

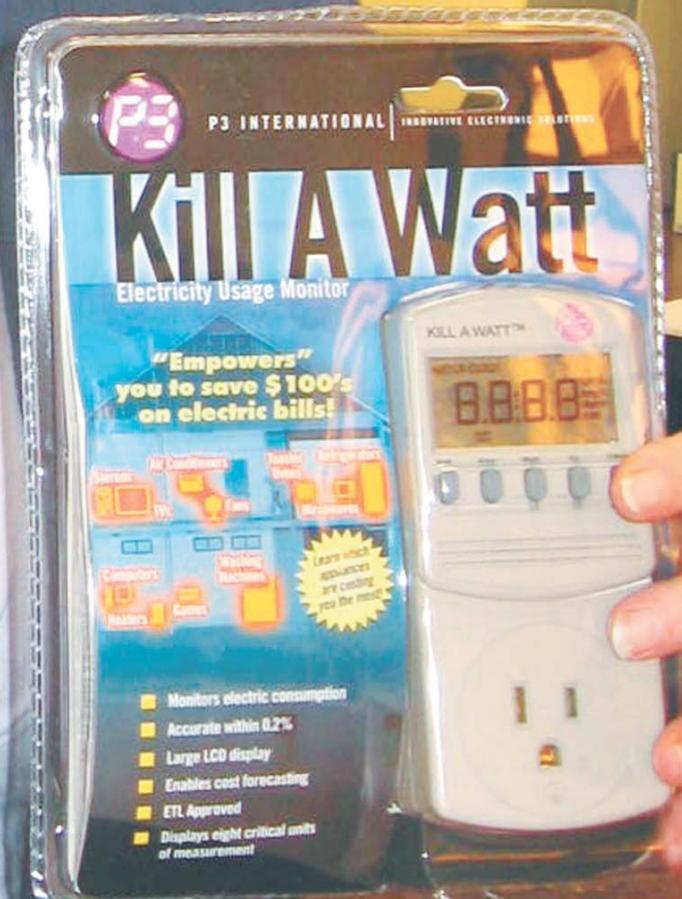
Watt-Watching In Vienna

NEWS, PAGE 5

Parks and Recreation Director Cathy Salgado displays the whole-house and individual-use watt-watching tool kits available, on loan, to Town of Vienna residents as of April 21.

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PHOTO BY DONNA MANZ/THE CONNECTION



**Honoring
 Police, Firefighters**

NEWS, PAGE 3

**Running for
 His Life**

NEWS, PAGE 3

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NEWS

Proposed: \$3.38 Billion Budget

Does not include raises for county employees, cuts funds for school raises.

BY NICHOLAS M. HORROCK
THE CONNECTION

Fairfax County Executive Anthony H. Griffin proposed a \$3.38 billion budget to the Board of Supervisors Tuesday, Feb. 22, which if adopted would bar pay raises for county employees and school teachers for another year and could cost an average home owner some \$110 a year in increased real estate taxes.

Griffin told the supervisors that the budget still has a shortfall of some \$50 million, but this far less than the \$350 million shortfall in the current 2011 budget and was designed to maintain "the quality of life" in Fairfax County, he said.

The board voted Tuesday to "advertise" the tax rate at \$1.09 in the 2012 budget, beginning on July 1, which on a home valued at \$443,511 (the mean assessed value in the county) would cost the tax payer an additional \$110 a year.

THREE MEMBERS OF THE BOARD refused to back the \$1.09 figure, offering an amendment to advertise a figure of \$1.065, which would further tighten the amount of money the county would have to spend.

The board's three Republican supervisors John Cook, Braddock District, Michael R. Frey, Sully District and Pat Herrity of the Springfield District said the lower rate would force cuts in services rather than an actual increase in county revenue. Herrity said it was time to drop the tax rate. "We doubled people's taxes between 2000 and 2007, and its past time we give them some relief."

But Jeff McKay of Lee District said the \$1.09 figure gives the people of Fairfax a chance to present their ideas of what programs they want in public hearings and budget meetings over the next two months. "The lower figure looks like we have already decided," he said.

When the Board votes to advertise a rate, it can lower the rate in the final adopted budget, but it cannot raise the tax rate without starting all over. Board chairman Sharon Bulova and McKay, John W. Foust of Dranesville, Catherine M. Hudgins of Hunter Mill, Penelope Gross of Mason District and Linda Q. Smyth of Providence voted to advertise the \$1.09

rate. The Board may still vote to lower it on April 12.

The total recommended 2012 budget of all funds is \$6.1 billion.

Fairfax County can anticipate less money from Richmond. Staff analysis showed that the Virginia Senate might approve a package with a \$6.9 million loss for fiscal 2012 and that the House of Delegates version could mean a \$10.2 million reduction.

Though the Board of Supervisors does not control the school budgets, it can effectively veto increases the school board seeks. The Fairfax County Public Schools has sought a county "transfer" of \$1.659 billion, an increase of \$48.8 million, and most of which would go to increase school salaries. But Griffin said that the county cannot have school employees getting an increase when county employees are not and he has proposed \$1.61 billion for schools.

Griffin said his budget plan results in an "available balance" of \$30 million, which the Board of Supervisors can utilize in several ways including pay increases for county employees or a reduction in the real estate tax rate. Griffin said it could be "saved" for the "critical needs" in 2013.

Both Griffin and Bulova see continued bleak economic times in Fairfax. Though the average price of homes sold through the Multiple Listing Service increased 8.9 percent in 2010, the number of homes sold declined some 7.8 percent to 14,100. Foreclosures in Fairfax totaled

842 in December 2010, a 5.8 per cent increase over December 2009.

EVEN THOUGH the Department of Defense transfer of some 19,000 workers to Fairfax in 2011 will increase revenues and investment, several members of the Board see budget tightening in Washington as ominous for Fairfax.

Supervisor Gross said the county will have to learn more about a crisis in Virginia's ancient system of institutional care for people with mental or developmental disabilities.

The Department of Justice found Virginia needlessly institutionalizes many people with intellectual disabilities and provides too little community based care. The state has 40 days to address the Justice Department report.

Gross wants to find out whether Fairfax and other counties will be called upon to provide community based care.

The Board of Supervisors will hold public hearings on the budget in March.

Summary of Important Dates

Board of Supervisors Budget Committee Meeting - **March 15, 2 p.m.**

Board of Supervisors Budget Committee Meeting - **March 22, 2 p.m.**

Public Hearing - **March 29, 6 p.m.**
Contact the Office of the Clerk to the Board at 703-324-3151, TTY 703-324-3903

Public Hearing - **March 30, 3 p.m.**

Public Hearing - **March 31, 3 p.m.**

Board of Supervisors Pre-markup -

April 8, 2 p.m.

Board of Supervisors Budget Markup

Session - **April 12, 10 a.m.**

Formal Adoption of Budget - **April 26,**

10:30 a.m.

St. Mark Catholic School Students Support Hugs and Kisses, Inc.

Every month, the students of St. Mark learn the virtues by helping others and living the virtue of the month. One month, the seventh graders virtue was Integrity and the students chose Hugs and Kisses, Inc. as their charity to support because cancer has touched so many lives in their school's community, even the mother of one of the seventh grade students. For an entire month, students from every grade brought in

buttons that were sent to Hugs and Kisses, Inc. in Florida to be made into bracelets. The bracelets are given to people who donate money as a thank you for their support.

Hugs and Kisses uses the donations to cover living expenses of cancer patients in desperate financial need.

The St. Mark seventh graders were the first to support Hugs and Kisses, Inc. in Virginia. Having support in an area opens new doors for

Hugs and Kisses, Inc. "We can now proceed with obtaining the proper non-profit licensing from the state of Virginia so we can collect donations and help the people of Virginia", said Jean Morris, Founder.

For more information, or to make a donation, visit <http://www.hugsandkissesinc.org>. To start a button collection drive in your school, contact Cindi McLean at maxindi88@yahoo.com.



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PHOTOS BY DONNA MANZ/THE CONNECTION

Firefighter and EMT Corey Merdler accepts congratulations from VVD Chief John Morrison on his honor as the American Legion 2011 Firefighter of the Year. At left is District Commander Phil Dunn and on right is Post 180 Commander Bob Hatter.



VPD Police Chief Robert Carlisle presents the American Legion 2011 Police Award of the Year award to Det. Scott Leroux. At left is District Commander Phil Dunn and on right is Post 180 Commander Bob Hatter.

Honoring Police, Firefighters

Det. Scott Leroux of VPD and Corey Merdler of VVFD recognized at the American Legion Post 180 awards dinner.

On March 2, the American Legion Post 180 of Vienna honored Vienna Police Department Detective Scott Leroux as Police Officer of the Year and Vienna Volunteer Fire Department firefighter and EMT Corey Merdler as Firefighter of the Year. The recipients, surrounded by colleagues and friends, each received an engraved plaque from Post 180, Dyer-Gunnell Post.

The presentation, followed by dinner, was conducted by Post Commander Bob Hatter and 17th District Commander Phil Dunn of Post 180. VPD Chief Robert Carlisle presented Leroux's plaque to him and VVFD Chief John Morrison presented Merdler's.

"The award is special because it comes from a group special to the community," VPD Chief Carlisle said, referring to the American Legion and its veterans.

Leroux's unanimous selection by his peers is uncommon in that most awarded VPD recipients are patrol officers, said Carlisle. Leroux is a VPD detective, on the force for 11 years. He worked his way from patrol officer to detective, investigating and solving what Carlisle described as "big cases."

In his nomination, Lieutenant Russ Marsh lauded Leroux for his systematic approach to recovering evidence, his facility for establishing rapport with victims and complainants and showing them compassion, his ability to tactfully interrogate suspects and for his support of police work administration.

In his introductory remarks, VVFD Chief Morrison agreed with Carlisle's assessment of the kinship between the heroes of war and the heroes who make



Colleagues from the Vienna Police Department and Virginia Sen. Chap Petersen (D-34) show support for American Legion Post 180 Police Officer of the Year Det. Scott Leroux. Seated - Lt. Russ Marsh, Lt. Lou Forges, and Det. Leroux. Back row - MPO Bill Murray, Lt. Mike Miller, Chief Robert Carlisle, Sen. Chap Petersen and Det. Sgt. Jim Wickes.



American Legion Post 180 Firefighter of the Year Corey Merdler is joined at the fire department's table by his wife Coelle and VVFD Chief John Morrison.

communities safe. To firefighters, heroes are members of the military, Morrison said, noting the respect each group extends to the other.

SEE LEGION, PAGE 14



CONTRIBUTED

After being told to give up running in August 2010, Pastor Craig Burns finished the Holliday Lake 50-K five months later.

Running for His Life

Vienna pastor beats cancer, runs ultramarathons.

BY DONNA MANZ
THE CONNECTION

Craig Burns, Pastor at Vienna Assembly of God Church, is an ultra-marathoner. He's active in the ViennaTysons Regional Chamber of Commerce [VTRCC], a regular member of the nonprofit committee, and active in the local community. He watches over his church in Vienna. He's married and the father of three grown children. Pastor Burns is an author and a blogger. He ran the Holliday Lake 50K on Feb. 12, 2011, after being told by his doctor to give up running back in August 2010. Burns calls that race – and its five-week training period – a miracle. Just two years ago this month, March, Burns underwent 18 weeks of chemotherapy for stage four lymphoma.

Burns started running, on and off, in the early 1980s. He got serious about it in 2003, when he began training for his first marathon. Burns runs, not only to have control over his body, but for a higher spiritual purpose. He links running with his faith, specifically, to raise awareness and financial support for the missions that move him to action. When he runs organized races, he recruits sponsors from friends and family. His "faith promise" in 2003 motivated him then. Since that

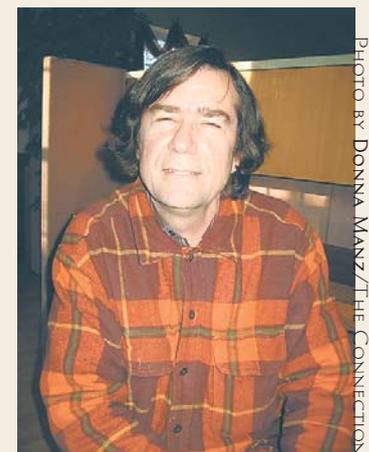


PHOTO BY DONNA MANZ/THE CONNECTION

Pastor Craig Burns knows what it's like to lose your hair during chemotherapy. He's growing his hair to donate eight inches to Pantene's wig program.

time, Burns has been in constant forward motion, a running term Burns adopted as the title of his 2009 book.

"God gives each of us grace to handle whatever we're given," said Burns. "It's up to the individual to receive that grace."

