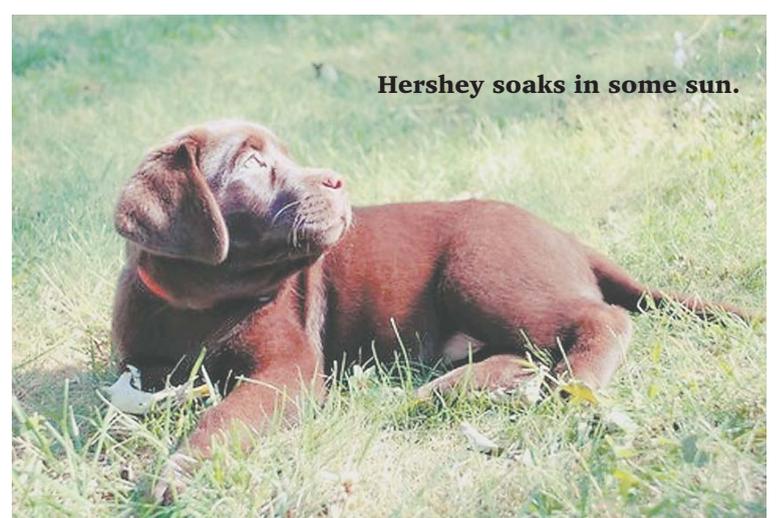
Kathi Baker and her dog Abby visit area nursing homes through Pets on Wheels.



Hershey eating her first snow!



Hershey in snow booties



Hershey soaks in some sun.

A Dog Named Hershey

Hershey is a purebred English Labrador retriever from Soundview Labradors in Pennsylvania. Hershey comes from a great line of champion Labradors. Her father, Sounder, was a Potomac Champion and her grandfather, Dickendall Arnold, was the world Labrador Champion in 1999. He was also the North American Champion for four straight years after that.

While Hershey comes from a line of show dogs, she is just a pet for us. Hershey was born on Aug. 10, 2010, and has been a bundle of joy and curiosity ever since. Being a Labrador, Hershey has taken to

training and is the star of her puppy kindergarten class.

Living in Burke Centre, Hershey is blessed with many friends, both human and canine. We feel so lucky to have these friends to help with Hershey's socialization. If you see us out, please come say hello.

Hershey would like to say hello to her friends, Lauren, Jessica, Derek and Jordan.

Vincent Circosta
Burke



Hershey and her best friend Tressel

PET CONNECTION



Jake Finds a Home

Jake, a gentle giant of a black and white cat, age 3 1/2, presently resides at the home of Cindy Stewart and Burrus Carnahan in Vienna. We have always adopted rescue cats from either the Fairfax County Animal Shelter or 4Paws Cat Rescue and have dearly loved each and everyone one.



Jake, a gentle giant of a black and white cat, age 3 1/2.

Last Fall, our household was down to an unacceptably low feline population, with only one white cat, who had a definite opinion that he ("Tacitus") should be the only cat. We consulted an animal behaviorist, Pamela Uncles, who expertly assessed our situation and we started to look for a cat that was laid-back, but not easily intimidated. Our search led us to the Humane Society of Fairfax County, where Jake had resided for 10 months. The wonderful staff and volunteers thought he would be the perfect match, and he indeed is, as one can see from the harmonious sharing of our cat condo.

— CINDY STEWART



The Carter Family shares a photo of their dog Coco.

BULLETIN BOARD

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

FRIDAY/FEB. 4

Movin' On To Middle School. 10 a.m. Dunn Loring Center for Parent Services, 2334 Gallows Road, Dunn Loring. Understand what to expect and learn strategies to help your child become a successful middle school student. Free. Register at www.fcps.edu/cco/prc/documents/MovinOntoMSflier.pdf.

SUNDAY/FEB. 6

Ostomy Support Group of Northern Virginia. 1:30 p.m. PCC Physicians Conference Center, Inova Fairfax Hospital, 3300 Gallows Road, Fairfax. With Martha Hammond CWOCN, on skin care issues. 703-802-3457 or www.ostomysupportofnova.org.

MONDAY/FEB. 7

Supervisor Cook Meeting on Safety along Burke Centre Parkway. 7:30 p.m. Terra Centre Elementary School, 6000 Burke Centre Parkway, Burke. A community meeting to discuss ideas related to improving safety along the Burke Centre Parkway, with Representatives from the Fairfax County Public Schools, Virginia Department of Motor Vehicles, Fairfax County Department of Transportation and the Fairfax County Police Department. Ryan.Kelly@fairfaxcounty.gov.

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ENTERTAINMENT

To have community events listed, send to south@connectionnewspapers.com or call 703-778-9416 with questions. Deadline for calendar listings is two weeks prior to event.

THURSDAY/FEB. 3

An Evening with Todd Wright and Cal Everett. 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.com.

FRIDAY/FEB. 4

Mark Morris Dance Group. 8 p.m. George Mason University Center for the Arts, 4400 University Drive, Fairfax. The D.C. area premiere of "Petrichor," set to the music of Heitor Villa-Lobos, plus "Going Away Party," "Silhouettes" and "Excursions." A pre-performance discussion, free to ticket holders, begins 45 minutes prior to the performance on the Center's Grand Tier III. Tickets \$22-\$44, available at 888-945-2468 or cfa.gmu.edu.

