

Fairfax Station ♦ Clifton ♦ Lorton

# CONNECTION

Bailey Himeon of Leesburg meets Miles,  
a member of the Animal Assisted Care  
Program at Inova Fairfax Hospital.

# Canine Therapy

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Winter Fun?  
Not on Roads

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Double,  
Double for  
Lake Braddock

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PHOTO BY DEB COBB/THE CONNECTION



# PET CONNECTION

FEBRUARY 3-9, 2011

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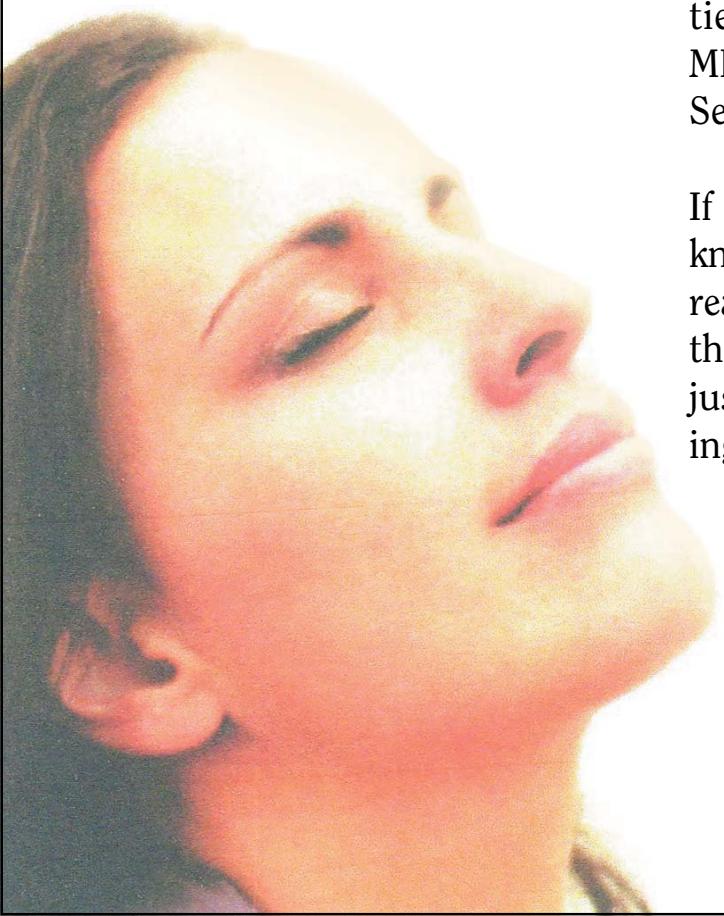
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## What is Sedation Dentistry?

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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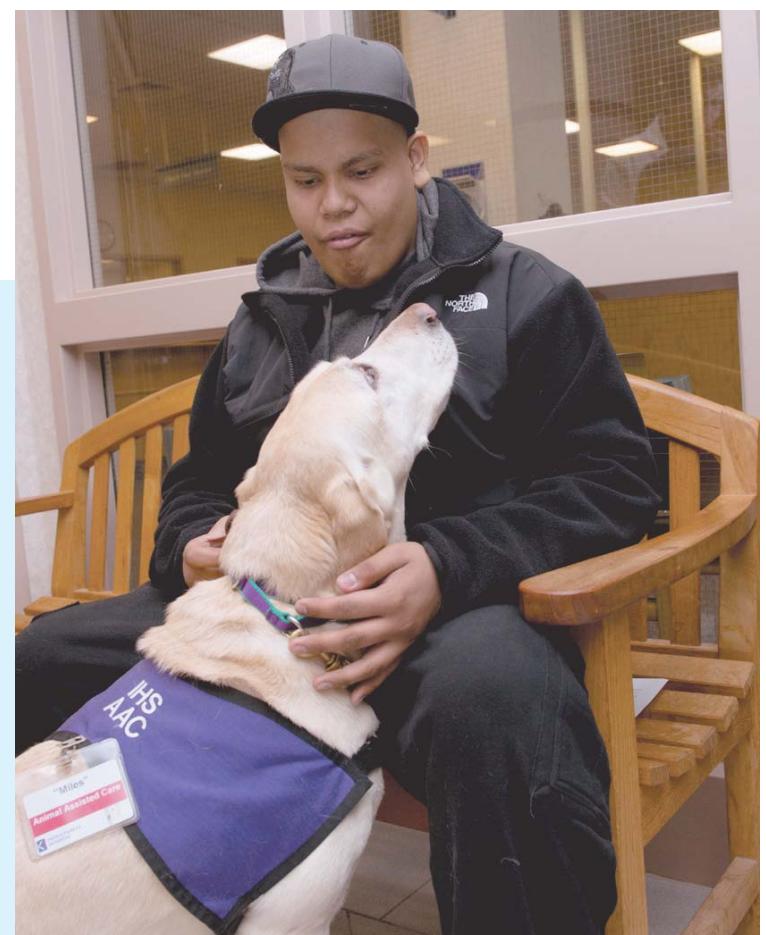
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# PET CONNECTION



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

## NEWS BRIEFS

### Police Seek Help Identifying Abduction Suspect

Fairfax County Police are seeking the public's help in identifying the suspect who they say abducted a 20-year-old Lorton woman.

