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\$17 Million

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PHOTO BY LOUISE KRAFFT/THE CONNECTION

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PHOTOS BY DONNA MANZ/THE CONNECTION

Third-grader Ashley Schmidt, wearing the dress of the Ukraine that her mom used to dance in.



Kindergartener Catherine Johnstone wears the Peruvian dress of her family.

The World Comes to Vienna School

Our Lady of Good Counsel celebrates International Day with schoolwide events.

If you mixed together the United Nations, "Dancing with the Stars" and the Food Network, you would get International Day at Our Lady of Good Counsel (OLGC) School in Vienna. The school's 455 students, kindergarten through eighth grade, teaching staff and 80 volunteer parents cooperated to produce an all-day schoolwide event that featured cultural tours in each classroom throughout the morning, an international buffet of 109 dishes prepared by OLGC families, a parade led by host country U.S.A. that rivaled opening day of the Olympics and a cultural show that highlighted song and dance of the world. A morning assembly focused on Africa. Children wore native dress of their own or that handed down from parent to child.

"It's an adventure for the kids to pass through each classroom," said International Day communications chair Jennifer Michael. "It sparks their interest, gets them engaged to read the material and learn about these places."

Michael referred to International Day as the brainchild of Spanish teacher Marivi Mata. "She's the brain and muscle behind this," said Michael.

Mata describes the second annual International Day as a means to celebrate diversity, identify cultural backgrounds in the school's

community, and explore different cultures.

As a private Catholic school, OLGC linked International Day with a Lent fundraiser, OLGC for Africa, in which the students of OLGC raised money for an all-girls sister school in Springbok, South Africa. To purchase and ship 12 computers for the African school, each student at OLGC was asked to earn, by chores or sacrifice, \$16. OLGC hoped to raise \$7,200 for OLGC for Africa.

The cafeteria was decorated in flags of the world and most parent volunteers dishing out food were dressed in native dress. Members of each country that paraded through waved flags of their land.

Each classroom examined a different nation, culturally and politically, and every student was issued a passport which was stamped in each "country" as questions were answered. Questions ranged from "why was the discovery of the Rosetta Stone so important?" to "who is the current president of Chile?" Seventeen countries and all continents but Antarctica were represented in classrooms.

The international show, culminating the day's activities, featured song, dance and recitation. Second-grader Julia Kupczak, who attends Polish school on Saturdays, read a poem in Polish. Eighth grade students danced to



Spanish teacher Marivi Mata, inspiration behind OLGC's International Day, shares a moment with International Day communications chair Jennifer Michael.

Waka Waka, a song that opened Africa's World Cup last year. John McClorey, representing Ireland, drew a din of cheers and applause with his rendition of "Let There Be Peace."

Some younger students, particularly, were struck by what they learned about other countries. "People in England speak with an accent," said third-grader Ashley Schmidt when asked what she had learned about England.

"Ireland is a big place," said first-grader Julia Kieler, who made a leprechaun in the classroom of Ireland.

—DONNA MANZ



PHOTOS BY DONNA MANZ/THE CONNECTION

Ticket to Art co-chair Grace Rooney sees the Vienna Arts Society local businesses and schools as part of a circle of community members supporting one another.



Vivian Attermeyer believes art contributes to the atmosphere of a community. 'Old But Sound' is one of two pieces Attermeyer donated to the Ticket to Art benefit fundraiser on March 19.

Ticket to Art Is a Colorful Raffle

Vienna Arts Society makes art affordable.

BY DONNA MANZ
THE CONNECTION

Ticket to Art, the Vienna Arts Society's (VAS, Inc.) annual benefit fundraiser, aims to make original art affordable for every home. A \$125 ticket to the March 19 art raffle ensures each ticketholder goes away with a piece of art worth anywhere from \$150 up to approximately \$900. The Ticket to Art raffle runs from 4:30 p.m. until the last guests leave the Vienna Arts Center.

The first raffle ticket to be drawn gets first pick of the pieces of art exhibited. The sec-

ond number drawn chooses the second piece. The process continues until the last ticket is drawn. The number of tickets sold is usually a bit less than the number of donated art pieces. That offers the last draw choices, and tickets are pulled at random. The last person to draw gets a free ticket for next year's event. Currently, there are 48 pieces of art up for raffling.

"This is a fun event that supports the arts in Vienna which, in turn, supports the community," said event co-chair Grace Rooney. "It's affordable art for home or office or as a gift."

WINE AND CHEESE are offered throughout the evening.

SEE ARTFUL, PAGE 6



PHOTO BY DONNA MANZ/THE CONNECTION

Shari MacFarlane paints by intuition, translating the emotion that comes out of her as she paints. 'A Full Basket' reflects joy.



VIENNA ARTS SOCIETY

Marni Lawson will be painting to the music of the Higher Ground Trio at the Vienna Arts Society's fifth annual Ticket to Art benefit at the Vienna Art Center, 115 Pleasant St., NW, on Saturday, March 19, from 4:30-5:30 p.m.

The string ensemble of Louise Archer Elementary School led off the performance segment of VTRCC's luncheon program.



PHOTOS BY
DONNA MANZ/
THE CONNECTION

Chamber Honors Local Schools

Annual luncheon showcases spirit of area public and private schools.

BY DONNA MANZ

THE CONNECTION

The ViennaTysons Regional Chamber of Commerce [VTRCC] honored local schools at its annual Youth and Education luncheon on March 11 at the Tysons Westin hotel. Public and private schools in the Vienna/Tysons area were invited to present exhibits that exemplified the spirit of the school. Projects ranged from the scientific to the musical and the technological. An all-time high number of schools, 17, participated this year. Dr. Richard Moniuszko, Deputy Superintendent of Fairfax County Public Schools, was the keynote speaker.

"It's an opportunity to showcase the wonderful things our schools do," said VTRCC Youth and Edu-



James Madison High School junior Catherine Bobalek designed the Youth and Education logo that will be used throughout 2011 for committee programs.

cation committee chair Le-Ha Anderson of Dominion Power. "Businesses will see there are great resources in our schools, and schools will see what the business



Youth and Education committee chair Le-Ha Anderson of Dominion Power stopped by the exhibit presented by Flint Hill Elementary School.

community can bring to them." Moniuszko spoke briefly, touching on the mission of Fairfax

SEE TALENT, PAGE 15



While Green Hedges School vocalist Leyla Ebrahim belted out a song, dancer Maya Glenn twirled and rose across the stage.

"We have an amazing amount of talent in our own backyard."

— Le-Ha Anderson



The Fairfax County Chapter of the Daughters of the American Revolution recently presented its Good Citizens Awards and scholarships to high school seniors Kira Osborn, center left, of James Madison and Maura Brennan, center right, of Oakton. Shown with the students are Chapter Regent Elizabeth Bays, left, and Chapter Good Citizens Chairman Leigh Pomponio.

Area Students Win DAR Awards

Two young women who have been friends since grade school were recently named the DAR Good Citizen Award winners for Oakton and James Madison High Schools by Fairfax County Chapter, Daughters of the American Revolution.

Maura Brennan, an Oakton senior, and James Madison senior Kira Osborn won the awards based on their descriptions of their high school academic, extracurricular and community activities; their educational and career plans, and how they have demonstrated four qualities of good citizenship – dependability, service, leadership and patriotism – in their lives.

A Drum Major of Oakton's marching band, Maura is active in her church, participated in Food Pantry activities, and led a youth group that rebuilt

houses for needy families in Richwood, W. Va. Kira, a competitive rower, is president of the Madison Environmental Club, a counselor at a sustainable living education center, and a volunteer at the Smithsonian's Discovery Station.

The students also submitted transcripts and letters of recommendation, and each wrote a 500-word essay, without assistance or reference materials, on a previously unannounced topic. This year's theme was American heritage and the responsibility for preserving it.

Both women received checks for \$500 from Fairfax County Chapter and advance to the next level of judging. The national Good Citizen winner receives a \$5000 scholarship.

Maura is the daughter of Bill and Heather Brennan of Fairfax. Kira's parents are John and Theresa Osborn of Vienna.

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 will benefit the James Madison High School track team. Entry fee \$15 students, \$20 adults. Register at www.active.com/event_detail.cfm?event_id=1936784 or craig.chasse@fcps.edu.

Vanessa Anne Lukas of Oakton was named to the fall 2010 dean's list at

the Washington University in St. Louis, Mo. Lukas is a graduate of National Cathedral School.

Kirsten Leigh Siebach of Oakton was named to the fall 2010 dean's list at the Washington University in St. Louis, Mo. Siebach is a graduate of Thomas Jefferson High School for Science and Technology.

Alyssa Lynn Tutterow of Vienna as named to the fall 2010 dean's list at the Washington University in St. Louis, Mo. Tutterow is a graduate of James Madison High School.

NEWS

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.

