

Springfield **CONNECTION**

Franconia ♦ Kingstowne ♦ Newington

Sisters Tessa Perry, 6,
and Audrey Perry, 8,
smile over Sno Kones
at the Kings Park
Fourth of July Picnic.

ENTERTAINMENT, PAGE 11 ♦ SPORTS, PAGE 12 ♦ CLASSIFIED, PAGE 14



Patriotic Pair

NEWS, PAGE 3

JULY 7-13, 2011



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Fourth of July
In Orange Hunt

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Learning To Eat
And Live Right

WELLNESS, PAGE 10

NEWS

SPRINGFIELD CONNECTION EDITOR MICHAEL O'CONNELL
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Carter Gaultney, 2, assumes a laid back attitude before the start of the annual Kings Park Fourth of July Parade in Springfield.



Members of the Johnson family, from left, Eric, Freya, Clare, Martha and Burton, set up camp along the road to watch the 2011 Kings Park Fourth of July Parade.

Let's Have a Parade

Kings Park neighborhood celebrates 50th anniversary at annual parade, picnic.

BY MICHAEL O'CONNELL
THE CONNECTION

It was all red, white and blue on Monday afternoon, July 4, in the Kings Park neighborhood in Springfield, as residents marched in their annual Fourth of July Parade. Children decorated their bikes and marchers donned patriotic colors to mark the nation's birthday.

Monday's parade was also significant be-

cause 2011 is the neighborhood's 50th anniversary. After marching from Kings Park Elementary to nearby Kings Park Park, participants received a medal commemorating the neighborhood's anniversary.

The parade also demonstrated that it was campaign season as well, as several candidates in local races marched in the parade, handed out fliers and glad-handed constituents.

Supervisor John Cook (R-Braddock), a

Kings Park resident, marched with his family, flanked by campaign workers.

Del. Vivian Watts (D-39), who is currently only opposed by Green Party candidate Dimitri Kolazas, handed out Tootsie Rolls to parade participants.

Opponents in the 37th State Senate Race, incumbent Dave Marsden (D) and challenger Steve Hunt (R), worked the crowd during the parade and at the picnic that followed at Kings Park Park.

The Kings Park Civic Association sold refreshments at the picnic, including hot dogs and Sno Cones. The Kings Park Band also performed for the crowd.



Lynn Lawrence and her canine friend Emma ride in a convertible in the 2011 Kings Park Fourth of July Parade in Springfield.



Volunteer Rita Faudale hands out American flags for parade marches to wave.



Friends, from left, Ciara Johnson, 12; Anna Kurisky, 12; and Anna Crabill, 13; wait for the start of Monday's Fourth of July Parade in Kings Park. The Springfield neighborhood is celebrating its 50th anniversary this year.

Loss of Authority

Proposed cell tower legislation could undermine county's zoning authority.

BY MICHAEL LEE POPE
THE CONNECTION

Local and federal officials are clashing over who should have the final say in where cell phone towers are located. A bill currently under consideration in Congress would eliminate a portion of Fairfax County's zoning authority, creating concern in a community where an increasing presence of cell towers has created a sense of unease. Supervisor Jeff McKay (D-Lee) is concerned that the legislation could allow for significant increases in the height of transmission poles that may be at odds with the county's Comprehensive Plan.

"We're very concerned about losing our local zoning authority," said McKay. "If this legislation goes through, we may actually lose our ability to respond to some of the anger and some of the concerns about location of these."

Last month, McKay persuaded his fellow members of the Board of Supervisors to adopt a motion to approve an official letter sent from Chairwoman Sharon Bulova to U.S. Sen. Mark Warner (D-Va.). The letter expresses support for most of the Public Safety Spectrum and Wireless Innovation Act while drawing attention to Section 528, which the Board of Supervisors say would undermine the county's zoning authority. Essentially, the concern among supervisors is that the legislation, as written, would force state and local governments to approve modifications to existing wireless towers that may not be in their interest.

"The exercise of local zoning authority over these types of facilities is, quite simply, working well in Fairfax County and elsewhere in the county," Bulova wrote in the letter. "The wireless industry has not shown that local zoning authority is being abused, and as a result, there is no reason to enact the language in Section 528."