According to a police release, the victim reported that she was pulled into a vehicle and taken to Prince William County on Wednesday, Jan. 12, around 3:20 p.m.

The woman told police that she was walking southbound along Route

1 toward a shopping center near Woodside Lane when a man yelled at her from a passing vehicle. After the victim approached the passenger side of the vehicle, she said that the man leaned over, opened the door and pulled her inside.

As the suspect drove southbound on Route 1, he fondled the woman. After entering Woodbridge, the victim was able to flee the car and run to nearby East Longview Drive, where a woman nearby assisted her and called for help. The suspect drove away.

According to the release, the suspect is described as black and between 30 and 39 years of age. He was also described as tall and having a medium build. The vehicle was described as a dark, four door sedan. Police are also trying to locate the woman who helped the victim; she was described as a bilingual Hispanic woman.

Anyone with information is asked to contact Crime Solvers by phone at 1-866-411-TIPS/8477, e-mail at [www.fairfaxcrimesolvers.org](http://www.fairfaxcrimesolvers.org) or text "TIP187" plus a message to CRIMES/274637 or call Fairfax County Police at 703-691-2131.



Police released this composite sketch of a man they say abducted a Lorton woman.

### Corrections

Two recent stories about the Clifton Homes Tour — "Holidays Begin with Clifton Homes Tour" [Connection, Nov. 18-24, 2010] and "Clifton by Candlelight" [Connection, Nov. 25-Dec. 1, 2010] — contained incorrect information. The correct information is as follows:

- ❖ Will Richards built the Red Gables.
- ❖ Ruel "Scobie" Fugett moved to Clifton as an adult when he married Catherine Detwiler. Fugett was not a direct relation to anyone in Clifton. They lived in the house across from the Randolph Buckley Park, now known as King's Field.
- ❖ The Ford family owned a general store across the street from the Buckley Brothers Store where the Heart in Hand Restaurant is today. D.W. Buckley and his brother R.R. Buckley owned Buckley Brothers Store.

### Romano Pleads Guilty

Slated to stand trial on a charge of felony unlawful wounding, a Fairfax Station man instead pleaded guilty last week in Fairfax County Circuit Court. He is Ray Romano of the 10400 block of Karmich Court.

In an Aug. 5, 2010 affidavit for a warrant to search Romano's residence for possible evidence, Det. Eric Deane

SEE NEWS, PAGE 5

## NEWS

### Snowstorm Creates Gridlock

Outbound travelers were trapped in their vehicles for hours on Jan. 26.

BY JULIA O'DONOGHUE  
THE CONNECTION

**O**n Jan. 26, Bernie Grimm left his downtown office to go home at 4:25 p.m., a little early side for the defense attorney who lives in Great Falls.

He assumed the commute from his I Street building would take longer than the typical 35 minutes, since the snow had already started falling. During previous bad weather, Grimm's drive had stretched out to approximately one hour, he said.

Unfortunately, this trip home was unlike any other he had ever taken and Grimm didn't walk through the front door of his house until 5:30 the next morning, about 13 hours after he had gotten into his car to come home.

Like many other commuters that Wednesday night, he had to endure several hours of just sitting in the driver's seat of his car, waiting for traffic to start moving again, before he reached his destination.

"I sat in the exact same spot on the [George Washington] Parkway for over two hours.

... When we got to move 10 feet all at once, we all yelled 'yay' and cheered," said Grimm.

#### THE GEORGE WASHINGTON PARKWAY

Parkway has very few exits west of the Key Bridge so any accident or other type of blockage can cause a lengthy back up. In this case, Grimm said the initial problem was that the parkway's exit to Route 123 had frozen over and several cars were having a difficult time getting up the ramp on their own. For the most part, two men were providing the extra push vehicles needed to scale the incline but it was a slow-going process, he said.

Other frustrated commuters called on loved ones to come pick them up from the snowy bank on opposite side of the parkway, where traffic southbound was free flowing, Grimm said. One guy who came to pick up his girlfriend handed Grimm about 30 Powerbars, which Grimm passed around to other stranded drivers.

