

Fairfax Station ❖ Clifton ❖ Lorton
CONNECTION

Young Patriots

NEWS, PAGE 3

Proud Clifton residents and good friends, from left, Emily Dillard, 12, and Emily Noonan, 12, get ready for the town's Independence Day Parade.

Clifton

PHOTO BY BONNIE HOBBS/THE CONNECTION SPORTS, PAGE 10 ❖ CALENDAR, PAGE 7 ❖ CLASSIFIED, PAGE 14

Lorton Celebrates Fourth of July

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Wellness

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Ava McWhirter, 18 months, and big brother Logan, 2, watch the Lorton Independence Day Parade with Harley, their Bouvier des Flandres.



Allison Mill's ponies were a hit with children in the Lorton Independence Day Parade on Monday, July 4.

PHOTOS BY VICTORIA ROSS/THE CONNECTION

Lorton Celebrates Independence Day

Patriotic crowds turn out for parade, festival.

BY VICTORIA ROSS
THE CONNECTION

Lorton had it all on Independence Day as more than 1,500 people gathered to watch the largest parade in Fairfax County Monday morning, July 4.

The parade, led by Grand Marshall Christine Morin, lasted for about 30 minutes and featured nearly 40 floats, vintage cars, mini cars, community groups and ponies.

"This was our first time at the parade, but it was wonderful to see all the people and the colorful red, white and blue outfits," said Robin Adee, who came with her children and grandchildren.

"The parade was awesome and people were in a good mood. It was great to meet people from all over the county. ... It's reflective of the melting pot that southern Fairfax County has become," said Jack Dobbyn, who is running against Del.

"The parade was awesome and people were in a good mood."

— Jack Dobbyn

Dave Albo (R-42) in the general election on Nov. 8.

After the parade, about 200 people headed to the festival at Lorton Town Center for live music, dancing, festival food, games, rides and more.

Ron Kowalski, a local Realtor, created a 20-foot Monopoly game for children to play after the parade. He also rode in the parade with his nieces Courtney and Kaitlyn Kowalski. "This is our seventh year participating in the parade, and each year it gets bigger and better! We are so proud to be a part of this tradition," said Kowalski, co-owner of Ron & Susan Associates at Re/Max Gateway.

"This really creates a sense of community for Lorton," said the Rev. Kim Barker-Brugman, pastor and spiritual director of Silverbrook United Methodist Church. Barker-Brugman, dressed in head-to-toe red, white and blue, and blew bubbles as she and other parishioners handed out information about the church at the festival.

"As I said in my sermon on Sunday, we're celebrating the hope that was there when we signed the Declaration of Independence in 1776," she said.

Irma Clifton, of the Lorton Heritage Society, set up a table with historical maps, flags, books and other collectibles from Lorton's past. She showed visitors a replica Civil War-era hot-air balloon that was launched at Pohick.

"They went up so high, they could almost see to Manassas," she said. "Lorton is steeped in history, and the Heritage Society is a great way for residents to learn more about it," she said.

In addition to live music from the popular cover band, Stone Tigers, who gave a shot-out to "Lorton Hillbillies," vendors sold a variety of food, from hot dogs and ice-cream to more upscale fare. Pane & Vino's, an Italian restaurant located in the center, served grilled sausage & peppers, pizzas and other Italian classics under a tent outside the restaurant. They also attracted visitors with a classic Fiat, owned by the restaurant's chef.

"This is a great celebration," said Pane & Vino co-owner, Salvatore Li-Rocchi. "It's a hot day, but people love our grilled sausages, so we're going to stay out here until we run out. And then people can cool off inside the restaurant."



Alexander Botwinik, 7, of Troop 1076, marched proudly in the Lorton Independence Day Parade with grandparents Nelson and Gayle Henderson. 'People were waving and cheering at us. It was fun,' Botwinik said.



Sporting decorated bicycles are, from left, Claudia Tengesdal, 10; Elsa Hencken, 7; and Jacki Ramey, 8.



Keeler Lamb-ertson as the Statue of Liberty.

PHOTOS BY BONNIE HOBBS/THE CONNECTION

Clifton's Old-Fashioned Fourth

With parade, patriotic oaths town marks Independence Day.

Clifton residents enjoyed a parade and a picnic in the park, Monday, July 4. Around the flagpole, everyone said the Pledge of Allegiance and Helen Rusnak and Emily Dillard sang the national anthem. Then came a moment of silence for town residents who'd passed away during the year.

"This underlines what our community is all about," said Mayor Bill Hollaway. "Everybody's here, everybody cares and we all work together. We're a community with heart. God bless America and God bless Clifton."

— BONNIE HOBBS



Hunter Pittenger, 8 months, with a serious message.



Participants in the pie-eating contest must keep their hands behind their backs.

Virus Prevents Cat Adoptions At Fairfax Animal Shelter

Some 80 cats at the Fairfax County Animal Shelter had to be euthanized after coming into contact with a highly contagious, virulent virus fatal to felines. Cats infected with this virus were brought into the shelter in mid-June and, over the course of the next week to 10 days, the severity of the illness became apparent. Cats merely exposed to the virus began exhibiting signs of infection.

The decision was made to euthanize all sick and exposed cats to stop the spread of the infection. But it wasn't enough to halt the infections. So the shelter veterinarians, following national shelter medical protocols, recommended all cats in the shelter be euthanized. That process was completed June 29.

The virus is believed to be a virulent strain of Calicivirus, which causes upper respiratory distress, and vaccine proved ineffective against this particular strain. The rapid onset of the infection, coupled with the failure of antibiotics to improve the affected cats' health, factored into the ultimate decision to euthanize them.

Humans and dogs are not affected by the virus; however, dogs can carry it on their coats and consequently infect cats living in the same household. Symptoms of this particular virus include a rapid onset of lethargy, sneezing, discharge from the eyes, and mouth sores. Any cat owners who suspect their cats may be infected are encouraged to seek treatment from their veterinarians.

According to the shelter, "This has been a heart-breaking, painful process for everyone who works and volunteers with the shelter. We're currently following a strict cleaning regimen to eliminate the virus from all rooms used to house cats." Cat adoptions will resume following an official announcement. Dogs continue to be available for adoption.