Ellis Paul. 7:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.com.

"My Mother's Italian, My Father's Jewish & I'm in Therapy" with Steve Solomon. 8 p.m. The Barns at Wolf Trap, 1645 Trap Road, Vienna. The hilarious story of a man whose family has driven him from the dinner table straight into the therapist's chair. \$30. www.wolftrap.org.

SATURDAY/FEB. 5

Mark Morris Dance Group. 8 p.m. George Mason University Center for the Arts, 4400 University Drive, Fairfax. The D.C. area premiere of

"Petrichor," set to the music of Heitor Villa-Lobos, plus "Going Away Party," "Silhouettes" and "Excursions." A pre-performance discussion, free to ticket holders, begins 45 minutes prior to the performance on the Center's Grand Tier III. Tickets \$22-\$44, available at 888-945-2468 or cfa.gmu.edu.

An Evening With The Nighthawks. 7 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.com.

Women's Fashions and Etiquette in the Civil War. 2 p.m. The Civil War Interpretive Center at Historic Blenheim, 3610 Old Lee Highway, Fairfax. A presentation by Amy Beechler, a re-enactor with the 17th Virginia Infantry living history organization. Free. 703-591-0560.

"My Mother's Italian, My Father's Jewish & I'm in Therapy" with Steve Solomon. 7:30 p.m. The Barns at Wolf Trap, 1645 Trap Road, Vienna. The hilarious story of a man whose family has driven him from the dinner table straight into the therapist's chair. \$30. www.wolftrap.org.

SUNDAY/FEB. 6

Super Bowl Viewing Party. 6 p.m. Jubilee Christian Center, 4650 Shirley Gate Road, Fairfax. Free food and beverages. 703-383-1170 or www.jccag.org.

Canadian Pianist Bryan Wagorn and the Capitol Wind Symphony. 2 p.m. Lanier Middle School, 3801 Jermantown Road, Fairfax. Stravinsky's Piano Concerto, Rimsky-Korsakov's Capriccio Espagnol, Salfelder's Cathedrals, Saint-Saen's Occident et Orient and more, conducted by George Etheridge. \$10 adults, \$5 children and students.

mmclover2009@gmail.com

MONDAY/FEB. 7

HelloGoodbye, Gold Motel, You Me and Everyone We Know and Now, Now Every Children. 7:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.com.

TUESDAY/FEB. 8

Cas Haley. 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.com.

WEDNESDAY/FEB. 9

Project/Object Featuring Ike Willis. 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.com.

"The War Comes to the Court House, Night of June 1, 1861." 7:30 p.m. Civil War Forum at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. With speakers Chris Godard as Lt. Col. Richard "Old Baldy" Ewell and David Meisky as Col. William "Extra Billy" Smith. Free and open to the public and is free. 703-425-9225. www.fairfax-station.org.

THURSDAY/FEB. 10

George Mason University's Theater of the First Amendment presents "24, 7, 365." 7 p.m. at the Atlas Performing Arts Center, 1333 H St. N.E., Washington, D.C. The world premiere of Jennifer L. Nelson's play putting educated African Americans' attitudes about race, class and social activism under a humorous microscope, as part of Intersections: A New America Arts Festival, opening

at the Atlas Arts Center on Feb. 25. www.atlasarts.org or 202-399-7993.

An Intimate Evening with SGGL. 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.com.

Artist's Reception. 7 p.m. Fairfax Old Town Hall, Second Floor Gallery, 3999 University Drive, Fairfax. Larry Oskin's Art Beautique Images collection. www.FairfaxArtLeague.net.

FRIDAY/FEB. 11

"Six Characters in Search of an Author." 8 p.m. at George Mason University Center for the Arts, 4400 University Drive, Fairfax. Luigi Pirandello's surrealist tragicomedy, presented by Aquila Theatre of New York City. Tickets \$17-\$34 at 888-945-2468 or cfa.gmu.edu.

Kid Architect CD Release, Attractions and Poly-Opto. 10 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.com.

Bachelors and Babes for Breast Cancer Fashion Show and Auction. 6 p.m. Waterford at Springfield, 6715 Commerce Street, Springfield. Fifty eligible "bachelors & babes," silent auction, raffle and more. \$25 advance, \$35 at the door, including food and two complimentary drinks. Proceeds benefit HANDS Inc. (Helping and Nurturing from Diagnosis to Survival), focusing on breast, cervical and ovarian cancer. 571-288-9662.

Connie Novak Book Signing: "Crossing the Line." 5-7 p.m. Barnes and Noble, 12193 Fair Lakes Promenade Drive, Fairfax. A memoir of 20 years as a Fairfax County Police Officer, written by the current Chief of Police of the Town of Warrenton. cnplus2@aol.com.

SATURDAY/FEB. 12

The Civil Wars and Lucy Schwartz at 7 p.m. and The Resistance, The Influence and Cerca Trova at 10 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.com.