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HOW TO GET YOUR ORGANIZATION'S SPECIAL EVENTS IN THE CONNECTION

Calendar Listings

The Connection Newspapers contain a Calendar of Upcoming Events every week. While we cannot guarantee that every event we receive information about will be listed, here is the information we need for your upcoming event to be considered for the Calendar. We welcome photographs of similar events held previously, which sometimes appear with Calendar items.

Name of Event:

Day of the Week, Date and Time:

Name of the Place Event will Be Held:

Address of the Place Event Will Be Held:

Name and Phone Number for More Information:

Three Sentences Describing the Event:

Please submit your calendar information at least two weeks before your event. Clear photographs from similar previous events are always welcome. All events should be open to the public. We give first priority to free events. E-mail listings to:

vienna@connectionnewspapers.com

or mail to:

Calendar, Connection Newspapers
1606 King Street
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For more information, call 703-778-9410.

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Cathy Church guides a student from the 4-year-old class to her seat



Erin Lawter, an assistant teacher, watches over the students during Creative Movement.

PHOTOS BY CHRISTY STEELE/THE CONNECTION

Fifty Years of Learning Through Fun

Emmanuel Lutheran Preschool in Vienna celebrates its 50th anniversary this year. The Emmanuel Lutheran Church of Vienna was built in 1957, and shortly thereafter, the preschool opened. For 50 years, the preschool has committed itself to providing a supportive atmosphere in which children are respected as individuals and given the opportunity to learn while having fun. Jenny Reinhart is the Director of the preschool and was a student in one of its first classes. "We keep the fun in learning", says Reinhart. "Kids should think that going to school is a joy and a pleasure. We are celebrating 50 years of learning and having fun."

The Church provides support for the preschool, which allows for a greater percentage of the preschool funds to be put towards quality programs and resources from which the students benefit. One such program is Creative Movement which is a highlight for the children. The class is taught by Joy Harrington, a graduate of George Mason University who is classically trained in ballet. She helps the children develop motor skills and learn about movement



Jenny Reinhart, Director of the preschool, and Dot Braksator, Program Director.

in fun ways.

Dot Braksator, Program Director, believes that the preschool offers a developmentally appropriate pro

SEE ANNIVERSARY, PAGE 7

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NEWS



Pictured, from left: Peter Macharia (World Concern Sudan Country Director), Suzanne Schultz (Director of Five Talents), Craig Cole (President, CEO), Kelli Ross (Director of Communication), McKenzie Butler (Program Assistant), Harun Mutuma (National Program Director for Mother's Union, Literacy and Financial Education Program), Mary Beth Campbell (Director of Major Gifts), and Jennifer Ruff (Executive Assistant).

Working for Change in Sudan

Vienna-based Five Talents extend helping hand.

From their office in Vienna the staff of the non-profit organization, Five Talents, works to bring about positive change in communities around the globe. Most recently, the staff invited community members to hear from two program partners who have been on the ground in Southern Sudan for the past five years developing a microfinance program.

Peter Macharia is the World Concern Sudan Country Director and Harun Mutuma is the National Program Director for Mother's Union, Literacy and the Financial Education Program. Macharia and Mutuma discussed what their experience has been like in Liethom, Sudan for the past 5 years and the positive changes that they have observed since Five Talents started its program in the area.

Five Talents began working with Macharia and Mutuma in 2006 to start a Savings-Led Microfinance program where participants can receive loans to start small businesses. Craig Cole, President and CEO of Five Talents, believes that "small faith can move mountains" and is dedicated to the continued development of programs that provide opportunities and

hope to impoverished communities. The largest challenges that they have faced in southern Sudan have been the lack of infrastructure, information and education. Transporting supplies and getting the program off the ground was a challenge, but the program thrives today, supporting many small business owners in Liethom. The goals for the future of the program include increasing literacy rates, building business skills, building leaders and continuing to strengthen local communities from within.

"It is working," Macharia says in regard to the program. "It is changing lives and it is something that is worth investing in." Harun adds, "Business has been able to bring peace. Now people know that if they fight, they are the losers." The funding provided by Five Talents and other organizations working in the area provides much needed support for the grass roots efforts that will eventually allow Liethom and other cities like it to thrive off of its own resources.

Harun and Macharia have both seen increased hope and faith in the region, due to the possibility of building better lives for themselves. Five Talents has information about all of their programs on their website and is always grateful for donations or support of any kind. Go to <http://www.fivetalents.org> to find out more.

— CHRISTY STEELE

Concert to Help Children in Senegal

Amanda Wright and Erin Horil started a charity organization last year after the earthquake hit Haiti in January. The name of the organization is Collective Change and it's a part of Passion for Community, a non-profit in Chantilly. Their first event was a benefit concert at Jammin' Java last March to raise money for earthquake relief in Haiti.

For the last few months Collective Change has been working on raising funds to send 22,000 books to Senegal, in West Africa, to schools Amanda visited and volunteered for when she was there on a community service trip through school. Now, they are raising the rest of the money they need so the books clear the port in Dakar, the capital of Senegal. Their benefit concert is at Jammin' Java on Sunday, April 3 at 7 p.m. and it includes performances by talented musicians mostly from Oakton High School. Tickets are \$10 and can be bought online at jamminjava.com, over



Erin Horil of Chantilly High and Amanda Wright of Oakton High at a fundraising event they had in August for ActiveWater, an organization that provides water filters to Zambia.

the phone, or at the door.

The name Collective Change comes from a quote by Desmond Tutu, "Do

your little bit of good where you are. It's those little bits of good put together that overwhelm the world".

9 Things You Must Know Before Putting Your Home Up for Sale

Washington, D.C. —A new report has just been released which reveals the 7 costly mistakes most homeowners make when selling their home, and a 9 Step System that can help you to avoid them and sell your home fast and for the most money.

This industry report shows clearly how the traditional approaches to selling homes have become increasingly less effective in today's complex and fast paced society. The fact of the matter is that three quarters of home sellers don't get what they want for their homes, become disillusioned and – worse-financially disadvantaged when they put their homes on the market.

As this report shows, most home sellers

make the same 7 deadly mistakes costing them thousands of dollars needlessly. The good news is that each and every one of these mistakes is preventable. In answer to this issue, industry insiders have prepared a FREE, Special Report called, "The (Step System to Get Your Home Sold Fast and For Top Dollar."

To learn more and order your personal copy of this FREE Special Report just call, toll-free, 1-800-363-0356 and when prompted enter ID # 3003 You can call any time, 24 hours a day, 7 days a week. Get this FREE Special Report NOW to find out how you can get the most money for your home in today's market.

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PUBLIC NOTICE

Public Hearing on the McLean Community Center's FY 2013 Programs

Wednesday, March 23, at 7:30 p.m.

The Governing Board of the McLean Community Center is **seeking input from residents** of Dranesville Small District One at its Public Hearing on Programs for FY 2013, which runs July 1, 2012, through June 30, 2013.

The Board is interested in hearing residents' ideas for classes, community events, theatre programs, exhibits, tours and youth and teen activities.

If you would like to speak at the hearing, call the Center to have your name placed on the speakers' list. You also may submit comments in writing to: mail@mcleancenter.org.



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

Looking for activities for your child during Spring Break? MCC offers Spring Break Camps for ages 4 to 9.

Children enjoy supervised games, arts and crafts, activities, music, and special events throughout the week. Children must bring a lunch and a drink each day and dress in comfortable clothes and tennis shoes. A morning snack is provided.

Camp will be held at Churchill Road Elementary, 7100 Churchill Road, McLean.

McLean Spring Break Camp

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

NEWS

Vienna Elementary Team Places 3rd in Odyssey of the Mind

Vienna Elementary Odyssey of the Mind Division 1b team won the third place on Saturday, March 5 at the Region 13 competition held at Falls Church HS. Odyssey of the Mind promotes creativity, team building and problem solving. Vienna ES teammates Joey Kolly (4th grade), Aelliana Seidenstein (3rd grade), Ryan Carney (4th grade), Aidan Grim (3rd Grade), Isabella Moutinho (4th Grade), Kaden Koskovich (5th Grade), and Jonghwa Park (3rd grade) created a vehicle that's source of energy was a mousetrap. The vehicle completed six tasks which included riding through a tunnel, changing direction, travel-



Vienna Elementary Odyssey of the Mind team that placed 3rd in the Region 13 competition on March 5.

ing 13 feet, knocking over a pyramid of cups, pushing an object out of the way and driving through a wall of dominos. In addition, to the mouse mobile long-term problem the team had to compete do-

ing a verbal spontaneous problem for which the team received a perfect score of 100 points. Coaches for the team were Karyn Kolly and Katherine Kolly (11th grade Madison HS).

Artful Saturday

FROM PAGE 2

VAS member Dick Neff performs with his Higher Ground Trio from 4:30-5:30 p.m., and two artists will paint to the music. At 5:30 p.m. the raffle begins. Additionally, local businesses, including Plaka Grill, Caffe Amouri, the Great Harvest Bread Company and the Blackeyed Susan, donated prizes to be raffled off. Non-art raffle prize tickets are \$5 each or five for \$20.