— BONNIE HOBBS

Shirley Gate Road Crash Injures Clifton Man

A Clifton man was taken to the hospital in critical condition following a two-vehicle crash last Tuesday, June 28. He is Charles R. Blevins, 64, of Clifton Road.

According to Fairfax County police, around 5:50 p.m. that day, a 27-year-old woman driving a 2011 Chevrolet Impala was on Mattie Moore Court, trying to turn left onto Shirley Gate Road in Fairfax.

Police say she entered the intersection and struck a 2009 GMC Sierra pickup truck driven by Blevins. The impact was so forceful that it pushed the pickup off the road and sent it airborne. The truck slammed into a street light and Blevins was injured severely.

He was transported to Inova Fairfax Hospital in life-threatening condition; the woman was not injured. Police say neither speed nor alcohol appear to be contributing factors to the crash. Crash Reconstruction detectives continue to investigate to determine if charges are appropriate.

Anyone with information is asked to contact Crime solvers at 1-866-411-TIPS/8477, e-mail at www.fairfaxcrimesolvers.org or text "TIP187" to CRIMES/274637 or call 703-691-2131.

Meet Echo's 'Fab Five'

ECHO celebrates 192 years of volunteerism.

BY VICTORIA ROSS
THE CONNECTION

In 1971, Janet Phillips was a young mother taking instruction in the Catholic faith at St. Bernadette Catholic church and seeking opportunities to serve the community. Her priest suggested volunteering at a new organization called ECHO (Ecumenical Community Helping Others) of Springfield.

"I said 'OK Father,' and as soon as I got home that day, the phone was ringing, and it was a lady from ECHO who finds drivers for people who needed to get to medical appointments," she said. "That's how much they needed people."

Founded in 1969 by nine local churches, including St. Bernadette, ECHO was reaching out to local congregations to recruit volunteers to meet the increasing level of client needs.

Phillips started driving clients to and from medical appointments less than a week after that first phone call. She often had to find ways to occupy children while their parents received medical treatment.

"That was quite something then, because Springfield was not at all like now. It was kind of the boondocks. I was driving down these unpaved roads in the rain or snow. We still tell horror stories about driving around some of these roads," said Phillips, who was recently recognized by ECHO for 40 years of continuous service.

Phillips continued driving clients around Fairfax County until 1973 when she started working a once a month, shift sorting donation of food, clothing and other items. She also assisted clients in selecting items that they needed.

During ECHO's early years, Phillips said the organization was located in a run-down wooden house in an on Old Keene Mill Road that had no air conditioning and inadequate heat. Volunteering was restricted to two-hour shifts because the building had no restroom facilities. That house, which was also a home to snakes and mice, was replaced in 1986 by a more modern, brick building - with restrooms.

"We didn't care, because we were there to help. ... God has been so good to me, and it's my way of giving back. ECHO is such a close organization. ... I hope I can continue to do this," Phillips said.

Four decades after Phillips first volunteered, she is still helping clients. Since 1979, she has been scheduling nearly 250 volunteers who sort donations at ECHO.

ECHO recently recognized Phillips along with four other long-time volunteers, for more than 192 years of service.

Now known as the "Fab Five," Springfield residents Fran Eck, Pat Gauthier, Janet Phillips, Barbara McDonnell and Judy Riekse, all said they have received more than they gave as ECHO volunteers.

"These five women have devoted tens of thousands of hours of their time and expertise to helping people in our community who find themselves mired in poverty or sometimes simply overwhelmed by a series of emergencies that they cannot handle alone," said Jane Curtis, who, with 19 years of volunteering at ECHO, serves as the publicity chair for the organization.

"ECHO, supported in good part by local houses of worship, civic organizations and businesses, could not serve the community without our caring all-volunteer staff," Curtis said.

Like Phillips, Eck learned about ECHO through her con-



PHOTO BY RICHARD CURTIS

Fran Eck, standing, Pat Gauthier, Janet Phillips, Barbara McDonnell, seated, holding numbers, and Judy Riekse, standing, recently gathered outside ECHO's headquarters in Springfield to celebrate 192 years of volunteerism.

gregation at St. Mark's Lutheran Church, where she headed Thanksgiving food basket program. In 1975, she began volunteering for ECHO, and has chaired the Thanksgiving and December holiday food basket program for ECHO, watching it

grow from 250 baskets in 1988 to more than 440 in 2010. Eck also continues the job of preparing and distributing ECHO's monthly newsletter to volunteers that goes out to about 50 people by mail and more than 300 by e-mail.

"I think what has kept me is that it's all-volunteer and all houses of worship together for a common goal. There's a lot of satisfaction just knowing that we can help people."

Eck said her work doesn't allow for direct interaction with clients, but she

remembers the impact of ECHO on one particular client. "When I was sorting clothing, I remember one woman who burst into tears when she saw everything she was getting, from housing items to clothes. That stuck with me," she said.

Pat Gauthier, who retired as ECHO's executive director in 2009, began her volunteer service by driving people who did not have transportation to medical appointments with her 3-year-old son. After retiring, Gauthier, who has 42 years of continuous service, continues as a daily volunteer. Her husband, John, recently wrote an extensive history of ECHO and its dedicated volunteers.

"ECHO was in its infancy when we arrived in Springfield and ECHO's 'mission' interested me greatly," Gauthier said. "I found a terrific group of like-minded people also interested in impacting the lives of those less fortunate in a productive way. It is tremendously satisfying to help others while working with some of the most dedicated, compassionate folks in all of Northern Virginia," she said.

As ECHO's executive director, Gauthier said one special story still resonates.

"While I was director, a volunteer found me at the building to say a client wanted to speak (with me). In the past, this

"A client once said to me 'You are all angels. You can't see them but you all have angel's wings.'"

— Pat Gauthier

NEWS

192 Volunteer Hours

FROM PAGE 11

usually meant dealing with a disgruntled person, but I found a client with a huge smile on her face. After we introduced ourselves she said 'You are all angels. You can't see them but you all have angel's wings,' and she spread her arms wide and thanked the other counselors and ECHO for, as she put it, 'bailing me out at a down moment in my life,' Gauthier said. "Believe me, I receive much more than I give."

Barbara McDonnell, who also tallied 42 years of continuous volunteering, started out as a driver, taking along her two pre-schoolers as she transported clients to doctor and dental appointments from Alexandria to Woodbridge to Georgetown.