Several people rather out of gas or grew so irritated that they just abandoned their cars altogether, often without pulling off onto a shoulder, said Grimm.

"I have only ever seen this in Washington. ... When people panic and something goes wrong, Washingtonians just leave their cars. They abandon their cars in the slow lane, in the fast lane. It doesn't seem to matter to them," said Grimm, who added that the abandoned cars exacerbated the traffic jam significantly.

At one point, he considered purposefully hitting a Porsche that had been vacated in the middle of Route 267 and was causing almost all of the cars in front of him to slow down.

"I did get a lot of work done on my BlackBerry. I had nothing else to do," said Grimm, whose home had lost power and was chilly by the time he got home. A tree had also toppled over into his driveway, said the lawyer.

"Thirteen hours. That must be a world record," said Grimm, who added that, even on Sept. 11, 2001, he was able to get home in three to four hours from downtown Washington.

Many elected officials said a large part of last week's snowstorm woes were unavoidable, including Wednesday's epic commute home for many Northern Virginia residents.

"I have lived here since 1966 and I have never seen anything like this. It has never been this bad before," said Fairfax County Chairwoman Sharon Bulova (D-At-large).

In preparation for the snow, the Virginia Department of Transportation had pretreated the roads the night before but rain early on Wednesday washed almost all the chemicals off the roads before the heavy snow started to fall in the afternoon, said Foust.

Trucks did not have hours between the end of the rainfall and the start of the snowstorm to treat roads, even major thoroughfares properly. Plus, there was already a significant amount of traffic on the streets by the time they tried to relay the treatment, said Foust.

Unfortunately, plows also had a difficult time getting around because of the heavy traffic, he added.

"The plows just couldn't do anything to help," said Foust, who stayed at his office just outside of Tysons Corner in McLean until 8 p.m., waiting for the traffic along Route 123 to ease up. Foust decided to walk home eventually when his building lost power and the roads outside his window still looked like parking lots.

Since the snow that fell was very dense, it knocked more power lines and toppled more trees than normal, though Foust

said Dominion Power was fairly efficient about getting service up and running for locals as soon as possible.

"Dominion did a very good job. They had brought extra resources up here in advance and were prepared," said Foust.

Bulova added that the thick snow made it difficult for people to see while driving, which probably contributed to people abandoning their cars in the middle of the road.

"When I came out of Wegman's, it was just like a total white-out here. It just changed so quickly," said Bulova, who only lives about a mile from her office at the county government center and had a fairly easy commute home by comparison.

Both Bulova and Foust said the response of Virginia transportation officials and Dominion was vastly better this around when compared to the snowstorm of February 2010.

"We have come a long way from last year in terms of improving the snow plowing process and restoring power," said Foust, who held several public meetings about how improve local response to snowstorms following last year's blizzard in February.

**QUESTIONS** remain about whether the federal government could have handled its dismissal that day differently and how much impact that might have had on the drive home.

"There is one thing I want to know. The federal government, in letting everyone out two hours early, put lots of people on the road at the time. Why didn't they stagger the dismissal?" said U.S. Rep. Gerry Connolly (D-11).

SEE LONG ROAD, PAGE 12

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# NEWS

FROM PAGE 4

of the Criminal Investigations Bureau explained the criminal case against him. On that date, wrote the detective, Romano and another man got into a fight in front of Romano's home.

The grand jury indicted him, Oct. 18, 2010, and he was scheduled for a jury trial, last Monday, Jan. 24. Instead, he entered a guilty plea before Judge Jane Roush, who accepted it and then set his sentencing for March 18.

## Blood Donations Urgently Needed

It's tough enough for blood banks to get people to donate blood, in the best of circumstances. But last week's snowstorm prevented many donors from being able to do so — thereby dealing a devastating blow to all those who depend on these donations to help keep them alive.

One of these people counting on the generosity of blood donors is Clifton's Nick Franca. Just 21, he's battling neuroblastoma — a cancer requiring him to receive regular infusions of blood and platelets. But local supplies are dangerously low, so his mother, Caryn Franca, is pleading with area residents to help.

"The Red Cross platelet-donor coordinator in Fairfax said the shortage of blood and platelets in this area is at a critical level," said Franca. "So I'm asking people if they can take two hours out of their day to pass on the gift they have to those that don't."

"Not just for Nick, but for all the cancer fighters in our area who may need these precious platelets in the coming weeks," she said. "Become a regular donor; call Lori at 1-800-272-2123. You can donate in Fairfax; get directions at [www.redcross.org](http://www.redcross.org). Tell Lori you are friends of Nick Franca, because I have a feeling we are going to rock the blood-donation world with all your generosity."