Art, said VAS member artist Vivian Attermeyer, contributes to a community because it's "part of the soul of the community." Shari MacFarlane, a VAS self-supporting artist who teaches art as well as selling her work, sees VAS as a way to be connected with other artists.

The money raised from Ticket to Art goes to pay rent on the Vienna

Arts Society center, and provide community outreach and scholarships. VAS, a nonprofit, conducts children's activities at Oktoberfest and runs the printmaking workshop at Patrick Henry Library coming up in April. Every year, VAS gives out a \$500 scholarship to a local high school student in the Vienna-Oakton area. The arts society supports Shepherd's Center of Oakton-Vienna, by hosting its silent auction at the gallery in June. VAS artists support local school fundraisers, from preschools to high schools, with donated art.

The 2010 Ticket to Art benefit raised approximately \$4,700 for the arts society to fund its programs. VAS offers children's and adults' workshops at moderate prices and the society's meetings and demonstrations are free and

open to the public. Recently, a VAS member presented a demonstration of forensic art used by police departments.

An organization such as VAS gets all the artists involved in the community, Rooney said. "The children's printmaking is a lot of fun."

TICKETS may be reserved online at www.viennaartssociety.org and payment made at the door. Walk-in guests are welcome.

If a ticketholder is unavailable to attend the raffle, a proxy may be designated. Call 703-319-3971 or see www.viennaartssociety.org for more information.

Artwork is on display throughout the month of March through the day of Ticket to Art event at the art society's art center at 115 Pleasant Street, N.W.

FAITH NOTES

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

The Youth of Christ the King Lutheran Church, 10550 Georgetown Pike in McLean, are holding a Rummage Sale on Saturday, March 19 in the Fellowship Hall from 8 a.m.-12 p.m. Proceeds will help fund their 2011 Mission Trip. Refreshments will be available. www.christ-the-king-lutheran.org.

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. The church also shares the devotions each day through April 23 by e-mail at www.GoodShepherdVA.com.

Epiphany United Methodist Church, 1014 Country Club Drive in Vienna, is hosting a six week Marriage Enrichment Class on Sundays at 9:45 a.m. through April 10. Free. RSVP required. 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. Centering prayer is meditation and contemplative prayer, wordless, trusting, opening of self to the divine presence. Instruction offered. marjorie.cole@gmail.com.

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.

Spring Break Trips

April 18-22 for 5th-8th graders

Join the OFTC on these fun and exciting trips:

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- Massanutten Indoor Water Park** Wednesday, April 20
- Rock Climbing @ Great Falls Park** Thursday, April 21
- Movie @ Tysons Corner** Friday, April 22

The Old Firehouse Teen Center
1440 Chain Bridge Rd., McLean VA 22101
703-448-8336 (TEEN); TTY: 711
www.mcleancenter.org

NEWS



A composite drawing of the suspect.

United Bank in Vienna Robbed

On March 11, at approximately 2:20 p.m. officers responded to a bank robbery at the United Bank located at 226 Maple Avenue, West in Vienna. Upon their arrival officers determined that a lone perpetrator had exited the bank with an undetermined amount of cash. The suspect is described as a black male in his 20's, approximately 6 feet tall, wearing a black ski mask, black jacket, light colored pants, black shoes, and carrying a black bag.

The man entered the bank, produced a handgun, and demanded money from a teller. Nobody inside the bank was injured as a result of the robbery. The Fairfax County Police Department's K-9 unit and helicopter unit was requested and responded to aid in the tracking of the individual. Anyone with information relating to this case is asked to call Detective Leroux of the Vienna Police Department at 703-255- 6332.

Community News Freelance Opportunity

The Connection Newspapers is looking for one or two writers to cover one or two news stories a week. Work with award-winning editor. On-the-beat training, nominal pay per story. Please send resume, letter of interest to Kemal Kurspahic, kemal@connectionnewspapers.com.



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Anniversary

FROM PAGE 4

gram for the children. "If you look in a classroom," she says, "it looks like they are just playing, but each toy has a goal. Teaching a 4-year-old about phonics is very difficult, but not when you play a song and dance to it."

The 50th anniversary celebration began in the fall with the Original Works artwork program sponsored by the parents. The proceeds of the event were sent to Village of Hope in Namibia, a charity that will use the donation to sponsor a child for a year, allowing that child to receive schooling and two meals per day. Donations were also made by the preschool to five non-profit organizations that Emmanuel Lutheran Church supports. "That was us saying that we are grateful and thankful for the support we have had from the church," says Reinhart.

On Sunday, April 10, the preschool will have a church service to which all students, family members and alumni are invited as well as the entire church congregation. In addition to a festive service, there will be a reception and a presentation of a video scrapbook that celebrates the history of the preschool.

Renovate your Lifestyle

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OPINION

Racing for the Cure

Global Race for the Cure is Saturday, June 4. Run, walk, sleep in or pitch in.

Last year, Komen Global Race for the Cure conducted a study of breast health in the Washington Metropolitan area, showing that women diagnosed with breast cancer here are more likely to die from breast cancer than the national average.

One conclusion is that health care infrastructure in the area is overly fragmented, producing significant hurdles for many women, particularly women who are poor or whose first language is not English.

In announcing grants to local organizations and kicking off registration for the 2011 Komen Global Race for the Cure, the organization cited the diverse population locally as a reason for more aggressive outreach here.

In Arlington, for example, there are women from at least 128 different countries speaking at least 95 languages. The event brings almost 50,000 runners and walkers to the National Mall in June and raises millions of dollars for breast cancer outreach and education.

EDITORIAL

Some women are afraid of the screening process, some are worried about cost, some don't have a way to travel to medical appointments, some don't know what resources are available, some don't understand the benefits of early detection or the urgency of follow-up, and many aren't aware of the success of modern cancer treatments, believing a cancer diagnosis is a death sentence.

In the current environment, some immigrant women worry that accessing programs for the uninsured could lead to issues with immigration.

Based on its findings, Komen announced local grants of about \$4.5 million to improve both patient and provider education and to reduce fragmentation to enhance capacity to screen and provide follow-up care.

Two grants will focus on provider education, helping doctors and other breast health providers develop a better understanding of the myths, fears and needs of the different cultural populations of the women they serve. The

grants will encourage partnerships between providers in the region so that patients can be easily and efficiently referred from screening all the way through to survivorship, limiting difficulties with travel and work requirements, wait times, and financial assistance.

Eleven grants focus on patient education in a culturally competent manner to convey the importance of screening, effectiveness of modern treatments and survivorship. Among local organizations receiving grants: Arlington Free Clinic, From Education to Access; Prevent Cancer Foundation - Celebremos la vida!: Providing Educational Outreach and Screening, in Alexandria; Vietnamese Resettlement Association - Breast Cancer Education, Screening and Follow up, in Falls Church; Nueva Vida - Comprehensive Support Services for Latinas with Breast Cancer; American Association on Health and Disability - Bridging the Gap: No Woman Left Behind, in Rockville.

The 2011 Komen Global Race for the Cure will take place on Saturday, June 4, 2011.

You can run or walk the 5K, or even "Sleep In for the Cure," and there are special activities for children 12 and under.

For more, visit www.globalracefortheure.org or call 703-416-RACE (7223).

Keam Sees Success In Legislative Session

Bipartisanship helps get things done.

BY LIZI ARBOGAST
CAPITAL NEWS SERVICE

First-term Delegate Mark Keam (D-35) said he is pleased with the results of the General Assembly's recently concluded 2011 session. Of the 17 bills for which Keam was the chief patron or co-chief patron, six passed (and a seventh was folded into another bill that also passed).

Keam was also pleased because he felt that Democrats and Republicans worked well together to serve their constituents throughout Virginia. Connection visited with Keam last week and asked him to assess the session.

Q: What would you consider the biggest successes of the session this year?

Keam: I'm very excited to have been able to pass six bills and a couple of budget amendments this year. The six bills were all passed unanimously in the House and the Senate, so that was, for me, considered a pretty big accomplishment. I have no idea how well my colleagues did - Democrats or Republicans - by class, but I've been told by people who follow the General Assembly that they thought I

did extremely well for my class, so I feel good about that.

But more importantly, I feel good because these are bills that really can help people. I mean, like health care for jobs, tax relief for senior citizens and regulator relief for small businesses. These are bills that I think really can help people who

face certain problems. So I'm glad to be able to do something in this job... The reason I ran for office is to help people, and I feel like I'm actually doing that through legislation. I feel very good about that.

Q: What would you consider your biggest disappointments?

Keam: I wouldn't say it's a disappointment at all. I'd say the vast majority - 99 percent - of all the things that I was able to experience in the session was positive. The only thing I guess I was disappointed in was that the session came and went so fast, and I didn't get the chance to spend as much time learning about new issues and really digging into the policy discussions.



Del. Mark Keam (D-35)

We've had a lot of issues that were very important to the commonwealth, dealing with health care issues, the budget, the pension, the long-term liability of our pension system, educational concerns - very, very big issues that affect lives. We just don't have as much time to sit there and really analyze and study it.