BURNS was diagnosed with incurable but treatable stage four indolent lymphoma, a slow-growing cancer, in 2004. His doctors recommended a plan of watchful waiting and, as he watched and waited, he knew

SEE VIENNA PASTOR,
PAGE 14



HAIL DAMAGE

Dear Homeowner:

If you live in Northern Virginia, your siding and perhaps your roof and gutters may have been damaged by recent hailstorms. Locally based **Wadden Construction**, insurance replacement specialists for the past 15 years, has helped thousands of residents with their damage claims. If your home has hail damage, you may be entitled to a combination of a new roof, gutters and complete wrap of your home with a quality vinyl product.

The damage to the siding appears as indentations ranging from pea size to quarter size. The pea size dents are difficult to see without a trained eye. So please do not dismiss this letter if you cannot see the damage, as practically every home in your area was hit by hail. You may have damage and not even know it. Whatever the size, you may indeed be entitled to a complete vinyl wrap of your home.

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NEWS

Filling Up with Charity

Our Daily Bread hosts third annual fund raiser at Sherwood Community Center in Fairfax.

BY VICTORIA ROSS
THE CONNECTION

With the experience of being a single mother in the 1990s, Judy Barnes of Fairfax knows how stressful it is to juggle bills and stretch a dollar to feed young children.

Originally from Indiana, Barnes and her husband, Wayne, moved to the area a year ago and began looking for ways to participate in the community.

"We were involved with the homeless and hungry through our church in Indiana, and we were looking for a place to volunteer here," Judy Barnes said. "God just expects us to help each other. No one should go hungry. I like the fact that Our Daily Bread has community and faith involvement. We are very excited to be here."

The couple joined more than 250 other community members who came together Thursday, Feb. 24 at the new Stacy Sherwood Community Center in Fairfax for Our Daily Bread's third annual "Empty Bowls" fund raiser.

"This is our flagship event, and this is the biggest crowd we've had yet," said Laura Taborek, president of Our Daily Bread's Board of Directors. "We help families avoid homelessness by providing them with essentials like food, so they can pay their rent or utilities. We live in a wealthy community, but there are more and more distressed families who need help. By supporting this event, people are helping us make a real difference for our neighbors in need."

Empty Bowls, a popular annual event, is an international grassroots program designed to help local organizations like Our Daily Bread fight hunger.

The "empty bowls" concept is simple and symbolic. Each year, local potters, artists, students and others create handcrafted bowls that guests purchase for a donation of \$25 as a reminder of all the empty bowls in the world. Attendees receive a simple meal of soup and bread, donated by local businesses.

According to Diane Hill, ODB development manager, more than 400 bowls were glazed for the event this year. "We are thrilled with the turnout, and the bowls this year are fantastic. We are selling out quickly."

In addition to purchasing ceramic bowls, guests listened to music by the Fairfax Saxophone Quartet and had the chance to bid on more than 50 silent auction items, including luxe spa gift baskets and a signed ceramic bowl made by Washington Redskins tight end Chris Cooley.

"It's very affirming to have so many community supporters come to this community event," said Lisa Whetzel, Our Daily Bread's executive director. "We have wonderful volunteers, and our donors this year have been particularly generous."

With more than 60 families on its food program waiting list, and one in four Fairfax County children who qualify for free and reduced-price lunches, the funds raised from the event make a significant impact, Whetzel said.

She noted that even though Fairfax County is repeatedly ranked among the wealthiest counties in America, many families are homeless. "We hear from



PHOTO BY VICTORIA ROSS/THE CONNECTION

U.S. Rep. Gerry Connolly (D-11), who donated a print of the U.S. Capitol, stands with Laura Taborek, president of Our Daily Bread's Board of Directors and Dean Klein, director of Fairfax County's Office to Prevent and End Homelessness.

Local Businesses Contribute to Silent Auction

Jewelry set and necklaces from **Curtsies and Petals**

A portrait session at **Meadowlark Garden**, donated by Vienna resident **Desiree Di Mauro**

Gift Certificate by **Artisans of McLean**

Two event tickets from **Jammin' Java** in Vienna

\$100 gift certificate from **Maverick Mosaics** in Vienna

Gift certificates from **The Artful Gift Shop** in Vienna

One hour massage at **Ease Massage & Health** of McLean

an overwhelming number of residents who struggle to feed and house their families," said Whetzel. "We still receive far more food and financial aid requests than we can handle."

U.S. Rep. Gerry Connolly (D-11), who donated a print of the U.S. Capitol for the silent auction, delivered the opening remarks.

"I don't have to tell you that we have tremendous needs, even in a community as fortunate as ours, which is why this effort tonight is so important," he said to the crowd.

In Fairfax County, the request for food stamps have jumped more than 150 percent, requests for emergency assistance are up more than 75 percent and more than 1,600 in the area's classrooms are homeless, Connolly said.

"By being here tonight, and being active throughout the rest of the year, you are letting those in need know they are not alone and this is a community that cares," he said. "One person at a time, one family at a time, we are making a difference."

Matt Bosseler of Reston said he attends the Empty Bowls fund raiser every year. "This is near and dear to my heart," he said. "When you think about the 5 million children nationwide who go to bed hungry, it breaks your heart. So this is an opportunity to get involved in a worthwhile cause and raise awareness of the issue."

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PRESENTS

The 18th Annual CASINO NIGHT & Taste of the Town

Westwood Country Club
Saturday, March 19 7:00 - Midnight

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The Wild, Woolly, Western-themed Event's Tickets are \$75 in advance and \$85 at the door and include 2 Drink tickets, \$20K in gaming cash, Food Samples from 15 local restaurants, fabulous top tier prizes to win with your gaming cash and a magnificent silent auction.

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Watt-Watching in Vienna

Pilot program began March 1.

BY DONNA MANZ
THE CONNECTION

Three Town of Vienna households are participating in a Vienna pilot Watt Watchers program. The program, funded by Dominion Power through a \$2,500 grant awarded to Vienna Parks and Recreation, is aimed at encouraging citizens to measure their electricity usage and to make adjustments that conserve energy. In the initial phase, running from approximately March 1 to April 21 – the date of the Vienna Green Expo – three Vienna households will activate the whole-house monitors the Town of Vienna is loaning to them. Households selected represent typical Vienna demographics: a family of four to five members, a single-member, and a couple.

“The purpose of this program is to help people recognize the energy they’re using and to help them make changes to their energy consumption, to help them reduce their energy usage, and, consequently, reduce their energy bill,” said Cathy Salgado, Director, Town of Vienna Parks and Recreation, whose office applied for the Dominion Power grant.

It was Community Enhancement Commission chair Susan Stillman who conceived the idea for the program in the fall of 2010. Salgado contacted Le-Ha Andersen at Dominion Power who told Salgado about the grants Dominion Power was offering to non-profit agencies. For the Town of Vienna, it worked out well.

Stillman has been concerned about climate change for a couple of years. “If everybody would take an interest in cutting consumption, then we can make a difference,” said Stillman. “And it’s not that hard. It’s about being conscious of where power is being consumed.” When Stillman brought up the subject of watt meters at a Community Enhancement Commission meeting, it drew enough attention and support that Salgado pursued it with Andersen.

NINETY PERCENT of homes in Vienna have smart meters that Dominion Power can read remotely.

The whole-house tool kit system is wireless. The household attaches a transmitting band around its outdoor meter. Inside the home the receiver measures energy usage and calculates the running cost of the electricity consumed.

After the pilot program ends, three whole-house tool kits and three individual-use monitors will be loaned out to Vienna residents who apply.

Households fill out a Town form accompanied by a \$50 deposit, the cost of replacement of the whole-house kit. The Town will send out a reminder when the unit is due back, like a library book, Salgado said.



Parks and Recreation Director Cathy Salgado shows the wireless whole-house meter. A band attaches to the household's meter and an indoor receiver measures energy usage and calculates cost of energy usage.

“The purpose of this program is to help people recognize the energy they’re using and to help them make changes to their energy consumption ...”

**— Cathy Salgado, Director,
Town of Vienna Parks and Recreation**

“We want as many people as possible to check these kits out,” said Salgado. The kit includes the measuring device, the receiver and ideas to reduce energy consumption. A reference sheet of tips from the Sierra Club is included, as well. “It’s a household experience,” Salgado said. The whole-house monitors will be checked out for three weeks. Individual-use monitors will be checked out for two weeks with a deposit

of \$20. Salgado said the intention is that individual-use monitors will be moved from piece of equipment to piece of equipment, from stereos to computers to refrigerators, for comparison. If the individual-use monitors prove helpful, consumers may want to purchase them on their own.

The watt-watching monitors bought so far by the Town of Vienna cost a fraction, about \$150, of the \$2,500 Dominion Power grant. Salgado said the plan is to buy about 25 additional whole house tool kits and another 15 individual-use ones.

“What I really hope to get out of it is, how much energy are we using and what is the financial impact,” said Town Councilwoman Edythe Kelleher, whose five-member family represents the family category. “I want to show my children how much energy they’re using, especially the one son who insists on leaving the computer on all the time.”

The Kellehers replaced their 1994 refrig-

Green Tips from the Great Falls Group of the Sierra Club

Replace some of your lawn with native plants to reduce mowing and watering. Close window curtains and shades during the day in summer, at night in winter. Plant shade trees on the south side of the house that lose their leaves in winter to let sun in, but block out the summer sun. Shade in summer can cut cooling costs by 30 percent. Grow evergreen trees on the north side of the house to block winter winds. Replace older major appliances with new EnergyStar models. Refrigerators manufactured before 1993 use twice the electricity of new EnergyStar models. Use durable water bottles filled from your tap, instead of buying bottled water. Reduce the amount of junk mail that comes to your house. Take reusable bags with you to stores. Minimize or stop using inorganic fertilizers and toxic pesticides in your yard; they wind up in streams, rivers and the Chesapeake Bay. Eat less meat; intensively farmed livestock is responsible of 18 percent of global greenhouse gas emissions.

erator last year because technology and efficiency have changed so much since then, Kelleher said. There are things that Kelleher is interesting in learning in the program and there are things that the Town wants participants to observe and report. At the end of the pilot program, each participating household will fill out a standardized survey which Parks and Recreation will use to evaluate the objectives of Watt Watchers, what Salgado referred to as anecdotal evidence. “Did they change their behaviors? What did they observe,” said Salgado.

KELLEHER, who started the Green Expo three years ago, acknowledged there are some limitations to simply pulling out the plug on appliances or electronics. “If we want to use the DVR function, it has to be plugged in,” said Kelleher. “You can turn it off but you can’t unplug it.”

When the pilot program ends on April 21, participants will be there at the Green Expo, discussing what they learned and what they changed in their homes.

“I felt some obligation to participate in the program because I started the Green Expo,” said Kelleher.

“Before I committed our family to this, I did get agreement from all the other members of my family. I didn’t have to twist any arms.

“I hope everyone comes out to the Green Expo. They’ll learn what we learned from our experiences.”

The Town of Vienna Green Expo is on Thursday, April 21, from 6 to 9 p.m. at the Vienna Community Center. Thirty five exhibitors are expected at the Green Expo. Admission is free of charge. The Town of Vienna and the Community Enhancement Commission are hosting three seminars focused on living “green.” Each seminar will be held at the Vienna Community Center from 7 to 8:30 p.m. The first, on March 10, is on geothermal energy solutions. The second, tree preservation, is on March 28. The final seminar, energy efficiency audits, is scheduled for April 25. Call 703-255-6360 to pre-register. Go to www.viennava.gov for more information under Department of Parks and Recreation.

PHOTO BY DONNA MANZ/THE CONNECTION

OPINION

Note to Gov: Sign the Autism Bill

Bipartisan effort supports early treatment.

A new law to mandate very basic and limited insurance coverage for treating autism in young children awaits the signature of Gov. Bob McDonnell. The added coverage will be a lifeline to many families already coping with major challenges.

The bill passed by wide margins with wonderful bipartisan support (including all of our Northern Virginia legislators). It passed 29-8 in the Senate; 73-24 in the House of Delegates.

The governor is facing a major lobbying effort by some business and insurance company interests to veto the bill, and he has not yet said what his intentions are. The law would save money over time, because it will result in young adults with autism functioning at a higher level.

Contact him and urge him to sign this bill into law.

<http://www.governor.virginia.gov/contact.cfm>; (804) 786-2211.

SB 1062/HB 2467 verbatim:

Health insurance; mandated coverage for autism spectrum disorder. Requires health insurers, health care subscription plans, and health maintenance organizations to provide coverage for the diagnosis of autism spectrum disorder (ASD) and treatment for ASD in individuals from age two to six, subject to

an annual maximum benefit of \$35,000 of coverage for applied behavior analysis. This requirement does not apply to individual or small group policies, contracts, or plans. The mandate will also apply

EDITORIALS

Safe for Saint Patrick's Day

Plan ahead to get home safe after celebrations.