"It is an ongoing service to humanity to just become a regular donor," said Caryn Franca. "It is a unique feeling to know that you really will make a difference in someone's life by taking a little time out of yours. I can donate every two weeks, and I will. Wherever you live, think about it as something to start incorporating into a pay-it-forward kind of life. You will feel good about it."

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

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

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

## What are the benefits of Waterlase® dentistry?

### ■ Patient Comfort

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

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

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

### ■ Sterilization

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

### ■ Great for Teenagers

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

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

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

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

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



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# OPINION

## Making One's Own Pet Connection

We love our pets, but millions more need homes.

**A**re 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.

## Super Bowl Parties, Fun and Safe

**T**his 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 Administra-

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

## Some Places To Adopt

**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](http://www.fairfaxcounty.gov/police/animal/adoption.htm)

**Fairfax County Humane Society,** [www.hsfcc.org](http://www.hsfcc.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

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 MARDEN  
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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# NEWS

## String of 20 Home Burglaries

Fairfax County Police detectives are investigating the possibility 20 burglary cases across three police districts may be linked, according to a department release.

Police detectives asking residents to be alert to suspicious activity in their neighborhoods. Most recently, four incidents took place on Saturday, Jan. 29 in the Fairfax Station area.

In previous burglaries, thieves have forced open doors of unoccupied homes, usually between 5-7 p.m. The thieves have taken small, easily concealed items from the homes. According to the release, the cases appear to have begun on Nov. 13, 2010 and have occurred in the West Springfield, Mason and McLean Police Districts.

Citizens are encouraged to contact police if they spot suspicious vehicles or individuals in their neighborhood.

Police are asking that anyone with information contact Crime Solvers by phone at 1-866-411-TIPS/8477, e-mail at [www.fairfaxcrimesolvers.org](http://www.fairfaxcrimesolvers.org).

**Community Input Meeting**  
Visioning the Future of Occoquan Regional Park

**When:** Thursday February 10, 2011 @ 7 P.M.  
**Where:** Workhouse Arts Center (Building # 16)  
9601 Ox Road, Lorton, Virginia 22079

**What:** The Northern Virginia Regional Park Authority (NVRPA) has operated Occoquan Regional Park since the late 1970's. With a new long-term lease, NVRPA is starting the process of re-visioning what this park can be and how it can best enhance the region over the next 30 years and beyond.

Dr. Laurie Harmon of the George Mason University's Program on Parks, Recreation and Leisure Studies will lead the group in thinking about how this great park property can serve the public in the future.

**Directions:**

**From Washington, D.C./Northern Virginia**

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- Continue to follow VA-123 N
- The Workhouse Arts Center is on the right before the intersection of Rte.123/Ox Rd. and Lorton Road

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# Dogs, Cats Visit Local Senior Friends

**Pets on Wheels brings furry friends to area nursing homes.**



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

BY LISA GILLESPIE  
THE CONNECTION

**L**ife 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.

# Eastern Medicine Goes to the Dogs

**A handful of local veterinarians practice animal acupuncture.**

BY JULIA O'DONOUGHE  
THE CONNECTION

**T**he rural communities of Clifton and Great Falls have one certified acupuncturist apiece. Unfortunately, neither of the doctors works on humans.

Maureen McIntyre and Anne Garrod are veterinarians with special certification from the International Veterinary Acupuncture Society.

McIntyre, whose practice is called Holistic Veterinary Health, was one of the first local veterinarians to be certified in acupuncture treatment back in 1994. She works mostly with dogs, cats and horses and specializes in using osteopathy, homeopathy and chiropractic services.

Garrod has been using acupuncture through the Great Falls animal hospital since 1998. She is also studying homeopathy for animals and generally interested in "alternative" medicine. Garrod enjoys treating small mammals, reptiles and birds in addition to dogs and cats, according to the

hospital's website.

Veterinary Assistant Tracy Kiser said Garrod's acupuncture services have always been a draw for the Great Falls Animal Hospital. The treat has been known to improve an animal's arthritis, skin, respiratory system, intestinal tract, reproductive organs and nervous system.

"We have patients who go to other practices for all their own veterinary needs and still come here so their pets can get acupuncture," said Kiser.

Local interest in acupuncture treatment for pets has only grown since Garrod and McIntyre starting using it in the 1990s.

At least 10 Fairfax County animal hospitals and clinics offer veterinary services, in addition to a handful of doctors that offer the service in Arlington County and the City of Alexandria.

Veterinarian Alissa Rexo's 2008 certification acupuncture for dogs and cats has attracted new business to the Deepwood Veterinary Clinic in Centreville, said Maria Organ, the hospital's director.