The Public Safety Spectrum and Wireless Act was designed to deploy a nationwide interoperable broadband network for first responders, one of the last major recommendations of the 9/11 Commission. Numerous public-safety organizations support the legislation, including the International Association of Fire Chiefs and the International Association of Chiefs of Police. The Fairfax County Board of Supervisors has also supported allocating an additional portion of the spectrum for public safety to build a network that could help the county's

SEE PROPOSED, PAGE 5

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The Boy Scouts took up the American flag and led the July Fourth parade at Orange Hunt Estates.



PHOTOS BY MEREDITH ZETTLEMOYER/THE CONNECTION

Children from Orange Hunt Estates decked out their bicycles and joined the parade on July 4, tailing the fire engines and leading the crowd to Orange Hunt Elementary School. They wave flags and smile proudly for their friends and neighbors lining the streets.



Local students decorated their cars and showed their spirit in the parade in Orange Hunt Estates on Monday, July 4, at 1 p.m.

A Show of Spirit

West Springfield celebrates July Fourth with a patriotic parade.

On Monday, July 4, West Springfield celebrated Independence Day with its annual parade in Winston Knolls and Orange Hunt Estates.

The parade began at 1 p.m. at Hunt Valley Elementary School. Led by a fire engine and then the Boy Scouts, the parade wound down Sydenstricker Road to Orange Hunt Elementary School, where an ice cream so-

cial took place.

Sports teams and politicians made floats and rode through the streets, tossing candy to the children on the sidelines and campaigning. The event culminated with an ice cream social at Orange Hunt Elementary School, a chance to climb into a fire truck, eat popsicles, hear country music and mingle with neighbors.

— MEREDITH ZETTLEMOYER

Monfasani Finds First Year Success at Crestwood

Fairfax County's Outstanding First Year Teacher goes the extra mile.

BY DEANNA PERRY
THE CONNECTION

Over time, the number of young students who don't speak English as their primary language, or don't have the same help with homework available to them at home as others, has grown significantly.

Teachers such as Heather Monfasani, a fifth grade teacher at Crestwood Elementary School and this year's Fairfax County Public Schools Outstanding First Year Teacher, go the extra mile to make sure

these students get the help they need.

"Every student is different," Monfasani said. "If I treated them all the same then that wouldn't be fair."

With only five out of 17 of her students being female, several being English as a Second Language students and many getting free or reduced lunch from school, she has stuck by her idea that students should all be treated the same from day one.

Monfasani said that one issue she faced was how the number of males in her classroom greatly outnumbered the females. She said the genders have different learning

styles. Boys need to be moving around to take things in, while the girls need silence.

Another issue was the need to make sure students knew how to do the homework. Since many of their parents can't read English, they need a little extra help at school.

"I had to give my class 10 minutes at the end of the day to make sure they understood the homework," Monfasani said.

On top of that, she was involved in a homework club every Tuesday after school, so the students could stay after and get help with their homework.

She was also involved in teaching with the school's Saturday Scholars program. This program split the genders in order to cater to their specific needs.

"I only taught girls on Saturday morn-

ings," Monfasani said.

Through this, she was able to help her female students be more confident in their learning abilities.

Another way Monfasani goes the extra mile is by getting to know her students. She came into the school year a little late, having only been offered the job two days before school started, and having to move from her home in New Jersey. So the students had started the year with a substitute.

Monfasani's philosophy on teaching is simply the importance of building relationships with students.

"If the students don't feel comfortable

SEE MONFASANI, PAGE 7

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 heartbreaking, 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

Shelby Locke, 16, Heads To Virginia Girls State

On June 22, Shelby Locke, 16, a rising senior at West Springfield High School, was elected governor of Virginia Girls State. Running on a platform focused on raising cancer and health care awareness, she was elected into the highest office of the American Legion Auxiliary's weeklong citizenship seminar.

Held at Longwood University, Girls State offers a simulation of municipal government as the girls break into parties and cities, such as Locke's Nationalist Party in Randolph City.

Locke, the daughter of Martha and John Locke, has experience with leadership through her school's orchestra and track programs. She also leads the youth group at St. Andrews' Episcopal Church and serves the community through Relay for Life and the Pen Pals program for girls whose fathers have died of brain cancer. As a result of her personal experience with this, she plans to attend the University of Tampa to become a cardiologist surgeon.