Hearings come and go so fast. We have just enough time to read a bill before we vote on it. I feel like the design of the General Assembly being a part-time legislature - in particular, the short session versus the long session - it just doesn't give us enough time to really learn the issues as well as we should. That's not something I can fix myself, but it is one of the areas where I wish that the system weren't so limited.

Q: What was your single most important contribution to the session this year?

Keam: This isn't going to be a typical answer, but I think my biggest contribution to the General Assembly and to the process is my willingness and my desire to just get things done. To a point where I was being criticized by some of

my supporters in my party, I try my best to be bipartisan.

I try my best to be non-partisan because I really wanted to focus on just moving beyond the rhetoric and the tags and the personal attacks across parties that happen all the time, to really focus on resolving and accomplishing things together and moving forward with people saying, "OK, well, let's agree to disagree on this, but let's look for some common ground."

I really try my best to do that because I think people expect that of us. People want us to work together. The government tends to focus on core functions, and one maybe symbolic way that we've accomplished [working together] is the fact that when we passed the budget this year, it was passed unanimously in both the House and the Senate. One hundred House members and 40 senators all agreed, even though during the process there were all kinds of amendments and bills that were voted differently.

When it passed, it was all by a unanimous [vote], and the chairman of the House Appropriations Committee, Lacey Putney, said that in his 50 years of service in the General Assembly - he's the longest-serving state legislator - in 50 years, he has never seen a budget pass unanimously.

THE CONNECTION

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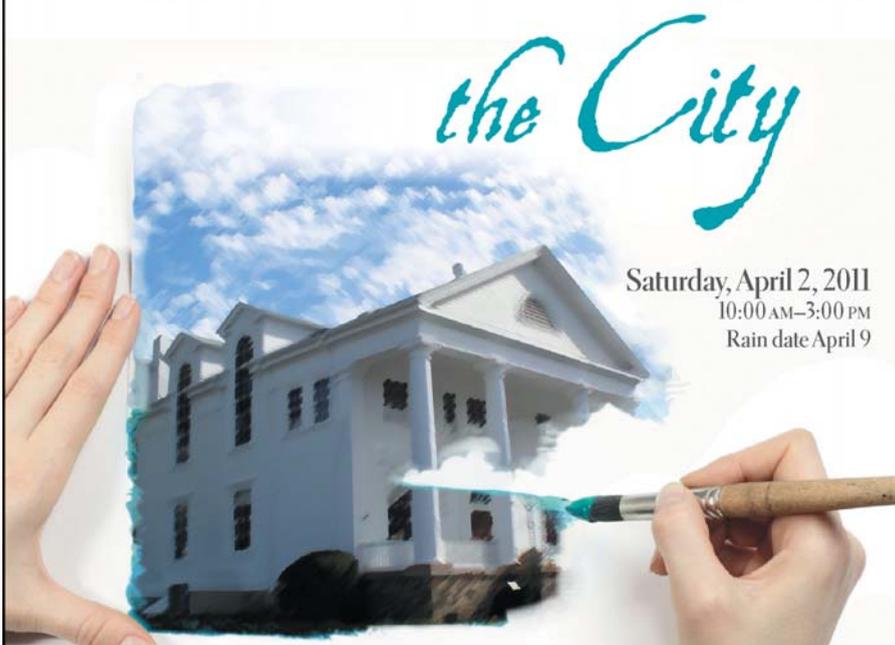
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the City

Saturday, April 2, 2011
10:00 AM–3:00 PM
Rain date April 9

Come and enjoy a day out in the City of Fairfax and watch high quality artists create one-of-a-kind art work that brings the history of our City to life.

Sponsored by the City of Fairfax, Fairfax Spotlight on the Arts, the Fairfax Art League and the Adam Lister Gallery

Artists advance registration is required by Friday, March 25, 2011, and may be done by mail or online. Registration is currently open.

You may download the form and see artist's requirements at www.fairfaxva.gov or www.fairfaxspotlight.org. You may also call 703.352.ARTS.

Artists Eligibility: Professional and amateur, at least 18 yrs of age.



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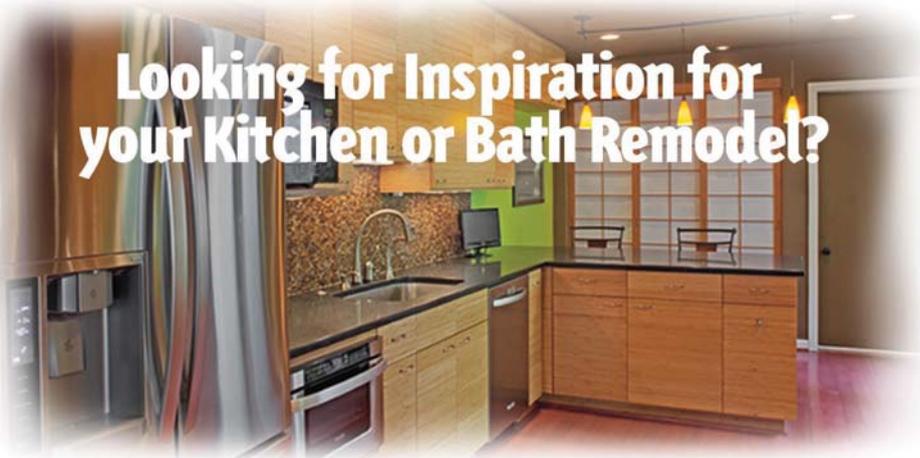
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* By readers of the Virginia Gazette 2007-2009



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ENTERTAINMENT

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

THURSDAY/MARCH 17

Further. 8 p.m. George Mason University Patriot Center, 4500 Patriot Drive, Fairfax. Former Grateful Dead members Phil Lesh and Bob Weir. Tickets \$49.50. Charge at 800-551-SEAT or www.livenation.com. www.furthur.net.
The Pretty Reckless and A Thousand Horses. 7:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.com.
Book Discussion. 7 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Making It Up by Penelope Lively. Adults. 703-242-4020.

FRIDAY/MARCH 18

Family Piano Concert: Pianist Valery Lloyd-Watts. 7 p.m. Vienna Baptist Church, 541 Marshall Road S.W., Vienna. Adults \$15, children and seniors \$10, under age 2 free. 703-734-0621 or jjiselway@harnesselwayarts.com.
Deanna Bogart Band. 7:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.com.
Rockin' into Spring Dance. 8 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. Live music by The Fabulous Hubcaps. Cash bar. Tickets \$5-\$20. www.mcleancenter.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.
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.
From Bizet to Broadway. 8 p.m. The Richard J. Ernst Community Cultural Center Theater Northern Virginia Community College, 8333 Little River Turnpike, Annandale. The Northern Virginia Chorale and the Northern Virginia Community College Annandale Chorale, under the artistic direction of Robert S. Webb Jr. Aida's Triumphal Chorus, the Anvil Chorus from Il Trovatore and more. Advance adult tickets \$15, at the door \$20. Age 12-24 \$10, under age 12 free. www.northernvirginiachorale.org or 703-239-2180.
The Discovery Series: Cuareto Latinoamericano. 8 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. A string quartet performing selections of Latin American classical music. \$35. www.wolftrap.org.

SATURDAY/MARCH 19

Vienna-Tysons Regional Chamber of Commerce Western Nite II and Taste of the Town. 7 p.m. Westwood Country Club, 800 Maple Ave. E., Vienna. Western-themed night with casino games, cash bar, silent auction, raffle and more. Sample food from fifteen local restaurants. Tickets \$75 in advance or \$85 at the door, and include two drink tickets and \$20K in



'South West Harbor, Maine', a watercolor by Carolyn Grosse Gawarecki. The 5th Annual "Ticket to Art" is on Saturday, March 19 from 4:30-6:30 p.m. at the Vienna Art Center, 115 Pleasant St., N.W. in Vienna. Every ticket-holder can select an original artwork valued at \$125 or more in a raffle. Entertainment includes artists painting to the music of the Higher Ground Trio. Tickets are \$125. 703-319-3971 or www.ViennaArtsSociety.org.

gaming cash. 703-281-1333 or www.vtrcc.org.
Vienna Volunteer Fire Department Auxiliary All You Can Eat Spaghetti Dinner. 5-8 p.m. VVFD, 400 Center St. South, Vienna. Spaghetti, meatballs, bread, salad, ice tea, lemonade and water. Homemade baked goods for sale. Adults \$8, age 65 years and up \$7, age 4-12 \$4, age 3 and under free. Proceeds benefit the Vienna Volunteer Fire Department. 703-919-7630, Joanie@vffd.org or Auxiliary@vffd.org
Artists' Reception for "Lighthouses in Two Dimensions." 3-6 p.m. Artists' Undertaking Gallery, 309 Mill St., Occoquan. Watercoloring by Alex Wisniewski of Oakton, and woodturning and woodburning by Bob Horowitz of Falls Church. The exhibit will be open March 7-April 4, 11 a.m.-5 p.m. daily. 703-494-0584 or www.theartistsundertaking.com.
McLean Symphony Spring Family Concert. 3 p.m. The Alden Theatre, McLean Community Center, 1234 Ingleside Ave., McLean. Dukas' The Sorcerer's Apprentice, Holmberg's Water Suite for Glass Harp, Piano and Orchestra, Smetana's The Moldau, and compositions by local student composers. Adults \$25, Seniors and youth \$20, under age 12 \$5. 703-790-9223 or www.mcleansymphony.org.
Enter the Haggis. 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.com.
Northern Virginia Country Western Dance Association. Luther Jackson Middle School, 3020 Gallows Road, Falls Church. Line dance lessons at 7:30 p.m., beginners two-step at 8 p.m. Open dancing 8:30-11 p.m. Two step, waltz, line, swing, cha cha, and specialty dances. Couples and singles welcome. Admission \$5-\$12. www.nvcwda.org or 703-860-4941.
Historic Vienna, Inc. Antiques Appraisers.