## Animal Acupuncture Locations

The following animal hospitals and clinics have a person on staff that is trained to do acupuncture on animals, according to veterinary websites.

### ◆ Centreville Animal Hospital

13663 Lee Highway  
Centreville  
703-829-7893

### ◆ Deepwood Veterinary Clinic

7300 Ordway Road  
Centreville  
703-631-9133

### ◆ Family Veterinary Hospital of Stone Ridge

24650 South Point Drive  
Chantilly Va.  
703-327-8425

### ◆ Great Falls Animal Hospital

10125 Colvin Run Road  
Great Falls  
703-759-2330

### ◆ Holistic Veterinary Health

12700 Chapel Road  
Clifton  
703-449-9144

### ◆ Pet Lovers Animal Hospital

10696 Lee Highway  
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703-691-2873

### ◆ Singing Stones Animal Wellness Centre

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According to Organ, pet owners usually seek acupuncture services when their pet has a pain management problem, like a degenerative joint disease.

Organ remembers seeing one dog, who looked like he wouldn't live for more than a few more days, bounce back after acupuncture treatment. He went on to live several more years, she said.

"In some cases, it can help with male reproduction and psychological issues. It bal-

ances energy in the body," said Organ.

While animal acupuncture isn't unique to Fairfax, the Washington Metropolitan region does tend to a deeper pool of animal health care specialists than other parts of the country, said veterinarian David Hunter who works at the Commonwealth Animal Hospital in the City of Fairfax. "We have people who specialize in cardiology, neurology and internal medicine here. There are an awful lot of specialists," said Hunter.

# ENTERTAINMENT

Send notes to the Connection at [south@connectionnewspapers.com](mailto: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

**Lynch Mob, Willie Basse, Baby Jayne, Kneel to Zod and More.** 8 p.m. Jaxx Nightclub, 6355 Rolling Road, Springfield. Age 21 and up. \$17 advance, \$20 at the door. [www.Jaxxroxx.com](http://www.Jaxxroxx.com).

**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](http://cfa.gmu.edu).

## SATURDAY/FEB. 5

**A Life Once Lost, This Time It's War, Delusions and More.** 4 p.m. Jaxx Nightclub, 6355 Rolling Road, Springfield. \$12 advance, \$15 at the door. [www.Jaxxroxx.com](http://www.Jaxxroxx.com).

**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](http://cfa.gmu.edu).

**Forget-Me-Not Benefit Show.** 7 p.m. West Springfield High School Auditorium, 6100 Rolling Road, Springfield. Enjoy a variety of entertainment while supporting research for Alzheimer's Disease. Appropriate for all ages. \$7. [pmlagerb@msn.com](mailto:pmlagerb@msn.com).

## Family Financial Education Classes.

9 a.m. Kirkwood Presbyterian Church, 8336 Carrleigh Parkway, Springfield. Money matters, investments and savings. Free, including classes for K-12. 703-451-5320.

## U. S. Navy Band "Windjammers."

7:30 p.m. Workhouse Art Center, 9601 Ox Road, Lorton. Performing a varied repertoire dating from the 18th to the 20th centuries. Free. [www.WorkhouseArts.org](http://www.WorkhouseArts.org).

## WEDNESDAY/FEB. 9

### "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. 703-425-9225. [www.fairfax-station.org](http://www.fairfax-station.org).

### Forget-Me-Not Benefit Show.

7 p.m. West Springfield High School Auditorium, 6100 Rolling Road, Springfield. Enjoy a variety of entertainment while supporting research for Alzheimer's Disease. Appropriate for all ages. \$7. [pmlagerb@msn.com](mailto:pmlagerb@msn.com).

## 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 surrealistic tragicomedy, presented by Aquila Theatre of New York City. Tickets \$17-\$34 at 888-945-2468 or [cfa.gmu.edu](http://cfa.gmu.edu).

**III Nino, A New Revolution, Fashion Bomb, EkoTren and**

**more.** 6 p.m. Jaxx Nightclub, 6355 Rolling Road, Springfield. All ages. \$16 advance, \$19 day of show. [www.Jaxxroxx.com](http://www.Jaxxroxx.com).

## SATURDAY/FEB. 12

### 2nd Saturday Art Walk.

6-9 p.m. Workhouse Art Center, 9601 Ox Road, Lorton. Meet each building's featured artist, a reception in W-16 from 6-7 p.m. and more. [www.WorkhouseArts.org](http://www.WorkhouseArts.org).

### Oldies But Goodies (OBG) Cocker Spaniel Rescue.

11 a.m.-2 p.m. Springfield PetSmart, 6535 Frontier Drive, Springfield. Meet cockers of all ages available for adoption. All dogs are spayed or neutered. Volunteers will be available to help potential adopters and answer any questions on the dogs. [www.cockerspanielrescue.com](http://www.cockerspanielrescue.com) or 703-533-2373.