DONATED PHOTO

Shelby Locke

NEWS

Meet ECHO's 'Fab Five'

Quintet marks 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 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 rundown 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.



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.

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 congregation 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

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

— Pat Gauthier

SEE HELPING, PAGE 9

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NEWS

Proposed Cell Tower Legislation

FROM PAGE 2

efforts to achieve interoperability.

"For too long, the nation's first responders have not had access to a nationwide, truly interoperable, broadband network for their use," said Grant Seiffert, president of the Telecommunications Industry Association, in a written statement supporting the bill. "Nearly 10 years after 9/11 and seven years after the commission's findings, it's past time for the deployment of a nationwide interoperable public safety

network to move forward."

MCKAY AGREED with the concerns of the association, and he said he supports most of the bill. But he would like to see Section 528 redrafted. He says it's a matter of local officials being able to respond to local concerns.

"We are the ones who will field all the complaints from the public about the location of these," said McKay. "Therefore we should have the ability to hold public hearings and decide their location."

Virus Prevents Cat Adoptions at Animal Shelter

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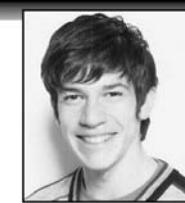
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According to the shelter, "This has been a heart-breaking, painful process for everyone who works and volunteers with the shelter. We're currently following a strict cleaning regimen to eliminate the virus from all rooms used to house cats." Cat adoptions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



Patrick from France, 17 yrs.
Loves the outdoors and playing soccer.
Patrick's dream has been to spend time
in America learning about our customs
and attending American high school.



Elisa from Italy, 16 yrs.
Likes to play tennis, swim, loves to dance.
Elisa hopes to play American softball and
learn American 'slang' while in the USA.

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OPINION

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.

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 Herring 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

SEE PARKWAY, PAGE II

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>

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 II

THE CONNECTION

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CAMPS & SCHOOLS

Monfasani Named Outstanding First Year Teacher

FROM PAGE 3

around you, then they're not going to be able to learn to their fullest potential," Monfasani said.

Through this, she found that most of her students enjoy video games, so she incorporates that into their problem solving. Another way she used video games was to show why students shouldn't give up, because like in video games, in life there's always an opportunity to improve and get things right.

Monfasani's passion for teaching has not gone unnoticed. Her fellow teachers see how much she's brought to the table in her one year of teaching.

"Outstanding is the perfect word to describe Heather," said fifth grade teacher Janelle Ryder. "It's so easy to get overwhelmed as a first year teacher, but from what I could tell Heather wasn't fazed at all."

Ryder also said that when she first met Monfasani, she brought her to see her own classroom, and Monfasani told her exactly how she would set hers up. At that point Ryder knew she was someone with whom she wanted to work.

Another member of the fifth grade teaching team, Carol McNertney, had nothing but good things to say of her colleague.

"As an experienced veteran teacher, it is good to know that when the time comes to pass the torch to the next generation of educational leaders, there will be people like Heather who will be there to carry on the responsibilities required in educating our young," McNertney said. "Those that have committed to learning, self-improvement and who, in the meantime, will strive to learn and continue to develop and contribute to her profession and to her students."

With how much she's worked to improve the learning environment for her students already, Monfasani still looks to the future for an even better end result.



PHOTO BY DEANNA PERRY/THE CONNECTION

Heather Monfasani, a fifth grade teacher at Crestwood Elementary School, was recently named Fairfax County Public Schools' Outstanding First Year Teacher.



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703 453 8017**



PUBLIC NOTICE

AMENDMENT TO THE FAIRFAX COUNTY PARK AUTHORITY REGULATIONS, SECTION 1.16-1, AND THE NORTHERN VIRGINIA REGIONAL PARK AUTHORITY REGULATIONS, SECTION 1.16-1.

Notice is hereby given that the Fairfax County Park Authority (FCPA) will hold a public hearing on Wednesday, July 13, 2011, at 7:30 p.m. in room 941 at the Herring Building at 12055 Government Center Parkway, Fairfax, VA, to receive public comments on a proposed amendment to FCPA Regulations, Section 1.16-1 Athletic Field Use.