While the City of Alexandria holds its Saint Patrick's Day parade early, that leaves that much more time for celebration on the day itself, March 17.

The Saint Patty's Day SoberRide program will offer 12 hours of safe passage from 4 p.m. on Thursday, March 17th until 4 a.m. the following day impaired drivers off the road during this traditionally high-risk holiday.

First, plan ahead to manage this yourself: leave your car at home, take public transportation, arrange for a designated driver, or choose to abstain if a designated driver isn't available.

But if you find yourself needing a ride, area residents 21 and over celebrating with alcohol can call the SoberRide phone number 1-800-200-TAXI for a free, safe way home (up to \$30 cab fare).

to the state employees' health insurance plan and to the local choice health program. This measure will not apply to an insurer, corporation, or health maintenance organization, or to government employee programs, if the costs associated with coverage exceed one percent of premiums charged over the experience period.

Last Saint Patrick's Day, 525 possibly impaired people used the SoberRide service rather than possibly driving home impaired. More than a third of traffic fatalities on Saint Patrick's Day and the early morning hours of the next day are alcohol related nationwide.

Sponsors of this year's Saint Patrick's Day SoberRide include the Restaurant Association Metropolitan Washington, Volkswagen Group of America and the Washington Area New Automobile Dealers Association, as well as some of the area's Irish restaurants, including Ireland's Four Provinces and Murphy's, Ri Ra and Sine Irish pubs.

Since 1993, this program on targeted holidays has provided 51,718 safe and free cab rides home to would-be drunk drivers in the area. See www.soberride.com.

LETTERS TO THE EDITOR

An Open Letter to To Gov. McDonnell

We write to urge you to veto SB 966, a bill, which would mandate 150 minutes per week for physical education to all students in grades K-8 during the regular school year by 2014. This legislation would represent the first time that the Standards of Quality would mandate a specific amount of time for any individual subject.

We appreciate the concerns about childhood obesity that were focused on in the debate on this bill. However, there are significant fiscal and instructional impacts from this bill that were not thoroughly vetted or considered during our General Assembly session. In addition, our school system in Fairfax County, quite frankly, dropped the ball in communicating their concerns and many of my colleagues were left unaware of the financial and instructional impacts of this bill. We did vote against the bill. However, a number of our Fairfax colleagues who voted for the bill told us that it was only after final passage that they ever heard anything from the

school system and they might have voted differently had they known of these concerns. We know that our Superintendent and School Board Chair have now communicated to you and to our colleagues in detail about their concerns and we endorse their efforts. However, this information was unknown by many of our colleagues when we voted on this measure.

This bill is, first, an unfunded mandate that will cost Fairfax County schools, as well as others, millions of dollars. In Fairfax it is estimated that the additional costs for staffing alone will be between \$18-24 million. Second, this bill will crowd out other mandates and accountability requirements in academics. In science and math, we need to be increasing our time on task, not decreasing it. This bill would have the opposite impact and set us back academically. Given that there is no other subject where 150 minutes a week is mandated, it is illogical that physical education would get this kind of unique status over math, science, reading, or the humanities. Already we require physical education for the many of our students who participate in two or three sports outside school and would prefer more academic time instead.

And this bill does not allow recess to count as physical education time, so it is only academic time that can be depleted by this bill. If this bill goes into effect, after the 150 minutes of physical education is incorporated, there would be only 22 minutes of time left for all other activities such as art, music and the humanities.

Unlike many academic subjects that need class time, there are many other arenas where we can target help for overweight children without adding to deficits in their academics and providing a well-rounded education. After-school programs, targeted programs for particular populations at risk, or parent education programs through community, civil or church groups have all been addressing the threats of childhood obesity. We know the First Lady of Virginia has also joined with First Lady Michelle Obama in giv-

ing this issue public attention and we applaud their efforts. These private sector and public service education efforts can work on this issue instead of adding another "one size fits all" mandate to our schools.

Finally, since it is often low-income children who are most academically at risk, to take academic time away from them would do the most harm. While they can find other avenues for physical activity, they have fewer choices for academic challenges outside of the classroom.

For these reasons, and for the details outlined in the earlier letter you have received from Fairfax County school officials, we strongly urge you to VETO SB966.

House Delegates Barbara Comstock (R-34), Dave Albo (R-42), Tom Rust (R-86) and Tim Hugo (R-40)

Write

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

Letters to the Editor

The Connection
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Call: 703-778-9410.

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NEWS

Uniquities to Host Fiber Farmers' Market

Saturday, March 12, from 1 p.m. to 5 p.m. Uniquities will host its 4th Fiber Farmers' Market at the Vienna Community Center, 120 Cherry Street, SE, in Vienna. The event is free to the public, and offers an opportunity for knitters, crocheters, and spinners to purchase their yarn and fiber supplies directly from the people that produce them.

Uniquities, a yarn and fiber shop located in Vienna, brings together over a dozen area fiber producers, and yarn hand dyers for this afternoon event.

"We want to allow the community to see and purchase what our local shepherds and artists have to offer, while giving them an education in the process," said Brenda FitzSimons, owner of Uniquities. A Fleece-to-Scarf demonstration will be presented from 2 to 4 p.m. and will include a seven person team that will hand card and spin raw fleece, and weave the resulting yarn into a scarf.

To learn more about Uniquities and the Fiber Farmers' Market visit www.uniquitiesyarnshop.com

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Saturday, March 19th – 8:00 p.m.

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- **BEETHOVEN:** Piano Concerto No. 5
- **SIBELIUS:** Symphony No. 5

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

Ukulele Workshop with Marcy Marxer

Tuesday, March 29

7-9 PM

\$25 in Advance \$30 at the door

Learn ukulele or improve your skills with this workshop by multi Grammy award winner Marcy Marxer.

Ukuleles will be available for purchase.



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Fairfax County REAL ESTATE

2011 Assessments

Hunter Mill Supervisor **Cathy Hudgins (D)** saw her assessment stay flat this year, unlike most Reston households that saw a slight increase in their home values. Her 2011 assessment, the same as last year, was \$545,440



Dranesville District Supervisor **John Foust (D)** saw a 4.29% gain in his property value when compared to 2010. The county valued Foust's house at \$2,765,510 last year and \$2,884,060 this year. Most McLean homes saw a smaller bump in their home values.



Lee Supervisor **Jeff McKay (D)** saw a slight increase of .58% in his home assessment in 2011. Last year, his home was worth \$641,330 and this year it is valued at \$645,030. Most households in Alexandria ZIP codes saw a larger bump of 1.64% in their real estate assessments.



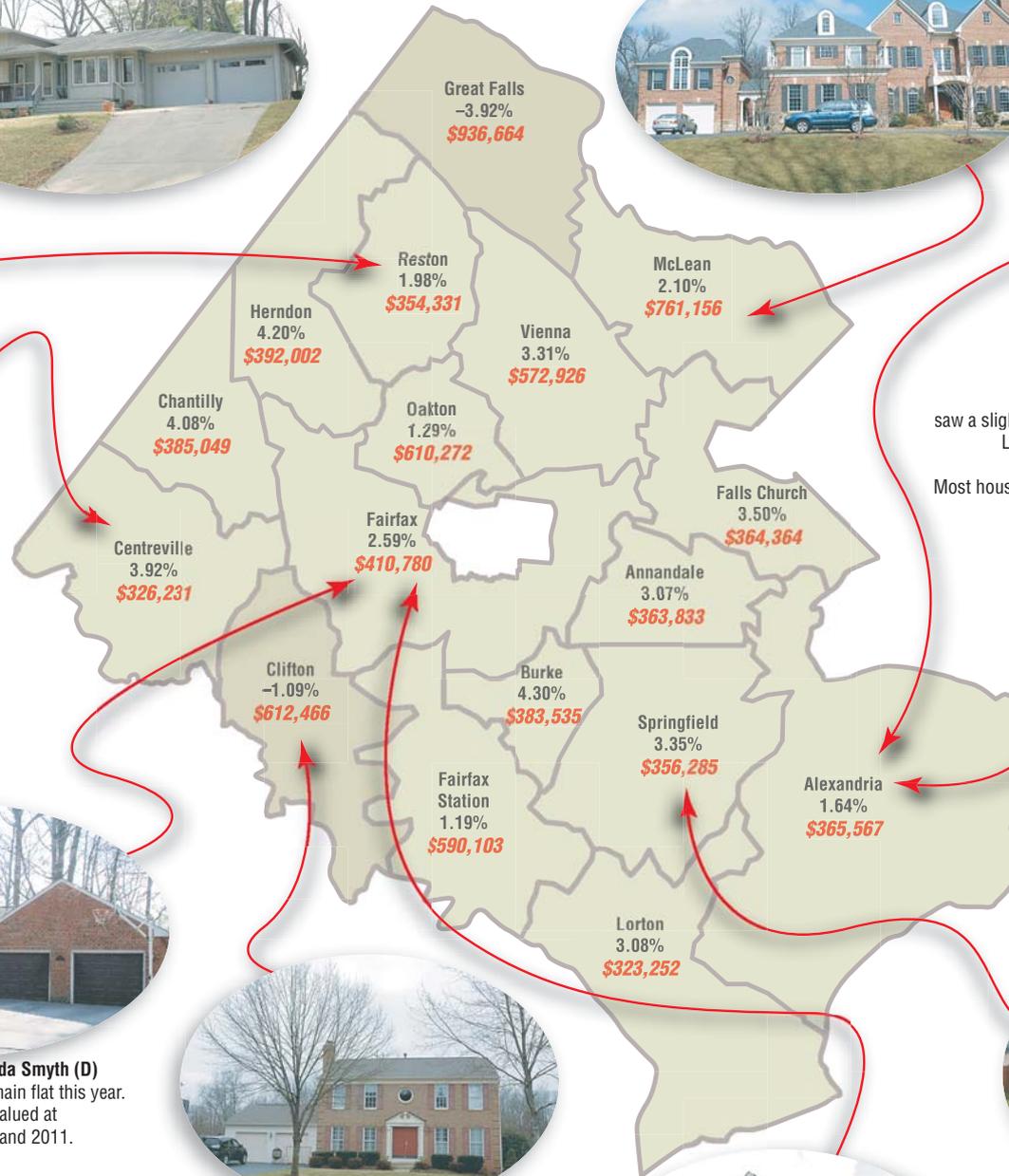
Mount Vernon Supervisor **Gerry Hyland (D)** was the only member of the Fairfax County board to see his assessment drop this year. Hyland lost .45% of his home value, taking him from \$402,810 to \$400,999.



Braddock Supervisor **John Cook (R)** saw a 6.1% increase in the value of his house when compared to last year. Cook's home was valued at \$381,570 in 2010 and \$404,860 in 2011. Cook's assessment increased more than most houses in his Springfield ZIP code.



Fairfax County Chairman **Sharon Bulova (D)** saw a much larger increase in her real estate assessment than most households in the county. Bulova's assessment went up 12.33% from \$526,990 in 2010 to \$591,990 in 2011.



Sully Supervisor **Michael Frey (R)** saw a 6.69% increase in the value of his home over the last year. Frey's home was assessed at \$195,410 in 2010 and \$208,480 in 2011. His home assessment increased more than most Centreville residences.



Providence Supervisor **Linda Smyth (D)** saw her home assessment remain flat this year. Smyth's house was valued at \$482,080 in both 2010 and 2011.



Springfield Supervisor **Patrick Herrity (R)** saw his home value remain flat this year. Herrity owns a house in Clifton assessed at \$525,750 in both 2010 and 2011.

2011 County Average (Percent Change)
 Single Family Detached **\$535,298 (2.1%)**
 Townhouse **\$318,614 (3.73%)**
 Condos **\$211,281 (2.53%)**

ZIP CODE AREA	2010 MEAN	2011 MEAN	PERCENT CHANGE
Alexandria	359,674	365,567	1.64
Annandale	352,988	363,833	3.07
Burke	367,728	383,535	4.30
Centreville	313,922	326,231	3.92
Chantilly	369,952	385,049	4.08
Clifton	619,233	612,466	-1.09
Fairfax	400,391	410,780	2.59
Fairfax Station	583,177	590,103	1.19
Falls Church	352,035	364,364	3.50
Great Falls	974,906	936,664	-3.92
Herndon	376,196	392,002	4.20
Lorton	313,608	323,252	3.08
McLean	745,486	761,156	2.10
Oakton	602,520	610,272	1.29
Reston	347,456	354,331	1.98
Springfield	344,733	356,285	3.35
Vienna	554,550	572,926	3.31

Changes in Real Estate Values Across the Region

Alexandria	0.46%
Arlington	1.4%
Fairfax	2.34%
Loudoun	2.45%
Prince William	5%

WEEK IN VIENNA

Tax Relief Deadline April 1

Both the Town of Vienna and Fairfax County offer real estate tax relief for low-income homeowners who are 65 years old and over, or permanently and totally disabled. To qualify, the following requirements must be met:

- ❖ Total household income of \$72,000 or less. This amount excludes \$6,500 of income of relatives, other than the spouse, who reside in the household. Also excluded is \$7,500 of any income received by a disabled homeowner. 100% tax relief is given for total combined income of \$52,000 or less, 50% tax relief between \$52,001 and \$62,000, and 25% tax relief between \$62,001 and \$72,000.