### 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](http://cfa.gmu.edu).

### Valentine's Day at the Workhouse.

Workhouse Art Center, 9601 Ox Road, Lorton. Reception and ballroom dancing begin at 6 p.m., workshops in glass, ceramics, fiber arts and painting in classrooms onsite 7:30 p.m. Hors d'oeuvres and cash bar. Dress code is casual. \$20 per couple. To learn more, go to [www.WorkhouseArts.org](http://www.WorkhouseArts.org).



'Hope,' acrylic, by Songmi Park

## Belnavis Hosts Exhibit, Fund Raiser

Belnavis Art Gallery is hosting the exhibit Hope for Haiti to raise money for the Lazarus Project, Haiti. This show will feature art by various P.O.P. Artists, Haitian Artists, art about Haiti and art donated to raise funds for the Lazarus Project, Haiti. The participating artists and the Belnavis Gallery will donate proceeds from the sale of selected art to [www.LazarusProjectHaiti.org](http://www.LazarusProjectHaiti.org).

The exhibit runs Feb. 2-27, at the gallery, which is located at 6208 Rolling Road, Springfield. A reception takes place on Feb. 13, from 1:30-4 p.m. For more about the gallery, go to [www.belnavisartgallery.com](http://www.belnavisartgallery.com).

# HOECOMING!

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# 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

**"I was confident. I knew we had the game when I got fouled."**

—Lake Braddock senior Bob Freedman

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 II

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."



PHOTO BY LOUISE KRAFT/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, 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 freshman 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."

**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.

SEE GIRLS', PAGE II

## SPORTS

# Girls' Basketball Winds Down

FROM PAGE 10

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 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.

## Lake Braddock Stuns T.C.

FROM PAGE 10

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."

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.

## OPEN HOUSES SAT./SUN. FEB 5 & 6



**10945 Rice Field Place, Fairfax Station • \$995,000 • Open Sunday 1-4**  
**Monica Adams, RE/MAX, 703-434-9400**

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](http://www.ConnectionNewspapers.com) and click the Real Estate links on the right side.

**Call Specific Agents to Confirm Dates & Times.** 

### Fairfax Station

9328 Hallston Ct.....\$659,750.....Sun 1-4.....Steve Childress.....Long & Foster.....703-981-3277
10945 Rice Field Pl.....\$995,000.....Sun 1-4.....Monica Adams.....RE/MAX.....703-434-9400

### Lorton

9054 John Sutherland La.....\$799,000.....Sat 1-5.....John McNamara.....TTR Sotheby's Int'l.....703-395-2908
9043 John Sutherland La.....\$999,900.....Sat 1-5.....John McNamara.....TTR Sotheby's Int'l.....703-395-2908
9684 Alexandra Nicole Dr.....\$1,149,000.....Sat 1-5.....John McNamara.....TTR Sotheby's Int'l.....703-395-2908

### Burke

6616 Bestwicke Ct.....\$449,900.....Sun 1-4.....Ashley O'Brien.....RE/MAX.....571-332-1816
--

### Springfield

8331 Brookvale Ct.....\$200,000.....Sun 1-4.....Kathy Peters.....Long & Foster.....703-915-2165
7514 June St.....\$369,000.....Sun 12-3.....Linda Brack.....Long & Foster.....571-277-6338
7906 Greeley Blvd.....\$449,000.....Sun 12-4.....Gil Clark.....Clark Select Prop.....703-288-9611

### Fairfax

12142 Wedgeway Ct.....\$331,000.....Sun 1-5.....Wei Williams.....Premiere Realty.....703-748-0001
11711 Tumbrel Ct #1.....\$355,000.....Sun 1-4.....Judy De Sio.....Weichert.....703-934-0400
12504 Sweet Leaf Ter.....\$400,000.....Sun 12-3.....Mary Ann Bendinelli.....Weichert.....703-368-6677
5222 Concordia St.....\$494,500.....Sun 1-4.....Malihe Karimi.....Weichert.....703-759-6300
9531 Jomar Dr.....\$499,900.....Sun 1-4.....Gayle Bailey.....The Bailey Team.....703-350-2955
4793 Tapestry Dr.....\$500,000.....Sun 1-4.....Mary Hovland.....Long & Foster.....703-425-8000
4295 Birney Ln.....\$575,000.....Sun 1-4.....Deb Frank.....RE/MAX.....703-915-3644
5844 Robeys Meadow Ln.....\$1,090,000.....Sun 12-4.....Lola LeCraw.....Weichert.....703-354-7200

To add your Realtor represented Open House to these weekly listings, please call Steve Hogan at 703-778-9418 or E-Mail the info to [shogan@connectionnewspapers.com](mailto:shogan@connectionnewspapers.com) All listings due by Tuesday at 3 pm.