Opole, the Philharmonic of Poland. 8 p.m. George Mason University Center for the Arts, 4400 University Drive, Fairfax. With Maestro Boguslaw Dawidow. Mozart's overture to "Die Zauberflöte" (The Magic Flute) and Beethoven's Symphony No. 3, "Eroica." Virtuoso Evgeni Mikhailov is joined by the orchestra for Piano Concerto in A minor, Op. 17 by Paderewski. Tickets \$25-\$50, available at 888-945-2468 or cfa.gmu.edu.

SUNDAY/FEB. 13

Pat Sommers Rockshop. 1:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.com.

All You Need Is Love 2: Jammin' Java's Songwriters' Circle, A Tribute To The Beatles & Love Songs. 7 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.com.

Valentine Blood Drive. 9 a.m.-4 p.m. Woods Community Center, 10100 Wards Grove Circle, Burke. Includes raffle and bake sale to benefit CureSearch, raising funds for childhood cancer research. Top prize is Redskins season tickets. Appointments available at 1-800-RED-CROSS, sponsor code 17053. www.friendsofsadie.org.

Author Patrick L. O'Neill. 2 p.m. Fairfax Museum and Visitor Center, 10209 Main St., Fairfax. The author and historian will sign and sell his book "Virginia's Presidential Homes." Free. 703-385-8414



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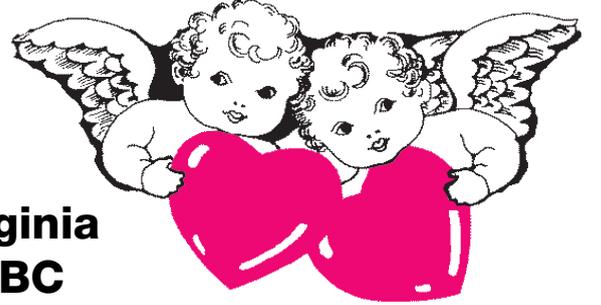
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At Old Keene Mill Road & Lee Chapel Road

Freedman's Double-Double Powers Bruins

Lake Braddock first region team since 2005 to win at T.C. Williams.

BY JON ROETMAN
THE CONNECTION

Lake Braddock senior Bob Freedman toed the free-throw line at T.C. Williams High School on Tuesday night, Feb. 1, for a pair of pressure-packed foul shots. The Bruins trailed 52-51 with 25.6 seconds remaining in the fourth quarter of the Patriot District showdown.

Burying both attempts would give Lake Braddock the lead and put the Bruins one step closer toward gaining ground on the first-place Titans. Lake Braddock could also become the first Northern Region team since 2005 to beat T.C. on its home floor.

Freedman had plenty of reasons to be overwhelmed by the moment. Instead, the Bruins center thought about his success at the free-throw line from the previous night and convinced himself he had nothing to worry about.

Against West Potomac, "I was 11-for-12, so I was just thinking, 'I can hit these,'" Freedman said. "I was confident. I knew we had the game when I got fouled."

Freedman made both attempts and the Bruins held on for a 56-52 victory at The Garden in Alexandria. Lake Braddock (10-8) has won six of its last seven

games and became the first Northern Region team to win a non-forfeited game at T.C. Williams since Edison knocked off the Titans 69-68 in December 2005.

The Bruins improved to 8-3 in the district, one game behind T.C. (14-4, 9-2), which has lost four of its last five. "It's great momentum heading into the district tournament and regionals," Freedman said. "I think this team has a lot of talent."

Freedman scored a game-high 24 points, grabbed 15 rebounds and blocked T.C.'s Daquan Kerman with Lake Braddock up by one and less than 20 seconds remaining.

Freedman had a "monster game," Lake Braddock head coach Brian Metress said. "He's been playing really well for us. The thing about him is he rebounds and he scores around the bucket and that's what [the Titans] do, so you've got to have a guy who can match what they do well and I thought he did a good job."

Did the coach request a big night from No. 32 prior to the game?

"We tell him we need that kind of effort from him every practice," Metress said with a chuckle.

T.C. Williams head coach Julian King acknowledged Freedman's performance, adding the Titans didn't do much to stop him.

"His motor's always running, he plays hard [and] he plays within [the] system of his team," King said. "He does his job. We have guys that went out there

SEE LAKE BRADDOCK, PAGE 13



PHOTO BY LOUISE KRAEFT/THE CONNECTION

Lake Braddock senior Bob Freedman scored 24 points and grabbed 15 rebounds during a win at T.C. Williams on Tuesday night.

Regular Season Wrapping Up in Girls' Basketball

Bruins looking for momentum; Spartans, Stallions continue to roll on.

BY RICH SANDERS
THE CONNECTION

For the Lake Braddock Secondary girls' basketball team, the hope is that the Bruins, who have struggled through a tough season, will gain some late season momentum and be playing at their best at the Patriot District Tournament in a couple of weeks.

Lake Braddock, going into this week, carried a 5-12 overall record. But the Bruins were scheduled to play a couple of opponents struggling worse than themselves this week in district games against visiting West Potomac (Wednesday, Feb. 2) and host team Lee this Friday night, Feb. 4. A couple of wins in those games would build some momentum for the Bruins going into the final week of the regular season.

