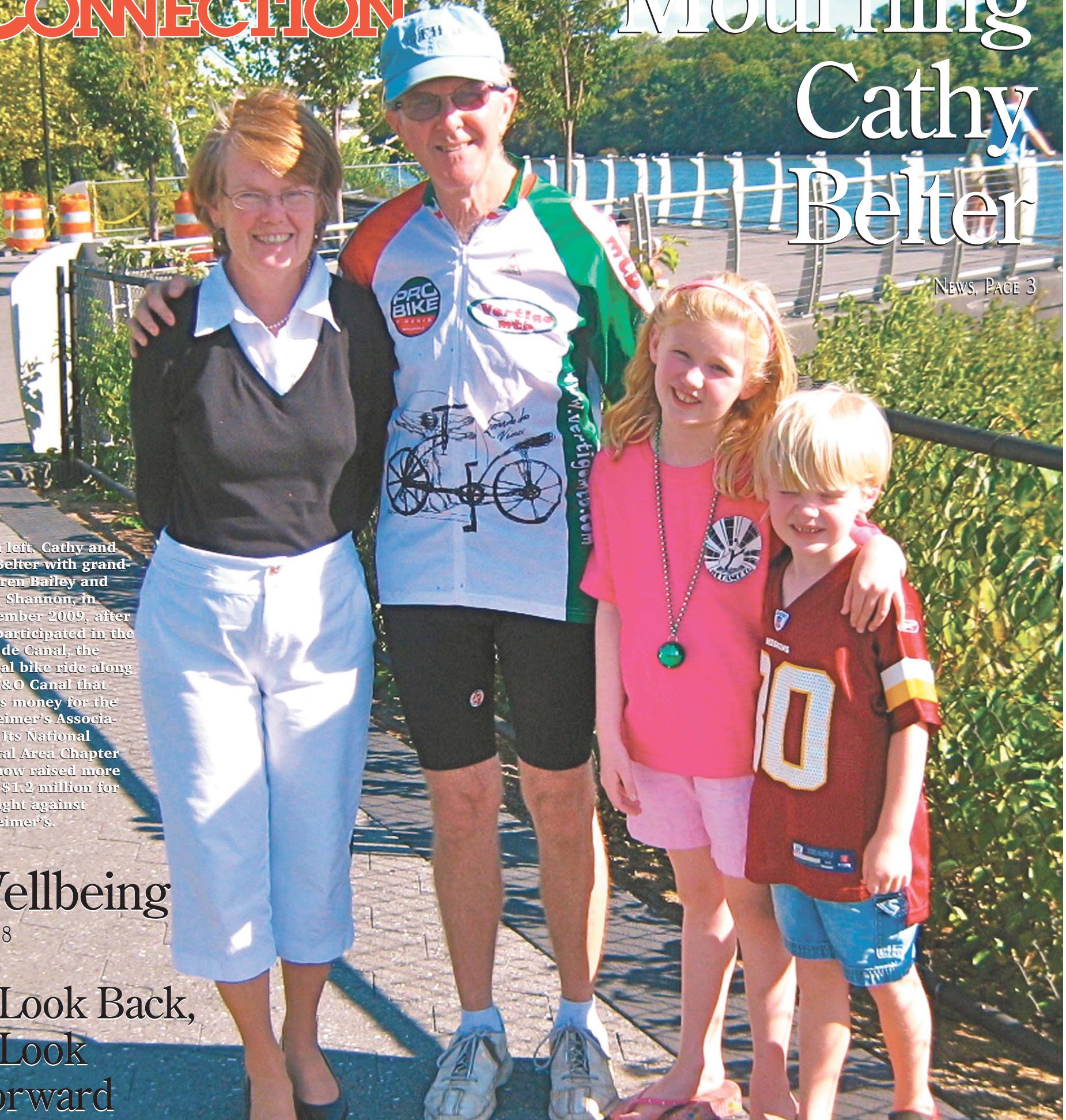


# Fairfax CONNECTION

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# Mourning Cathy Belter

NEWS, PAGE 3



From left, Cathy and Len Belter with grandchildren Bailey and Dean Shannon, in September 2009, after Len participated in the Tour de Canal, the annual bike ride along the C&O Canal that raises money for the Alzheimer's Association. Its National Capital Area Chapter has now raised more than \$1.2 million for the fight against Alzheimer's.

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## Wellbeing

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## A Hot Year For HOT Lanes

NEWS, PAGE 4

FAMILY PHOTO

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## WEEK IN FAIRFAX

### Pedestrian Succumbs to Injuries

A 66-year-old Fairfax man died of injuries received when he was struck by a vehicle Dec. 23 in the City of Fairfax. Juan Pablo Hernandez Rodriguez of 3304 Willow Crescent Drive died at Inova Fairfax Hospital, last Wednesday, Dec. 28.

According to City of Fairfax police, investigation revealed that, around 5:15 p.m. on Dec. 23, Hernandez Rodriguez was crossing Eaton Place when he was struck by a vehicle trying to make a left turn from the Chain Bridge Road service road. Hernandez Rodriguez was in a crosswalk and crossing with the "walk" symbol.

He was initially transported to Inova Fairfax Hospital and subsequently released. He later returned to the hospital where he died. The Virginia Office of the Chief Medical Examiner ruled that the cause of death was internal injuries sustained in the crash.

Police charged the driver of the 2012 Honda Civic, with failure to yield right of way to a pedestrian in a crosswalk. Neither speed nor alcohol was determined to be a factor.

### Restaurant Robber Sought

City of Fairfax police are investigating the armed robbery of a restaurant manager, Sunday morning, Jan. 1. They say a man entered Denny's Restaurant at 10473 Fairfax Blvd. around 6:30 a.m., produced a handgun and approached the 25-year-old male manager.

According to police, the robber ordered the victim into the office and demanded he open the safe and give him the cash. The manager complied and the thief fled through the restaurant's back door with an undisclosed amount of cash. No one was injured.

The suspect was described as a white male, around 50, about 6-feet-1-inch tall, and weighing about 175 pounds. He wore a gray suit or tuxedo and a white dress shirt and may have been wearing a gray wig. He carried a black handgun.

Anyone with information about this case is asked to call City of Fairfax police at 703-385-7924 or Crime Solvers at 703-591-9477. Callers to Crime Solvers may remain anonymous and be eligible for a cash reward if their information leads to an arrest.

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# NEWS

BURKE CONNECTION EDITOR KEMAL KURSPAHIC  
703-778-9414 OR SOUTH@CONNECTIONNEWSPAPERS.COM

**The race for the Braddock District seat was the most contentious and closely-watched in Fairfax County, with an unprecedented number of debates. During a debate at a private home in July, nearly 100 people turned out to watch Republican Supervisor John Cook debate his Democratic challenger Janet Oleszek and Independent candidate Carey Campbell.**

PHOTOS BY  
VICTORIA ROSS/  
THE CONNECTION



## 2011: A Year of Earth-Shaking Events

**In addition to the August tremor, the year saw non-seismic changes to be felt in 2012.**

BY VICTORIA ROSS  
THE CONNECTION

**W**hile 2011 was literally earth-shaking in Fairfax County — with a 5.8 magnitude tremor jolting residents in August — non-seismic upheavals also created aftershocks that will be felt in 2012.

In the fall, Fairfax County's top two executives announced their resignations. County Executive Anthony Griffin announced that he will retire in April, and Fairfax County Public School's Superintendent Jack D. Dale announced his intent to retire in July, 2013, at the end of his current contract. Other developments — from long-awaited grand openings to historic groundbreakings — marked a year filled with change and progress.

### Election: Fairfax Remains Blue

In the Nov. 8 election, with 99 candidates to pick from, and almost every state and local office up for reelection, voters overwhelmingly returned incumbents to office and Fairfax County remained blue.

The Fairfax County Board of Supervisors remained the same, with a 7-3 Democratic majority. Chairman Sharon Bulova (D-At-large) — who first won the at-large seat in a 2009 special election — cruised to victory with nearly 60 percent of the vote, and Supervisor John Cook held on to his Braddock District seat by a razor-thin margin over the Democratic challenger Janet Oleszek, a former Fairfax County school board member.

Fairfax County's nine incumbent state senators, all Democrats, were re-elected, despite the GOP contributing cash to challengers, and bringing high-wattage Republicans to stump for candidates. State Sen. Dick Saslaw (D-35), who was first elected to the House of Delegates in 1976, announced the Democratic winners at the Waterford at Fair Oaks on election night.