12-4 p.m. Freeman Store and Museum, 131 Church St. N.E., Vienna. With appraisers Josephine Thrasher and Jim Johnson. \$8.50 per item for members of Historic Vienna, Inc. and \$12 per item for non-members, with a maximum of two items. Reservations required at 703-938-5187. www.historicviennainc.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.
5th Annual Ticket to Art. 4:30 p.m. Vienna Art Center, 115 Pleasant St., NW, Vienna. Every ticket-holder can select an original artwork valued at \$125 or more in a raffle. Entertainment includes artists painting to the music of the Higher Ground Trio. Tickets \$125. 703-319-3971 or www.ViennaArtsSociety.org.

SUNDAY/MARCH 20

Camp Grow! Open House. 2 p.m. Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Court, Vienna. Open House for the park's spring break and summer camp program. Preview camp activities. Free and open to the public. 703-255-3631.
Boys Will Be Boys, Crash Boom Bang and Andrew Rohlk at 5 p.m., **Boys Will Be Boys, Crash Boom Bang and Samantha**

Darnell at 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.com.
Washington Symphonic Brass. 4 p.m. Vienna Presbyterian Church, 124 Park St., N.E., Vienna. Gabriel's "Canzonas," Tomasi's "Fanfares Liturgiques," works by Beethoven, Scheidt and more. Tickets \$25, age 17 and under free. www.amadeusconcerts.com.

MONDAY/MARCH 21

V.I.P. Vienna. 10 a.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Support group for visually impaired persons. Adults. 703-938-0405.

TUESDAY/MARCH 22

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.
Great Decisions Seminar. 2 p.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Roundtable discussion of U.S. foreign policy. Adults. 703-938-0405.
Goodnight, Sleep Tight. 7 p.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Come in pajamas for stories and songs. Age 1-5 with adult. 703-938-0405.
One-on-One Computer Tutoring. 2 p.m. and 7 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn the basics of the Internet, Word and Excel. Adults. 703-242-4020.

WEDNESDAY/MARCH 23

Music Together. 10:30 a.m. and 11:30 a.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Music and movement for toddlers and parents with Ms. Susan. Age 6 months-5 with adult. 703-938-0405.
One-on-One Computer Tutoring. 3 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn the basics of the Internet, Word and Excel. Adults. 703-242-4020.
Flint Hill Elementary School's 4th annual Show What You Know Expo. 6:30 p.m. Flint Hill Elementary School Gymnasium, 2444 Flint Hill Road, Vienna. A non-competitive event that encourages students to research topics outside of the classroom. 703-242-0051 or janemiscavage@hotmail.com.

SATURDAY/MARCH 26

Hunter Mill Community Meeting on the FY 2012 Budget. 9 a.m. Vienna Community Center, 120 Cherry St. S.E., Vienna. One of two meetings in the Hunter Mill district to review the proposed FY 2012 budget. With Supervisor Cathy Hudgins and County budget staff, Hunter Mill budget committee members, and School Board representative Stu Gibson. Assistance with tax relief program for senior and disabled citizens also available. hntmill@fairfaxcounty.gov.

TUESDAY/MARCH 22

Virginia Lyme Disease Task Force Hearings. 7 p.m. Immanuel Bible Church main auditorium, 6911 Braddock Road, Springfield. Anyone may address Chairman Michael Farris and other Task Force members at the hearing. The hearing is being held

THURSDAY/MARCH 24

Patrick Henry Book Club. 1 p.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Book discussion. Call for title. Adults. 703-938-0405.
Friends of the Oakton Library Book Sale. 1 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Wide selection, low prices. All ages. 703-242-4020.

FRIDAY/MARCH 25

"The Glass Menagerie" by Tennessee Williams. 8 p.m. 1st Stage Theater, 1524 Spring Hill Road, McLean. \$15-\$25. 703-854-1856 or www.1ststage.com.
Ron Sexsmith "Late Player Bloomer" CD Release and Caitlin Rose. 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.com.
Artists' Reception. 4-9 p.m. Vienna Art Center, 115 Pleasant St. N.W., Vienna. With local artists Jackie Ellwell, Elaine Florimonte, Debbie Glakas, Lisa Neher, Sarah Swart and Barbara Wagner. 703-319-3971.
Mason Dance Company 2011 Gala Concert. 8 p.m. George Mason University Center for the Arts, 4400 University Drive, Fairfax. Featuring work by Ohad Naharin, Lar Lubovitch, Robert Batt and Susan Shields. Tickets \$20 adults, \$12 students and seniors, 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.
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.

Friends of the Oakton Library Book Sale. 10 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Wide selection, low prices. All ages. 703-242-4020.
Artists' Reception. 5-9 p.m. Hermitage Design and Gallery, 6831 Tennyson Drive, McLean. 703-827-0066 or www.hermitagedesigngallery.com.

SATURDAY/MARCH 26

McLean Symphony Orchestra: Myths and Motion. 8 p.m. Oakcrest School, 850 Balls Hill Road, McLean. Wagner's Ride of the Valkyries, Peaslee's Arrows of Time with Craig Mulcahy, Trombone Soloist, and Franck's Symphony in D Minor. mcleanc-orchestra.org.

because of the growing concerns of Virginia residents about the spread and nature of Lyme Disease. Open to the public. Direct written comments to Lyme@PHC.edu.

Registration for Spring English Classes for Adults. 7 p.m. St. Mark Christian Formation Center, 9972 Vale Road, Vienna. Nine-week semester, meeting Tuesdays and Thursdays at 8 p.m. \$20, new students must also purchase the appropriate book. Optional basic computer skills class for intermediate and advanced ESL students. 703-626-3585 (English) or 703-300-3936 (Spanish) or 703-994-8510 (Korean).
Take Off Pounds Sensibly (TOPS). 6 p.m. St. Timothy's Episcopal Church, 432 Van Buren St., Lower Level, Herndon. A noncommercial network of weight-loss support groups with tools and programs for healthy living and weight management. Weekly meetings are Tuesdays. www.tops.org.



Here's What's Happening at MCC

Kojo in Your Community
Live, Community-Based Conversations
Tuesday, March 22, 6 p.m.

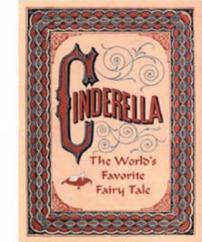
Join WAMU's Kojo Nnamdi at the Alden Theatre for a lively and open dialogue about the issues of the day.

Public Hearing on Programs
Wednesday, March 23, 7:30 p.m.

Residents are encouraged to attend this meeting and to share their thoughts on Center programs and services.

Cinderella—
The World's Favorite Fairy Tale
An Alden Theatre Production
April 2-3, 9-10, 3 p.m.
\$10/\$8 McLean district residents

This is a charming retelling of the Cinderella story featuring the legends of Plum Blossom (China), Vasilisa (Russia) and Broken Wing (Native America).



Spring Break Camp
Monday, April 18-Friday, April 22
9 a.m.-noon

Half-day option for ages 4-6
\$50 per day/\$40 district residents
9 a.m.-4 p.m.
Full-day option for ages 5-9
\$85 per day/\$75 district residents

Children enjoy supervised games, activities, music, arts and crafts, and special events throughout the week. Full-day campers must bring a lunch and a drink each day. A morning snack is provided. Camp will be held at Churchill Road Elementary School.



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

BULLETIN BOARD

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

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.

FRIDAY/MARCH 18

VTRCC Brown Bag University. 11:45 a.m. Fairfax County Economic Development Authority, 8300 Boone Blvd. Suite 450, Vienna. Free. www.vtrcc.org.

SATURDAY/MARCH 19

Vienna-Tysons Regional Chamber of Commerce 18th Annual Casino Night & Taste of the Town. 7 p.m. Westwood Country Club, 800 Maple Ave. East, Vienna. Cash bar, live auction, casino games and more. \$75. 703-281-1333 or www.vtrcc.org.
Living Well and Thriving After Treatment. 8 a.m.-3 p.m. Our Lady of Good Counsel Church in Vienna. "A One-Day Educational and Healing Retreat for Cancer Survivors," offered by the Northern Virginia chapter of the Oncology Nursing Society. Free. Register at 703-558-6213 or special.projects@nsvns.org.
CASA Information Session. 11 a.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Fairfax Court Appointed Special Advocates

(CASA) is hosting an information session for those who would like to learn more about advocating for abused or neglected children. 703-273-3526, x22 or ekosarin@casafairfax.org.