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### Sunroom off the Kitchen

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**Burke \$434,950**

### Remodeled Kitchen & Baths

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**Burke \$419,950**

### Private Fenced Yard

Immac Home w/4 BR & 3 full baths, oversize garage, newer deck, new carpet, lovely hardwood flrs, fresh paint, gorgeous new MBA w/double sinks, granite counters & porcelain tile, spacious MBR w/walk-in closet, fireplace, eat-in kitchen, replaced roof, siding & front door. Walk to school.



**Burke/Burke Centre \$539,950**

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**Burke \$369,950**

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**Kathleen Quintarelli  
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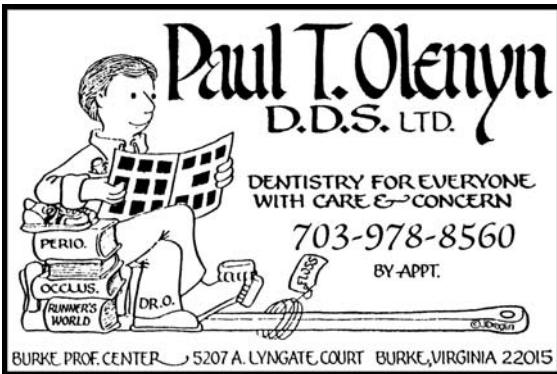
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## NEWS

# Long Road Home for Drivers

FROM PAGE 4

Connolly added that it is possible that the federal government did try to stagger the dismissal to some extent and the strategy just didn't prove effective. He intends to ask lots of questions about how Wednesday's early dismissal was handled.

"I want to know what they did and how they did it. You can't let the federal workers all out at the same time and not expect massive gridlock," said Connolly.

The congressman said last Wednesday's mess also reinforces the need for more federal employees to telework and more transportation options in Northern Virginia. In his opinion, commuters who were riding the Metro or another form of rail fared much and got home much sooner than those in cars, said Connolly.

"It is amazing we didn't have more problems because I saw emergency vehicles stuck in the same traffic that we were," he said.

Connolly is intimately familiar with the horrible experience many of his constituents went through last Wednesday because he was stuck in the same gridlock. It took the congressman and his chief-of-staff James Walkinshaw 10 hours to get from Connolly's office on Capitol Hill to his home in Fairfax's Mantua neighborhood, approximately 13 miles away. The congressman said it typically takes him about an hour to get to and from work, evening during rush hour.

"James and I figured out that we averaged 1.23

miles per hour. The average person walks three to four miles per hour. I could have walked home faster than that," said Connolly, whose car was a standstill on Columbia Pike for several hours.

When Connolly and Walkinshaw finally turned into Mantua shortly after 1 a.m., they discovered the congressman's street hadn't plowed. The car then got stuck in the snow trying to make it up a hill at the end of the street.

Fairfax County government did not allow early dismissal for its workers, which meant that most county employees were probably not on the roads until a few hours after the federal workers were dismissed.

"I have definitely gotten an earful from employees about not letting them go early," said Fairfax County executive Anthony Griffin. Griffin said Fairfax employees could have taken advantage of the local government's liberal unscheduled leave policy, if they felt they had to get out of the office.

If both the school system and the county government had been trying to get people home at the same time as the federal government's major dismissal, the traffic problems would have been even worse, said Griffin, who has met much criticism about his decision to keep employees at work until 5 p.m.

The specter of an even more chaotic and dysfunctional situation does not sit well with local elected officials.

"This raises serious concerns about our ability to evacuate. This is not a good sign about our ability to do that," said Connolly.

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## 21 Announcements

## 21 Announcements

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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](mailto: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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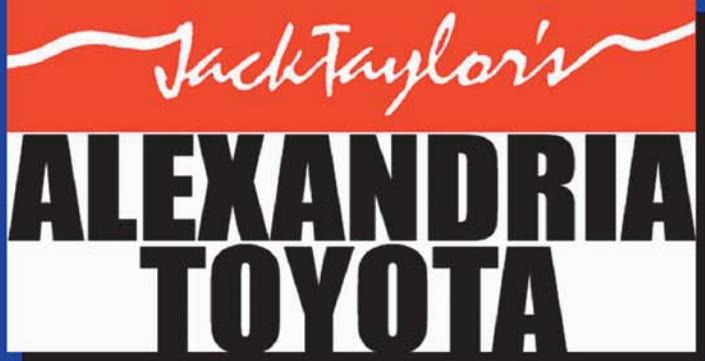
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4 bedrooms - 2 1/2 baths - updated kitchen & baths - hardwood flooring - spacious finished lower level - screened porch - fenced yard - walk to bus or VRE - immaculate condition!