She said having her children with her taught them an important lesson.

"Seeing families in difficult situations, they developed compassion for others and they began collecting some of their own toys to share with an ECHO client family," she said.

In 1991, McDonnell took over leadership for housewares, making sure that ECHO had an adequate supply of blankets, tableware, pots, pans and other items. McDonnell has also served as St. Bernadette's representative

to ECHO from 1993 until 2009.

Judy Riekse, a relative rookie with just 32 years of service, became aware of ECHO's work through Grace Presbyterian Church.

In 1979, Riekse, a stay-at-home mom with two young children, said ECHO was so appreciative of its volunteers that the organization had a phone line and answering machine installed in Riekse's home so that she could take client calls for assistance and assign them to the right volunteer.

After the ECHO headquarters was built, she continued volunteering, doing everything from sorting clothing donations to helping clean the building and delivering furniture on occasional Saturdays. Since 1992, Riekse served as the treasurer for many years and continues to serve ECHO as the assistant treasurer.

She noted that financial records through the 19-year period illustrate the growth in the organization and its service to the community.

"The story of these remarkable women reflects the changes in our society and landscape over more than 40 years," Curtis said. "Many of the people whom we see have tremendous burdens in their lives, and ECHO shows that together, we can make a difference in lives of so many people."

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More on Summer Food

Fairfax County is constantly working to expand the number of sites offering meals to needy children in summertime.

In the summer of 2008, the county served 60,000 meals at 37 sites.

In the summer of 2010, approximately 105,000 meals were served at 47 sites, a 75 percent increase in meals served and 27 percent increase in the number of sites providing services.

Alexandria City has 46 summer meals sites, and Arlington County hosts seven summer meals sites, according to the No Kid Hungry campaign in Virginia.

An editorial last month, relying on information from the Fairfax County Public Schools, understated the number of sites available for summer meals.

Fairfax County has more than 44,000 students enrolled who are poor enough to qualify for subsidized meals who, during the school year receive breakfast and/or lunch at the county's 141 elementary schools, 26 middle

schools, 30 high schools and secondary schools either for free or at very low cost. That's nearly 200 places where students go every day that can help provide for their nutritional needs.

While 105,000 meals at 47 is a great improvement, it's still fewer than three meals per needy student for the entire summer.

The No Kid Hungry campaign is promoting summer meals programs in Virginia and increasing awareness by distributing statewide nearly 55,000

pieces of outreach materials including postcards, yard signs, direct mail, posters, and banners. Calls are also being made to needy families to let them know about summer meals sites. See www.strength.org

Anyone can find the closest site in Virginia for summer meals by calling 211.

Anyone in Fairfax County who would like to volunteer or host a meal site can visit <http://www.fairfaxcounty.gov/rec/summermeals/> or call Brent Quarles, Department of Community and Neighborhood Services, at 703-324-5330, TTY 711, for more information.

Primary Election Aug. 23

Several key races in Arlington, Alexandria and Fairfax County are likely to be decided in the primary election, next month. Because they are in heavily Democratic districts, the winner of the primary will be the favorite to prevail in November.

To vote on Aug. 23, you must be registered to vote by Aug. 1. If you think you might be on vacation, you can apply now for an absentee ballot.

The deadline to register for the Aug. 23 primary is Monday, Aug. 1.

Primary Election Day, Tuesday, Aug. 23
General Election Day, Tuesday, Nov. 8

Monday, Oct. 17 is the deadline to register to vote or update one's address for the Nov. 8 General Election.

For more information, see <http://www.sbe.virginia.gov>

Changes Coming to Parkway

Supervisor makes proposals to improve traffic flow on parkway.

By SUPERVISOR PAT HERRITY
R-SPRINGFIELD

The Fairfax County Parkway is one of the county's "main streets" especially in the greater Springfield area. There are big changes coming to the Fairfax County Parkway including the following:

- ❖ We are already seeing an increase in traffic from the employees moving into the NGA building at the Fort Belvoir North Area (the old Engineering Proving Grounds) at a rate of 300 employees a week, most coming from western Fairfax County. Increased traffic when the new hospital opens at Fort Belvoir later this year,

- ❖ Cut through traffic from Interstate 95 to Interstate 66 (including truck traffic) is expected to increase as soon as the new section of the parkway is accepted into the state system (and subsequently GPS systems),

- ❖ A number of recent median crossover accidents, three that ended in fatalities,

- ❖ Pavement that is full of potholes and in overall bad shape, and

- ❖ A major current and worsening bottleneck on the Parkway north loop at Rolling Road.

As a result, I am taking a number of steps to address the current and projected conditions on the Fairfax County Parkway. Some of the activities that I have undertaken include the following:

- ❖ I moved that the Board of Supervisors ask the state to convert the Fairfax County Parkway and Franconia-Springfield Parkway from a secondary to a primary road in the state system. This should lead to an increase in construction and maintenance efforts by the Vir-

ginia Department of Transportation (VDOT). I was tired of explaining that Route 123 has been repeatedly paved as stimulus money was limited to primary roads. Staff is completing the required study, and the board and VDOT are very supportive of the change.

- ❖ As previously reported in my monthly newsletter — the Herrity Report — Del. Dave

Albo (R-42) and I had VDOT conduct a safety study on the parkway after a number of crossover fatalities occurred. You

should see some of these improvements including median barriers, signage and super elevation changes beginning soon. The entire report and presentation from the community meeting is available on my website at: <http://www.fairfaxcounty.gov/springfield/events.htm>

- ❖ I am continuing my efforts to have VDOT add the parkway to this year's paving schedule.

- ❖ I had the board add the north loop improvements to the Board's priority transportation project list. Planning is moving forward and funding is now included in the governor's funding plan for design and right of way acquisition.

- ❖ The parkway will be widened southbound between Route 29 and Braddock Road to eliminate a bottleneck at that location.

- ❖ As I previously reported, a grade separated interchange is being constructed at the parkway's intersections with Fair Lakes Parkway and Monument Drive.

While these steps are a start in addressing

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Support Those Who Protect

To the Editor:

On this Fourth of July weekend, it's fitting to remember those who protect and defend us, both here and abroad. And we should do it with more than just words. As an ex-military person, I think we do a good job acknowledging sacrifices made by our troops, but I wish the support of our law enforcement personnel was just as vocal and vigorous.