Haven of Northern Virginia's Widow/Widower Support Group. 2 p.m. Haven of Northern Virginia, Inc., 4606 Ravensworth Road, Annandale. Six weekly meetings, through April 30. Free. Register at 703-941-7000 or www.havenofnova.org.

Richmond Roundup. 9 a.m. American Legion Auxiliary Post 180, 330 Center St. North, Vienna. Michael Cassidy, Commonwealth Institute President and CEO, on "Poverty in Virginia." www.S-A-L-T.org.

Avoiding Divorce Court. 10 a.m. The Women's Center, 127 Park Street, NE, Vienna. How to Negotiate or Mediate a Property Settlement Agreement. \$45 registration fee, \$35 members. www.thewomenscenter.org.

Home Life Style

Reaching for the Garden of Your Dreams

Landscaping design trends for 2011.

BY JEANNE THEISMANN
THE CONNECTION

It's not just fashion that is influenced by Michelle Obama. Ever since the First Lady opened a vegetable garden on the South Lawn of the White House in 2009, landscaping trends have followed suit to include a variety of edibles along with the hardscaping elements to prepare and serve them.

"Edible plants and trees are very popular now," said Vanessa Wheeler, co-owner of Hollywood and Vines nursery and design center in Alexandria. "The trend is to combine the edible elements with easy, low maintenance and water-saving designs."

No room for an orchard? The new 'fruit cocktail' trees produce several varieties of fruits from a single tree.

"We have an apple fruit cocktail tree and one that produces apricots, plums, peaches and nectarines," Wheeler said. "Since they are all in the same family, the fruits will cross pollinate so you only need one tree if that's all you have room for."

Throughout the region, there is a strong growth in demand to incorporate eco-friendly, low maintenance plants into garden designs.

"No one wants to do heavy pruning and watering," said Rebecca Hughes, manager of the Burke Nursery and Garden Center. "And ground covers like pachysandra and periwinkle are replacing mulch and traditional grasses."

Wheeler suggests drought-tolerant plants to conserve water.

"Yucca and aloe plants are great water-conserving choices," Wheeler said. "And a non-invasive bamboo is drought resistant and can grow in the shade."

While visions of color dance in every gardener's head, experts say that the area's last frost date can be as late as Mother's Day, so the immediate focus should be on lawn care and design preparation.

"Now is the time to decide what you want to accomplish," said David Watkins, manager of Merrifield Garden Center in Merrifield. "Are you looking for more color, more living space or simply more curb appeal?"

According to Watkins, incorporating more hardscaping into landscaping designs is a rapidly growing trend.

"Patios with fire pits and outdoor grills are very popular," Watkins said. "Our volume of work in that area has increased tremendously in the last few years, especially when it comes to designing outdoor kitchens."

According to Hughes, now is also the best time to do your spring yard clean up.

"There was a lot of storm damage the last



Spring azaleas are not far off.

PHOTOS COURTESY OF MERRIFIELD GARDEN CENTER



"Hardscapes," including patios, fire pits and outdoor living areas, are in high demand in landscaping.



Merrifield Garden Center's designers like to have photos of their clients' yards to help guide the design.

"Are you looking for more color, more living space or simply more curb appeal? Now is the time to decide what you want to accomplish."

- David Watkins, manager, Merrifield Garden Center

Landscaping Tips

EDIBLE AND COLORFUL

There are blue potatoes, red carrots, yellow carrots and purple cabbage. Cabbages come in more colorful varieties each year, as do lettuce and the extremely colorful Swiss chard. 'Fruit cocktail' trees produce several varieties of fruit on a single tree.

ECO-SCAPING

Transforming large tracks of turf into sustainable landscapes is achievable with the right plants that require less water and pesticides. Choose native plants that are low-maintenance and attract wildlife and beneficial pollinators like butterflies, bees and birds. Drought-resistant plants like yucca and aloe require less water.

LOW MAINTENANCE

Use plants that are native and require less upkeep to maintain. Choose sun and shade-tolerant varieties that suit your location as well as species that require less pruning. Ground covers can sometimes replace traditional lawns to reduce upkeep.

CREATE OUTDOOR LIVING SPACES

Invest in your own outdoor retreat. Fire pits, gourmet grills and outdoor kitchens top the list of trends in outdoor living spaces. Much more than just a barbecue grill and a lawn chair, outdoor rooms can be created for a fraction of the price typically required for indoor living spaces.

SEE GARDEN DREAMS, PAGE 17

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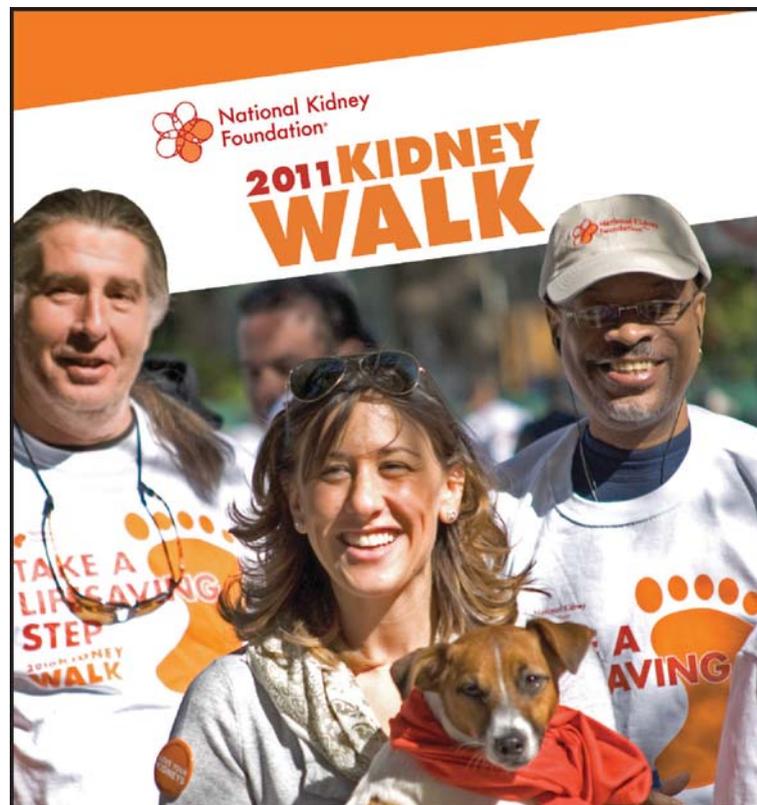
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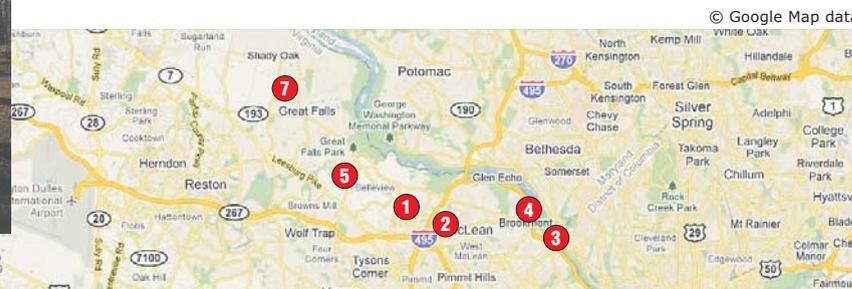
5 1028 Towlston Road, McLean — \$9,997,000



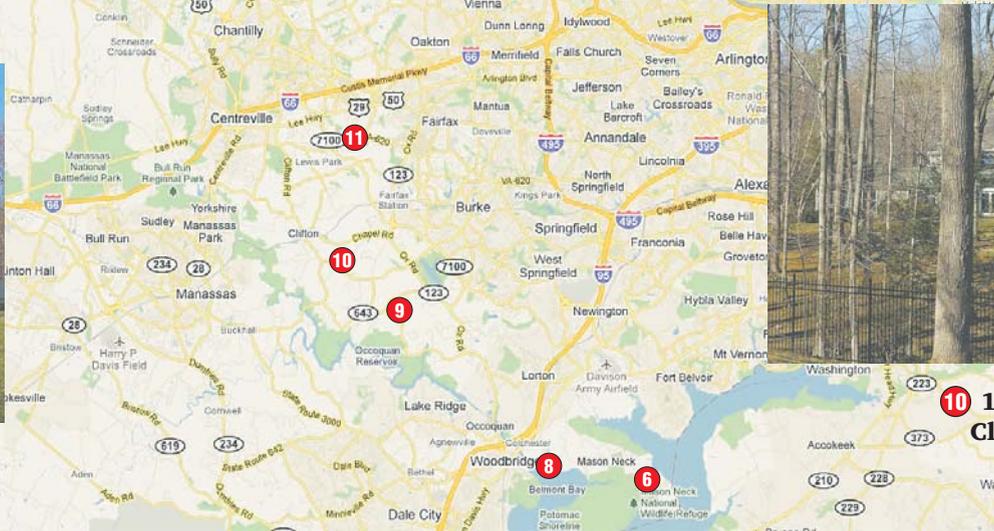
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2 7201 DULANY DR	FX7546728	8	10	4	MCLEAN	\$12,900,000	Detached	2.414	ELMWOOD ESTATES	Long & Foster	Fouad Talout
3 636 CHAIN BRIDGE RD	FX7544964	10	8	1	MCLEAN	\$10,995,000	Detached	6.52	MCLEAN'S GOLD COAST	Washing Fine Properties	William Moody
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SOURCE: WWW.HOMESDATABASE.COM

Talent on Display at Chamber Luncheon

FROM PAGE 3

County Schools and the impact the budget has on planning. "We are trying to develop students who will have a competitive advantage in the workplace," Moniuszko said. The Fairfax County public school system is the 11th largest school district in the country and all of the County's 24 high schools ranked in the top six percent of all high schools in the U.S. in academic achievement. "Our kids are doing very well," said Moniuszko.