The goal for Lake Braddock is to be playing its best basketball at the district tournament and to perhaps earn a first round quarterfinals upset win against one of the district's top teams. That would, along with

advancing the Bruins to the semifinals, also qualify them for the following week's 16-team Northern Region tournament.

"We are playing hard, but have lost some tough games over the past two weeks," said Lake Braddock head coach Leigh Kampman, of her team. "We're hoping to bounce back this week with a few wins."

Lake Braddock had lost recent games to two of the top teams in both the district and the region in falling to West Springfield, 63-41, at home last week on Tuesday, Jan. 25, and, earlier this week, losing to visiting T.C. Williams, 56-41, on Monday, Jan. 31.

In the loss to the Spartans last week, Lake Braddock, which trailed 16-8 after one quarter and 32-17 at halftime, received 10 points apiece from senior guard Maggie Collins and junior forward Cara Weidinger. Caroline Young, a senior forward, was the Bruins' next leading scorer with five points.

West Springfield (17-1 overall record, 11-0 district), meanwhile, received strong games from junior guard April Robinson (23

points) and junior forward Logan Battle (18). Other solid contributions came from freshmen forward Amy Berglund (9 points) and senior guard Muffin Brassfield (5).

Against T.C. Williams (12-7, 7-4) on Monday, Lake Braddock jumped out to a 10-8 lead after one quarter before the Titans dominated play in the second quarter, outscoring the Bruins, 22-8, to take a 30-18 lead into halftime. Lake Braddock played a good second half but was not able to overcome the deficit on way to the 15-point setback.

Senior forward Logan Russell led coach Kampman's squad with 13 points in the setback, while Collins and sophomore forward Natalie Butler scored nine and six points, respectively. For T.C., Lauren Moss tallied 16 points and Loraine Summa scored 14.

Kampman said her team is capable of defeating good opponents. It's simply a matter of playing a solid four quarters.

"Right now for us it's all about putting together 32 minutes," said the coach. "If we play our game from start to finish, we can compete with anyone."

Collins, a team captain, has emerged into the Bruins' leading scorer this season.

"She has knocked down some big shots for us," said Kampman.

Russell, a team co-captain, is the team's second leading scorer. She is also bringing down 5.5 rebounds per contest.

"She has been a dominant force in the paint," said Kampman, of Russell.

Playing particularly well of late is freshmen ball handler Allie Snow.

"She has really stepped it up for us at the point guard position," said Kampman. "She sees the floor well and has also been a great 'shut down' defender on some of the top players in our district."

Next week, Lake Braddock will wrap up the regular season with district games at South County on Tuesday, Feb. 8 and at home versus Annandale on Friday, Feb. 11.

The following week will see the Bruins start up play at the district tournament on Tuesday, Feb. 15.

"As far as the post season goes, our goal is to make the region tournament," said Kampman. "Our strategy for getting there is taking it one game at a time."

WEST SPRINGFIELD won its ninth straight game on Monday, Feb. 1, with a 65-22 district home win over Lee. Jordan Miller, a junior guard, scored 17 points for

SEE GIRLS', PAGE 13

SPORTS

Girls' Basketball Winds Down

FROM PAGE 12

the Spartans and Logan Battle had 14. Also for the winners, senior forward Nora Osei scored nine points and April Robinson had eight. For Lee (1-15), sophomore forward Megan Cox and senior guard Jessie Kolonich both scored seven points. Jasmine Thomas, a sophomore post player, added six.

West Springfield, which a year ago finished second in the region tournament and qualified for the state AAA tournament, has not lost a game since falling to Stonewall Jackson (Manassas), 52-49, during a holiday tournament outing on Dec. 29.

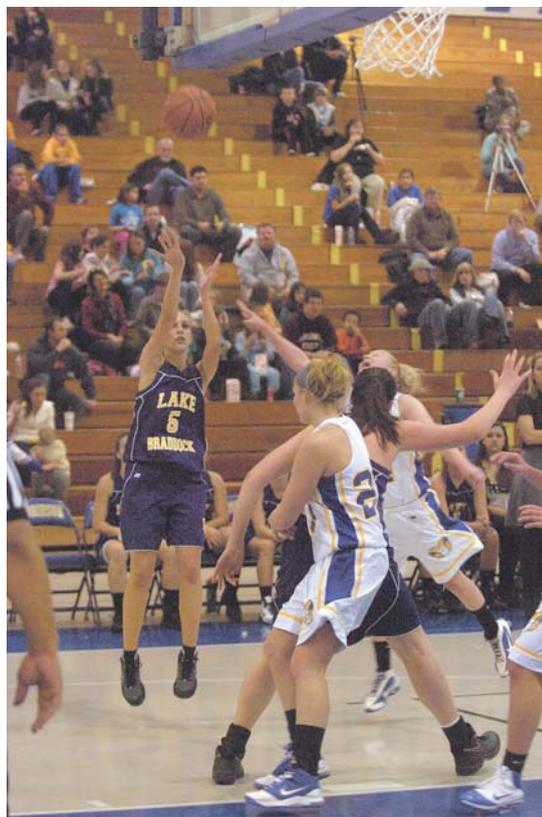
The Spartans, coached by Bill Gibson, are scheduled to host West Potomac this Friday night. Next week, West Springfield, the first place team in the Patriot District, will conclude the regular season schedule with games at Annandale, (Tuesday, Feb. 8) and guest team Woodson (Friday, Feb. 11).