- ❖ Total combined assets of no more than \$340,000. This amount excludes the value of the residence, up to one acre of land, and household furnishings.

- ❖ Disabled persons applying for the first time must show evidence of disability.

In addition to real estate tax relief, Fairfax County provides rental grants and relief from personal property tax for one automobile per household.

Applications for 2011 for all programs are due April 1. This date may be extended to Dec. 31 of next year for first-time filers or if hardship conditions exist which, through no fault of the applicant, prohibit applying by April 1.

For more information and to obtain Town application forms, call 703-255-6325. For County applications, call 703-222-8234. Applications and information can also be found at www.viennava.gov and www.fairfaxcounty.gov.

Stress Reduction Classes at Meadowlark

Mindfulness-Based Stress Reduction (MBSR) is a deep relaxation experience aimed at improving health, self-esteem and enjoyment of life.

The class, sponsored by the Vienna Parks and Recreation Department, will meet each Tuesday, March 29 through May 24, from 10:15 a.m. to 12:15 p.m. at Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Ct.

The cost of \$400 includes instruction in mindfulness meditation, mindful movement exercises, group discussions and a half-day retreat. For those who have taken the course before, the cost is \$200.

For more information or to register, call Vienna Parks and Recreation at 703-255-6360 or visit www.viennava.gov.

SCHOOL NOTES

Send school notes to vienna@connectionnewspapers.com. Deadline is Friday.

A Mad 5K Run and One Mile Walk is scheduled for 8 a.m. Saturday, April 2, at James Madison High School in Vienna. The race, which will benefit the award-winning James Madison High School track team, features a gently rolling course starting and ending at the high school stadium. Awards will be presented to the top 3 male and female finishers, as well as age group awards. T-shirts and refreshments will be available for all. Entry fee is \$15 for students, \$20 for adults. Register at: http://www.active.com/event_detail.cfm?event_id=1936784 or contact Coach Craig Chasse at craig.chasse@fcps.edu.

Sixty-eight Fairfax County Public Schools students have been named to the 2011 Virginia All-State Chorus and will perform April 30 at the Visual and Performing Arts Academy at Salem High School in Virginia Beach. Forty-two students were named as alternates. The Chorus is sponsored by the Virginia Choral Directors Association. Those selected include:

- ❖ Langley High School students **Cameran Alavi, Stephanie Anderson, Matthew Goudreau, Zack Gray, Isabel Hefner, Sarah**

Larkworthy, Mark Paulson, Sonya Zell, and Alina Zufall.

- ❖ Madison High School students **Tess Ottinger** and **Sergei Vandalov.**

- ❖ Marshall High School students **Devon Kalbaugh** and **Eian Burgess.**

- ❖ McLean High School student **Katerina Cronmiller.**

- ❖ Oakton High School students **Corinne Holland, Holly Kelly, Madeline Paul, and Summer Perez** and **Cecily Jacobson.**

- ❖ Thomas Jefferson High School for Science and Technology students **Margaret Coad** and **Adrienne Doebrich.**

Vienna residents **Lesley A. Harkins, Regan J. Herman, Alexandria E. Kemp, Alexander N. Mandell, Sunjay Sethi** and **William J. Skehan** have been named to the fall 2010 dean's list at Boston University of Boston, Mass.

Meghan Louise Jacobs of Vienna has been awarded a bachelor of arts in education and residency teaching certificate from Washington State University of Pullman, Wash.

Kerry Jordan Aldrich of Vienna as named to the fall 2010 dean's list at the Washington University in St. Louis, Mo. Aldrich is a graduate of Potomac School

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ENTERTAINMENT

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

WEDNESDAY/MARCH 9

California Guitar Trio 20th Anniversary Tour. 8 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. Wolftrap.org.
Tony Lucca, Jerad Finck and Brad Rhodes of Melodime. 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.com.

THURSDAY/MARCH 10

Jennifer L. Nelson's "24, 7, 365." 8 p.m. George Mason University Harris Theatre, 4400 University Drive, Fairfax. Attitudes about race, class and social activism are put under a humorous microscope. \$25. cfa.gmu.edu.
Ghosts, Haunting and Spooky Tales from the Civil War. 7:30 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. Walter Gavenda with tales about the ghosts of Civil War soldiers and slaves. Gavenda coauthored "A Field Guide to Haunted West Virginia" with Michael T. Shoemaker. Free. schulm@erols.com or 703-442-9370
Jesse Malin & The St. Marks Social, Josh Abt & The Regulars and American Babies. 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.com.
Tom Paxton. 8 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. Folk music. \$22. www.wolftrap.org.

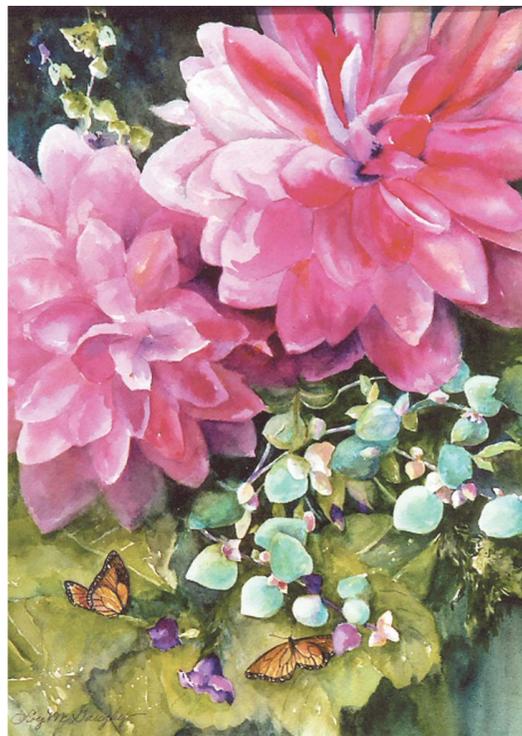
FRIDAY/MARCH 11

The Wind Blew. 10:30 a.m. and 11:30 a.m. City of Fairfax Regional Library, 10360 North St., Fairfax. Stories and activities. Age 2-3 with adult. 703-293-6227.
Celtic Woman: Songs from the Heart. 8 p.m. at George Mason University Patriot Center, 4500 Patriot Drive, Fairfax. Irish classics, contemporary covers and original compositions. Tickets \$34-\$79, available at www.ticketmaster.com or 703-573-SEAT. www.Celticwoman.com.
Jennifer L. Nelson's "24, 7, 365." 8 p.m. George Mason University Harris Theatre, 4400 University Drive, Fairfax. Attitudes about race, class and social activism are put under a humorous microscope. \$30. cfa.gmu.edu.
Rockneceros Family Happy Hour at 7 p.m., Super bob, Star City Meltdown and DJ Crazy at 10 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.com.
Mardi Gras Style Dinner. 5:45-8 p.m. American Legion Post 180, 330 N. Center St., Vienna. With New Orleans Native and Vienna resident Ron Patterson. Creole Jambalaya and New Orleans red beans & rice. \$8-\$10. 703-938-9535.
The Second City: Fair & Unbalanced. 8 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. Improv comedy. \$24. www.wolftrap.org.
English Conversation Group. 10 a.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Conversation group for adults learning English. 703-938-0405.
Pokemon League. 3 p.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Learn and play. Age 5-18. 703-938-0405.

SATURDAY/MARCH 12

Student Symphonic Orchestra of Fairfax. 7:30 p.m. Redeemer Lutheran Church, 1545 Chain Bridge Road, McLean. With the brass faculty quintet from Shenandoah Conservatory. The orchestra will perform the first and fourth movements of Beethoven's Fifth Symphony and movements 1-7 of Mozart's Requiem, with a full choir. Free and open to the public. www.studentsymphonicorchestra.com.
Jimmy Lange Boxing. 7 p.m. George Mason University Patriot Center, 4500 Patriot Drive, Fairfax. Tickets \$35-\$500, through www.ticketmaster.com and 703-573-SEAT.
Propagation Workshop. 10 a.m. Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Court, Vienna. How to start annuals and perennials from seeds and cuttings. \$5. Reservations required at 703-255-3631.
Northern Virginia's Metropolitan Jazz Orchestra. 8 p.m. George Mason University Center for the Arts Concert Hall, 4400 University Drive, Fairfax. Directed by Jim Carroll, with percussionist Joe McCarthy, percussionist Roberto Quintero and jazz vocalist Sara Jones. Brazilian bossa nova, Argentine tango, Afro-Cuban beats from Harlem and more. \$20-\$40. Tickets are half price for youth through grade 12 when accompanied by an adult. Charge at 888-945-2468 or cfa.gmu.edu.
Jennifer L. Nelson's "24, 7, 365." 2 p.m. George Mason University Harris Theatre, 4400 University Drive, Fairfax. Attitudes about race, class and social activism are put under a humorous microscope. \$25. cfa.gmu.edu.
Artist's Reception for Amy McShane. 6-8 p.m. Applegate Gallery & Custom Framing, 101 Church St. N.W., Suite C, Vienna. Oil paintings of landscapes ranging from abstract to realism. Refreshments served. info@applegateframing.com.
Deep River Concert and After-Party. 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.com.
Bluegrass Marathon Jam Session. 12 p.m.-12 a.m. McLean VFW Post 8241, 1051 Spring Hill Road, McLean. An all-day bluegrass marathon from noon until midnight. Come to perform or enjoy the entertainment. Sponsored by Fisher House, providing a "home away from home" for military families to be close to a loved one during hospitalization. 703-883-9250 or www.fisherhouse.org.
Claude Moore Spring Estate Sale. 10 a.m.-5 p.m. Claude Moore Colonial Farm, 6310 Georgetown Pike, McLean. Local living history museum spring estate sale. Jewelry, vintage clothing, linens, gemology, costume books and more. www.1771.org/directions.htm.
Basics for Bird Artists. 10 a.m. Artists' Atelier, 1144 Walker Rd, Suite G, Great Falls. An introduction to birds, behavior and habitats. Bring sketchbook and sketching materials plus a light folding chair. Free. Reserve at 703-438-6008 or info@audubonva.org.
The Second City: Fair & Unbalanced. 7:30 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. Improv comedy. \$24. www.wolftrap.org.
VITA Tax Assistance. 10 a.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. IRS-certified volunteers help taxpayers who earned up to \$49K. 703-790-8088.
Good Things Come in Threes. 3 p.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Kaydee Puppets presents Goldilocks and the Three Bears and The Three Little Pigs. All ages. Register at 703-938-0405.
Children's Book Sale. 10 a.m.-5 p.m. City of Fairfax Regional Library, 10360 North St., Fairfax. Books and more. All Ages. 703-293-6227.

Two Dahlias," watercolor by Loy McGaughy. "Think Spring!" is an all-member show of original art at the Vienna Art Society's Gallery in the Village Green, 513 Maple Ave. W, Vienna, through March 26. 703-319-3971 or www.ViennaArtsSociety.org.



"Two Dahlias," watercolor by Loy McGaughy. "Think Spring!" is an all-member show of original art at the Vienna Art Society's Gallery in the Village Green, 513 Maple Ave. W, Vienna, through March 26. 703-319-3971 or www.ViennaArtsSociety.org.

SUNDAY/MARCH 13

Charity Tennis Evening. 5:30-8:30 p.m. McLean Racquet and Health Club, 1472 Chain Bridge Road, McLean. With former US Tennis Olympiad Richey Reneberg, Va. House Delegate Barbara Comstock, Va. Senate candidate Caren Merrick and others. Casual dinner buffet, raffle prizes. Adults \$42, children \$18. Proceeds benefit The Childhelp Washington Chapter and the Washington Tennis and Education Foundation. 703-356-3500 or ctklaff@gmail.com.
Iona. 4 p.m., 6 p.m. and 8 p.m. Old Brogue Irish Pub, 760-C Walker Road, Great Falls. Pan-Celtic music. \$15. 703-759-3309 or www.ionamic.com/brogue.shtml.
Keyboard Conversations with Jeffrey Siegel: "Northern Stars." 7 p.m. George Mason University Center for the Arts Concert Hall, 4400 University Drive, Fairfax. Works by Edvard Grieg, Jean Sibelius, Carl Nielsen, Johannes Brahms and more. \$19-\$38. Tickets are half price for youth through grade 12 when accompanied by an adult. Charge at 888-945-2468 or cfa.gmu.edu.
Jennifer L. Nelson's "24, 7, 365." 4 p.m. George Mason University Harris Theatre, 4400 University Drive, Fairfax. Attitudes about race, class and social activism are put under a humorous microscope. \$25. cfa.gmu.edu.
Al Pettaway & Amy White CD Release Show. 7 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.com.
Iona. 4 p.m., 6 p.m. and 8 p.m. Old Brogue Irish Pub, 760-C Walker Road, Great Falls. Pan-Celtic music. \$15. Reserve at 703-759-3309. www.ionamic.com/brogue.shtml.
Storybook Festival. 11 a.m. to 2 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. For ages 3-8.