"Guess what? The Republican money just went down the drain. We kept our Fairfax team," Saslaw said. A Virginia legislator since 1976, Saslaw said



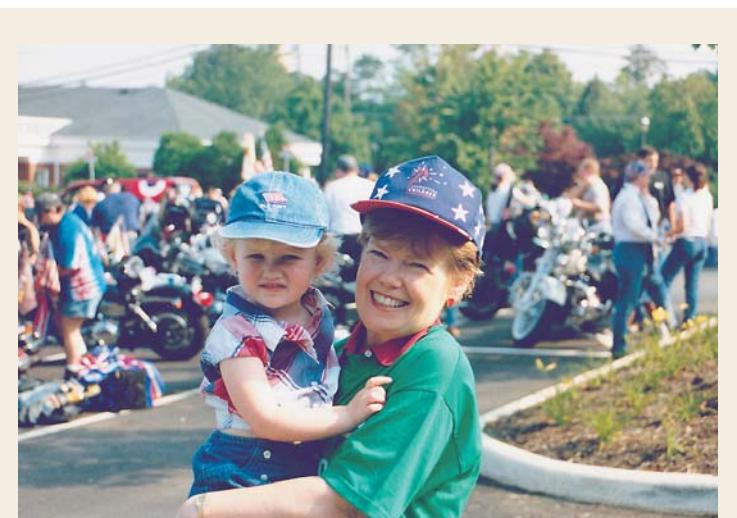
**Democrats Ted Velkoff, Ryan McElveen and incumbent Ilryong Moon were elected to at-large seats on the Fairfax County School Board on Nov. 8. The race was one of the most contested in the history of the school board.**

the main reason he ran this year is "to restore cuts in education and social service...I just don't want to see the lunatics take over the asylum. That's the reason I'm still in it."

Although Republican hopes for more of a foothold in Fairfax County failed, GOP gains in the rest of the state effectively transferred control of the state legislature to Republicans. The State Senate, which had a Democratic edge of 22-18, is now evenly split 20-20 between Republicans and Democrats. Republicans now control both chambers of the General Assembly and the governor's mansion for only the second time since the Civil War.

The 2012 legislative session, which begins Jan. 11, is expected to be filled with power-brokering on both sides of the aisle.

SEE A YEAR IN REVIEW, PAGE 5



Cathy Belter holding her granddaughter Bailey in 2003.

## Family, Friends Mourn Cathy Belter

**Former School Board member dies at 67.**

BY BONNIE HOBBS  
THE CONNECTION

**F**or many people, New Year's Eve is a time of celebration. But for the family of former Springfield District School Board member Cathy Belter, it will forever be tinged with sadness.

With her husband Len by her side, Belter, 67, died early Saturday morning, Dec. 31, after battling Alzheimer's for several years.

"She received an early diagnosis of mild, cognitive impairment, about seven years ago," said Len Belter. "She was formally diagnosed with Alzheimer's in 2007, a few months before the end of her term on the [Fairfax County] School Board."

But in her typical, caring fashion, he said, she did what she could to help doctors solve the riddle of this as-yet incurable disease that affects so many people. According to the Alzheimer's Association, it's the sixth leading cause of death in the U.S. and the fifth leading cause of death for those 65 and older.

"For three years, Cathy took part in an experimental-vaccine trial at Georgetown University Hospital," said her husband. "Ultimately, it wasn't successful, but her brain is being donated to Alzheimer's research because people need to know about and be encouraged to do so."

**THE COUPLE MET** over La-

bor Day weekend in 1963 in Manhasset, Long Island, before returning to college. Cathy went to Good Counsel College in White Plains, N.Y., and Len was about to start his senior year at St. Bonaventure in Olean, N.Y.

"A friend and I decided to drive up to the Catskills for an end-of-summer blowout," he said. "Cathy was there too, with a bunch of friends. But my friend danced with her all weekend and I danced with a girlfriend of hers."

However, Cathy had caught his eye. "She was a bubbly, cute, young woman who enjoyed talking," said Belter. "Three days later, at a dance bar in [her hometown of] Queens, I cajoled her into one date before I had to leave for college for several months."

The pair clicked and was married, three years later. Jan. 28 would have been their 45th wedding anniversary. They've lived in Springfield since 1970 and raised two children.

Daughter and son-in-law, Laura and Brian Shannon of Vienna, are the parents of their granddaughter, Bailey, 11, and grandson Dean, 8. Their son, Douglas Belter of Springfield, works in the restaurant business and is qualified in wine, spirits and beverage management.

"Cathy was a devoted wife and mother and a born leader," said her husband, a retired energy-law attorney. "She had tremendous energy and enthusiasm and could work countless hours in her volunteer work."

She was a full-time education activist for more than four decades, beginning as PTA presi-

SEE MOURNING, PAGE 10

# NEWS



PHOTO BY MIKE SALMON/VIRGINIA MEGAPROJECTS

**From the new, unopened section of Rolling Road, the ramps to the Franconia-Springfield Parkway are part of the Fairfax County Parkway's last phase.**



PHOTO BY JOE ROMEO

**Looking north from Tysons Corner, the Westpark Drive access ramp and the Dulles Metrorail dominate the scene.**

## A Hot Year for HOT Lanes

BY MIKE SALMON

Last year was a big hurdle for the I-495 High Occupancy Toll (HOT) Lanes. Throughout 2011, drivers and residents along the highway saw many of the overpasses completed and traffic shifted over to the new spans.

This occurred at Lewinsville Road, Leesburg Pike, Idylwood Road, I-66, Gallows Road, Little River Turnpike and Braddock Road. These new overpasses are wider, with sidewalks and bike lanes that the old overpasses lacked, so it was a welcome addition to many Fairfax County residents.

At the Dulles Toll Road and I-495 interchange more than 17 bridges are under construction and last summer crews closed the far left lane on the eastbound Dulles Toll Road to complete pier work. After the initial congestion increased, crews restriped the area to provide smoother traffic flow before the left lane was restored completely in late December.

At Route 123 in the Tysons Corner area, all the lanes of the beltway that were routed on one overpass in 2010 were rerouted back to the original highway path across a new bridge span over Route 123. Plus the left lanes along Route 123 were reopened along with the exit from Route 123 north to I-495 north. Wider beltway overpasses were also built at Arlington Boulevard.

Motorists are now traveling on newly paved lanes in many areas along the beltway as well. These lanes are outside of the original configuration so crews can work on the actual HOT Lanes in the middle of the beltway.

At I-66, the left exit from the northbound lanes of the beltway to I-66 west was closed permanently. That exit has been a congestion point in years past, so it was closed and motorists heading to I-66 west are now using the two-lane, right exit. That left exit will be a HOT Lanes exit in the future. Also at I-66, a new flyover ramp was opened in late December from I-66 east to I-495 north bringing northbound traffic down to the

**Many overpasses completed, work continues in 2012.**



**Looking south from the I-66 ramp, the HOT Lanes configuration takes shape.**

PHOTOS BY JOE ROMEO



**The new Route 7 overpasses take shape over the Capital Beltway.**

right side on the beltway eliminating the left merge across the roadway to access Routes 7 and 123.

## Other Megaprojects

Other Megaprojects underway include the Telegraph Road interchange with I-95/495 in Alexandria and the Fairfax County Parkway extension through the Fort Belvoir North area, formerly known as the Engineer Proving Ground.

The Telegraph Road interchange is the last part of the Woodrow Wilson Bridge project. By the end of 2011, all the new ramps were completed and in use. In the coming year, the through lanes in the center of the beltway will be completed and bridges over Cameron Run and the railroad tracks in Alexandria will be open. The project is expected to be completed in the late 2012-early 2013 timeframe.

The Fairfax County Parkway passed a milestone in July 2011 with the opening of the Boudinot Drive loop, providing a direct connection to Fullerton Road. A few months later, parts of Rolling Road were restored and the intersection at Donegal Lane was partially closed.

In spring 2012, the Rolling Road overpass will be completed and the Donegal Lane intersection will be completely closed. This overpass is the last part of the Fairfax County Parkway extension, although a commuter lot is planned for a space near the Barta Road-Rolling Road intersection. This 535-space lot is being added as a suggestion by the Fairfax County Department of Transportation, and is scheduled to open in September 2012.

Last July, the ribbon was cut on the I-95 Widening Project, which was the first Megaproject that is officially completed. This project added another lane on both sides of I-95 through a six-mile stretch of highway from the Fairfax County Parkway overpass to Occoquan.