Notice is hereby given that the Northern Virginia Regional Park Authority (NVRPA) will hold a public hearing on Thursday, July 21, 2011, at 7:30 p.m. at 5400 Ox Road, Fairfax Station, VA to receive public comments on a proposed amendment to the NVRPA Regulations, Section 1.16-1, Athletic Field Use.

The full text of the proposed amendment to the FCPA Regulations Section 1.16-1, Athletic Field Use, is on file and available for public inspection and copying during regular office hours of the Fairfax County Park Authority, 12055 Government Center Parkway, Suite 927, Fairfax, VA. For the convenience of the public, the full text of the proposed amendment to Section 1.16-1, Athletic Field Use, is available for review at www.fairfaxcounty.gov/parks/press/html/pr073.htm

The full text of the proposed amendment to the NVRPA Regulations, Section 1.16-1, Athletic Field Use, is on file and available for public inspection and copying during regular office hours of the Northern Virginia Regional Park Authority, Public Information Office, 5400 Ox Road, Fairfax Station, VA. For the convenience of the public, the full text of the proposed amendment to Section 1.16-1, Athletic Field Use, is available for review at www.nvrpa.org

All persons wishing to speak on this subject at the FCPA public hearing may call the Public Information Office at 703-324-8662, to be placed on the Speakers' List. Persons interested in speaking at the NVRPA public hearing may call Chris Pauley, Park Operations Director, at 703-359-4613 to be placed on the Speaker's List. Individuals are not required to register in advance, and may also sign up to speak at the public hearing.

For more information, call 703-324-8662 (FCPA) or 703-359-4603 (NVRPA).



If accommodations and/or alternative formats are needed, please call (703) 324-8563, at least ten working days in advance of the registration deadline or event. TTY (703) 803-3354 703-324-8700 • ONLINE : www.fairfaxcounty.gov/parks • E-mail: parkmail@fairfaxcounty.gov

CAMPS & SCHOOLS



PHOTOS BY DEB COBB/THE CONNECTION

Elizabeth and David Wilbur speak to Kings Park Elementary School first grade teacher Sandra Fraser, seated, as their children Jonah, a rising kindergartener, and Lilla test out some of the computers in the kindergarten classroom. They are visiting the school on June 15, during the summer reading kickoff program that aims to help parents of rising kindergarteners use the summer to help their children be prepared for school in the fall.



Rick Leith (in hat) and some of his classmates from West Springfield High School help the children of Kings Park Elementary School set the mood for the kickoff program of the school's summer reading program by singing several Dr. Seuss-themed tunes from the Broadway musical 'Seussical.'

Let the Reading Begin

Kings Park Elementary Kicks off summer reading program.

For the eighth year, students at Kings Park Elementary and their families were invited to participate in numerous activities to promote summertime reading. The event took place on Wednesday, June 15.



Cathy Lee, a teacher at Kings Park Elementary School reads with Kaitlyn Van of Springfield in the reading tent during the school's summer reading kickoff program on June 15.

NASA representative Erica Vick talks about space travel and the solar system in the library of Kings Park Elementary School during the schools summer reading kickoff program on June 15.



Kira Omans, Natalie Seara and Amaya YiQin Golabek, members of the Fairfax Chinese Dance Troupe, perform the Ribbons Dance at the Kings Park Elementary School summer reading kickoff celebration on June 15.



Kira Omans, Natalie Seara and Amaya YiQin Golabek, members of the Fairfax Chinese Dance Troupe, perform the Ribbons Dance at the Kings Park Elementary School summer reading kickoff celebration on June 15.