Lee will be at home this Friday evening versus Lake Braddock. Next week, the Lancers will finish off the regular season schedule with games against host T.C. Williams (Feb. 8) and guest South County (Feb. 11).

SOUTH COUNTY (13-5 overall, 9-2 district) continues to have an outstanding season. The Stallions won a district game at Woodson earlier this week on Monday, Feb. 1 by a 62-46 score. South County, which jumped out to a 21-10 lead after one quarter, received a huge outing from Simone Antwi, who scored a game-high 25 points. Teammates Angela Banks and Alex Brown were also in double figures with 15 and 11 points, respectively.

Woodson's leading scorer was Keara Finnerty with 18 points. Taylor Hayes scored 12 points for the Cavaliers, who outscored the Stallions in both the second and third quarters before struggling through a fourth quarter in which South County outscored them 19 to 9.

South County will be at home this Friday night versus T.C. Williams. On Jan. 10, South County defeated home team T.C. in overtime, 60-58. Antwi



Hannah Aboulhosn (5), a junior guard for the Lake Braddock Bruins, takes her shot during a recent game. The Bruins will play at Lee this Friday night.

PHOTO BY LOUISE KRAFT/GAZETTE

scored 28 points that night for the Stallions, who will be looking to defeat the Titans again on Friday.

Next week, in the final week of the regular season, South County will host Lake Braddock on Tuesday, Feb. 8 before playing at Lee on Friday, Feb. 11.

Woodson (9-9, 5-6) will be at home versus Annandale this Friday night before wrapping up the regular season with games at West Potomac and West Springfield next week.

SPORTS NOTES

Lee Falls to Woodson, 81-58

David Johnson (4), a junior forward on the Lee High boys' basketball team, goes for the jump ball versus Woodson senior forward David Nosal during a Patriot District game played at Woodson on Jan. 25. The Cavaliers defeated the Lancers, 81-58. Woodson (11-8) is scheduled to play at Annandale on Thursday, Feb. 3, and Lee will be at Lake Braddock on Friday, Feb. 4.

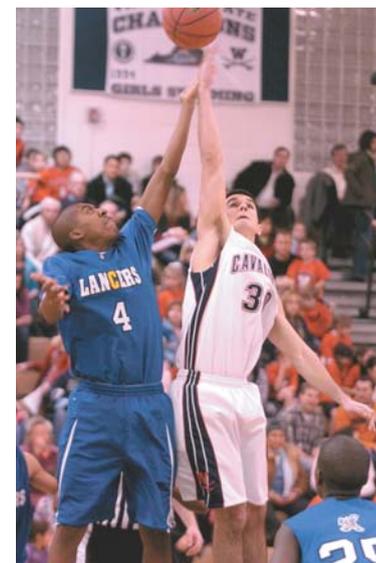


PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

District Swim and Dive Results

The W.T. Woodson High boys and the South County Secondary girls' swim and dive teams both captured titles at last weekend's Patriot District Championships meet.

The South County girls scored 405 points to take first, ahead of second place West Springfield (387) and third place Woodson (324.5).

The Woodson boys (490 points) finished in front of runner-up West Springfield (454) and third place Lake Braddock (380).

First place finishers at the boys' meet included: John McKenzie (200, 100-free races) of Lake Braddock; David Maquera (200-IM) of Lake Braddock; Logan Richlak (50-free) of Woodson; Michael Herrmann (100-fly) of South County; Nicolas Laffosse (500-free) of Lake Braddock; Robert Ilgenfritz (100-breaststroke) of Woodson; and Matt Hubbard (diving) of Woodson.

Second place boys' finishers were: Nicolas Laffosse (200-free) of Lake Braddock; Eric Phung (200-IM) of West Springfield; Matt Garstka (50-free) of West Springfield; Robert Ilgenfritz (100-free) of Woodson; Dirk Verheul (500-free) of Woodson; Michael Herrmann (100-back) of South County; and Nathaniel Pease (100-breaststroke) of Woodson.

Third place boys' finishers were: Dirk Verheul (200-free) of Woodson; Alexander Saffran (200-IM) of Woodson; Jacob Anderson (50-free) of West Springfield; Sean Mayer (100-fly) of West Springfield; Matt Maquera (100-free) of Lake Braddock; Eric Phung (500-free) of West Springfield; David Maquera (100-back) of Lake Braddock; William Bryan (100-breaststroke) of West Springfield; and Daniel Rabe (diving) of West Springfield.

First place finishers on the girls' side were: Alyssa McGarry (200-free) of Lake Braddock; Courtney Betro (100-free) of South County; Kathryn Sieracki (500-free) of West Springfield; Sophie Chase (100-breaststroke) of Lake Braddock; and Elizabeth White (diving) of Lake Braddock.