You know, we as a nation just recently celebrated Memorial Day in honor of our fallen war heroes. Each year without fail, the sitting President attends a ceremony to acknowledge the sacrifices of those who've died in past and present wars. But I've increasingly felt we do not bestow the commensurate honor on members of our law enforcement community who've also died on behalf of this country's citizens. For example, this year the president did not speak at the 30th Annual Peace Officers Memorial Service despite the fact 165 police officers have died in the line of duty this year.

Here in Fairfax County, I believe we are taking our law enforcement professionals for granted as well. In fact, starting this weekend [on July 1], Fairfax County Police will be going on their fourth year of a pay freeze, even though the Washington, D.C., region has been only slightly affected by the recession. And in fact, in many cases we are doing much better than the rest of the country when you look at our housing

SEE LETTERS, PAGE 11

CALENDAR

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

THURSDAY/JULY 7

Reptile Wonders. 7 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Meet and learn about these animals with Reptile Wonders' Nature Center on the Go. Age 6-12. 703-249-1520.

What in the World. 2:30 p.m. John Marshall Library, 6209 Rose Hill Drive, Alexandria. Magic and mystery from around the globe with magician Mike Rose. Age 6-12. 703-971-0010.

English Conversation Group. 7 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Conversation group for adults learning English. 703-339-4610.

Be Your Own Boss. 7 p.m. Richard Byrd Library, 7250 Commerce St., Springfield. Mike Rose show how to make money by starting a small business. Age 12-18. 703-451-8055.

SATURDAY/JULY 9

Cocker Spaniel Adoption Show. 11 a.m.-2 p.m. Springfield Petsmart, 6535 Frontier Drive, Springfield. Meet cockers of all ages available for adoption. All dogs are spayed or neutered. Volunteers will help potential adopters find a good match and answer questions. Sponsored by Oldies But Goodies Cocker Spaniel Rescue. 703-533-2373 or www.cockerspanielrescue.com.

2nd Saturday Art Walk. 6-9 p.m. Workhouse Art Center, 9601 Ox Road, Lorton. Meet each building's

SEE CALENDAR, PAGE 9



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GRADES 1-6

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Of Diets and Dieticians

Sometimes advice from an expert can help achieve weight and nutrition goals.

BY JON ROETMAN
THE CONNECTION

Some people might hesitate to consult with a dietician, whether it's to lose weight or eat healthier. Isn't there a chance the dietician will tell you that you need to do everything differently?

Fairfax-based registered dietician Danielle Omar works with clients ranging from those wanting to lose weight to athletes training for an event. She said anyone interested in working with a dietician should speak with several in order to find the best fit.

While trying to improve one's diet can involve time, effort and struggle, Omar said someone looking to get healthier shouldn't have to worry about making unreasonably uncomfortable changes.

"Most of us are not going to try to make you something you're not," she said "Don't be scared you're [going to be told] to go to a specific store and buy food you've never heard of."

Omar's initial interaction with a client involves gauging the client's eating habits and establishing goals. The client sends Omar three-to-five day's worth of food logs to help determine what changes need to be made.

If the client has a goal to lose a significant amount of weight, Omar would meet with the person "every two or three weeks for a couple months." If the client simply wants to improve his or her diet, the two will probably meet two or three times and be done. Omar's services do not include long-term counseling.

"I'm not the kind of person," she said, "who meets weekly for several months. I

don't drag it out."

Saving money can be another benefit of seeing a dietician. Omar said some of her clients are people with busy schedules who eat out often. Omar offers healthy alternatives to prepare at home.

"[Eating] out too much can be expensive," she said. "[Some clients] really want to learn how to cook for themselves [so they are] eating healthy."

The process of selecting a dietician should involve questioning credentials, Omar said.

"I think there's something to say for gathering information," said Omar, who has a master's degree in health sciences and a bachelor of science in dietetics, according to her Website, foodconfidence.com.

"Maybe you're not sure that working with a dietician is the right thing for you, but you should contact some. ... Tell them what your goals are and see what their approach is.

"A lot of people rely on eating out. It's difficult to eat healthy when you're eating out."

— Danielle Omar, dietician

Interview some and see what their approach is and see if it works for you.

"[Becoming a] registered dietitian [requires] a bachelor's degree in dietetics and a 9-to-12-month internship and exam and continuing education every five years," Omar said.

Omar warns that some people who call themselves nutritionists are people who have taken a few classes and possibly lost



Mary Perry, founder and owner of Dynamic Nutrition in Alexandria, overcame the weight problems of her youth.

weight themselves. "They're very good at marketing themselves, but a lot of times they're not really qualified, especially with clinical stuff."

Time, or lack thereof, is the greatest deterrent to eating healthy, Omar said.

"Some of the obstacles that people have [involve] their schedule - a lack of time to prepare meals [and] to do what it takes in terms of planning," she said. "A lot of people rely on eating out. It's difficult to eat healthy when you're eating out. You can, but some people don't want to go that route."

Portion size can also be a problem. Some people simply eat too much per serving while others eat too much of one food group in a meal and not enough of another. As far as problem foods go, cheese is a popular culprit.

"People love their cheese," Omar said.

Mary Perry overcame her own obstacles before she started helping other people overcome theirs.

Perry, founder and owner of Dynamic Nutrition in Alexandria, battled weight problems during her youth. As she got older, Perry took an interest in nutrition and improving her health. With results came the realization that nutrition was a passion. After 10 years of working for the federal government, Perry decided to change careers and went back to school to become a registered dietician.

Having tackled her own weight problems, Perry uses her experiences to help in guiding and relating to clients.

"Growing up I kind of struggled with my weight as a kid and it lasted through college," said Perry, who talks about her transition at www.dynamicnutritionservices.com. "I went on my own personal quest to become healthy. ... Talking about nutrition is such a personal issue. My goal is to make the folks I work with very comfortable. I call it a judgment-free zone. It's kind of like a confession when you have to think about

your eating habits."

While going back to school, Perry realized those looking to lose weight needed to navigate through a minefield of misinformation. Having already been someone in a position of trying to figure out the right approach, Perry, who has a bachelor's of science in dietetics from James Madison University and spent time as a dietetic clinical intern at George Washington University Hospital, Inova Alexandria Hospital and the Johns Hopkins Weight Management Center, warns against getting caught up in unhealthy routines.