*The writer is a Public/Community Outreach Specialist for Virginia Megaprojects.*

# A Year in Review

FROM PAGE 3

## The School Board: Incumbents and Newcomers

Debates over discipline, boundaries, budgets, standardized tests and sleep generated Fairfax County's most closely-watched and contested school board race in the board's 19-year history.

But a slate of reform candidates failed to unseat incumbents in a race with half of the 12 seats up for grabs. On election day, voters returned every incumbent, and elected newcomers who, with one exception, identified themselves as Democrats. But that doesn't mean there won't be change. According to Ted Velkoff, one of three newly-elected at-large members, board members plan to be more responsive to parental concerns, and give students the tools to develop critical-thinking skills they need to compete in the 21st century. "We need to help students prepare for the future by doing more than taking standardized tests," he said.

The first big decision for the newly-elected school board is the hiring of a new superintendent. On Sept. 22, Fairfax County Public Schools (FCPS) Superintendent Jack D. Dale announced his intent to retire effective July 1, 2013, at the end of his current contract.

## Can Fairfax County End Homelessness?

In August, The Connection Newspapers dedicated a special issue to homelessness in Fairfax County, examining the County's 10-year mission to prevent and end homelessness. The edition spotlighted the many non-profit and advocacy organizations that offer assistance to homeless individuals — from church kitchens that daily prepare meals for people living on the streets, to shelters that aid displaced teens and families, to businesses that raise money and provide volunteers, to social workers and health care providers that assist individuals facing substance abuse and mental health challenges.

According to data from the Office to Prevent and End Homelessness (OPEH), approximately one in every 700 residents is homeless. That's less than one percent of the one million people who live in a county that is consistently ranked as one of America's richest communities. Although the 1,549 homeless children and adults who live here is statistically small, Fairfax County officials and community leaders want to make that number even smaller. By 2018, they've pledged to change that number to zero.

A daunting task, but one that Fairfax County has been successful in tackling. While many communities across the country have seen a rise in their homeless population, Fairfax County has managed to reduce the number of homeless people by 15.6 percent, from 1,835 people in 2008 to 1,549 in 2011.

### Free Remodeling & Design Seminars!

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Thinking of remodeling? This event is the perfect opportunity to take advantage of free expert advice with no obligation. Learn about the hot topics you should consider when remodeling.

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# OPINION

## Resolved: Pick One Way To Get Involved

Find a way to make a difference.

New Year's resolutions? Go ahead, let's pledge to lose weight, exercise regularly, spend less, recycle, save and read more. The turn of the calendar really does provide an impetus to make small and large changes in the way we live.

EDITORIAL

One item to add to the list of resolutions is to get involved locally. Volunteer one time for one day, or give a few hours a week to something that interests you. Pick one place where you can make a difference. The experience will enrich you (and your family) as well, connecting you to the community in new ways. Making time for even a single volunteer effort communicates an invaluable message about your values to your children in a powerful way that words cannot match.

Most local nonprofits and church groups that provide emergency food and services for families in need are overwhelmed right now by the dramatic increase in demand for food, emergency help with rent to prevent homelessness and much more. See sidebar for some suggestions.

Volunteer Fairfax connects volunteers of all kinds to organizations in need of help, providing flexible weekend and evening opportunities including packing emergency food kits for families in crisis, tutoring adults in alternative learning programs, reading to elementary school children after school, socializing with seniors or planting trees to prevent erosion. Volunteer Fairfax will hold its annual Give Together: A Family Volunteer Day on Monday, Jan. 16, Martin Luther King Jr. Day, with focused events at the Herndon Senior Center, the Gum Springs Community Center, and at George Mason University. See [www.volunteerfairfax.org](http://www.volunteerfairfax.org).

The Arlington County Volunteer Office promotes civic engagement and active volunteer

participation, coordinating volunteer opportunities from hundreds of non-profit and government agencies. Visit [www.co.arlington.va.us](http://www.co.arlington.va.us) and type "volunteer" into the search box.

The Alexandria Volunteer Bureau recruits and coordinates volunteers and matches their interests, skills and availability with the needs of service-providing nonprofit organizations and public agencies. Visit [www.volunteeralexandria.org](http://www.volunteeralexandria.org).

The Literacy Council Northern Virginia is in need of volunteers who will devote several hours a week to helping adults master reading and writing skills; visit [www.lcnv.org](http://www.lcnv.org).

A Court Appointed Special Advocate (CASA) volunteer is a trained citizen who is appointed by a judge to represent the best interests of a child in court. CASA volunteers help children who will have their home placement determined in juvenile court. See [www.casafairfax.org](http://www.casafairfax.org).

The Alexandria/Arlington Court Appointed Special Advocate (CASA) Program has helped hundreds of children have a voice within the court system. See <http://www.scanva.org/casa.htm>

Some other suggestions:

Get involved in state and national political campaigns. If the coming campaign season is anything like four years ago, presidential candidates will be crisscrossing Northern Virginia on a weekly basis soon. George Allen and Tim Kaine will be engaged in a very lively contest for Senate. Our U.S. representatives are also up for reelection. Volunteer for a candidate, with the League of Women Voters or with your local electoral board.

The public school or library closest to your house is also in need of volunteers. Homeowners associations need activists to learn about a variety of local issues and coordinate neighborhood response. Your church or house of worship could use a hand. In addition to their usual work, animal shelters and animal rescue groups are also over extended

### Where To Help

- ❖ Volunteer Fairfax, [www.volunteerfairfax.org](http://www.volunteerfairfax.org)
- ❖ Our Daily Bread has been serving needy families in Fairfax County for 25 years. [www.odbfairfax.com](http://www.odbfairfax.com).
- ❖ Food for Others provides free food directly to people in need in Northern Virginia. The non-profit provides a safety net for people who suddenly face unforeseen emergencies such as a family illness or the loss of a job or a spouse. 2938 Prosperity Ave., Fairfax, VA 22031, 703-207-9173. [www.foodforothers.com](http://www.foodforothers.com)
- ❖ Ecumenical Community Helping Others (ECHO), 703-569-9160. Open to receive donations at 7205 Old Keene Mill Road, Springfield. [www.echo-inc.org](http://www.echo-inc.org).
- ❖ Lorton Community Action Center operates the Act II Thrift Shop at 9506 Richmond Highway, Lorton. Sales from the shop generate funds for LCAC and clients also shop there. While donations are welcome during store hours, visitors are asked to call first at 703-339-8611 before dropping off. [www.lortonaction.org](http://www.lortonaction.org).
- ❖ Comfort for America's Uniformed Services (CAUSE) ensures that recuperating service members have opportunities for recreation and social interaction and receive concrete signs of appreciation for all that they have done. 4114 Legato Road Suite B, Fairfax, VA 22033, 703-591-4968, [cause-usa.org](http://cause-usa.org)
- ❖ National Capital Food Bank, 6833 Hill Park Drive, Lorton, serving all of Northern Virginia, 703-541-3063. [www.capitalareafoodbank.org](http://www.capitalareafoodbank.org)
- ❖ Habitat for Humanity of Northern Virginia, 703-521-9890
- ❖ Alternative House — Abused and Homeless Children's Refuge, 2100 Gallows Road, Vienna, VA 22182, 703-506-9191. [www.thealternativehouse.org](http://www.thealternativehouse.org).
- ❖ FACETS is always in need of volunteers, and offers a variety of one-time and ongoing opportunities. People who are interested in volunteering can contact 703-865-4251 or volunteer@facetscares.org.
- ❖ Committee for Helping Others (CHO), Vienna 703-281-7614
- ❖ Fairfax City Area FISH (For Immediate Sympathetic Help), 703-222-0880
- ❖ Lamb Center, [www.thelambcenter.org](http://www.thelambcenter.org), Fairfax 703-691-3178

with families giving up pets due to the economy. Environmental groups like Audubon Naturalist Society and the Nature Conservancy offer many kinds of volunteer opportunities, as do local parks.

— MARY KIMM.  
[mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)

### LETTERS TO THE EDITOR

## Playing by Rules

To the Editor:

Much has been said in recent days about the Republican Presidential primary ballot and the news that only Mitt Romney and Ron Paul have been certified to be placed on the ballot by the State Board of Elections for the March 6 primary election.

To understand what happened, the process must first be understood. State law is very clear that to be certified, a candidate must obtain on petitions the signatures of 10,000 qualified voters in Virginia with at least 400 in each congressional district.