Second place finishers on the girls' side were: Alison Smith (200-free) of South County; Jordan Parry (100-fly) of Lake Braddock; Alexandra Hunter (100-free) of Lake Braddock; Alyssa McGarry (500-free) of Lake Braddock; Nha-Khuyen Bui (100-back) of Woodson; Brooke Malone (100-breaststroke) of South County; and Samantha Eldridge (diving) of Woodson.

Third place girls' finishers were: Kimberly Kellogg (200-free) of West Springfield; Mackenzie Walsh (200-IM) of South County; Stephanie Phillips (50-free) of South County; Lauren Yi (100-fly) of West Springfield; Samantha Kvartunas (100-free) of West Springfield; Alison Smith (500-free) of South County; Susan Ward (100-back) of West Springfield; and Alessandra Troncoso (100-breaststroke) of Lake Braddock.

Lake Braddock Tops T.C.

FROM PAGE 12

that didn't do their job."

T.C. led by nine in the fourth quarter, when a basket by Rick Mathews gave the Titans a 46-37 advantage with 6:45 remaining in the contest. Lake Braddock responded with nine consecutive points to tie the score and later took its first lead since the opening quarter when a Tyler Snow free throw gave the Bruins a 49-48 advantage with 2:50 to play. The teams traded baskets until Freedman's free throws put Lake Braddock ahead to stay.

The Titans led by as many as 11 in the first half but couldn't put the Bruins away.

"There were a couple times where they had their foot on our throat," Metress said, "and we didn't wilt."

Lake Braddock outscored T.C. 19-6 during the final 6:45. What was the difference?

"We rebounded," Metress said. "The six points they had were all on interior hook shots. Other than that, we limited them to one shot."

"There were a couple times where they had their foot on our throat."

— Brian Metress

Corey Bonds scored 12 points for Lake Braddock and Matt Zanellato added eight. Tyrell Sitton led T.C. with 11 points and Jamal Pullen added 10.

Metress said the Bruins have continued improving since team members who also play football transitioned to the hardwood after the Bruins' deep pigskin playoff run.

"I jokingly told somebody last week that our football guys haven't even had 10 practices yet," the coach said. "We haven't even practiced 10 times. That's like Boys Club: just show up for the game. It's just taken a little bit of time to kind of say, 'Well, this is what we want to run on offense, this is how we want to play on defense.'"

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COMMUNITY



Fast Food, Fast Cash

Stefany Meyer of Burke, local winner of the McCafé Scavenger Hunt, is accompanied by Ronald McDonald and McDonald's managers, from left, Sangappa Kori and Muhammad Farooq, as she poses with her \$1,000 in Arch Cards at the McDonald's on Old Keene Mill Road on Monday, Jan. 10.

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LETTERS

FROM PAGE 7

and collaboration that we must explore. Additionally, technology is emerging that will help our residents and corporate neighbors save money and precious natural resources as we heat and cool our homes and offices and operate machinery and tools.

During 2011, Fairfax County will be making innovation and collaboration for Energy that is clean, efficient, sustainable, secure and reliable a priority. At a Business Roundtable Discussion in December I presented a proposal to convene a Private Sector Energy Task Force. The Task Force is meeting throughout the winter and spring and includes representatives of the residential and business communities, institutional representatives such as George Mason University, Northern Virginia Community College, INOVA, and utilities operating in Fairfax County.

The group's purpose is to define steps our community can take to position ourselves as a leader in the area of energy efficiency, sustainability and "green" technology.

Fairfax County looks forward to collaborating with our neighboring jurisdiction in Northern Virginia where similar efforts are underway. Together we can ensure that our businesses remain competitive, while attracting green business to complement our existing industry sectors and serving as responsible stewards of our natural resources.

Sharon Bulova (D)

Chairwoman

Fairfax County Board of Supervisors

'Nothing Will Change'

To the Editor:

Most people may not consider what happens to their garbage after they put it on the curb, but in Fairfax County, it's used to generate electricity that's sold. We turn trash from something that's worthless into something that's worth \$26 million a year.

We now have an opportunity to buy the waste-to-energy plant that processes most of the trash collected in the county. This is a wise investment that won't cost a cent in tax dollars, reduces costs for the county, and generates money — \$26 million today and up to \$100 million in the future. This is why I am recommending to the Fairfax County Board of Supervisors that the county purchase the plant, which is currently owned and operated by Covanta Energy.

This is a significant investment, and it's important to ask tough questions about the purchase. The public and elected officials deserve an honest accounting of the costs and benefits. However, some who oppose the purchase have been repeating factually incorrect and misleading information. Here's what taxpayers should know about why buying the plant is the right decision:

- ❖ Not a single cent of tax money will be used to pay for the plant.

- ❖ The purchase will not affect the county's ability to fund schools, new fire and police stations, libraries, or other public facilities.

- ❖ It costs more to renew our contract with Covanta than it does to buy the plant — by a cost of \$110 million.

- ❖ We will get all the money generated from energy sales if we own the plant—up to \$100 million

COLLEGE NOTES

Antonio J. Olivieri of Burke was named to the president's list at James Madison University for the fall 2010 semester. Olivieri was previously inducted into the James Madison University Chapter of Phi Beta Kappa.