In her remarks at the podium, Anderson alluded to examples of businesses serving the school community, singling out realtor and fundraising committee chair Tana Keeffe who spearheaded a drive to collect food and gift certificates for area school pantries. "When we are talking together, we can find solutions to problems," Anderson said.

When the Youth and Education committee searched for a new logo for its 2011 programs, it turned to James Madison High School's graphic arts department. Students submitted a design inspired by the parameters of education and green living and the winning logo was designed by Madison junior Catherine Bobalek. Bobalek superimposed a sprouting tree against an open book and a globe. "I made the tree a sprout because this is about children and children grow," said Bobalek. "I used the globe because our environment is the whole world." The logo will be used at the Youth and Education committee's three annual functions.

GREETING GUESTS were handbell ringers from

Merritt Academy. The Louise Archer Elementary School string ensemble kicked off the performance segment, followed by a guitar duo from Marshall Road Elementary. A cellist from Oakton High School played a solo sonata piece and a violinist from Wolfrap Elementary played solo, as well. Closing the performances was a young vocalist from Green Hedges School and an agile dancer interpreting the music.

In attendance at the luncheon were 88 students and administrators, business leaders and representatives of the program's sponsors, Dominion Power, LearningRx and Navy Federal Credit Union.

Local elected officials Mayor M. Jane Seeman, Del. Mark Keam (D-35), Supervisor Cathy Hudgins (D-Hunter Mill) and Vienna Town Councilwoman Laurie Cole attended the luncheon.

William Zuiker, a 12th grade Cedar Lane School student sitting behind a desk with computer monitors on it, demonstrated his computer-driven cartoons, and talked about his experiences at the school. The school, said Zuiker, is a second home where almost everybody knows one another. "You feel welcome," he said.

SCHOOLS chose what best represented who they are and what they do, Anderson said, and encouraged local business leaders to look to the high schools for resources, recognizing Madison High School's outstanding graphic design program.

"We have an amazing amount of talent in our own backyard," she said.

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SPORTS

McLEAN CONNECTION SPORTS EDITOR RICH SANDERS
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Spring Sports - a Mix of Finality, Drama, and Determination for Seniors

The final leg of the high school sports year goes by in a flash.

BY RICH SANDERS
THE CONNECTION

A majority of the high school sports year is now behind us. There have been thrilling football games, breath-taking autumn field hockey playoff contests, as well as dramatic wrestling and basketball matchups that have brought us through the cold months and up to the final phase of the prep school sports calendar - the seemingly more laid back springtime sports season.

Now, with all of the local high school sports teams competing outdoors, coaches and athletes are hoping that the Northern Virginia spring will cooperate with lots of sunshine and good temperatures. Usually around this area, spring time weather is fickle with cold temperatures and overcast skies, and even an occasional March snow dusting. Over the years, many early spring season high school sporting events have been played in temperatures anywhere from the 30's to 40's. Baseball is my favorite sport but I can recall covering countless high school games which seemed endless and to be moving at a snail's pace because of the bitter cold weather conditions.

Many of the area prep school teams will travel to warmer areas over the upcoming spring break, such as Florida or South Carolina. This will, quite likely, allow them to get in a full week of quality practice time and games without having to endure cold temperatures. By the time they return to Fairfax County, the weather here will hopefully have turned the corner and there will be blue skies and good reason to dress in short sleeves.

Of all the high school sports seasons, the spring time athletic calendar seems to whoosh by in a flash. Once teams have gotten through the rocky first month or so - often spending practice time indoors because of the poor weather - spring break has come and gone and they are in the heart of their respective schedules with the postseason only a few weeks away. The two or three weeks leading up to the playoffs are filled with lots of games, including make-ups from earlier season postponements, over a short period of time.

FOR SENIORS, this is a bitter-sweet time in their high school athletic careers because it marks the final stage of their playing careers as representatives of their home town schools. Whereas three-sport senior athletes can complete their fall and winter sports seasons realizing they still have their spring sports season ahead, there is no such extension following the spring season. Seniors, as the spring sports season begins winding down, have lots on their plates such as finishing their season and high school playing careers strongly, winding up their scholastic work, finalizing college plans for the following fall and, of course, preparing for graduation day when family members and friends will celebrate what has been accomplished over their four years of the high school life.

Many student-athletes will go on to play sports in college. Most will find that the college sports world is more challenging than high school as coaches teach and insist that their freshmen improve their dedica-

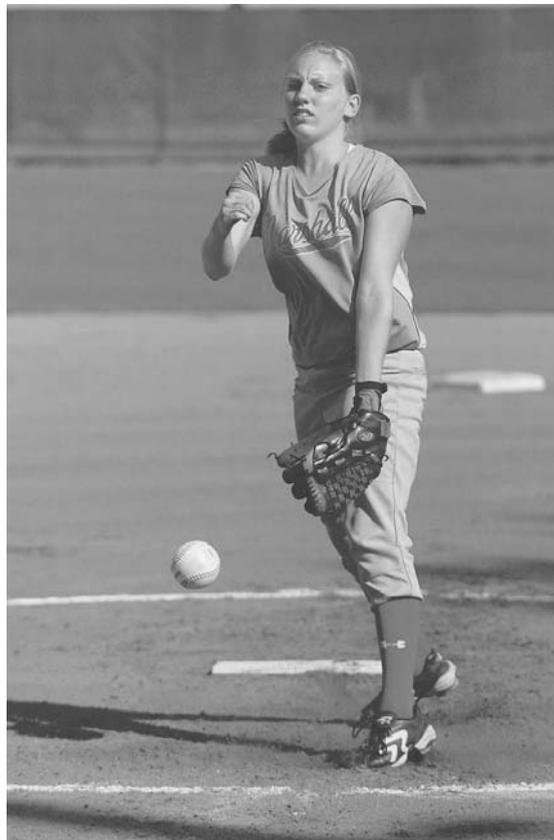


PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

As the spring moves on, temperatures warm up and the high school sports action gains more and more intense and exciting.

tion and all around play to a higher level. While athletics will remain fulfilling, perhaps even to a greater extent, at the college level, the demands of balancing time dedicated to their sports and excelling in the classroom will be difficult but at the same time quite rewarding as student-athletes prove to themselves what they are capable of accomplishing with hard work.

But there is really no rush to push things faster along than they are already moving for today's high school senior athletes. We're not even at Easter yet, so the bulk of the spring sports season is still ahead. There will be lots of game-winning soccer goals, brilliant catches in the outfield, and races won at the wire to fill up scrapbooks and a lifetime of sporting memories.

While the spring sports playoffs in the months ahead will be going up against all of the graduation parties, preparations for final exams, and summer-time plans, student-athletes will, make no mistake, still be able to focus on the task ahead and end their respective seasons and careers with a bang. Seniors, realizing it's their final chance to shine as members of their high school team, will give it everything they've got over the final few weeks of the season and on into the playoffs. District, regional, and even state playoff games will be played in spectacular fashion as athletes and their teams look to leave a lasting mark on the school year and their playing careers.

For area sports fans who have enjoyed high school sports over the course of the past fall and winter seasons, this is no time to put a halt to attending high school sports events. There is a great spring season ahead as area school teams give it all they've got on their fields of play. Hopefully, the weather will cooperate. If it does, get ready for an exhilarating, fast-moving spring season of high school sports action.



VYS U-15 Boys Excel Red Team Wins Championship at Jefferson Cup

Vienna Youth Soccer U-15 Boys NCSL Division 1 Excel Red team for their victory in the Superior Division of the 2011 Jefferson Cup, one of the largest, most prestigious tournaments on the east coast sponsored by the Richmond Strikers. The team won with a 3-2 victory in the final against a strong team from CASL (Raleigh, N.C.). Excel Red was down 2-0 and came back with three goals in the final 20 minutes, including the game winner with less than one minute to play. They had won their group with two 3-0 victories against teams from Rhode Island and North Carolina and a 1-1 tie against a team from Maryland.