"Before I became a dietitian, I definitely struggled like everybody else," she said. "Before I went back and had all these educational [experiences, I didn't realize] you're really susceptible. There's so much information available, it's overwhelming. With the Internet, there's a lot of misinformation. [If you're] trying to lose weight, you're susceptible to doing things that aren't healthy. ... You pick up the magazine and do the magazine diet, or try another popular diet; it sets people up for failure."

Not consuming enough calories or protein, and not eating often enough are unhealthy ways of attempting to lose weight, Perry said. Failing to take in enough calories can lead to bingeing, and a lack of protein can lead to the reduction of lean muscle mass.

"It gets to the point where the body is a very smart organism," Perry said. "If you drop your calories too low it drops your metabolism. You might start to lose weight but then you hit a wall. ... People get in this dieting mentality where it's one of resisting. You're constantly walking around saying, 'Don't eat, don't eat.' I think the opposite is true. You have to eat ... throughout the day."

"Nutrition is my passion," Perry said. "It's made such a difference in my life how I feel and how I perform in different ways. I just love working with folks and supporting and helping and making changes in their lives, and it's very rewarding."



Mary Perry, founder and owner of Dynamic Nutrition in Alexandria, said those looking to lose weight are susceptible to misinformation.

CALENDAR

FROM PAGE 7

featured artist, a reception in W-16 from 6-7 p.m. and more.

www.WorkhouseArts.org.

Henny and IV, High Society Music Group, Breezy-J and more. 6:30 p.m. Jaxx Nightclub, 6355 Rolling Road, Springfield. All ages. \$10 in advance, \$12 day of show. www.jaxxroxx.com.

Friends Book Sale. 10 a.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Gems and finds for all readers. 703-339-4610.

MONDAY/JULY 11

What in the World. 10:30 a.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Magic and mystery from around the globe with magician Mike Rose. Age 6-12. 703-339-4610.

TUESDAY/JULY 12

Soundgarden. 7:30 p.m. George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. Frontman Chris Cornell, guitarist Kim Thayil, bassist Ben Shepherd and drummer Matt Cameron are reuniting for a summer tour. Tickets \$59.50, available at www.ticketmaster.com and 703-573-SEAT. www.soundgardenworld.com or www.patriotcenter.

The Magic of Hans Christian Andersen. 2:30 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Applause Unlimited presents "The Ugly Duckling," "Thumbelisa," and "The Emperor's New Clothes" told with puppets and masks. All ages. 703-249-1520.

Beginning Beadwork and

Jewelrymaking. 7 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Move beyond the basics and create dangles, twisted wire and layered work with beads, wire and findings. Presented by Whispering Eden's Shannyn Snyder. Teens. 703-339-4610.

Second Tuesday Book Discussion Group. 7 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Girls Like Us: Carole King, Joni Mitchell, Carly Simon and the Journey of a Generation, by Sheila Weller. Adults. 703-339-4610.

WEDNESDAY/JULY 13

Play Ball. 2:30 p.m. Lorton Library, 9520 Richmond Highway, Lorton. The Maryland Science Center helps kids discover the science in sports. Age 6 - 12. 703-339-7385.

Toddler Time. 10:30 a.m. John Marshall Library, 6209 Rose Hill Drive, Alexandria. Early literacy storytime. Age 13-23 months, one adult per child. 703-971-0010.

English Conversation Group. 10:15 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Conversation group for adults learning English. 703-339-4610.

Older Adults Book Group. 2 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. The Commoner by John Burnham Schwartz. Meet next door at Kingstowne Center for Active Adults. Adults. 703-339-4610.

Read with Me. 10:30 a.m. Richard Byrd Library, 7250 Commerce St., Springfield. Storytime with activities. Age 1-2 with adult. 703-451-8055.

THURSDAY/JULY 14

Children of Bodom, Devin Townsend Project, Obscura, Septic Flesh and more. 7 p.m. Jaxx, 6355 Rolling Road, Springfield. \$27 advance, \$30 at the door. 703-569-5940 or www.jaxxroxx.com.

English Conversation Group. 7 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Practice English and improve your English speaking skills. Adults. 703-249-1520.

English Conversation Group. 7 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Conversation group for adults learning English. 703-339-4610.

FRIDAY/JULY 15

The David Kitchen Band. 7 p.m. Grist Mill Park, 4710 Mt. Vernon Memorial Highway, Alexandria. Pop rock. 703-324-SHOW.

Children of Bodom, Devin Townsend Project, Obscura, Septic Flesh and more. 7 p.m. Jaxx, 6355 Rolling Road, Springfield. \$27 advance, \$30 at the door. 703-569-5940 or www.jaxxroxx.com.

Lunch Bunnies. 12 p.m. Lorton Library, 9520 Richmond Highway, Lorton. Bring lunch, enjoy stories and activities. Age 3-5 with adult. 703-339-7385.

Lunch Bunch. 12 p.m. John Marshall Library, 6209 Rose Hill Drive, Alexandria. Bring lunch and join us for stories. Age birth-5 with adult. 703-971-0010.

SATURDAY/JULY 16

First Blood: Battle of Blackburn's Ford. 2 p.m. Civil War Interpretive Center at Historic Blenheim, 3610 Old Lee Highway, Fairfax. Talk by

SEE CALENDAR, PAGE 11

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Legion All-Star Baseball Game Is a Hit

Nationals team victorious in Fourth of July showcase in Vienna.

BY RICH SANDERS
THE CONNECTION

The grand old game of baseball was once again on Vienna's center stage on Independence Day as the annual American Legion All-Star Game was played in the heart of town at Water's Field. A big, laid back crowd was on hand to take in the District 17 (Northern Virginia) league's holiday showcase game, which began at 10 a.m., and was played in pleasant, overcast conditions.

As usual for the July 4 contest, made up of high school and first year college aged players, winning was not so much the day's priority for either team - the Nationals or the Americans - as much as simply enjoying the game and giving those on hand a good show.

"It's a game where you get to go out on the Fourth of July and play with and against the best players in the league," said Springfield Post 176 catcher/infielder Nathan Slater (Lee High School), who lined a single into left field in a first inning at-bat for the Americans. "Everyone wants to win and everyone out here is competitive. But at the end of the day it's about having fun."