Again, by the law the state political parties are required to examine the submitted petitions, verify that the minimum thresh-

old is met and issue certifications for those who meet these requirements. The process is well defined in the Code of Virginia and all of the Republican candidates were made aware of these requirements which, incidentally, have been in place for a number of years.

The real question now is why did the results turn out as they did? Some have suggested that the State Board of Elections and Republican Party manipulated things to produce these results. From the understanding which I obtained from news reports, two candidates (Romney and Paul) submitted petitions and met the 10,000 valid signatures requirement and two other candidates (Gingrich and Perry) submitted petitions but "did not come close to the 10,000 valid signature threshold," to quote

from a statement provided on the website of the Republican Party of Virginia.

The other three candidates (Bachman, Santorum and Huntsman) did not submit any petitions and, therefore by default, did not meet the requirement to be certified. I am confident that the State Board of Elections and the Republican Party believe in the "rule of law." It is my opinion that they did their very best to follow the intent and spirit of the law in carrying out the proscribed process.

I believe it is regrettable that only two candidates qualified but all of the candidates knew the requirements of the law. If people have questions about the fairness of the situation, I suggest they immediately contact their Delegate and State Senator to initiate

amendments to the law (Section 24.2-545 of the Code of Virginia). The law specifies the process and if you are not satisfied with the results of that process, then you should work to change the law.

ANNE DAMON  
Fairfax

### Write

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

Letters to the Editor  
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By e-mail:  
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## PEOPLE



PHOTO COURTESY OF LLOYD WOLF

**Naomi Epstein, right, and her friend Rachel O'Rourke, both 7th graders at Lanier Middle School. Naomi's parents are Jeremy and Monica Epstein; Rachael's are Aimee and Tim O'Rourke, also of Fairfax.**

## Serving Homeless on Christmas

**N**aomi Epstein of Fairfax, the daughter of Jeremy and Monica Epstein, celebrated her bat mitzvah on Dec. 24 at Congregation Beth Emeth in Herndon. The bat mitzvah celebrates a Jewish girl's transition into Jewish adulthood, shortly after turning 13. In the sermon she gave to the congregation as part of the ceremony, she explained that the Bible reading for the day was about famine in Canaan that sent the ancient Hebrews to Egypt in search of food, and the Pharaoh's dream of seven years of plenty followed by seven years of famine. Naomi commented that our country is now in a period of famine, and as part of her bat mitzvah she would be helping to feed the hungry.

So on the day after her bat mitzvah, when her Christian friends were celebrating Christmas, Naomi and her family participated in community service through the D.C. Jewish Community Center's "D25"

program, now celebrating its 25th year. The D25 program sends more than 1000 Jews (and non-Jews) to serve food, throw Christmas parties, paint homes, and participate in more than 50 other projects across the D.C. area on Christmas Day, helping more than 10,000 area residents.

Naomi, a 7th grader at Lanier Middle School in Fairfax, was joined at the D25 program by 25 of her family and friends from Fairfax to Los Angeles and places in between. Naomi and her parents, siblings, aunts, uncles, cousins, and friends prepared and served lunch to more than 100 homeless women at the Center for Creative Non-Violence in D.C., one of the biggest homeless shelters in the world. Naomi said, "sitting at home on Christmas can get pretty boring, but community service is a great way to help out and have fun! Helping others is definitely important."

### WEEK IN FAIRFAX

FROM PAGE 2

## Cook to Host Forum on County Executive

With the retirement of County Executive Anthony Griffin in April, the Fairfax County Board of Supervisors is in the early stages of finding his successor.

On Monday, Jan. 9 from 7:30 to 9 p.m., Supervisor John Cook (R-Braddock) is hosting a forum in the Kings Park Library Meeting Room to get input from residents.

During the two-part forum, there will be a panel

discussion, and then citizens can comment and ask questions of the panel. Moderated by former Board of Supervisors and School Board member Stuart Mendelsohn, the four-person panel will include John Peterson of the Peterson Companies; Karen Conchar, president of the Fairfax County Government Employees Union; Ann Zuvekas, the current Braddock appointee to the Health Care Advisory Board and past chair of the Disabilities Services Board and CCFAC; and Paul Liberty, most recently Vice President for Corporate Affairs and Investor Relations for GTSI. Cook said he will take comments from residents back to the Board of Supervisors.

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## WELLBEING

# Keeping New Year's Resolution

A detailed plan could make all the difference, experts say.

By MARILYN CAMPBELL  
THE CONNECTION

**A** recent poll by the Marist Institute for Public Opinion shows that increasing exercise, losing weight, quitting smoking and improving one's financial situation are among the most common New Year's resolutions, but more than 60 percent of people who make these promises fail to keep them. Mental health experts say impractical or undefined targets are among the top causes of resolutions without staying power.

"People set unrealistic and unsustainable goals, get demoralized and give up," said Thomas N. Wise, M.D., director of behavioral services at Inova Health Systems and chairman, Department of Psychiatry at Inova Fairfax Hospital in Falls Church. Wise has studied addiction, habit change and obesity.

**DONNA GRAMM** practices Pilates regularly as part of her effort to stay in shape.

"I've been working out since college. It makes me feel good," said Gramm, a Potomac resident. This month, however, she has more company in the exercise

room. Each January, people who've resolved to get in shape or lose weight flock to gyms and health clubs. Gramm is not worried about the influx of fitness aspirants. She knows most will soon be gone. Her instructor, Reina Offutt Pratt, owner of Potomac Pilates, agrees.

"In January we see the largest spike [in class attendance], but a lot of the people we see come in January don't come back in February," said Offutt Pratt. "The gung-ho nature of their New Year's resolution starts to dissipate."

So what are the secrets to making New Year's resolutions a permanent lifestyle change?

"Set small, realistic and concrete steps towards making or improving a behavior," said Maria Londono, of Chantilly, a mental health therapist with Molina Healthcare, Fairfax County Health Care Network in Alexandria, Reston and Falls Church.

"For example, lose weight by eating a healthy breakfast in the morning and exercising three times a week. [Begin] with 15-minute routines and increase to 30 minutes when

[your] body is more used to exercise."

Be specific. "We have to have very clear behavioral plans for how we're going to implement [our goals]," said Kashdan who has studied and written about behavioral changes for the journal Clinical Psychology Review.

"If you say you want to be

more fit in the upcoming year, what exactly are you going to do in the course of a week?"

**A SCHEDULE** is also important. "Keeping track of what you want to change is the essence of following through," said Wise, who lives in McLean. "It is very easy to say, 'I'm not going [to the gym] today.' Before you know it, it's been two weeks since you've exercised. Having a regular schedule where you

"In January we see the largest spike [in attendance], but a lot of the people we see come in January don't come back in February."

— Reina Offutt Pratt, owner of a Pilates studio

rarely miss it is the way to keep up with any kind of behavior modification."

Develop a support network.

"Choose friends who respect the fact that you want to change. Choose people who look like what you want to become," said Kashdan who lives in Centreville.

Find ways to make behavioral changes enjoyable. "We encourage clients to exercise with friends," said Offutt Pratt. "Make it about friendship and socializing."

Create a plan that fits one's lifestyle. "Find something that is convenient and that you can do on a regular basis," said Wise. "If you work long hours, a complicated workout probably makes no sense, but jogging around [your neighborhood] might make sense."

Set up reminders and measure progress regularly. "Post notes for yourself," said Wise. "Let's say there is an outfit you want to fit into. Don't put it in the closet be-

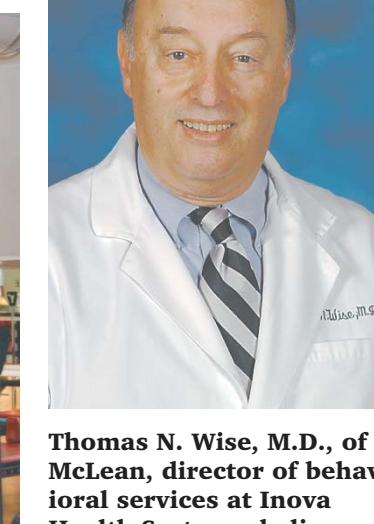


PHOTO COURTESY OF INOVA HEALTH SYSTEMS

Thomas N. Wise, M.D., of McLean, director of behavioral services at Inova Mount Vernon Hospital and Inova Behavioral Health Services in Alexandria, says that impractical or undefined goals lead to New Year's resolutions that fail.

hind your other clothes. You put it in front to remind you."