PHOTO COURTESY/NED KORMAN

Vienna Team Captures Youth Basketball League Title

The Div. I Vienna team captured the Youth Basketball League 5th Grade Girls' championship with a 50-19 win over Mercer to cap a perfect 14-0 season. Throughout the year, Vienna used strong defense and a team approach in averaging 40 points per game while holding opponents under 20. No player had more than 14 points in a game as the team distributed the scoring. Only two games were decided by less than 10 points. Team members on the front row, left to right: Megan Nayak, Natalia Diaz, Diana Miskell, Kirsten Knaufl, Cameron Plater. Second Row: Tracey Mills, Christina LaRow, Katy Sharon, Lexi Weger, Aria Smith, and Kate Klimkiewicz. Vienna coaches are Ned Korman and Duane Knaufl.



PHOTO COURTESY/MADRID

Great Falls Madrid Wins Richmond Jefferson Cup

The U-12 Great Falls Madrid boys' soccer team captured the title at the Jefferson Cup in Richmond. Top row, left to right: Darius Moazami, Glebe Mackay, Jacob Labovitz, Rohan Wendt, Logan Cushing, and Gerardo Paulette. Bottom row: Adrian Paltoo, Mitchell Pan, Chris Merklin, Michael Scully, Daniel Hulett, and Andrew Rummani.

Garden Dreams

FROM PAGE 12

two years, especially to dogwood trees," Hughes said. "Many people are going 'bare bones' - starting over and replacing aging and storm damaged areas. Landscapes do age out at times."

Experts suggest walking your property and taking pictures of areas that might need some work or design help.

"We love for customers to bring in photos," Watkins said. "It makes it so much easier for us to help find effective design solutions that stay within a budget."

Watkins acknowledges that any landscaping project can be intimidating.

"People are afraid to jump in because they think they'll end up spending tens of thousands of dollars," Watkins said. "But not everyone needs a \$30,000 project done. Sometimes \$300-\$500 spent on azaleas and some screening trees can get the results you are looking for."

For some early spring color, pansies remain popular but there are other choices.

"For an early burst of color, think apricot trees, forsythia and winter jasmine," said Peggy De Wilde, manager of trees and shrubs at Cravens Nursery in Fairfax. "And container gardening allows you the flexibility to move things indoors if necessary to protect plants from the elements."

Don't worry if you're still thinking snow instead of sod.

"If you haven't started your planning, you're in the majority," Watkins said. "But it's never too late to think about what you want to do. There's almost never a bad time to start landscaping."



Water elements add interest to any garden.

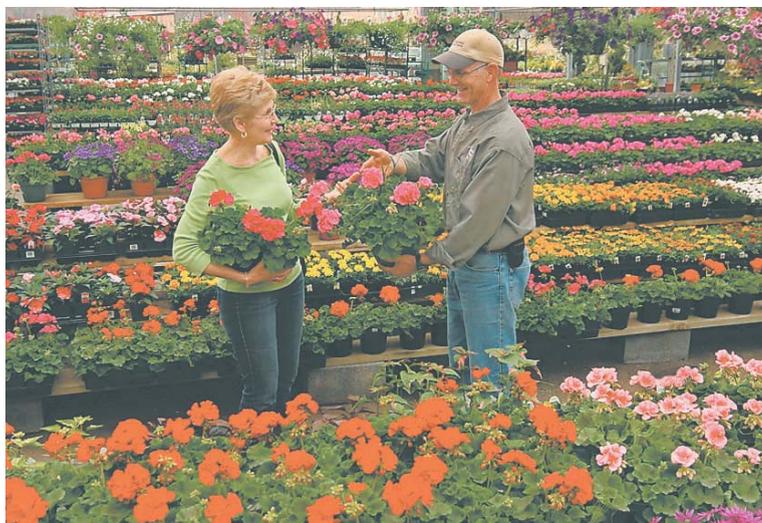


PHOTO COURTESY OF BURKE NURSERY

Helibores are colorful and reliable in early spring.

"Many people are going 'bare bones' - starting over and replacing aging and storm damaged areas. Landscapes do age out at times."

- Rebecca Hughes, Burke Nursery and Garden Center

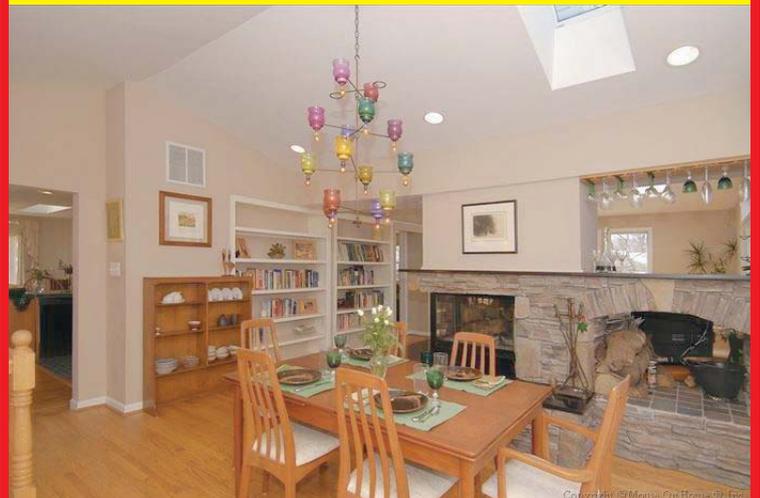


PHOTOS COURTESY OF MERRIFIELD GARDEN CENTER

Annual flowers can add brilliant color to your garden, but remember that frost is still possible until after mid-May, so stick to pansies or other frost-tolerant plants until then.

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February
28, 2011



By KENNETH B. LOURIE

Whew! Am I glad it's today, February 28, 2011. Not that there was anything imminent about yesterday, February 27, 2011 – my two-year anniversary (some anniversary) and end date of my original life-expectancy prognosis but, when you're given two years to live, the date on which that anniversary arrives (although my oncologist has said that there's nothing particularly/inevitably accurate about such dates), is a day of reckoning, to be sure. And since I'm still alive, I reckon I'll make note of it, yet again – in arrears this week.

Not so much as an accomplishment, as in I did it. More like a date of destiny that is now behind me. Now I can focus (or try to, anyway; let's be honest here) on something else, a future beyond a specific date. And just like my rear end is behind me and I don't see it too much, maybe I can put this two-year anniversary date behind me and not see it too much - for what it was: the unexpected end of my life. ("I'm too young to die, too handsome; well, too young." Curly Howard of The Three Stooges.) Life goes on. Now what?

Perhaps I can – or will – consider the possibilities and stop trying to figure the probabilities? Perhaps I can forget about the past (my diagnosis) and only focus on the present/future, live for today and take advantage of the gift of life that I've been given/earned? Perhaps I can get out of my own way (emotionally) and resume living a normal life ("normal" meaning one without cancer)? Perhaps I can finish this column with being sophomoreic? I am a college graduate after all. I should know better. Just because I've lived this long doesn't exactly mean I'll live a lot longer.

In fact/in my reality, nothing is going to change, except maybe for the worse. I need to keep doing/thinking exactly as I have in the past because whatever I've been doing/thinking has caused me to outlive my original prognosis and for my oncologist to characterize my health as "Amazing," and to say that my tumors are in "partial stable remission," if you recall a previous column. All that has changed – and should change living forward, is my specific focus. It's no longer a date. Now the dates ahead are endless, not nearing an end.

Having made it this far (lived this long) though, I feel unburdened somehow. There's no deadline (pun intended) anymore. However, just as difficult as it is to turn around an ocean liner after it's headed out to sea (they don't exactly turn on a dime), so too will it be difficult for me to not be ever mindful of having cancer, and of having surpassed a date, random though it may semi have been, when my doctor told me my diagnosis and said that I might not be alive in "13 months to two years."

But I am alive, and oddly enough, a bit unsure; in fact, more unsure than I've been in almost two years. For these past two years, I've had a goal, sort of, my life expectancy, as provided by my oncologist: February 27, 2011. Having that date as a goal may have helped carry me/motivate throughout this ordeal. And though I may not have been exactly sure what kind of certainty to associate with that date while pursuing it, having reached it yesterday – and passed it today, has given me pause to reflect, and to write these last two columns.

I sort of feel like a dog (or a cat) who chases something (some kind of toy, perhaps) and then finally catches it. Having never previously caught the toy, the dog doesn't know what to do with it. Its life has been the pursuit, not the actual realization of that pursuit. Not that I ever thought that reaching these two dates would be cause for celebration (more like a miracle), but now that I've reached them, I'm uncomfortable being here without having any dates ahead to pull me forward. I will admit to one thing, though, I sure don't want to go backwards.

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

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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.

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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.

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3 Years! RANDY

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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
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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!"
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