Helping Others for 192 Years

FROM PAGE 4

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," Gautier 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, Gautier 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 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 preschoolers 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

FAITH NOTES

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 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

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**THE CONNECTION
NEWSPAPERS**



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Jewish

Congregation Adat Reymim...703-569-7577
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703-550-0888

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Springfield North Congregation...703-971-2936

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Prince of Peace Lutheran...703-451-5855
St. John's Lutheran Church...703-971-2210

St. Mark's Lutheran Church...703-451-4331
Immanuel Lutheran Church...703-549-0155

Methodist

Messiah United Methodist Church...703-569-9862
Springfield United Methodist...703-451-2375
St. John's United Methodist...703-256-6655

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Non-Denominational

Love International Church...703-354-3608
New Life Open Bible Church...703-922-7577
New World Unity Church...703-690-7925

International Calvary Church...703-912-1378

Presbyterian

Grace Presbyterian Church...703-451-2900
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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 dietitian, whether it's to lose weight or eat healthier. Isn't there a chance the dietitian will tell you that you need to do everything differently?

Fairfax-based registered dietitian 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 dietitian 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 dietitian. 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 dietitian 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 dietitian is the right thing for you, but you should contact some. ... Tell them what your

goals are and see what their approach is. 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

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

— Danielle Omar, dietitian



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



SUBMITTED PHOTOS

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 dietitian.

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 binging, 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."

Perry suggests eating at least four times per day, preferably every four or five hours. If someone's schedule leaves a large chunk of time between lunch and dinner, that person should have a snack between meals.

"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."

ENTERTAINMENT

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 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.

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

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 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.com.

The Magic of Hans Christian Andersen. 2:30 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Applause Unlimited presents "The Ugly Duckling," "Thumbelina," 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 Shannen 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

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.

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 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.manamusic.com.

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. For more, call 703-339-7385.

OPEN HOUSES

SATURDAY/SUNDAY, JULY 9 & 10



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

Call Specific Agents to Confirm Dates & Times

Springfield

8205 Taunton Pl.....\$399,900.....	Sun 1-4.....Carol Hermandorfer.....Long & Foster..703-503-1812
5515 Yorkshire St.....\$467,500.....	Sun 1-4.....Pat Buck....McEneaney Assoc..703-395-9625
7743 Middle Valley Dr.....\$399,000.....	Sun 1-4.....Marsha Wolber.....Long & Foster..703-618-4397
5901 Erving St.....\$359,900.....	Sun 1-4.....Doris Crockett.....Weichert..703-615-8411
9209 Rockefeller Ln.....\$539,900.....	Sun 1-4.....Karen Brown.....Weichert..202-439-7122

Kingstowne/Alexandria

6618 Haltwhistle Ln.....\$519,950.....	Sun 1-4..Tom & Cindy & Assoc.....Long & Foster..703-822-0207
7202 Gulf Hill Ct.....\$539,950.....	Sun 1-4..Tom & Cindy & Assoc.....Long & Foster..703-822-0207
6721 Royal Thomas Way.....\$479,950.....	Sun 1-4..Tom & Cindy & Assoc.....Long & Foster..703-822-0207

Burke

9111 Andromeda Dr.....\$434,950.....	Sun 1-4.....Kathleen Quintarelli.....Weichert..703-862-8808
9932 Coffey Woods Rd.....\$629,900.....	Sun 1-4.....Diane Sundt.....Long & Foster..703-615-4626
6060 Heathwick Ct.....\$369,900.....	Sat 12-3..Christine Joy Canda.....Weichert..703-409-3852
5703 Round Top Ln.....\$274,900.....	Sun 1-4.....Jim Sandidge.....Century 21..571-437-5883

Annandale

4853 Randolph Dr.....\$500,000.....	Sun 1-4.....Gracemarie Neary.....Weichert..703-304-8290
7108 Village Dr.....\$419,900.....	Sun 1-4.....Elizabeth Millet-Yestord.....e Venture..703-346-4133
7500 McWhorter Pl.....\$379,000.....	Sun 1-3.....Ronni Miller.....Weichert..703-801-4082
4669 Brentleigh Ct.....\$359,900.....	Sun 1:30-4:30.....Susan Minnick....McEneaney Assoc..703-585-1861
9103 Meadow Rue Ln.....\$599,000.....	Sun 1-4.....Kris Walker.....Weichert..703-981-7802
4009 Estabrook Dr.....\$597,000.....	Sun 2-4.....Shameen Qadri.....Saab..703-861-6334
4624 Willet Dr.....\$549,000.....	Sun 1-4.....Edward Zibro...Northern Va. Homes..703-477-9570
3684 Yorktown Village Pass.....\$429,990.....	Sat 1-4.....Bill Davis.....Century 21..703-501-4471