Set short-term goals. "I encourage clients to set weekly goals rather than monthly or yearly goals and make themselves accountable on a weekly basis," said Offutt Pratt. "For example, I'm going to attend two classes on a weekly basis rather than saying, 'I'm going to attend 10 classes next month.'"

Shifts such as spending less money, decreasing debt, giving up



PHOTO CONTRIBUTED

Lisa Calusic, M.D., of Arlington, a psychiatrist at Inova Mount Vernon Hospital and Inova Behavioral Health Services in Alexandria, says that behavior changes require the admission of a problem.



PHOTO COURTESY OF MOLINA HEALTHCARE

Maria Londono, of Chantilly, a mental health therapist with Molina Healthcare, Fairfax County Health Care Network in Alexandria, Reston and Falls Church says that setting small, realistic goals is key to making permanent lifestyle changes.

drinking every day, there is a reason why," said Calusic. "Alcohol is providing a crutch. You can't take it away unless you have something to replace it with [like] a hobby [such as] art, tennis or anything that can distract from the negative habit that they are trying to break."



PHOTO BY MARILYN CAMPBELL/THE CONNECTION

Reina Offutt Pratt teaches a Pilates class to Donna Gramm, Cyndi Hann, Carly Yoo and Nicole Krug. Increasing physical exercise is a New Year's resolution that is often made and broken.



PHOTOS CONTRIBUTED

The Rotary Club of Fairfax hosted a holiday party for 35 homeless children and their families on Dec. 12. Club president Brian Lubkeman provided a warm welcome to everyone at the event and president-elect Dr. Laura Hills played holiday tunes on the keyboard.

## Fairfax Rotarians Host Holiday Event

Club organizes traditional Christmas party for homeless kids.

**S**anta and the Rotary Club of Fairfax brought holiday cheer to homeless families on Dec. 12, at the club's 11th annual Christmas Party for Homeless Kids. Paula Kelley, the Rotary club's Community Service Director, served again this year as the chair of the event, which was held at American Legion Post 177 in Fairfax City.

The Fairfax club's members donated gifts for 35 children, in addition to Christmas stockings chock full of goodies that were assembled by Jennifer Rose, the club's secretary. Additionally, the Fairfax City area Girl Scouts supported the pro-

gram once again by providing reading books for the children.

The honored guests at the event were families with children who are being served by FACETS (Fairfax Area Christian Emergency & Transitional Services, Inc.). Fairfax City CUE buses provided free transportation to and from the American Legion facility for the families. In all, 130 guests participated in the event, including the children and their families, Rotarians and their spouses and children, and members of the FACET's staff, making this year's event the largest holiday event ever for homeless families undertaken by The Rotary Club of Fairfax.

The Rotary club's Foundation Director Carolyn Chappell, who was in charge of the food, said that it was extremely gratifying to see everyone sharing the dinner and fellowship at the event. Club president elect Dr. Laura Hills donned her Santa hat and entertained at the party once again by playing holiday tunes on her electric keyboard. After dinner, Chappell led everyone in the singing of Jingle Bells, Rudolph the Red-Nosed Reindeer, and Santa Claus is Coming to Town, accompanied by Hills.

All eyes turned to the door the moment Santa Claus arrived at the party. Annandale Rotarian Gregg Modesitt played Santa again

this year and worked with Kelley to ensure that all children at the party received a wrapped present chosen especially for him or her. Santa posed for photos with the children and wished all a good night and a Merry Christmas before he had to leave.

The Rotary Club of Fairfax has chosen to hold this event for each of the past 11 years to demonstrate its commitment to service above self.

The Rotary Club of Fairfax meets on Mondays at 12:15 at the American Legion Hall on Oak Street in Fairfax City. For more information about the Rotary Club of Fairfax, visit [www.fairfaxrotary.org](http://www.fairfaxrotary.org). Or email the Rotary Club of Fairfax's Executive Director, Irby N. Hollans Jr., at [ihollans@earthlink.net](mailto:ihollans@earthlink.net).

## OPEN HOUSE LISTINGS

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## NEWS

# Colleagues Remember Cathy Belter

BY BONNIE HOBBS  
THE CONNECTION

**C**athy Belter is gone, but she's remembered fondly by friends and colleagues on the Fairfax County School Board.

Sully District School Board representative Kathy Smith knew Belter through her PTA work and from serving on the board with her. They shared some schools — Chantilly and Centreville High and their elementary feeder schools — and attended their PTA meetings together.

"We worked together well as a team," said Smith. "She was very thoughtful about kids and what was best for them. She was one of those really good people. When you saw Cathy, it made you smile. She always had positive things to say, and that's how she worked with the board, too."

When Smith first joined the board in 2002, Belter had heard concerns from the community

about the way children were dressing in school. "So she pushed the board to develop a dress-code policy," said Smith. "She had a passion for education and a concern for children. And through her work on the PTA, she knew how important it was to have a strong, family/school partnership.

Regarding Belter's death at age 67, Smith said, "It's so sad; it's too young. She had such a spirit about her."

**FAIRFAX'S JANET OLESZEK** represented the Braddock District on the School Board during Belter's second, four-year term, from 2004-08. And they were longtime, personal friends since then.

"I've always thought of her as a gracious and gentle lady," said Oleszek. "She looked for the civility in everyone and almost always got it. She was a pistol, but not harsh and aggressive. She was a consensus-builder, a listener and then a doer. She did it quietly, but

was very determined. And she was my first ally, when I joined the board, in getting all-day kindergarten passed."

Calling Belter a well-rounded person, Oleszek said she was very religious and an advocate for the underserved in education. She believed in social justice and was active in SALT (Social Action Linking Together), a Catholic organization that helped people in need. Said Oleszek, "She saw it as her role, as a good Catholic, to make sure people were taken care of."

And likewise, Oleszek stood by her friend during her ordeal with Alzheimer's. "I've been in touch with Len and Cathy, the whole time, and had visited her a couple days before she died," said Oleszek. "We held hands and walked."

"It's tragic when someone that young is attacked by such a cruel disease," she continued. "I'm sad for us all because all the things she weighed in on and helped in the community have lost a great champion."

# Mourning Cathy Belter

FROM PAGE 3

## Arrangements

A wake for Cathy Belter will be held Thursday, Jan. 5, from 1-3 p.m. and 5-8 p.m., at Fairfax Memorial Funeral Home, 9902 Braddock Road in Fairfax.

A mass of Christian Burial will be said Friday, Jan. 6, at 10 a.m., at the Church of the Nativity, 6400 Nativity Lane in Burke.

It will be followed by a private, graveside service for family only. A reception in her honor will be held from 1-4 p.m. at the Springfield Golf and Country Club, 8301 Old Keene Mill Road in Springfield.

In lieu of flowers, memorial, tax-deductible donations may be made to Alzheimer's Association at [www.alz.org](http://www.alz.org).

Belter. "She could never say no when asked to do something."

**SHE SAID YES**, as well, to active sports. "I convinced her to go skiing, for the first time in her life, on our honeymoon," said Belter. "We then went on family ski vacations for 40 years in Colorado, Utah and New England. We also water-skied every summer in Fredericksburg at our second home at Lake of the Woods."

Cathy still enjoyed many activities, until the last year, when the disease took a strong, downward turn. "She knew what was happening to her and was frustrated," said Belter. "I took care of her and encouraged her to be as active as she could and to take everything one step at a time. Her faith also helped her, and we spent a lot of time together."

The couple took a cruise to the Baltics, three years ago, and to Bermuda, two years ago, sharing as much happiness and joy to-

gether as they could. But as 2011 drew to a close, the foe proved overwhelming.

"I was a bit surprised at her sudden, rapid decline," said Belter. "I thought we had a lot more time."

She went into the Arden Courts assisted-living facility in Annandale on Nov. 1. By the second week in December, her disease was quickly progressing and, six days after Christmas, she was gone.

Now, said her grieving husband, "It's a difficult and emotional time. I'm happy Cathy's in a better place and I've been busy with her funeral details, but it'll probably hit me more later on. I've been leaning on family and friends for support and have had hundreds of offers from people wanting to help, and it's very heartening."

He does have some advice for others, however. "Carpe diem [seize the day]," said Belter. "You never know how much you'll miss somebody until they're gone."

# CALENDAR

To have community events listed, send to [fairfax@connectionnewspapers.com](mailto:fairfax@connectionnewspapers.com) or call 703-778-9416 with questions. Deadline for calendar listings is two weeks prior to event.