Slater, in pre-game ceremonies on the infield, read the American Legion Code of Sportsmanship to both teams following the pre-game player introductions. It reads: "I will: keep the rules, keep faith with my teammates, keep my temper, keep myself fit, keep a stout heart in defeat, keep my pride under in victory, keep a sound soul, a clean mind, and a healthy body."

Slater said the atmosphere was fantastic

for the Legion All-Star game.

"It's nice seeing there's still support for baseball in the area," he said, after the game. "This place is packed."

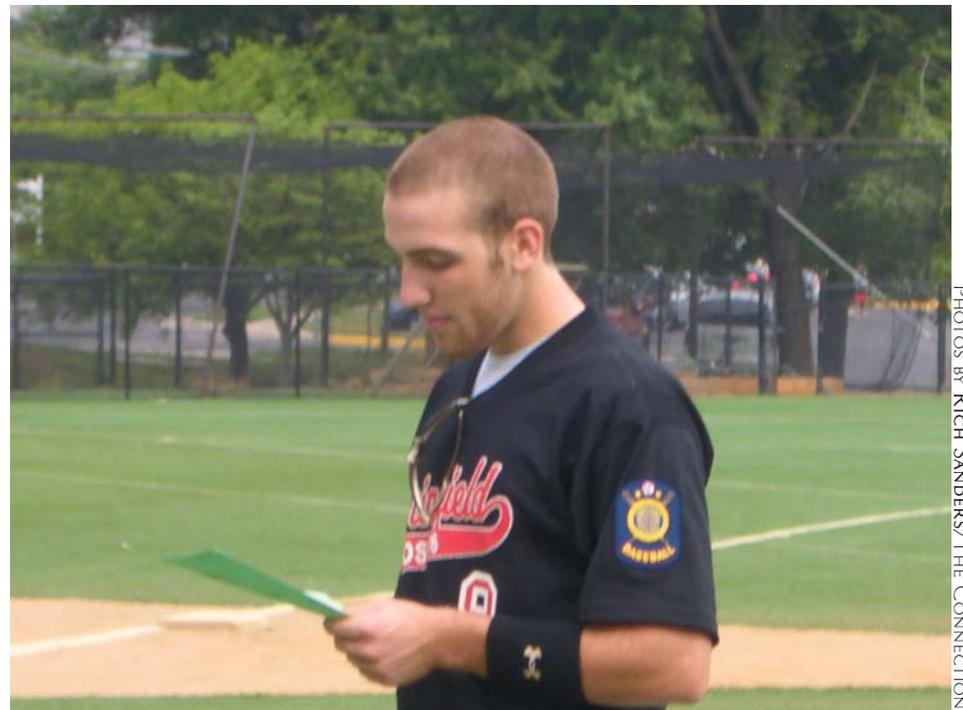
Bill Murphy, in his 12th year as the District 17 baseball commissioner, was the public address announcer for Monday's All-Star game.

"A lot of the players really look forward to this," said Murphy, a former president of the Vienna Little League. "The All-Star game gives the players incentive and pride, and something to shoot for. Every year people around town will come up to me and ask, 'Are you still having the Fourth of July All-Star Game?'"

Both All-Star managers, veteran skipper Al Vaxmonsky (Springfield Post 176) for the American squad and Vondell Johnson (Arlington Post 139) for the Nationals, did their best to give all of their respective teams' players quality playing time.

ON THIS DAY, the Nationals team, made up of players from Alexandria Post 129, Arlington Post 139, Vienna Post 180, and Annandale Bicentennial Post 1976, lit up the scoreboard and defeated the Americans by a score of 15-6. The American squad was made up of players from Falls Church Post 130, Springfield Post 176, Fairfax Post 177, and Centreville Post 1995. Both teams also had players from Alexandria Post 24.

Throughout much of the game, patriotic band music could be heard from the grounds of the Vienna Community Center beyond the outfield fence as preparations were being made for the upcoming day-long festivities.



PHOTOS BY RICH SANDERS/THE CONNECTION

Nathan Slater, a 2010 Lee High graduate, reads the American Legion Code of Sportsmanship prior to the game.

On the artificial turf ball diamond, the District 17's top players were putting on a batting clinic as both teams combined for 23 base hits, 15 for the winning Nationals.

Both teams offered a myriad of offensive highlights. The Nats, in a seven-run top of the second inning, knocked around four doubles, the two-baggers coming from 1976's Joe Warren (St. Stephen's & St. Agnes School), Post 139's Ryan Dick (Washington-Lee High), Post 24's Robert Banks (Hayfield Secondary), and Alexandria Post 129's Adam Forrer (T.C. Williams). During that same half inning, Alexandria Post 24's George Palacio (Mount Vernon High) and Vienna Post 180's Eli Facenda (Madison High) both had singles. Eleven players batted in all during that breakout second inning.

The game's lone home run came by Warren, a towering fly ball over the center field fence to lead off the fifth inning and give the Nationals an 8-4 lead. Warren would finish the day with three hits.

THE NATIONALS displayed some aggressive base running in a four-run sixth inning. Vienna post 180's Chris Hanson (Oakton High) began the big inning with a high fly double into shallow left center field. Two batters later, the hustling Hanson scored from second base on a groundball out to shortstop off the bat of Vienna Post 180's Mason Hauser (Oakton). Later in the inning, Forrer, who earlier reached base on a hit's batsmen, stunned the fans and American Leaguers with a dash towards home on the pitchers' windup. Forrer slid safely onto the plate for a rare steal of home. Later that same inning, Alexandria Post 129's James Clark (T.C. Williams) roped a line drive double into left center field to plate two more runs, giving the Nationals a commanding 12-4 lead.

The Nationals would go on to tally three more runs in the eighth, the big blow coming

off the bat of left-handed hitting Facenda, who tripled down the right field line for two runs. Earlier in the game, Facenda, who was the Nationals' starting pitcher, singled the opposite way down the left field line.

THE AMERICANS also had some big at-bats. In their three-run bottom of the second, Springfield Post 176's Joe Townsend (South County Secondary) pulled a ball into deep left field and off the left field fence for a double. But a fine defensive relay play on the extra base hit resulted in a base runner being thrown out at the plate, the tag applied by catcher Hanson.