A recurring puppet show by Rainbow Puppets, roaming storybook characters, face painting and book-related arts and crafts projects. Light refreshments, \$5, age 2 and under free. 703-790-0123, TTY: 711.
Sunday Soiree Series Dance: In the Groove. 3-5 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. Live music by The Wayne Tympanick Trio. \$5 at the door. sabrina.anwah@fairfaxcounty.gov

MONDAY/MARCH 14

Jo Williamson. 8:15 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.com.
English Conversation. 10:30 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. English practice for adult non-native speakers. 703-242-4020.
Brain Games. 3:30 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. After-school drop-in program. Play Blokus, Battleship, Rush Hour and other strategy games. Age 6 & up with adult. 703-242-4020.
Book Buddies. 4 p.m. City of Fairfax Regional Library, 10360 North St., Fairfax. Beginning readers practice with a young adult volunteer. Age 5-9 with adult. 703-293-6227.

TUESDAY/MARCH 15

Bushwalla and Jason Ager. 7:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.com.
Tuesday Storytime. 10:30 a.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Stories, songs, and activities. Age birth-5 with adult. 703-790-8088.
Personalized Internet Training. 2:30 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. A 45-minute training session with a technology volunteer. Call for appointment. Adults. 703-790-8088.



The Mason Dance Company 2011 Gala Concert will be Friday, March 25 and Saturday, March 26 at 8 p.m. at the George Mason University Center for the Arts, 4400 University Drive in Fairfax. The performances will showcase a repertory company of dancers performing contemporary choreography in four pieces, including Ohad Naharin's "Ehad Mi Yodea," Lar Lubovitch's "Dvorak Serenade," Robert Battle's "Promenade" and Susan Shields' "Sunlit Song." Tickets are \$20 adults, \$12 students and seniors, and are available at the Center for the Arts Box Office, open Tuesday-Saturday, 10 a.m.-6 p.m., or at 888-945-2468 or cfa.gmu.edu.

FAITH NOTES

Faith Notes are for announcements and events in the faith community. Send to vienna@connectionnewspapers.com. Deadline is Friday.

Trinity United Methodist Church, 1205 Dolley Madison Blvd. in McLean, will have Ash Wednesday services on March 9 at 12 p.m. and 7:30 p.m. 703-356-3312 or www.umtrinity.org.

tering prayer is meditation and contemplative prayer, wordless, trusting, opening of self to the divine presence. Instruction offered. marjorie.cole@gmail.com.

Epiphany United Methodist Preschool, 1014 Country Club Drive, N.E. in Vienna, is now enrolling 3-4 year-old students for the 2010/2011 school year. Contact 703-938-2391 or www.epiphanypreschool.com.

Antioch Christian Church, 1860 Beulah Road in Vienna, will host an Ash Wednesday worship service on Wednesday, March 9 at 7:30 p.m. Ash Wednesday derives its name from the practice of placing ashes on the forehead as a sign of choosing to go a new Godly direction in life. On Sunday, March 13 at 11 a.m. the Church will celebrate Girl Scout Sunday. The colors will be presented by a local Brownie troop and the pledge of allegiance will be led by girl scouts. All Girl Scouts and their families are invited. www.antiochdoc.org or 703-938-6753.

The Church of the Good Shepherd (United Methodist), 2351 Hunter Mill Road in Vienna, will publish its 12th annual Devotions for Lent and distribute more than 19,000 copies to church neighbors. Printed copies will first be available at the church's March 9 Ash Wednesday service at 7:30 p.m. The church also shares the devotions each day (March 9-April 23) by e-mail at www.GoodShepherdVA.com.

Epiphany United Methodist Church, 1014 Country Club Drive in Vienna, will host "A Celebration of God's Gift of Music" on Sunday, March 13 during the 11 a.m. service. 703-938-3494 or office@epiphanyumc.com.

Vienna Presbyterian Church, 124 Park St. in Vienna, presents the 12-week program "Passages," for those experiencing the pain of separation or divorce. The DivorceCare series meets Tuesdays at 7 p.m. Cost of materials \$20, scholarships available. 703-938-9050 or Passages@ViennaPres.org.

Centering Prayer offered at St. Dunstan's, 1830 Kirby Road, McLean, Tuesdays at 7-7:45 p.m. Cen-

Vienna Assembly of God has a ministry to children on Wednesdays, 7-8 p.m. at the corner of Center N and Ayr Hill Avenue, N.E. Children's Church on Sundays also available. 703-938-7736 or www.ViennaAG.com.

Vienna Christian Healing Rooms, every Saturday, 1-5 p.m., at 8200 Bell Lane. A team of Christians is available to anyone requesting prayer. Free and open to the public. 703-698-9779 or www.viennachristianhealingrooms.com.

Trinity United Methodist Church, 1205 Dolley Madison Blvd., McLean, Sunday worship services are at 8:30 and 10:30 a.m. Sunday School for adults is at 9:30 a.m. and for children during the 10:30 a.m. worship service. Youth Group for grades 7-12 meets Sunday nights, 6 - 7:30 p.m. A 20-minute service of Holy Communion is held each Wednesday at 12 p.m. 703-356-3312 or umtrinity.org.

McLean Bible Church, 8925 Leesburg Pike in Vienna, presents The Power of a Changed Life, a multi-arts presentation on Jan. 15 at 7:30 p.m. The film "Adoniram's Calling" is the story of Adoniram Judson, the first US foreign missionary, and the program continues with stage readings. There will be a children's program for ages 5-12. mbhshb@earthlink.net.

St. Dunstan's Episcopal Church, 1830 Kirby Road in McLean. The third Sunday service every month at 10:15 a.m. allows children to play active roles in the music and as greeters and ushers. Traditional services are every Sunday at 8:15 and 10:15 a.m. Nursery is available at the 10:15 a.m. service. 703-356-7533.

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Directions: From I-66, take exit 69 (US-29/Lee Hwy) toward Washington Blvd. Left onto Fairfax Dr. First right onto US-29/Lee Hwy. Left onto E Broad St/VA-7. Right onto Leesburg Pike. Right on Juniper Ln. Left on Villa Ln. Right on Potterton Dr. Right on Waterway Dr. The tour will be located at the end of the cul-de-sac on the right.

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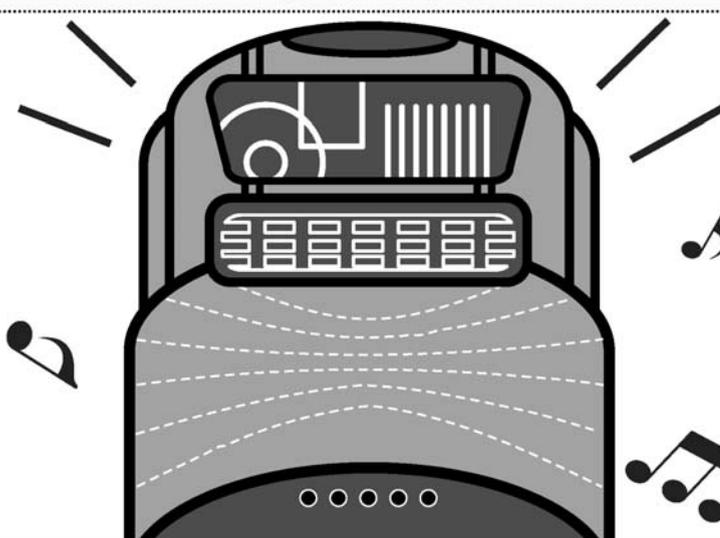
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Gainesville 703-368-1919
6895 Wellington Rd., Gainesville, VA
Hours: Monday - Saturday 8 am - Dark
Sunday 9 am - 6 pm

ROCKIN' INTO SPRING!

Friday, March 18, 8-11 p.m.
 Advance: \$20/\$10 McLean district residents
 Friends of MCC: \$5

Join the Friends of McLean Community Center and the MCC at this co-sponsored casual evening event of dancing to the sounds of some of your favorite "oldies but goodies"! Live music provided by **The Fabulous Hubcaps** (www.thehubcaps.com). There will be refreshments, appetizers and a cash wine bar.
 *Registration is required.



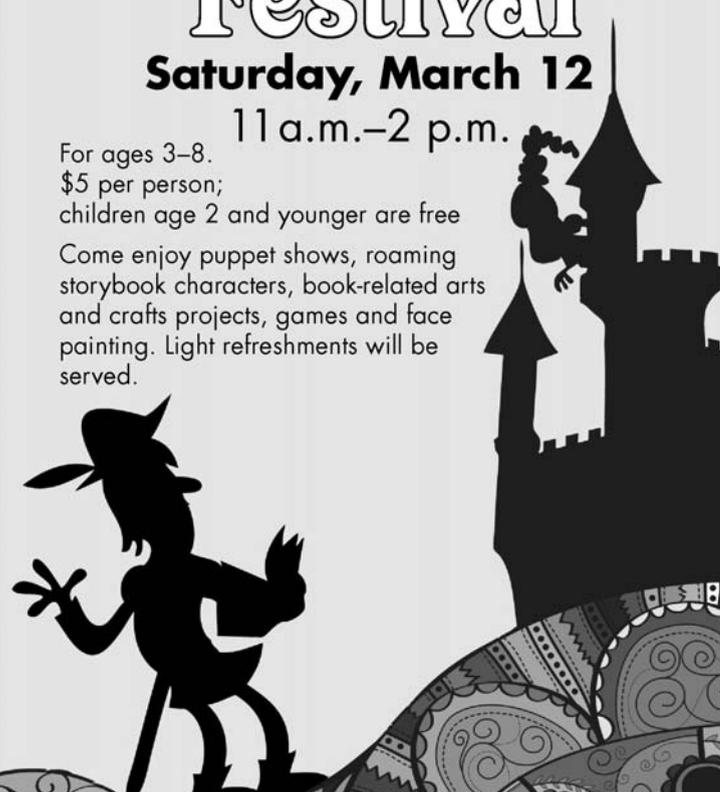
The McLean Community Center
 1234 Ingleside Ave., McLean VA 22101
 703-790-0123/TTY: 711
www.mcleancenter.org

Storybook Festival

Saturday, March 12
 11 a.m.-2 p.m.

For ages 3-8.
 \$5 per person;
 children age 2 and younger are free

Come enjoy puppet shows, roaming storybook characters, book-related arts and crafts projects, games and face painting. Light refreshments will be served.



The McLean Community Center
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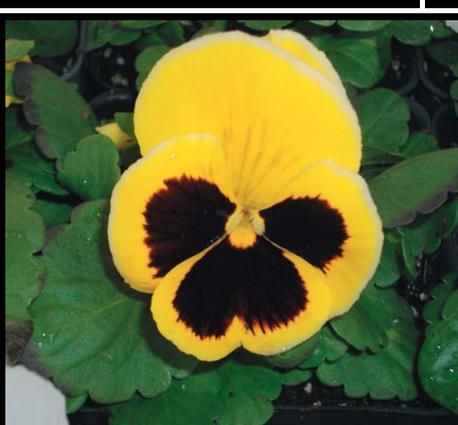
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Free Japanese Maple Planted
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CRIME

Activities reported by the Vienna police department through March 4.

ARRESTS

1000 Block Hillcrest Drive, S.E. March 2, 10:06 a.m. Sergeant Elias observed an individual speaking to homeowners about a lawn care service and distributing flyers. After an investigation he determined that the individual was not licensed to solicit in Vienna. 22-year-old male of Blankenship St. in Alexandria was issued a summons for the violation and released after signing it.

800 Block Ware St., S.W. March 2, 10:30 a.m. Sergeant Elias observed an individual speaking to a homeowner about a lawn care service and distributing flyers. After an investigation he determined that the individual was not licensed to solicit in Vienna. A 22-year-old male of Columbia Pike in Arlington was issued a summons for the violation and released after signing it.