## THURSDAY/JAN. 5

### English Conversation Group. 7 p.m.

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

### Mother Goose. 10:30 a.m.

City of Fairfax Regional Library, 10360 North St., Fairfax. Stories, songs and fingerplays. Birth to 18 months with adult. 703-293-6227.

### Computer Basics Training. 10 a.m. and 11 a.m.

Pohick Regional Library, 6450 Sydenstricker Road, Burke. One-hour session with a technology volunteer for help with basic computer skills and navigating the Internet. Adults. 703-644-7333.

## FRIDAY/JAN. 6

### The Michael Clem Trio: Michael Clem Birthday Show. 8 p.m.

Jammin' Java, 227 Maple Ave. E., Vienna. [www.jamminjava.com](http://www.jamminjava.com).

### English Conversation Group. 10 a.m.

Kings Park Library, 9000 Burke Lake Road, Burke. Practice English conversation skills. Adults. 703-978-5600.

## SATURDAY/JAN. 7

### Bandits & Beggars CD Release at 7 p.m.; Feed God Cabbage, Dub City Renegades and Carry The One at 10 p.m.

Jammin' Java, 227 Maple Ave. E., Vienna. [www.jamminjava.com](http://www.jamminjava.com).

### Read to the Dog. 1 p.m.

Pohick Regional Library, 6450 Sydenstricker Road, Burke. Read aloud to a trained therapy dog. Call or sign up online for a 15-minute session. Age 6-12. 703-644-7333.

## SUNDAY/JAN. 8

### United States Marine Band. 8 p.m.

George Mason University's Center for the Arts Concert Hall, 4400 University Drive, Fairfax. Free, non-ticketed. [www.gmu.edu](http://www.gmu.edu).

### Fairfax History Talk. 2 p.m.

Fairfax Museum and Visitor Center, 10209 Main St., Fairfax. Joe Marinucci, local journalist and historian, will explore the history of community and road names in Fairfax County in "What's in a Name: A Look at Fairfax Road and Place Names." Free. 703-385-8414.

## MONDAY/JAN. 9

### Book Buddies. 4 p.m.

City of Fairfax Regional Library, 10360 North St., Fairfax. Beginning readers practice their reading skills with a young adult volunteer. Age 5-9 with adult. 703-293-6227.

### New Year, New Fun. 10:30 a.m.

Kings Park Library, 9000 Burke Lake Road, Burke. Stories and activities about new things. Age 3-5 with adult. 703-978-5600.

## TUESDAY/JAN. 10

### Presidential Biography. 7:30 p.m.

Burke Centre Library, 5935 Freds Oak Road, Burke. Read any biography of James Madison to discuss. Adults. 703-249-1520.

### Genealogy Databases. 2 p.m.

City of Fairfax Regional Library, 10360 North St., Fairfax. Search for your ancestors using the library's genealogy databases and other free Internet databases. Adults. 703-293-6227.

### English Conversation Group. 7 p.m.

City of Fairfax Regional Library, 10360 North St., Fairfax. Conversation group for adults learning English. 703-293-6227.

### Paws to Read. 4 p.m.

Kings Park Library, 9000 Burke Lake Road,

[www.connectionnewspapers.com](http://www.connectionnewspapers.com)

Burke. Practice reading with Ralph, a trained therapy dog. Call or sign up online for a 15-minute session. Age 6-10 with adult. 703-978-5600.

### Calling All Guys. 7 p.m.

Kings Park Library, 9000 Burke Lake Road, Burke. Book discussion group for boys. The Fairy-Tale Detectives (The Sisters Grimm, Book 1) by Michael Buckley. Age 8-12 with adult. 703-978-5600.

### Let's Hear It For The Girls. 7 p.m.

Kings Park Library, 9000 Burke Lake Road, Burke. All girls book discussion group. The Witch of Blackbird Pond by Elizabeth George Speare. 9-12 with adult female. 703-978-5600.

### Tiny Tots. 10:30 a.m.

Pohick Regional Library, 6450 Sydenstricker Road, Burke. Very short stories and activities. Age 13-17 months with adult. 703-644-7333.

### Small Oneders. 11:15 a.m.

Pohick Regional Library, 6450 Sydenstricker Road, Burke. Stories and activities.

Age 18-23 months with adult. 703-644-7333.

### Daytime Book Discussion Group. 1 p.m.

Pohick Regional Library, 6450 Sydenstricker Road, Burke. Me Talk Pretty One Day by David Sedaris. Adults. 703-644-7333.

### eBooks: Drop-in Clinic. 7 p.m.

Pohick Regional Library, 6450 Sydenstricker Road, Burke. A hands-on clinic exploring how to access eBooks through the library. Several devices will be demonstrated. Adults. 703-644-7333.

## WEDNESDAY/JAN. 11

### Speakers Forum with Dr. David Applegate. 10 a.m.

Ernst Cultural Center, NVCC Annandale Campus, 8333 Little River Turnpike, Annandale. The latest scientific research on earthquakes, volcanoes, tsunamis and floods with Dr. David Applegate, associate director for natural hazards at the United States Geological Survey. Social hour 9:30 a.m. Sponsored by Lifetime Learning Institute of Northern Virginia for adults over 55. Free admission, garage parking \$1 per hour. <http://lli.nova.org> or 703-503-0600.

### Science Stories: Let It Snow! 11 a.m.

Burke Centre Library, 5935 Freds Oak Road, Burke. Science stories and activities about snow. Age 3-5 with an adult. 703-249-1520.

### Computer Basics Training. 12 p.m.

Burke Centre Library, 5935 Freds Oak Road, Burke. Work with a technology volunteer for help with basic computer skills, Microsoft Office and navigating the internet. Adults. 703-249-1520.

### OverDrive eBook & eReader Workshop. 2 p.m.

City of Fairfax Regional Library, 10360 North St., Fairfax. Learn how to use your eBook reader and the library eBook collection. Adults. 703-293-6227.

## THURSDAY/JAN. 12

### English Conversation Group. 7 p.m.

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

### Toddler Time. 10:30 a.m.

City of Fairfax Regional Library, 10360 North St., Fairfax. Stories, songs, fingerplays and activities. Age 2-3 with adult. 703-293-6227.

### Tales for Twos and Threes: A Snowman Party. 10:30 a.m.

Pohick Regional Library, 6450 Sydenstricker Road, Burke. Stories, songs and activities about snowmen. Age 2-3 with adult. 703-644-7333.

### Computer Basics Training. 10 a.m.

and 11 a.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. One-hour session with a technology volunteer for help with basic computer skills and navigating the Internet. Adults. 703-644-7333.

## FRIDAY/JAN. 13

### "Aladdin Jr." 7 p.m.

Burke. Community Church, 9900 Old Keene Mill Road, Burke. A stage adaptation of the Disney hit. [www.nvplayers.com](http://www.nvplayers.com).

### Baby Animals. 11 a.m.

Burke Centre Library, 5935 Freds Oak Road, Burke. Very short stories and rhymes. Age 18-23 months with adult. 703-249-1520.

### English Conversation Group. 10 a.m.

Kings Park Library, 9000 Burke Lake Road, Burke. Practice English conversation skills. Adults. 703-978-5600.

## SATURDAY/JAN. 14

### Fairfax Symphony Orchestra. 8 p.m.

George Mason University Center for the Arts, 4400 University Drive, Fairfax. With cellist Sergey Antonov. Glazunov's Chant du Ménestrel, Haydn's Cello Concerto in C Major, and Shostakovich's Symphony No. 11, "The Year 1905." Free pre-concert discussion for ticketholders at 7 p.m. Tickets \$25-\$55. [info@fairfaxesymphony.org](mailto:info@fairfaxesymphony.org).

### Pat Sommers' Rock Shop. 1:30 p.m.

Jammin' Java, 227 Maple Ave. E., Vienna. [www.jamminjava.com](http://www.jamminjava.com).

### "Aladdin Jr." 7 p.m.

Burke. Community Church, 9900 Old Keene Mill Road, Burke. A stage adaptation of the Disney hit. [www.nvplayers.com](http://www.nvplayers.com).

### Irresponsible, Shinobi Ninja and Square Trio. 10 p.m.

Jammin' Java, 227 Maple Ave. E., Vienna. \$10 advance, \$13 at the door. [www.jamminjava.com](http://www.jamminjava.com).

## TUESDAY/JAN. 17

### English Conversation Group. 7 p.m.

City of Fairfax Regional Library, 10360 North St., Fairfax. Conversation group for adults learning English. 703-293-6227.