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12194 Queens Brigade Dr.....\$634,500.....	Sun 1-4.....Carol Hermandorfer.....Long & Foster..703-503-1812
12012 Gary Hill Dr.....\$639,000.....	Sun 1-4.....Carol Hermandorfer.....Long & Foster..703-503-1812
2881 Star Opal Dr.....\$759,900.....	Sun 1-4.....Cristina Sison.....Keller Williams..703-798-9898
9010 Colesbury Pl.....\$735,000.....	Sun 1-4.....Anne Harrington.....Long and Foster..703-585-8595
3979 Troon Ct.....\$539,000.....	Sun 1-4.....Valrie Frame.....Keller Williams..571-213-5160
11112 Del Rio Dr.....\$400,000.....	Sun 1-4.....Carmen Ramos.....Inter-Continental..703-899-4337
11468 Rothbury Square.....\$462,000.....	Sun 1-4.....Kristi Morgan.....ERA..703-909-4462
3808 Green Ridge Ct #202.....\$210,000.....	Sun 1-4.....Sheri Daniel.....Weichert..703-759-6300

Fairfax Station

9011 Banyon Ridge Rd.....\$524,900.....	Sun 1-4.....Beckie Owen.....Long & Foster..
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SPORTS

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?'"

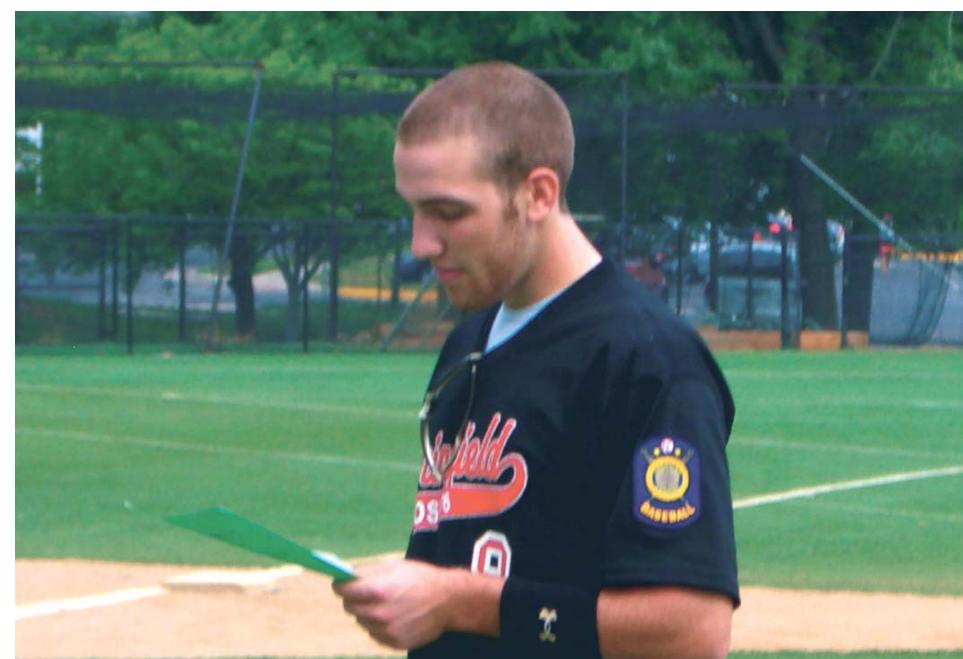
Both All-Star managers, veteran skipper Al Vaxmonsky (Springfield Post 176) for the American squad and Vondell Johnson (Arlington Post 139) for the Nationals, did their best to give all of their respective teams' players quality playing time.

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.

Throughput 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.

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.



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

"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."

— Springfield Post 176 catcher/infielder Nathan Slater

Agnes School), Post 139's Ryan Dickt (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 shutout 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. "Playing on the [Fourth of July] holiday is a bonus. It's like Christmas in July."



PHOTO BY RICH SANDERS/THE CONNECTION

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 at Waters Field in Vienna.

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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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updates include
deck, applica-
tions, carpet,
etc. 3 levels, 4
bedrooms,
built-ins.

703-425-8000