600 Block Echols St., S.E. March 2, 12:35 p.m. Sergeant Elias observed an individual speaking to a homeowner about a lawn care service and distributing flyers. After an investigation he determined that the individual was not licensed to solicit in Vienna. A 51-year-old male of Cumberland St. in Springfield was issued a summons for the violation and released after signing it.

300 Block Glyndon St., N.E. March 2, 11:22 p.m. Sergeant Juelharte observed two male subjects in Glyndon Park late at night. As she approached the two they fled the area. She was able to locate one of the subjects and upon her interaction with him she observed signs of intoxication. A 21-year-old male of Gibson Drive in Vienna was arrested for Drunk in Public. He was then transported to the Fairfax County Adult Detention Center.

Vienna Sunoco Station, 102 Maple Ave., West. March 3, 10:45 a.m. A concerned citizen called to report a possibly intoxicated male subject in the gas station lot. MPO Evans located the individual and after a brief investigation arrested a 31-year-old male of no fixed address for Drunk in Public. He was transported to the Fairfax County Adult Detention Center.

ANIMAL CASES

500 Block Orchard St., N.W. Feb. 28, 1:18 p.m. Officer Vazquez responded for a deceased cat which was found in the roadway. He was unable to locate the animal's owner and therefore transported it to the Fairfax County Animal Shelter. The shelter will keep the cat for a period of 7 days in case the owner comes forward and wishes to make other arrangements.

Nelson Drive at Beulah Road, N.E. March 2, 10:30 a.m. A citizen observed a small dog being struck by a vehicle. The driver of the striking vehicle did not stop after hitting the animal. The citizen picked the dog up and took it to her house. She then contacted the police. ACO Barker responded and took the dog for care at a local veterinarian. After treatment he transported it to the Fairfax County Animal Shelter. A short time later ACO Barker learned that the dog and its owner had been reunited.

CHECK FRAUD

Northwest Federal Credit Union, 231 Maple Ave., East. Between Jan. 20-27, a customer notified the bank that a known individual had stolen some of his checks and unlawfully cashed them. This case is still being investigated.

BUSINESS

W. Keats Nicoll, of Oakton, has been appointed resident director of Merrill Lynch's Reston, Virginia office.

"Keats' proven leadership and outstanding reputation make him the perfect candidate to lead our Reston office," said Peter Ambrose, director of the Northern Virginia complex. "Keats' 29 years of experience will enhance our team's ability to stay one step ahead and continue to provide personalized wealth management solutions and holistic advice and guidance to help clients with all aspects of their financial lives."

Nicoll joined Merrill Lynch in 1995. He received a BFA degree from the University of Richmond. In 2005, Virginia

Business magazine and R.J. Shook named W. Keats Nicoll as one of the top 25 advisors in the state of Virginia.

Harper McDaniel, associate broker with the CENTURY 21 New Millennium McLean office recently earned the CENTURY 21® System's CENTURION Producer, President's and Quality Service Pinnacle Awards again this year following her 2010 sales success.

"Harper is a leader and innovator in delivering powerful home buying and selling choices to her clients because she knows the community she serves," said Todd Hetherington, CEO and co-owner of CENTURY 21 New Millennium.

Harper McDaniel has more than 10

years of experience in the real estate industry.

"Achieving CENTURION, President's and Quality Service Pinnacle Producer status is a great milestone in my professional career and with a continued effort and focus on my clients, I hope to continue on this path of success," said Harper, associate broker with CENTURY 21 New Millennium.

Coldwell Banker Residential Brokerage in McLean has announced its sales associates who have earned the company's International President's awards. The winners include - Individual Achievements: President's Club - Linda Knowles and Sue Jin Song.



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Grand Opening! The fully furnished model home is now open Thursday-Sunday 11AM-5PM. Visit soon and experience our new and distinctive model home and secure one of our premier homesites; this exclusive community of eighteen homes represents one of the last opportunities to personalize a new home and enjoy community living in Great Falls. To arrange a private showing, contact Deborah Lembo at 703.795.1333 or email autumn_wood@gulickgroup.com.

More information is available at www.gulickgroup.com.

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



Call Specific Agents to Confirm Dates & Times.



Vienna

9450 Deramus Farm Ct.....\$1,449,000.....Sun 1-4.....Diane Van Volkenburg.....Weichert.....703-980-4553
9705 Meadowmere Dr.....\$1,295,000.....Sun 1-4.....Casey Samson.....Samson Properties..703-508-2535
2701 Bellforest Ct. Suite 409..\$330,000.....Sun 1-4.....Ron Fowler.....Weichert.....703-598-0511

Reston

2055 Winged Foot Ct.....\$389,000.....Sun 1-4.....Jane Price.....Weichert.....703-628-0470
11011 Saffold Way.....\$409,990.....Sun 1-4.....Helen Grozbean.....Century 21.....571-233-4287
12031 Creekbend Dr.....\$965,000.....Sun. 1-4.....Leslie Thurman.....Long & Foster.....703-904-3700
12647 Thunder Chase Dr.....\$599,999.....Sun. 1-4.....Elizabeth Hajost.....Long & Foster.....703-759-9190
2283 Dositia Ct.....\$479,900.....Sun. 1-4.....Marie Buck.....Weichert.....703-901-4166
2523 Freetown Drive.....\$514,900.....Sun. 1-4.....Rich Langguth.....Century 21.....703-609-3079
11711 Stillbrook Ct.....\$387,500.....Sun 1-4.....Peggy Hamaker.....KDH Real Estate.....703-517-1762
11200 Wedge Dr.....\$496,600.....Sun 1-4.....Amir Razi.....Long & Foster.....703-517-5858

Herndon

13100 Bramblewood Ln.....\$585,000.....Sun. 1-4.....Leslie Thurman.....Long & Foster.....703-904-3700
2519 Logan Wood Dr.....\$299,900.....Sun. 1-4.....Ron Layton.....RE/MAX.....703-421-1433
2954 Mockernut Court.....\$464,900.....Sun. 1-4.....Karen Kidwell.....Long & Foster.....703-216-7437

Great Falls

902 Winstead Street.....\$1,229,000.....Sun. 1-4.....Holly Weatherwax.....Momentum Realty...571-643-4902
1024 Chaledon Road.....\$750,000.....Sun 1-4.....Vivian Lyons.....Keller Williams.....703-406-9009
754 Ellsworth Ave.....\$1,699,999.....Sun 1-4.....Dianne Van Volkenburg...Weichert Realty.....703-980-4553

McLean

1710 Forest Lane.....\$889,000.....Sun.1-4.....Jane Price.....Weichert.....703-628-0470

Oakton

11305 Walnut Creek Ct.....\$1,325,000.....Sun 1-4.....Ashley White.....TTR Sothebys.....703-431-1705

Dunn Loring

8100 Bright Meadows Ln.....\$549,999.....Sat 12-3.....Taylor McNeal.....Prudential Carruthers...703-898-2903

Ashburn

21925 Gullane Way.....\$549,900.....Sat. 1-4.....Bob Scherbarth.....Century 21.....703-477-1043
21925 Gullane Way.....\$549,900.....Sun. 1-4.....Suzanne Burch.....Century 21.....703-328-5606

Sterling

11220 Birmingham Ct.....\$549,990.....Sun 1-4.....Nami Tan.....Realty Direct.....703-867-4184

South Riding

26016 Rachel Hill Dr.....\$465,000.....Sun. 1-4.....Donny Samson.....Samson Properties..703-864-4894

Fairfax

12410 Meadow Field Drive.....\$554,900.....Sat/Sun 1-4..Elizabeth Sachero-Perez..Long & Foster.....703-774-7448

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

Vienna Pastor Keeps Running

FROM PAGE 3

he wouldn't turn away from his faith promise. He trained for and ran in his first 50-miler in November 2005 and between that date and 2007, Burns ran in six races. Between visits to his oncologist and CAT scans, Burns continued to fill his life with family, his church, and his relationships with the community. "I spent five years conquering the cancer battle in my brain," said Burns. But he thought he was winning the war. Until April 2008.

When the Bull Run 50-mile was too much for him to finish, Burns knew something was very wrong. In the spring of 2008, Burns began 18 weeks of chemotherapy.

That chemotherapy treatment left his bones severely weakened and in August of 2010, Burns was told to give up running. What Burns lost was more than the power of will that running provided him but he lost the mission fundraising tool, as well. He walked. And walked some more. "That was hard," Burns said. Just a couple miles walking.

The beginning of what Burns describes as his miracle began at an Assembly of God church service that Burns was conducting on Jan. 2. "Ask the Lord to lead you," Burns told his congregation. Not to ask Him to give you what you want, but for Him to lead you to where you should be, Burns explained.

That afternoon, Burns went for a solitary walk, praying the whole time. "I got the sense that the Lord was trying to talk to me," said Burns. "I felt like the Lord was saying to me, 'follow me back into ultramarathons.' Like he was saying, 'just try it, give it a shot.'" He signed up for the Holliday Lake 50K the same day.

TO RUN the Feb. Holliday Lake 50K in the maximum allotted time window, Burns knew walking only wouldn't make it, not when he needed to maintain a 15-minute mile pace. He was walking at a 17-minute mile pace. "So, I figured if the Lord is calling me back into ultras, I'm going to have to run some," Burns said. So, he walked up and down hills and ran when the path leveled out. More significantly to Burns, he ran without pain. He knew he had to get two long runs in before the Feb. 12 run. From Jan. 3 and Feb. 11, Burns was running, not walking, four to six miles a day. On Feb. 3, Burns ran 20 miles. "I felt good," he said.

"I felt like the Lord was saying to me, 'follow me back into ultramarathons.'"

— Vienna pastor and cancer survivor Craig Burns



T.R. COOK PHOTOGRAPHY

Pastor Craig Burns gives the invocation at a fall VTRCC luncheon.

With the support of his wife Brenda, Burns finished the Holliday Lake run in a little over 11 hours.

Burns didn't simply sign up for a single ultramarathon. He registered for the Lynchburg Ultra Series, committing himself to runs on March 26, April 23 and Nov. 5, in addition to the Feb. 12 Holliday Lake Ultramarathon. "In my heart, I felt there was more I needed to do," said Burns.

"Then, I had to tell my wife."

In his role as a pastor, Burns does the invocation at VTRCC luncheons. "I always look forward to the invocations he gives," said former VTRCC Chairman, Gina Cocomello. "They are well-thought out blessings filled with current events, humor and love. As you get to know Pastor Craig you can see how his faith carries him through, not only the good times, but the more difficult times, too."

Since spring of 2010, Burns has been growing his hair long to donate eight inches for a wig to be given to a cancer patient through Pantene's hair collection program. Since there are few pastors with long hair, Burns sought out permission to grow his hair from the oldest woman in the church. "Oh, Darlin', I don't care what you do," she told Burns. "The only one you have to get permission from is your wife," she said. Burns already had done just that.

"Last month, at the VTRCC luncheon, some of us were teasing him that he looked like the fifth Beatle with his long hair," said Cocomello.

Read about Pastor C. Craig Burns at ViennaAG.com. He can be e-mailed at yeaisay@aol.com.

Legion Honors Police Officer, Firefighter of the Year

FROM PAGE 3

Corey Merdler joined VVFD in July 2007. Although Merdler works full-time as a Metro contractor, he nevertheless put in 950 hours last year with VVFD, working and training. He's both a firefighter and an EMT and has, Morrison said, taken a leadership role in the department.

"He also took the lead on rewriting the department's ambulance driver and ambulance officer training manuals, and served as the department's gear quartermaster," said Morrison.

In attendance at the awards program were American Legion Auxiliary member Mayor M. Jane

Seeman, Town Council members Dan Dellinger of Post 180, Lauie de Rocco, Howard Springsteen and Auxiliary member Town Councilwoman Edythe Kelleher. State Sen. Chap Petersen and Del. Mark Keam were present, as well.

Commander Hatter recognized the Post's World War II veterans, many of whom used canes to steady themselves as they stood up to applause.

In 2012, the American Legion, nationally, will honor a police officer and firefighter of the year at the state and national level. Local recipients of the recognition have the opportunity of advancing to the state level.

—DONNA MANZ

Honored for Saving Life

Master Police Officer Jarod B. Evans Receives Meritorious Action Award.

On Jan. 16 this year, MPO Jarod Evans, of the Vienna Police Department, responded to a suspicious medical call. An alert neighbor called police after hearing a nearby neighbor calling for help. Upon his arrival MPO Evans no longer heard any calls for assistance.

MPO Evans was informed by the caller that the resident in the nearby apartment was a diabetic and could be in danger. MPO Evans forced entry into the apartment and found a victim bleeding from the head.