Alison D. Fram of Burke is among the 481 students who achieved the honor of dean's list for the fall 2010 semester at Mount St. Mary's University. Fram, a junior, achieved dean's list by maintaining a 3.4 or higher grade point

average. Fram is the daughter of Mr. and Mrs. Robert Fram.

Jonathan S. France, a resident of Burke, has earned a bachelor of science from Excelsior College.

per year in the future.

The plant won't be paid for with a single cent in tax dollars because the county will use revenue bonds to make the purchase. This means that these bonds are guaranteed by revenue collected from the fees that trash collection companies already pay the county. Revenue bonds also are not backed by the full faith and credit of the county. In other words, not a single cent of tax money will finance these bonds, and taxpayers won't be liable for one penny if we are unable to make our loan payments.

There's another important fact to understand. The purchase will have no affect on the county's stellar credit rating since revenue bonds aren't financed or guaranteed with tax money. For the same reason, these bonds will have no impact on the county's ability to pay for schools and new public facilities like fire and police stations.

Just as important to know, we believe it will cost \$100 million more to renew our contract with Covanta than to buy the plant. Based on our conservative analysis, the cost to buy and operate the plant is \$432 million compared to \$556 million to renew the contract. Why?

We pay Covanta now to dispose of garbage collected. We pay our bill from fees we charge trash collection companies, as well as our share of money generated from energy sales.

However, Covanta plans to hike its rates and reduce the profits shared with the county if we renew our contract with them. The fee they will charge the county will increase by 30 percent initially, with additional increases to 50 percent in the next few years. Covanta also will cut by 15 percent the money we receive from the energy sold by the plant. The bottom line is that it's more expensive to renew the contract than buy the plant.

County residents should benefit from the money produced by their own garbage. If the county owns the plant, we will receive 100 percent of the money from energy sales. In today's market, the energy sold is worth \$26 million per year. In the future, the plant is projected to generate up to \$100 million per year in energy sales. These revenues currently help pay for important services for residents, such as recycling, hazardous waste disposal, and recycling consumer electronics, batteries and fluorescent bulbs. Today, these services are provided without using tax dollars.

There's another factor to consider. Fairfax County might become the dumping ground for out-of-state garbage if we don't buy the plant. Covanta could decide to truck in trash from New York, New Jersey or Pennsylvania. As energy prices continue to rise, it's understandable that Covanta will want to maximize profits for its shareholders by trucking in more garbage. Fairfax County residents should control what happens at this plant, which is part of our community. If we aren't owners, we can't control what might happen to the plant and our community.

The bottom line is that buying the plant is the best deal for county residents. If the county owns the plant, garbage will still continue to be collected and disposed of as it always has been. Nothing will change — except that the county will have more control over what happens at the plant, pay less for trash disposal, and generate more money for county services.

Anthony H. Griffin
Fairfax County Executive

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judgment is
better than
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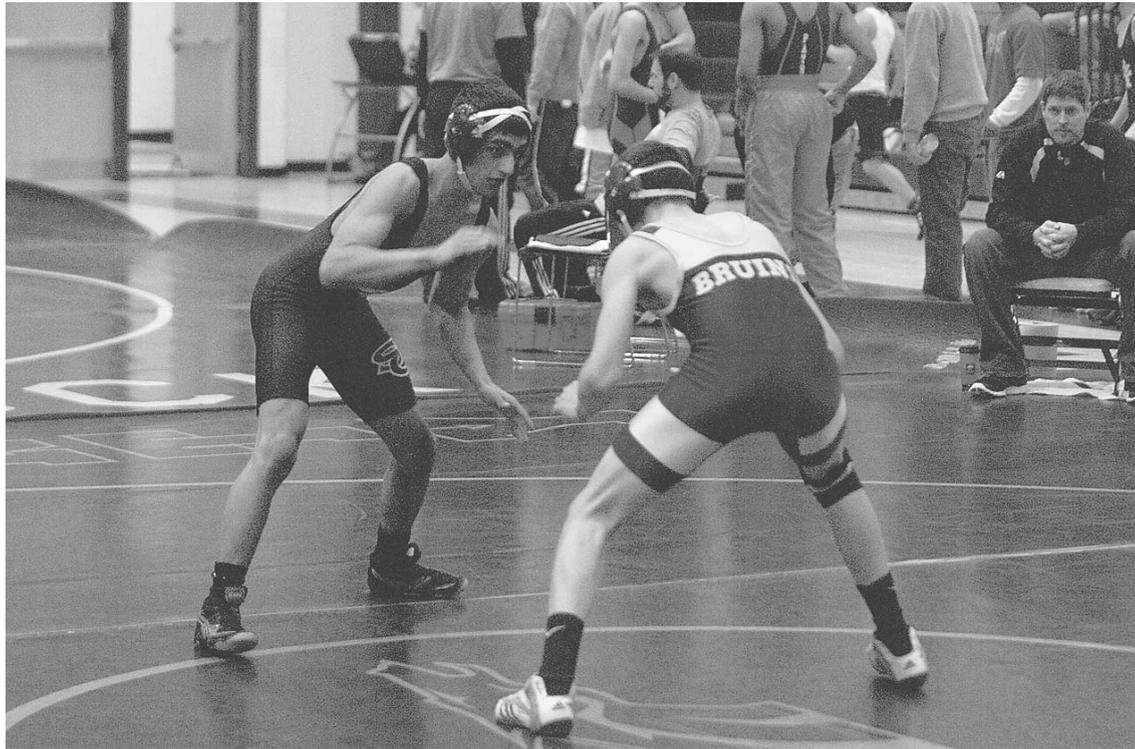
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SPORTS

Sophomore Renzi Leads Bruins into Districts

Lake Braddock finishes 2-2 during district tune-up.