### Evening Book Discussion. 7:30 p.m.

City of Fairfax Regional Library, 10360 North St., Fairfax. House of Mirth by Edith Wharton. Adults. 703-293-6227.

### Book Discussion Group. 1:30 p.m.

Kings Park Library, 9000 Burke Lake Road, Burke. Inca Gold by Clive Cussler. Adults. 703-978-5600.

### Book Discussion Group. 6:30 p.m.

Kings Park Library, 9000 Burke Lake Road, Burke. Tinkers by Paul Harding. 703-978-5600.

### Stories for Fours and Fives: Brrry Good Stories. 10:30 a.m.

Pohick Regional Library, 6450 Sydenstricker Road, Burke. Join us for stories, songs and other early literacy activities to celebrate the season. Age 4-5 with adult. 703-644-7333.

### Evening Book Discussion Group. 7 p.m.

Pohick Regional Library, 6450 Sydenstricker Road, Burke. Soldier's Heart: A Novel of the Civil War by Gary Paulsen. Adults. 703-644-7333.

## WEDNESDAY/JAN. 18

### International Guitar Night. 8 p.m.

The Barns at Wolf Trap, 1635 Trap Road, Vienna. Acoustic guitarists Adrian Legg, Lulo Reinhardt, Marco Pereira, and Brian Gore. \$25. 1-877-965-3872 or [www.wolfrap.org](http://www.wolfrap.org).

### Student Volunteer Training Session. 7 p.m.

City of Fairfax Regional Library, 10360 North St., Fairfax. Students receive training from library staff and sign up for volunteer hours. Age 12-15. 703-293-6227.

### Writers' Roundtable. 7 p.m.

Pohick Regional Library, 6450 Sydenstricker Road, Burke. Discuss your work with other writers. Adults. 703-644-7333.

### Life Line Screening. 10 a.m.

Church of the Apostles, 3500 Pickett Road, Fairfax. Carotid-artery blockage, peripheral arterial disease, atrial fibrillation, osteoporosis and abdominal aortic aneurysm. Packages from \$129-\$159. 1-877-237-1287 or [www.lifelinescreening.com/](http://www.lifelinescreening.com/) community-partners



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# SPORTS

## Making a Change

**Lake Braddock's Butler has developed into a double-double machine.**

By JON ROETMAN  
THE CONNECTION

Lake Braddock's Natalie Butler realized at the end of her sophomore year that a change was necessary if she wanted to progress as a basketball player. Her transition from the JV to the varsity level had been less than smooth and the 6-foot-4 post felt sluggish.

"In a way, the game was sort of passing me by," Butler said. "I had to do something to keep up with the other girls."

Butler possessed the size to be a dominant force for the Bruins. In order to take full advantage of her frame, she decided it was time to get in shape. Butler stepped up her conditioning, embarking on five-mile runs and lifting weights. She worked on her offensive game, putting up shots and developing her ability to score with each hand. She also played volleyball in the fall to help maintain her fitness.

"I was not in shape," Butler said, "and I sort of had to turn myself around and be like, if I want to help my team out and support my teammates, I need to do something."

Now a junior, Butler has transitioned from a post player struggling with the pace of the varsity level to a game-changing presence in the paint. Through the season's first nine games, Butler averaged 18 points and nearly 20 rebounds per contest for the Lake Braddock girls basketball team.

On Jan. 3, Butler scored 25 points and grabbed 21 rebounds during a 58-46 victory at Woodson.

Butler's presence affected the game at both ends of the court. On offense, she scored with strong post moves — including a nifty three-point play in the fourth quarter — and created open looks for her teammates by drawing multiple defenders. At the other end, Butler was a rebounding machine who not only defended near the rim, but also showed the ability to make life difficult for opponents on the perimeter.

"She's really come into her own," Lake Braddock head coach Leigh Janis said. "With her, she worked really hard in the offseason. Day in and day out, she was putting shots up, working on her speed, all that kind of stuff."

Butler isn't the only one benefitting from her hard work.

"She's recognizing when she's getting double-teamed and she's finding that open person," Janis said. "It makes teams play differently because they have to worry about isolating on her and double-teaming her. It opens up my other kids and they stepped up tonight, making shots, and that's going to help. [After playing zone, Woodson] went back to man. That's going to get Natalie some one-on-one [opportunities] on the block."

**BUTLER SAID** she gets her height from her father's side of the family. Her dad is 6'8" and her grandfather is 6'7". While Butler benefits from her 6-foot-4 frame, she said her father has helped her deal with the additional challenges that come with being tall, which include being the focal point of opposing defenses.

"Being 6'4", that automatically brings attention,"

LORTON/FAIRFAX STATION/Clifton Connection  
Sports Editor Jon Roetman  
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PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

**Woodson's Keara Finnerty (21) attempts a shot against Lake Braddock's Natalie Butler on Jan. 3. Finnerty led the Cavaliers with 25 points.**

Butler said. "When you walk into a building everyone sort of looks at you. Going into these games, I talked with my dad and [he said] you've just got to expect it."

With Lake Braddock leading 30-22, Butler took over early in the second half. She assisted on baskets by Christine McGrath and Marcia Altman to open the third quarter before scoring the Bruins' next six points.

Lake Braddock led by as many as 18 points in the third, but Woodson battled back to cut the lead to six in fourth. Butler scored seven of the Bruins' 12 points in the final quarter to help Lake Braddock improve to 3-7, including 2-1 in the Patriot District.

"She's really matured as a player and as a person," Janis said. "She's growing every day. Last year she was seeing good minutes, but now [she] forces teams to play differently. She's improved a ton."

Altman scored 14 points for Lake Braddock and McKenzie Hunter and Argy Kosmakos each added six.

Keara Finnerty led Woodson with 25 points, including four 3-pointers, and Amy Sitts finished with six.

Woodson (6-4) will travel to face West Potomac at 7:30 p.m. on Friday, Jan. 6. Lake Braddock will host South County at the same time.

Butler will continue playing a major role for Lake Braddock as it enters the district-heavy portion of its schedule. Her goal is to play basketball in college — a vision made possible through hard work.

"I feel like I can now produce more than I could before and I feel great," Butler said. "I feel like hard work does pay off in the end. It was very important for me to buckle down and sort of bust my butt in the beginning of the season so that I could still stay strong and actually finish the season stronger than when I started."

### NEW YEAR IN SPORTS

## Coaches Review

**Kevin Simonds**, head football coach, Fairfax High School

#### New Year's Resolution:

"It's hard to keep resolutions so I try to see what I can improve on or continue to do better at. For the coming year I hope to continue building on a strong football program by attending coaching clinics and working with my staff and players in the weight room in order to be a force in the Liberty District/Northern Region."

#### Most significant happenings of 2011:

"Just building on the success from 2010 was great. We started the season 4-0 and for the first time in our history we faced the mighty Westfield Bulldogs with the same record at the midpoint of the season. We also won our first game of the season, homecoming and we secured a spot in the regional playoffs before the final game of the regular season. The Rebel football program is growing and we are getting better each season. I am excited to see what we will do over the next three years as our freshman team shared in the Liberty District title."

#### Looking ahead to 2012:

"Key things to look for from the Fairfax boys' basketball team in 2012 are how we grow into our offensive system as a program. I feel we have become a tough team on the defensive end of the floor with our man-to-man defense but we have plenty of room to grow on the offensive end. I expect to see a team much more familiar and comfortable with the new sets that we are running in 2012 than we have seen so far in 2011."



**The Fairfax High football team, under coach Kevin Simonds, won its first four games last fall on way to another winning season.**

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## 21 Announcements

## 21 Announcements

### LEGAL NOTICE

AT&T intends to file an application to replace an existing telecommunications tower structure at 9019 Little River Turnpike, Fairfax, Virginia 22031. AT&T is publishing this notice in accordance with Federal regulation 37CFR1.1301 et seq, the National Environmental Policy Act and the Advisory Council on Historic Preservation 36 CFR 800. The project referenced as "Doveville" will consist of the installation of a new 93 foot tall bell tower to replace the existing 46 foot 10 inch tall bell tower with the intention of collocating 12 antennas at 60, 70, and 80 (four antennas per sector) feet RAD center above ground level. Furthermore, an equipment shelter will be installed on a new concrete pad. Additional telecommunications equipment will be installed within the compound. Parties interested in submitting comments or questions regarding any potential effects of the proposed facility on Historic Properties may do so in writing by contacting Carolyn Mitchell, AT&T, at 7150 Standard Drive, Hanover, Maryland 21076 or c/o theresa.scarlato@atcassociates.com.