MPO Evans applied pressure to the wound and summoned Fairfax County EMS. The victim is now

CRIME REPORT

FROM PAGE 3

ASSAULT

Outback Steakhouse, 315 Maple Ave., East. March 2, 7:04 p.m. Officers were called to the restaurant for a reported fight in progress. The caller stated that approximately 10-12 males were fighting outside. The investigation revealed that a husband arrived to confront his wife about being out with several male coworkers. While speaking to the wife a male subject intervened and began arguing with the husband. The restaurant manager asked the involved parties to go outside and they complied. As the men exited a large group of patrons followed. Once outside the husband and the other man began exchanging punches and wrestling on the ground. When officers arrived the husband was still on scene but the other parties had fled. The other parties are known to the husband and so the warrant obtainment process was explained to him. The wife was also counseled regarding available services to aid in her situation.

ATTEMPTED FRAUD

200 Block Ceret Court, S.W. March 2, 1:05 p.m. A citizen reported that a subject came to her door and told her that she owed him money for a prior roofing repair. The citizen let the man into her home and called her husband to verify this story. The husband told the woman that they had not had any roofing work done. The woman related this to the subject and he left. The police were then notified. MPO Evans counseled the woman regarding the dangers of admitting strangers into her home and about the intent of the subject to scam her out of money. The male subject is described as white, 5'8" tall, in his 20's, thin build, and blonde hair wearing casual clothes.

DOMESTIC DISPUTE

100 Block Hickory Circle, S.W. Feb. 27, 10:47 p.m. A mother reported that her daughter was attempting to leave the house against her wishes.



Colonel Robert A. Carlisle, Vienna Police Chief, and MPO Jarod Evans.

recovering.

For his actions in the preservation of human life MPO Evans was awarded the Meritorious Action Award by Colonel Robert A. Carlisle, Chief of Police. MPO Evans is an 11 year veteran of the Department and is currently assigned to the Patrol Section.

The investigation revealed that the daughter was 18 years of age and was legally able to leave as she desired.

MISSING ADULT

100 Block Hickory Circle, S.W. Feb. 26, 11:20 a.m. A concerned mother reported that her adult daughter left at 4 p.m. on Feb. 25 and had not yet returned home. A short time later the daughter returned home and PFC Ruddy went to speak with her. The daughter reported that she was attending a party outside of the Town of Vienna and had not returned home. The daughter also reported that she ingested drugs and was assaulted while at the party. As both of these incidents occurred outside of the Town of Vienna, the mother will make a report to the Fairfax County Police then seek additional help for her daughter.

NATURAL DEATH

400 Block Glyndon St., N.E. Feb. 26, 10 p.m. A health care worker discovered that an elderly male resident was deceased inside the home. There does not appear to be any signs of foul play and a detective will follow up on this case.

RESIDENTIAL ALARM

600 Block Carter's Glen Court, S.W. Feb. 25, 2:04 p.m. PFC Ruddy responded for a residential intrusion alarm. Upon her arrival she found an unsecured door. An interior search of the home yielded nothing unusual and the door was secured upon her exit.

UNLICENSED SOLICITORS

500 Block Woodland Court, N.W. Feb. 26, 3:08 p.m. PFC Ruddy responded to investigate two unlicensed solicitors in the area. The two men were with a paving company and soliciting work. After identifying the men and checking for outstanding warrants the two were released and counseled about the need for a license in Vienna.

BULLETIN BOARD

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

THURSDAY/MARCH 10

Happy Hearts Senior Adult Group. 12:30 p.m. Antioch Christian Church, 1860 Beulah Road, Vienna. Pot-luck luncheon with games and fellowship to follow. All area senior adults are invited. www.antiochdoc.org or 703-938-6753.

Vienna Arts Society General Membership Meeting. 10 a.m. Vienna Art Center, 115 Pleasant St., N.W., Vienna. Preview the "Ticket to Art!" benefit to be held March 19. Richelle Kaufman will describe her experiences in forensic art, displaying samples and photos of her work. Free. 703-319-3971 or www.ViennaArtsSociety.org.

FRIDAY/MARCH 11

VTRCC Youth & Education Luncheon "Green Day." 11 a.m. Westin Tysons Corner, 7801 Leesburg Pike, Falls Church. Showcasing accomplishments of students in the Vienna and Tysons Corner area and highlighting opportunities for schools and businesses to partner in mutually beneficial ways. \$40 members, \$50 non-members. www.vtrcc.org.

SATURDAY/MARCH 12

Women's Service Expo. 10 a.m.-1 p.m. 2034 Great Falls St., McLean. Learn about volunteer opportunities at local non-profits, assemble postpartum totes for new mothers, write letters to servicemembers, fill baskets

for a women's shelter and more. Red Cross blood donation on site. Free. Sponsored by the Relief Society of The Church of Jesus Christ of Latter Day Saints. jenniferheywood@hotmail.com.

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

SUNDAY/MARCH 13

Old Dominion Chrysanthemum Society Meeting. 2:30 p.m. Falls Church Community Center, 223 Little Falls St., Falls Church. A slide program with question and answer session on "Hydrangea's Care: Spring Pruning, Pinching, Fertilizing and Color/Variety Selection", by Amy Strunk, a Virginia Certified Horticulturist. Free admission and refreshments. 703-560-8776.

MONDAY/MARCH 14

Alzheimer's Caregiver Support Group. 5 p.m. Lewinsville Adult Day Health Care Center, 1609 Great Falls Road, McLean. 703-734-1718.

Haven of Northern Virginia's Bereavement Support Group. 7:30 p.m. Haven of Northern Virginia, Inc., 4606 Ravensworth Road, Annandale. Six weekly meetings, through April 18. Free. Register at 703-941-7000 or www.havenofnova.org.

Shepherd's Center of Oakton-Vienna Lunch N' Life. 12 p.m. Emmanuel Lutheran Church, 2589 Chain Bridge Road, Vienna. With Dick Neff on the banjo and Warren Underwood on guitar with their Home Town Radio Band. Lunch \$10. 703-281-0538 or office @scov.org.

TUESDAY/MARCH 15

Alzheimer's Caregiver Support Group. 5 p.m. The Sylvestry Assisted Living, 1728 Kirby Road, McLean. 703-506-2122.

WEDNESDAY/MARCH 16

American Antique Arts Association Meeting. 10 a.m. McLean Community Center, Room C. 1234 Ingleside Ave., McLean. "Antique Sewing Items" by Deborah Hartwick, an art needlework designer who uses early sewing techniques from the 18th and 19th century, natural fabrics, dyeing and over-dyeing techniques and sawdust and emery powder for stuffing. Open to the public. 703-444-4470.

THURSDAY/MARCH 17

Vietnam Veterans of America Inc. Chapter 227 Meeting. 7:30 p.m. Neighbor's Restaurant, 262D Cedar Lane, Cedar Lane Shopping Center, Vienna. Doug Sterner, a decorated Vietnam veteran and military historian, will discuss people pretending to be decorated military veterans with medals for combat exploits and acts of heroism. Sterner is a strong advocate for the Stolen Valor Act of 2005. The general public and all veterans are invited. Free. 703-255-0353 or www.vva227.org.

Falls Church City GOP Committee Meeting. 7:30 p.m. American Legion Hall, 400 N. Oak St., Falls Church. With Prince William Board of County Supervisors Chairman Corey Stewart, Michael Zak, author of Back to Basics for the Republican Party & Mark Rhoads. 703-502-0161 or JTParmelee@aol.com.



Cottage Street Reconstruction

Town of Vienna

Design Public Hearing

Wednesday, April 6, 2011, 5 - 8 p.m.

Council Chambers, Vienna Town Hall
127 Center Street South, Vienna, VA 22180

Find out about proposed improvements to Cottage Street Southwest, from Walker Street to Patrick Street in the Town of Vienna. The proposed project includes new pavement, curb and gutter, and sidewalks.

Review project information at www.virginiadot.org, at the public hearing, at the Department of Public Works at 127 Center Street South in Vienna, or at VDOT's Northern Virginia District Office at 4975 Alliance Drive in Fairfax. Please call ahead at 800-FOR-ROAD (800-367-7623) or TTY/TDD 711 to ensure the availability of appropriate personnel to answer your questions. Property impact information, relocation assistance policies and tentative construction schedules are available for review at the above address and will be available at the public hearing.

Give your written or oral comments at the hearing or submit them by April 16, 2011 to Mr. Zamir Mirza at the VDOT District Office address above. You may also e-mail comments to Meeting_Comments@VDOT.Virginia.gov. Please reference "Cottage Street Reconstruction" in the subject line.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact VDOT's Civil Rights Division at the above phone numbers.

State Project: U000-153-108 P101, R201, C501
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21 Announcements
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SPORTS

American Legion Baseball: An Investment in Youth

How many parents and their baseball oriented sons, from ages 15 to 19, have given much thought to the advantages of playing American Legion Baseball - a program that is extremely active in the Northern Virginia District 17 of the American Legion?

American Legion Baseball is the oldest and largest nationwide teenage baseball program played throughout America since its inception in 1925. Over 10 million teenagers have played American

Legion baseball since that time. On an average, nearly 70 percent of all college baseball players played American Legion Baseball as teenagers; approximately 52 percent of Major League Baseball players played American Legion Baseball as teenagers; and more American Legion alumni have been inducted into the National Baseball Hall of Fame and Museum than any other amateur baseball program - the outcome of positive support provided mostly by a volunteer coaching staff throughout the nation.

American Legion Baseball pre-

sents the potential of playing in the various American Legion tournaments at the district, state, regional, national, and the ultimate - the American Legion World Series. In fact, since 1926, Major League Baseball has honored the American Legion World Series Champions at the Major League World Series. The National Baseball Hall of Fame honors the American Legion Player of the Year with a plaque at the annual induction ceremony in Cooperstown, N.Y.

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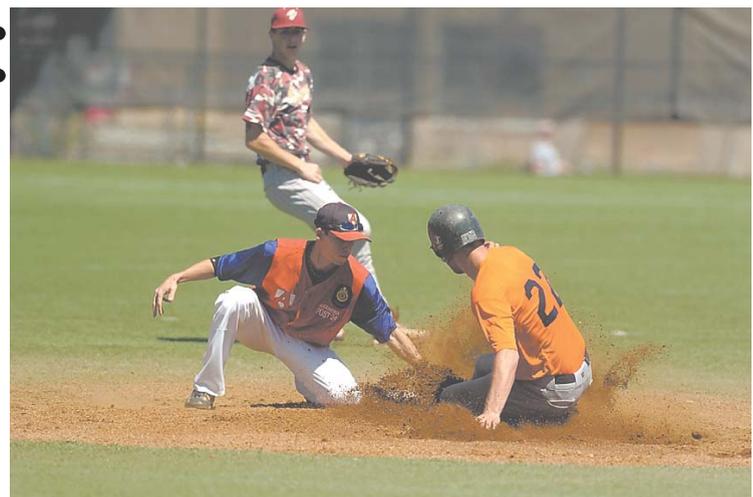


PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

The annual District 17 American Legion baseball All-Star game is played at Waters Field in Vienna. The action here is from last summer's game.

involved in American Legion baseball as a player or coach, contact Bill Murphy, District 17 Baseball Chairman via e-mail at

bigmerf@gmail.com or Jim Glassman, District 17 Baseball Administrator, at jimglassman@verizon.net.

SPORTS ROUNDUPS

Duke University senior Jasmine Thomas, for the second straight year, was selected as a midseason candidate for the college women's basketball Naismith Player of the Year award. She is one of 30 midseason candidates for the honor. The Naismith Trophy, presented by AT&T, will be awarded on April 4 at the NCAA Women's Final Four in Indianapolis.

Thomas, a former Oakton High star player and a native of Fairfax, has led fifth-ranked Duke to a 23-2 overall record and 9-1 mark in Atlantic Coast Conference (ACC) action. The 5-9 guard has averaged 14.3 points, 4.1 rebounds, 3.3 assists, and 2.6 steals per game. Against ranked opponents, she has averaged 17.1 points, 4.5 rebounds, 0.9 blocks, 2.6 steals and 3.0 assists. Thomas notched a season-high 24 points versus Kentucky. She has also had big games versus ACC opponents Maryland (22 points) and Florida State (also 22). In 45 career games against ranked opponents, Thomas has posted double-figure scoring in 33 of those, including 21 out of the last 22. Thomas has notched nine 20-plus point games as well.

Thomas, along with being a candidate for the Naismith award, is also in the running for both the John R. Wooden and State Farm Wade Trophy National Player of the Year honors. Full Court Press named Thomas the ACC Player of the Year on March 3.

The Atlantic Coast Conference (ACC) released the 2011 All-ACC Defensive team for women's basketball on Wednesday afternoon with Thomas one of five selected by a vote of the 12 league head coaches. Thomas has registered a team-high 72 steals, while ranking 65th nationally and fifth in the ACC with a 2.5 per game average. She has also swatted 18 shots on the season.