In the American third inning, Falls Church Post 130's Danny Zdancewicz (Bishop O'Connell) doubled home a run. The Americans, later in the game, scored single runs in both the sixth - an RBI single by Centreville Post 1995's James Wiltshire (Paul VI) - and seventh innings - a sacrifice fly by Falls Church Post 130's Bruce Beatty (McLean High).

The Americans used nine different pitchers, playing one inning apiece. Tossing shut-out innings were Post 176's JT Williamson (West Springfield High), Falls Church Post 130's Phillip Morris (McLean), Springfield Post 176's Matt Keen (Lee High), Springfield Post 176's Justin Drechsel (Hayfield), and Beatty.

The winning pitcher for the National League was Facenda, a southpaw who worked both the first and second innings.

Wiltshire, a 2010 graduate of Paul VI High and a current student at Virginia Military Institute (VMI), was thrilled to be an All-Star member of the American team.

"I wouldn't want to be anywhere else," said Wiltshire, a Chantilly resident who plays outfielder and pitcher for Centreville Post 1995. "I've been playing baseball since I was young. Playing on the [Fourth of July] holiday is a bonus."



Nathan Slater readies for the pitch during first inning action of the annual District 17 American Legion All-Star Baseball Game held on Independence Day.

Parkway Changes on Horizon

FROM PAGE 6

some of the problems, we need to begin in earnest planning for the long-term vision for the Fairfax County Parkway. I am looking for your input on developing this longer-term vision and plan for the fu-

ture of the parkway, one of our main streets. Please contact me with your thoughts.

Supervisor Pat Herrity (R-Springfield) can be reached at 703-451-8873 or Springfield@fairfaxcounty.gov.

LETTERS TO THE EDITOR

FROM PAGE 6

prices and unemployment rates. I am extremely proud of the job our Fairfax County law enforcement personnel have done and especially the professionalism with which they do it. Our crime rate is kept low and as someone who travels a lot, I feel safer walking the streets here and safer in my home than most anywhere else, in or out of the U.S.

So during this Fourth of July weekend, let's remember those who are paying the ultimate price

to help keep us free and independent. By the way, I've noticed my personal property taxes have gone up this year. Let me suggest we give first consideration to those who keep us safe and our communities orderly in the next budget round this winter. With four years of pay freezes, we cannot expect to retain the best police officers. Please remember the troops and remember our local police. Freedom is not free.

Michelle Connor
Fairfax

CALENDAR

FROM PAGE 9

historian Mark Trbovich. Free. 703-591-6728.

Latin Pop Rock group Maná. 8 p.m. George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. Tickets are \$55-\$91, available at www.ticketmaster.com or 703-573-

SEAT. www.mana.com.mx.
Drawing 1: Make Your Mark. 2:30 p.m. Lorton Library, 9520 Richmond Highway, Lorton. Learn to draw or improve your skills with artist Lydia Bratton. Age 12-18. 703-339-7385.

A World Away, The Right Condition, Within Wolves, Eyes On Chelsea, 1Alliance and

ZeroShift. 4 p.m. Jaxx Nightclub, 6355 Rolling Road, Springfield. Contact Info@outerloopresents.com to play. All ages. \$10 in advance, \$12 day of show. www.jaxxroxx.com.

Fiesta! 2:30 p.m. Richard Byrd Library, 7250 Commerce St., Springfield. Join Cantaré on a musical journey through Latin America. Preschool. 703-451-8055.

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9103 Meadow Rue Ln.....\$599,000.....Sun 1-4.....Kris Walker.....Weichert..703-981-7802
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Quality all Brk home loaded w/ upgrades, 5BR, 5.5BA, hrdwd flrs, main lvl guest suite, gourmet kit w/ cherry cabs & designer backsplash, sunny walkout bsmt w/ amazing bar, elegant master suite w/ tray clng & lux bath, deck, patio, sprinkler sys, central vac, walk to metro & park.



Fairfax Sta/South Run \$824,950
Quality Long Built Home
Spacious Colonial w/ 2 story foyer, Library w/ built-ins, loads of elegant moldings and hardwd flrs, fin walk-out bsmt w/ built-ins, full bath and wine cellar, dramatic fmlr rm w/ cathedral clngs, huge multi-lvl deck, private wooded lot, lux MBA w/ jetted tub, walk to park and more.



Burke/Longwood Knolls \$599,950
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Pitching In To Help a Neighbor

Habitat for Humanity programs helps to repair area homes.

BY BENJAMIN PACZAK
THE CONNECTION

When a neighbor's tree fell on a Fairfax home, the homeowner wondered how she would be able to keep her family safe and comfortable while dealing with the troubles that arose. Fortunately, Habitat for Humanity reached out to her with their new program, A Brush With Kindness, and quickly repaired her roof and fixed up her house in just a few days.

"It kind of is miraculous that things can sometimes line up," the homeowner said, wishing to remain anonymous for the privacy of her family.

The homeowner found Brush With Kindness through Facebook, and they kept in touch to make her one of their first projects. She lost her job after an injury and her 23-year-old daughter is permanently disabled after having survived leukemia as a child but with new problems appearing, but Habitat for Humanity stepped in to help.

Brush With Kindness began in April as a way for Habitat for Humanity to expand its service by reaching out to homeowners, thereby assisting neighbors in the community.

"It gives us the opportunity to reach more people," said Jenny Pitts, Habitat's marketing manager for Northern Virginia. "We're able to serve homeowners now as well as people that don't own homes."

"This is a new program for us, we are getting our feet wet, but this is the second project we've done and it's been really rewarding," said Bobby Akines, a Habitat for

Humanity volunteer since February 2010.

"I think we really get to help homeowners, and it's good for volunteers," Akines said. "They get to interact with the homeowner more than they could with some of our bigger projects, and they're quick, so in a couple of workdays we can make a big impact on someone's life."

Through just four days of work last week from about 30 volunteers, the Fairfax home's exterior was repainted, boards were rebuilt to improve air quality, new gutters were installed, the yard was landscaped and the roof was replaced.

Habitat for Humanity has many volunteers working with homes or attending to the restores where new and gently used home improvement items are resold at a large discount. Also on site was New World Title, a group that donated \$1,000 to the project.

Richard Semmler is a volunteer that has donated his money and time since 1995. He has seen 70 homes built for 70 families and gave a \$10,000 donation, enough for two Brush With Kindness projects.