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## 21 Announcements

## 21 Announcements

### Obituary



ARLINGTON, VIRGINIA — A funeral service for Katherine Mary Horn, 85, was celebrated on Tuesday, December 27, 2011, at 11 a.m. at the Old Post Chapel at Arlington National Cemetery, Virginia, with interment to follow. After the ceremony, the family received friends in a reception at the Fort Myer Club adjacent to the cemetery.

Mary Horn passed peacefully Thursday, October 27, 2011, at Wake County Hospice, Raleigh, North Carolina. Born July 22, 1926, in Spring Lake, New Jersey, Mary was the youngest of three daughters of Everard Stokes and Phyllis Beavis Stokes. She was married to the late Charles Samuel Horn (Colonel, U.S. Army retired) for 41 years. Together with four children, Irish wolfhounds, cats, and even a guinea pig, she travelled the United States and Europe never missing an opportunity to plan a fun, educational site-seeing excursion from New York City to Athens, Greece. An avid equestrian, Mary loved her horses which she bred and trained from the family's New Trafford Farm in Madison County, Virginia. She also loved the ocean shore, where she rode her horse and walked her goats as a young girl, as well as the Duck, North Carolina, beach house which was the gathering point of many a memorable family summer vacation. Her vitality and love of life, as well as her enduring smile and good humor, will remain a source of joy to her family and friends.

Surviving are her children: Mrs. Margaret A. Nordt of Raleigh, North Carolina; Ms. Katherine Mary Horn of Hamilton, Virginia; Dr. (Colonel, retired) Charles S. Horn of Springfield, Virginia; and Colonel (retired) Carl W. Horn of Prosperity, South Carolina. She was equally proud of her surviving 14 grand children and 5 great grand children.

The family would greatly appreciate memorials be sent to the Wounded Warrior Project at <http://http://www.woundedwarriorproject.org/> or to any other preferred charitable organization. Online condolences may be made to [www.apexfuneral.net](http://www.apexfuneral.net)

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## 21 Announcements

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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them. -Werner Heisenberg

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FEE AND \$0 SECURITY DEPOSIT. 36 MO. LEASE W/12K MILES PER YEAR.**

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— Dealerrater Quote



**4.9 / 5 RATING**

# COMMUNITY

# A Look Back, A Look Forward

## Community leaders' picks, predictions & resolutions.

**Editor's Note:** We asked community leaders and elected officials to tell us what they would consider the top five stories, events and developments in our area in 2011. We

also asked them to do some predicting. What do they think — or hope — are the top stories, events and developments in 2012? What are their personal New Year's resolutions?

### Del. Dave Albo (R-42)

#### 2011

- ❖ Finishing of the Fairfax County Parkway
- ❖ New bill adding 1600 of new in-state slots over three years spread out over our four high-demand colleges —

James Madison University, Virginia Tech, University of Virginia and The College of William & Mary

❖ Change in the State Education Funding Formula for Education where Fairfax received \$40 million more per year (2011 was the second year of the change)

### Sharon Bulova

#### 2011 Top Stories

- ❖ Re-election of all 10 Board of Supervisors members (November)
- ❖ First redevelopment approved for Tysons Corner under new plan (September)
- ❖ Budget implements full-day kindergarten at all County elementary schools (April)
- ❖ County employees get first pay raise in three years (April/October)
- ❖ Agreement reached on strategy to fund Dulles Rail (December approved by BOS)
- ❖ I-495 HOT Lanes reach 50 percent completion (mid-year)
- ❖ New I-95 HOT Lanes project announced (February)
- ❖ Tragic flooding in Huntington, Vienna and Reston (September)
- ❖ Relocation of Northrup Grumman and announced relocation of Bechtel Global HQ to Fairfax County (September/November)
- ❖ BRAC moves begun at Mark Center, com-

(D-at-large), Chairman Fairfax County Board of Supervisors

pleted at Ft. Belvoir South and National Geospatial Intelligence Agency

#### 2012 Top Stories

- ❖ County Executive Tony Griffin steps down from the top post in Fairfax County — community gives him high grade for responsible stewardship and community engagement
- ❖ New County Executive chosen as top administrator for Fairfax County
- ❖ Construction begins on I-95 HOT Lanes in Springfield
- ❖ Construction completed on Beltway HOT Lanes (possible late 2012)
- ❖ More redevelopment plans for Tysons Corner approved
- ❖ Construction begins on Phase II of Dulles Rail
- ❖ New, stronger partnership between School Board and Board of Supervisors is forged
- ❖ Agreement on revenue source for conference center
- ❖ Slow and steady economic recovery

### State Sen. Chap Petersen (D-34)

#### 2011

- ❖ Passage of the Pickett Road Tank Farm legislation (after 20 years of trying)
- ❖ Controversy and reform of the discipline policies at Fairfax County Public Schools

❖ Statewide — the 20/20 split of the Virginia State Senate

#### 2012

- ❖ Unwinding the stalemate in the State Senate
- ❖ The battle of the "water systems" in northern Virginia
- ❖ Virginia's role in the 2012 national elections

#### New Year's resolutions

"Have great times with my children. Exercise every day."



### Supervisor Pat Herrity (R-Springfield)

#### 2011

- ❖ An earthquake and record flooding all in a two-week period
- ❖ Historic elections where the Republicans took control of both houses of the Virginia General Assembly, as well as having a Republican Governor, Lt. Governor and Attorney General
- ❖ The Board of Supervisors takes the first steps to address illegal signs in our roadways
- ❖ The County's decision not to purchase the trash incinerator
- ❖ Personally, my son went off to college and had great grades in his first semester!

#### 2012

- ❖ The 2012 elections and their significance to the future of our country
- ❖ Hiring the new County Executive to replace Anthony Griffin

❖ The next two steps in addressing I-66 congestion — opening the shoulder lanes during congestion and completion of the draft MIS so a midterm solution can be proposed and delivered by the private sector

❖ Tysons and the Dulles Corridor — finally developing and funding a transportation plan for Tysons Corner, decisions on Dulles rail and assessing the impact of tolls on the Dulles corridor

❖ Development of a long-term vision and plan for the Fairfax County Parkway before it gets as congested as I-66

❖ The dynamics of the new Fairfax County School Board; hopefully improved relations with the Board of Supervisors and the public

#### New Year's Resolutions

"I look forward to my daughter going off to college in 2012, and, personally, my resolutions are to lose some weight, get some more sleep and spend more time with my family."

Executive Director, Greater Springfield Chamber of Commerce

breaking (Please, please, let this be the #1 story of the year!)

- ❖ I-95 HOT lanes groundbreaking
- ❖ Government contractors swarm to area
- ❖ I-495 HOT lanes open; E-Z Pass required
- ❖ Earthquake, really
- ❖ 2005 BRAC deadline reached; Sky does not fall
- ❖ Sluggish economy and unemployment levels drop

### Nancy-jo Manney

#### 2011

- ❖ Covanta vs. Fairfax County
- ❖ I-95 HOT lanes move forward
- ❖ Earthquake, really
- ❖ 2005 BRAC deadline reached; Sky does not fall
- ❖ Sluggish economy and unemployment

#### 2012

- ❖ Springfield Mall renovation ground-

#### New Year's Resolutions

"Go to South Run RECenter more often for its intended purpose, not just another meeting."

### Supervisor Jeff McKay (D-Lee)

#### 2012

- ❖ Metro: new general manager; changes to the board; reform
- ❖ Fairfax County budget: balanced, held the line on taxes and maintained core services in stark contrast to most other localities
- ❖ Turnover on School Board
- ❖ BRAC and economic and transportation impact
- ❖ Transportation — Actually it's the biggest non-story because the state is still not doing much



#### 2011

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#### New Year's Resolutions

- ❖ Be grateful for my family
- ❖ Do my best to govern fairly and responsibly
- ❖ Be responsive to my constituents
- ❖ Crack a bottle of champagne over the first bulldozer to start work at Springfield Mall

### Supervisor John Cook (R-Braddock)

#### 2011

- ❖ County Board unchanged in election year
- ❖ Jack Dale announces retirement
- ❖ BRAC moves begin, snarling traffic
- ❖ Agreement reached to fund Phase II of Rail to Dulles
- ❖ Redistricting cements incumbents' advantage



#### 2012

- ❖ Fairfax hires new county executive

#### New Year's Resolutions

"Take some time to stop to smell the roses."

—VICTORIA ROSS