With a 66-58 victory over 13th-ranked North Carolina on Sunday, ninth-ranked



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Duke's Jasmine Thomas sets up the Blue Devils' offense during a late season ACC women's basketball game at the University of Maryland.

Duke clinched a share of the ACC Regular Season Championship and will be the No. 1 seed in the upcoming 2011 ACC Championship.

Paul VI Catholic High School of Fairfax has announced that Gordon Leib has been named the new head football coach for the Panthers. Leib, the former coach at James Madison High School (Vienna), has led his Warhawk teams to a record of 69-43 (.616) over the past 10 seasons, while qualifying for the Northern Region Div. 5 playoffs eight times. Madison reached the region finals three times and garnered one region championship.

"Gordon is someone with a proven track record," said Paul VI Principal Virginia

Colwell. "We need someone who will bring a quality program to us. I believe that Gordon is that man and coach."

Leib will also teach at the private school. "The number one thing we looked for was a leader," stated Billy Emerson, the Paul VI Athletic Director. "That's what we got."

George C. Marshall High School is pleased to announce the hiring of a couple of new head coaches. William Bak will be the new head boys' soccer coach. Coach Bak comes to the Statesmen with over 20 years of coaching experience. He has coached house league and club teams, as well as seven years at the high school level. Most recently, Coach Bak assisted the James Madison University Men's Soccer Program as a preseason goalkeeper coach.

Mac DeShazer, meanwhile, has been named Marshall's new head women's tennis coach. Coach DeShazer played high school locally and was a four-year varsity athlete. He continued playing tennis beyond high school with the United States Military Preparatory School Tennis Team. Coach DeShazer is a graduate of George Mason University with a degree in Education. He taught Physical Education and coached the varsity men's tennis program at Osbourn Park High School (Manassas) for 10 years.

Marshall welcomes Coach DeShazer and Coach Bak and is excited to have both within the Statesmen athletic and school community.

Jade Zaharoff, a graduate of Madison High School in Vienna, is currently a junior and member of the women's track and field team at Christopher Newport University. She was recently honored as an All-academic student/athlete by the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA).

Oakton High School is holding a summer Baseball Camp from July 11-15 from 9 a.m. to 1 p.m. for players between the ages

7-to-15. The inaugural Oakton Cougar Baseball Camp, which will be directed by Oakton baseball coach Justin Janis, is intended to teach players solid fundamental baseball skills. The goal is to provide each player with the instruction, knowledge, and evaluation necessary to raise their level of play, and instruction will emphasize the core values of Oakton Cougar Baseball: Excellence, Teamwork, and Integrity. For more information, contact coach Janis at: justin.janis@fcps.edu.

Evan Weiss, a Madison High graduate and Oakton resident, scored a pair of goals for the Mary Washington University men's lacrosse team in their recent 9-8 loss to host team Christopher Newport University in rainy Newport News last Sunday. The Eagles fell to 2-3, while the Captains improved to 3-0. Mary Washington led in ground balls, 16-14, while senior Ryan Kleman (Robinson Secondary) of Fairfax had nine saves in the UMW goal.

Vienna's Alisa Harrison is a junior and assistant captain on the Rensselaer Polytechnic Institute (Troy, N.Y.) women's ice hockey team. Harrison, the team's third leading scorer, has played in all 35 games, scoring eight goals with 11 assists for 19 points. Three of her goals have come on the power play. In 22 league games, the former Washington Pride standout scored five goals with eight assists for 13 points. Harrison was named to the ECAC Hockey Weekly Honor Roll and was a finalist for the ECAC Hockey Best Defensive Forward Award.

Rensselaer concluded the 2010-11 season this past weekend with a pair of losses to top-seeded Cornell in the first round of the ECAC Hockey playoffs. The team finished with a 10-18-7 overall record, with an 8-12-2 conference mark.

NEWS

The stream that goes through Scotts Run Stream Valley Park could be restored as part of Tysons Corner redevelopment in order to make an urban park that allows pedestrian connectivity across Tysons.



PHOTO BY ALEX McVEIGH/ THE CONNECTION

An Urban Park in Tysons?

Residents, community reflect on future of Scotts Run Stream Valley Park.

BY ALEX McVEIGH
THE CONNECTION

Glenn Wolffe of McLean likes to walk his dog Knox along the stream at Scotts Run Stream Valley Park. But Wolffe said he was unclear on the nature of the area around the stream.

"This is a park?" Wolffe asked. "I thought it was just barely a path behind the baseball fields. You can see the stream here, but I just assumed it would be a matter of time before it's paved over and becomes another office park or shopping center."

As Tysons Corner plans for a future of redevelopment, Scotts Run Stream Valley Park is proposed as a focal point of the redevelopment of a 40-acre parcel of land surrounding Route 123.

According to a spokesman with Cityline Partners, the plan is to make Scotts Run Stream Valley park into an urban park which could include an overhead walkway and trail system to provide connectivity to other parts of Tysons Corner.

"It will be exciting if this property can become some sort of destination within Tysons, rather than just empty space between the roads and buildings," said Julia Empageni, who lives off of nearby Old Meadow Road. "I've been reading a lot about how the new Tysons will be better for walkers and bikers, and a good trail system in the park would make that a reality."

IN ADDITION to a trail system, the restoration of the stream is a priority, because as more of Tysons Corner has been paved over, the stream has cut a deep path into the surrounding land.

"Any restoration on the stream would be of enormous benefit, as the stormwater effluent from any further development at Tysons is going to have a very adverse impact on Scotts Run, which will be a major conduit for stormwater leaving Tysons," said Frank Crandall, who serves as the co-chair of the McLean Citizens Association's Environment, Parks and Recreation Committee. "As they've increased the impervious surfaces in Tysons, the runoff into the stream has exceeded capacity, which is why you have the condition it is in now."

Crandall has served as the Dranesville representative on the Fairfax County Environmental Quality Advisory Council for 13 years.

THE STREAM has cut steep, eroded banks, and as more water flows through it, the sediment flows downstream to Scotts Run Nature Preserve, which is where the stream meets the Potomac River.

"I think the county has become

more aware about the benefits of restoration, they've realized that without a certain amount of maintenance and preservation, the stream will change course because of the increasing volume of water," Crandall said.

Judy Pedersen, public information officer with the Fairfax County Park Authority, says that while nothing is set in stone, restoration for the stream is a possibility.

"We do believe it will be an appropriate place for stream restoration activities," she said.

Pedersen said as the process continues, the Park Authority will look at all opportunities to take advantage of what the park could offer.

While the idea of an urban-style park in Tysons sounds appealing to many local residents, they are also skeptical.

"You hear a lot about how it's important to create green space around here," said Tom Olek of Vienna. "But I've been here for more than 20 years, and I've seen a lot less green space and a lot more concrete and asphalt, so I'll believe it when I see it."

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ATTENTION!

Before You Start Another Diet...

Attend this seminar to find out about the "missing-link" to weight loss... and how you could finally, once and for all, achieve "Weight Loss for Life"!

BY: CINDY BAXTER
HEALTH EDITOR

The fact that obesity in the U.S. is at an all time high is no longer news, but the rate at which the numbers continue to climb is startling.

In 2010 Americans spent more money than ever before, upwards of \$6 billion, on weight-loss products and services, yet most find themselves even heavier in 2011. Did you know that the average diet lasts 72 hours? Or that the average American woman spends 31 years of her life dieting?

If these numbers seem discouraging, don't despair. A growing number of doctors are recognizing the link between chronic dieting and obesity, and their message is clear... Stop dieting!

These doctors have uncovered a better way. They call it the "missing-link" to weight-loss and they are helping their patients break free from the lose/gain cycle and finally resolve their weight problems.

This weight-loss method, based on the work of a couple of doctors who were quietly getting astonishing success for years, works by helping dieters change deep-rooted eating and lifestyle habits so they can get back in control, feel more confident, stay motivated, experience less stress, and finally gain freedom from their fat problem.

According to Yvonne Petrie, DC, head of the program in Vienna, VA, diets fail because no one is addressing the problem at its core. "The truth is, taking off weight and keeping it off is a mind

game," says Dr. Petrie. "People can't expect long-term success if they keep going back to the old habits and routines that caused their weight problem in the first place."

The doctors who are now providing this system to their patients are so convinced it will prove to be the greatest weight-loss innovation of our generation, for a limited time they are offering free seminars to teach this "missing-link" to the community. Call 703-938-1421 to reserve your seat.

Two Weight-Loss Winners Share Their Inspiring Stories

Julianne and Randy both had nearly given up on ever losing weight, until they discovered this

breakthrough system that has transformed them into weight-loss winners.

Both had failed with dieting and commercial weight loss programs in the past. But once they learned the missing-link, they not only lost weight quickly and easily, they also kept their weight off for years.

Like Julianne and Randy, hundreds of people who had struggled and failed with dieting are finally getting success. Those suffering from weight-related poor health are finally enjoying good health and a newfound quality of life.

Once you've read these inspiring stories, pick up the phone and call the number at the bottom of the page. It just may be the most important call you'll ever make.

Uncovering the "Missing Link" to Weight Loss



Dr. David Kessler, the scientist who once led the U.S. government's attack on addictive cigarettes, recently published research suggesting that millions of Americans increasingly share a new malady he calls *conditioned hyper-eating*, a willpower-sapping drive to eat—especially high-fat, high-sugar foods—even when not hungry. This condition occurs in the brain where these foods light up the brain's dopamine (pleasure-sensing) pathway—the same pathway that conditions people to alcohol or drugs.

According to Kessler, conditioned hyper-eating is the root causes of the obesity epidemic in our country today and he places much of the blame with the food industry, accusing them of manipulating our food to make it more "craveable." Overeaters must "retrain their brains to resist the lure," warns Kessler.

If you suffer from uncontrollable cravings, especially for fast food and junk food, or if you find yourself overeating despite your resolve to do better, you may be a victim of this condition and not even know it.

When you attend this seminar, you'll learn the symptoms of conditioned hyper-eating along with a simple method for retraining the brain's pathways while re-patterning your thoughts and emotions relating to food, health, and self-esteem.

Weight Loss For Life Seminar –
Tuesday, March 15 – 7pm to 9pm

To Reserve Your Place Call 703-938-1421

3 Years!

RANDY

"New Year's Resolution Come True!"

My weight dropped from an obese 350 lbs to an athletic 180. That's 9 pant sizes! Not only did I lose 170 lbs, but I've kept it off for 3 years...5 more lbs and I'll be exactly half my old weight. I'm so stoked!

I gained 100 lbs between the ages of 20 and 25 and kept gaining. On airplanes I had to borrow the demo seatbelt just to buckle myself in. I'd tried every crazy diet, fad, pill, gimmick, and read the self-help books. The low-carb diet seemed great at first. As soon as I had one piece of bread, though, I was done. I was 32 years old and if I didn't change, I was going to have a heart attack before age 40. I needed to start by fixing the way I thought.

I started the program as my New Year's resolution. Instantly, I slept better at night and my habits started changing. I drank a lot more water without thinking about it. I'd go to the fridge and automatically be drawn to the fruits and vegetables. I lost weight like crazy that first year. Even when the weight loss slowed, my changes continued.

I'm living proof that this isn't just another fad diet that won't last; I've been able to reprogram my brain so the way I look at food and the way I look at life are different. That's why I'm confident I'm going to keep my weight off for good. It's not just that it works; it's the only thing that worked for me.



"I was afraid I'd have a heart attack before age 40"

-Randy Before



"I lost weight like crazy!"

Randy Clusiau
Lost 170 Lbs!

10 Years!

JULIANNE

"I Went from Overweight and Tired to Thin and Energetic... and I've Maintained it for 10 Years!"

My name is Julieann Holland and after my last child was born I not only had weight to lose, I could hardly get out of bed. I ached everywhere and suffered with headaches.

My poor husband thought I was losing my mind. He would say to me, "Nobody can be sick all of the time."

But I was!

Fortunately, I discovered the weight loss principles taught at this seminar.

And I lost the 25 miserable pounds that were weighing me down! But even better than losing my weight and looking great is the fact that I got healthy...really healthy!

I was transformed from a sick, tired overweight and unhappy woman to a healthy, trim, vibrant and energetic woman! My life truly changed!

That was 10 years ago and I have maintained my health and weight loss this entire time!

All I can say is, attend this seminar because this system worked for me and it can work for you!



Those extra pounds were weighing me down!

-Julieann Before



"I got really healthy!"

Julianne Holland
Lost 25 Lbs!



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The average patient loses 1-2 lbs per week when they closely follow the system presented in this seminar.