"I plan to be on site as often as possible doing volunteer work, because I get a chance to see my dollars being put to good use," Semmler said, part of the "sandlot gang" of frequent volunteers.

"It's something I enjoy doing and plan to do it as long as I can, both from the financial and the volunteering points," Semmler said.

"We've got a good system in place, and hopefully we'll be able to help a lot more families with it," Akines said.

Habitat for Humanity hopes to do 10-12 more Brush projects next year.



PHOTO BY JENNY PITTS/HABITAT FOR HUMANITY OF NORTHERN VIRGINIA

From left, Jay Sharp, Edwin Poy and Dick Farner are members of our Sandlot gang. The Sandlot gang is a group of committed construction volunteers that serve Habitat for Humanity's affiliate.

FAITH NOTES

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

St. Peter's in the Woods Episcopal Church, Route 123 and Burke Centre Parkway in Fairfax Station, will conduct Vacation Bible School from Sunday, July 24-Thursday, July 28, 5:30-8 p.m. "Hometown Nazareth: Where Jesus was a Kid." Music, games, crafts a petting zoo and more. For ages 4-10 years. Dinner will be served each evening. \$10 per child. Register at www.spiw.org or 703-503-9210.

Lord of Life Lutheran Church, 13421 Twin Lakes Drive in Clifton, offers three levels of ESL classes every Tuesday and Thursday at 7 p.m. Cost for semester is \$35, including student book. To register, come to the next class. www.lordoflifeva.org or 703-323-9500. Registration is Sept. 8, 7 p.m. ESL classes are also available at 5114 Twinbrook Road, Fairfax.

The Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road in Oakton, offers services on Saturdays at 4:30 p.m., in addition to Sunday services at 9:15 a.m. and 11:15 a.m. www.uucf.org.

The Parkwood Baptist Church, 8726 Braddock Road in Annandale, Bible Study Fellowship will study of the Old Testament Book of Isaiah. The Day Women's Class meets at 9:30 a.m. Wednesdays, and offers a children's program for ages 6 weeks-6 years. rdmarotto@cox.net.

Congregation Adat Reyim, an independent Jewish congregation, offers services Friday at 8 p.m., Saturday at 9:30 a.m. and Wednesday at 7:30 p.m. Hebrew School is Sundays at 9:30 and Mondays at 5:30 p.m. Hebrew High is Sunday at 5:30 p.m. Preschool is Monday-Friday at 9:30 a.m. Adat Reyim is located at 6500 Westbury Oaks Court in Springfield. For more information, contact us at 703-569-7577 or visit www.adatreyim.org.

Burke Presbyterian Church, 5690 Oak Leather Drive in Burke, worship services are Saturday Coffeehouse at 5:30 p.m. and Sundays at 8:30 a.m. and 11:15 a.m. www.BurkePresChurch.org.

One God Ministry Church, 4280/4282 Chain Bridge Road, Fairfax, now has a Web site with news, events, training, conferences, fellowship programs and more. Early Morning Service is at 8 a.m., Sunday School at 10 a.m., Sunday Worship Service at 11 a.m., and Wednesday Bible Study at 7 p.m. Women, Men, and Youth Bible Studies are on the third Tuesday of each month at 7 p.m. A Spiritual Gifts Service is the first Friday of every month at 7 p.m. One God Ministry has ministries for youth, men, women, couples, music and singles. 703-591-6161 or www.onegodministry.org.

Faith Communities in Action meets the first Wednesday of every other month from 2-4 p.m. at the Fairfax County Government Center, Conference Rooms 2 and 3, 12000 Government Center Parkway, Fairfax.

The Baha'i of Fairfax County Southwest offers "Interfaith Devotions: World Peace and Unity" for the general public on Saturdays. These free devotional gatherings meet at the Pohick Regional Library, Room #1, located at 6450 Sydenstricker Road, Burke, 22015.

International Calvary Church Sunday services in English are at 9:45 a.m., Korean services at 11:30 a.m. and youth services at 11:30 a.m. Sunday School classes in English are at 11:30 a.m. and children's classes at 11:30 a.m. Wednesday Bible study and Youth Meeting are at 8 p.m. and Friday Prayer and Youth Meeting at 8:30 p.m. 5700 Hanover Ave., Springfield. 703-569-1918.

St. Leo the Great in Fairfax hosts "Night of Praise" the first Saturday of each month, featuring praise music and Eucharist adoration at 7 p.m. Located at 3704 Old Lee Highway in Fairfax.

The Immanuel Bible Church MOPS group meets on Mondays from 7 to 9 p.m., at Immanuel Bible Church,

6911 Braddock Road, Springfield. MOPS is a group for pregnant or parenting mothers of children from infancy to kindergarten. 703-922-4295 or www.MOPS.org.

The following is a list of events at **Mount Calvary Baptist Church**, 4325 Chain Bridge Road, Fairfax:

Bible study and Prayer Service every Tuesday starting at 7 p.m.

Sunday School at 9:30 a.m., except for the fourth Sunday of the month, when Sunday School is at 9 a.m.

Sunday morning service at 11 a.m.

Commonwealth Care Center ministry every first and third Thursday night. Call 703-273-1455.

Beth El Hebrew Congregation has services on Fridays, 6:30 p.m. and on Saturdays, 10:30 a.m. The temple is located at 3830 Seminary Road, Alexandria. Religious school is on Wednesday evenings and Sunday mornings. Adult learning opportunities take place throughout the year. Tot Shabbat is on the first and third Saturdays. 703-370-9400 or www.bethelhebrew.org.

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21 Announcements

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21 Announcements

21 Announcements

OBITUARY

Max Allen Pfoutz, 82, of Landrum died June 29, 2011. A native of Sandy Ridge, PA, he was the son of the late George W. and Gladys Vaughn Pfoutz and husband of Edith Howell Pfoutz.

He was a member of Grace Baptist Church and served in the US Army. He retired from the FBI having served in the Washington Field Office and the New Haven, CT Field Office.

In addition to his wife, he is survived by four sons; three grandsons.

In lieu of flowers, memorials may be made to Grace Baptist Church Mission Fund, Bethany Baptist Church Mission Fund, Brevard, NC, The Wilds Christian Camp, Brevard, NC or Gateway Baptist Church Missions Program, Boiling Springs, SC.

Condolences may be left at www.pettyfuneralhome.com.

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