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**Fairfax**  
**\$500,000**  
Stylish 4BR/3BA Rambler in sought-after Kings Park West has it all... updated kitchen

w/granite counters, stainless appliances, attractive cabinetry, & MBR suite w/sitting room & dressing area. Newer Deck and 6 person hot tub. Freshly painted throughout with many Decorator touches! Convenient to VRE, metrobus, & top school tier!

## Save A Date To Attend Long & Foster's FREE Real Estate Career Seminar

DATES IN 2011: **TIME:**  
March 2 7:00-9:00 PM

**LOCATION:**  
Long & Foster's Northern Virginia Training Center

3069 Nutley St.  
Fairfax, VA 22031

From the Beltway (495), take Rte. 66 West to the Nutley St. South Exit (exit 62) towards Fairfax. Go through the intersection of Lee Highway and Nutley Street. The training center is located in the Pan Am Shopping Center on the left.

**TO REGISTER:**  
Please contact Mary Ann Plonka at 703-503-1898 or [maryann.plonka@longandfoster.com](mailto:maryann.plonka@longandfoster.com)

**Carla Moore**

**Cell: 703-994-0508**

**Direct: 703-503-1881**

[carla.moore@longandfoster.com](mailto:carla.moore@longandfoster.com)



**Gainesville** \$389,900  
Fantastic Opportunity! 4BR SFH with hardwood flooring, 2 story foyer, finished basement with full bath. This home is 5 years young. Great lot located in Morris Farm Community backs to trees. Gorgeous kitchen with stainless steel appliances, deck, Master suite offers walk in closets, jetted soaking tub & separate shower. So much to offer for less-3rd Party Approval.

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**Clifton** \$849,000

Beautiful all brick 5 BR, 3 full & 2 half BA home is sited on 5 gorgeous acres. Features include: Spacious Kit w/ Silestone counters, 2 cook tops & ceramic tile flooring, wide-plank hardwood flr in breakfast & dining rooms, lower lvl in-law suite w/ Kit. From the 2 sun rooms & large master suite with balcony enjoy the spectacular views. Additional detached barn/garage provides plenty of storage space.



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**Fairfax** \$509,900

Fabulous Colonial nestled on a large wooded one + acre Lot - This beauty features a huge eat-in Kitchen Breakfast Area - Hardwood Floors - 4 Nice Size Bedrooms - 2 1/2 Baths - 1st Floor Family Room w/FP - Glass Slider steps you out to a two tier deck, perfect for entertaining - An Open and Flowing Sunny Floor Plan - Lower Level is partially finished, Workshop Area, Storage Area, plus a walk-up. Enjoy country living, close in!  
For a private showing, call Ann Witherspoon 703-503-1836.

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**Fairfax** \$699,900  
Manassas Woodbridge \$699,950  
**EXCEPTIONAL VALUE!!**  
Improved Price!!  
Stunning, 5776 Fin. Sq. Ft., Brick Front, 3-Car Gar, with finished walkout basement, backing to owner's 4 plus acre lot of breathtaking wooded land. This beautiful home has huge Master BR suite with luxurious MBR bath, 2-Story foyer & Fam.Rm, Dual Staircase, Floor to ceiling stone FP, Sunny Morning Room, and Gourmet Kitchen w/ island, SS Appliances, Central Vac. system, 2-Zone HVAC, and so much more. Home is great for a growing or extended family.



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**Fairfax Station** \$958,500

Rare chance to own new construction in FFX Station! Only five 5-acre homesites remaining in this private Luxury Community. Homes built by Classic Homes; award winning builder McLean Model with over 6000 sq ft, 3-car garage & main level master suite.



**Burke** \$549,900  
Beautiful 4 Bedroom, 3.5 Bath Colonial in Lee Chapel Woods. Fantastic main level

with large LR, DR, kitchen & family room with hdwd floors & fireplace. Upper level master BR with private bath & walk-in closet. Finished, walk-out lower level with rec room, game room, laundry & full BA. Fenced-in back yard with deck, patio, shed & play set!



**Richard Esposito**

**703-503-4035**

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**Arlington** \$219,000  
This two bedroom two bathroom condo sits in the heart of Arlington. Close to schools, transportation to Washington and so much more. Call for details.



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**Fairfax** \$329,900

1.5 acre building lot located just minutes from charming Clifton and while convenient this gently rolling lot is located in a lovely, private wooded setting with a small stream. Ancient black walnut trees dot the property and there are several excellent choices for siting a home.

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