Lake Braddock finished 2-2 during a dual meet on Jan. 29 at South County Secondary School.

Three days of inclement weather and cancelled practices provided wrestlers an opportunity for laziness prior to a Jan. 29 dual meet at South County Secondary School.

Lake Braddock sophomore Rory Renzi had other ideas. "Since we didn't have practice, I went up to Gold's Gym [and] did a little cardio workout," Renzi said. "[I] got my condition where it's supposed to be at and then felt good today."

The 135-pounder went 4-0 on Saturday, improving his season record to 28-2. After finishing fourth in the Northern Region and fifth in the state as a freshman, Renzi enters his second prep postseason wrestling at a high level.

"He's been wrestling for a long time," Lake Braddock head coach Scott Matheny said. "He's quick. He understands all the motion involved. He's got great hips [and] he's very fluid."

Matheny said the time away from practice could be a good thing for the Bruins, allowing their bodies to recuperate. On Saturday, the team went 2-2, defeating Gar-Field and Thomas Jefferson and losing to South Lakes and South County. Lake Braddock will compete in the Patriot District tournament on Feb. 4 and 5 and Annandale High School. Action begins on Friday, at 4 p.m., and Saturday, at 10 a.m.

"Individually, everybody's going to strive to be a district champion and let the team stuff take care of itself," Matheny said. "We're really strong in some weight classes and really inexperienced in some others. I try to put it on the individuals: just worry about yourself. Don't worry about a team score. Let that work itself out."

Matheny said Jake Sage (140 pounds) and Cory Smith (171) are also wrestling well heading into districts.

"Jake's gotten very aggressive, gotten very physical," the coach said. "He's starting to really bang around and move around. Cory has come a long way. He's a lot stronger than a lot of his opponents."

— JON ROETMAN

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21 Announcements

21 Announcements

PUBLIC NOTICE

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RESTORATION ADVISORY BOARD

AT US ARMY GARRISON FORT BELVOIR

In accordance with 10 USC §2705 and Department of Defense (DoD)/ Army policy, Fort Belvoir is inviting public involvement by community members in the decision-making process, including project prioritization, for Fort Belvoir's environmental restoration program. Environmental restoration is a planned and focused cleanup of contamination associated with past DoD activities to insure threats to public health and the environment are eliminated. The Restoration Advisory Board (RAB) is a stakeholder group that regularly meets to discuss environmental restoration at a specific property that is either currently or was formerly owned by DoD, and where DoD oversees the restoration process. RABs enable people interested in the cleanup to exchange information with regulators, the installation, and the community.

Cleanup efforts at Fort Belvoir include evaluation of Munitions Response Sites (MRS), Solid Waste Management Unit (SWMU) investigations, and petroleum remediation.

Remedial Investigations (RI) are being conducted at 8 MRSs to determine whether these sites warrant further response action pursuant to the Comprehensive Environmental Response, Compensation and Liability Act of 1980 (CERCLA). The RI will determine the nature and extent of Munitions and Explosives of Concern (MEC) and Munitions Constituents (MC) and determine the risk posed to human health and the environment by MEC and MC.

SWMU investigations, in accordance with United States Environmental Protection Agency and Virginia Department of Environmental Quality (VDEQ) requirements, were performed at 50 Main Post sites and over 30 sites at Fort Belvoir North Area (BNA) consisting of former spill, dump, and landfill sites. Investigations included soil and groundwater sampling. At Main Post, 14 sites plus a former tank area will be investigated further. Three other Main Post sites and 6 BNA sites may also require further action.

Fort Belvoir Buildings 305, 324, 1124, 2209 and 3161 are the five petroleum remediation sites under the RAB. Site remediation at Buildings 324, 1124, 2209 and 3161 consists of groundwater, soils and vapor treatment to reach remedial endpoints that are required in Corrective Action Plans approved by the VDEQ. The remediation at Building 305 is complete and post-operational gauging and sampling is occurring at that site at this time.

Community members interested in serving on a RAB are asked to contact Mr. Patrick McLaughlin, Directorate of Public Works, Environmental and Natural Resources Division, at environmental-fb-dpw@conus.army.mil, 703-806-4007, or 9430 Jackson Loop, Building 1442, Suite 200, Fort Belvoir, VA 22060-5116. If enough interest is generated Fort Belvoir will form a RAB and provide information on membership and responsibilities.

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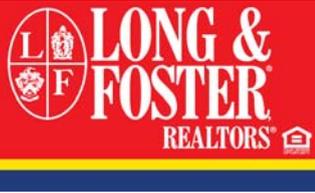


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