

Dulles Rail Hits 60 Percent

NEWS, PAGE 3

Inside a Silver Line tunnel: Crews have mined and waterproofed the inbound and outbound tunnels that connect the Tysons Central 123 Station and the Tysons Central 7 station. Crews will begin laying track in early 2013 in the tunnels.

Wellbeing

PAGE 10

A Hot Year For HOT Lanes

NEWS, PAGE 17

Keeping New Year's Resolutions

WELLBEING, PAGE 10

PHOTO BY CHUCK SAMUELSON/DULLES CORRIDOR METRO RAIL PROJECT

OPINION, PAGE 8

ENTERTAINMENT, PAGE 14

SPORTS, PAGE 16

CLASSIFIEDS, PAGE 18

ATTENTION POSTMASTER:
TIME SENSITIVE MATERIAL.
REQUESTED IN HOME 1-5-12

PRST STD
U.S. POSTAGE
PAID
EASTON, MD
PERMIT #322

CIRCULATION
VERIFICATION
COUNCIL

#1 AGENT COMPANY WIDE



BEAUTIFULLY RENOVATED—LANGLEY HS PYRAMID

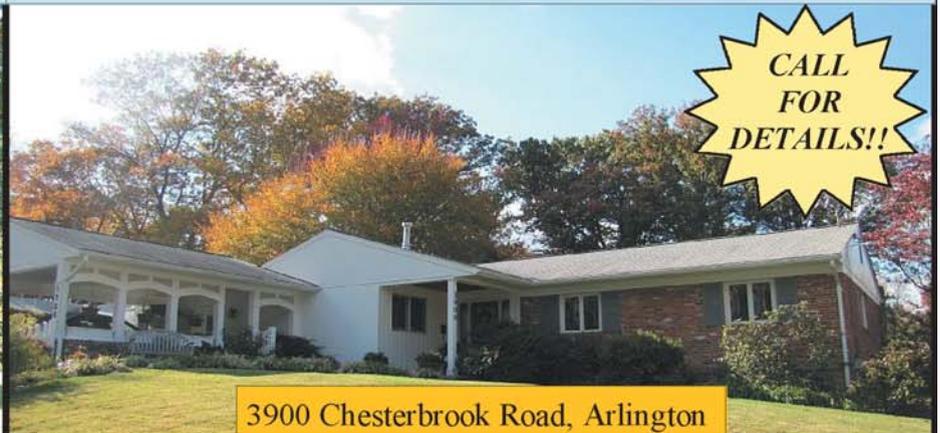


OPEN
SUN. 1/8
2-4pm

6951 Duncraig Court, McLean

JUST LISTED! All-renovated 4br/3.5 bath on nearly 1 full acre inside the beltway! Home feels like you're on a nature preserve overlooking vast, private landscaping! 2 car garage!

COMING SOON IN GOLF CLUB MANOR!

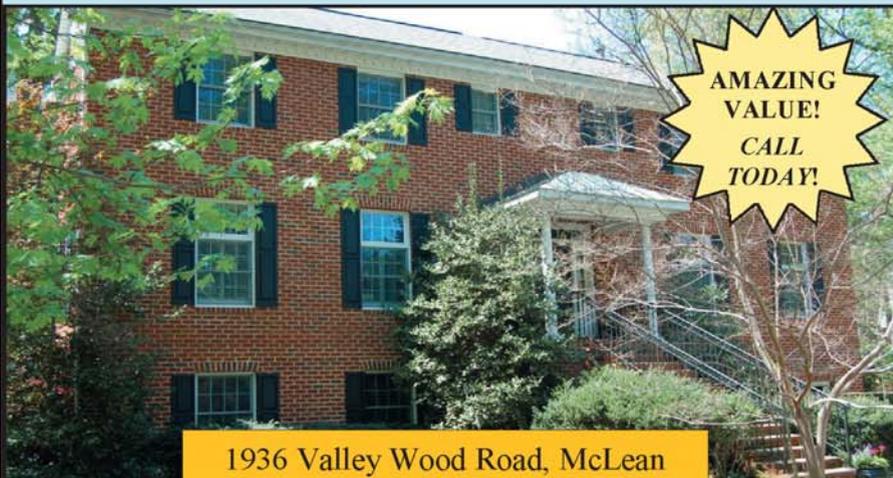


CALL FOR DETAILS!!

3900 Chesterbrook Road, Arlington

BEAUTIFULLY RENOVATED 4 bedroom/3 full bath home totally redone from top to bottom! Gourmet chef's kitchen; bright/sunny family room/sunroom addition; luxurious owner's suite/bath!

STUNNING COLONIAL IN FRANKLIN PARK!

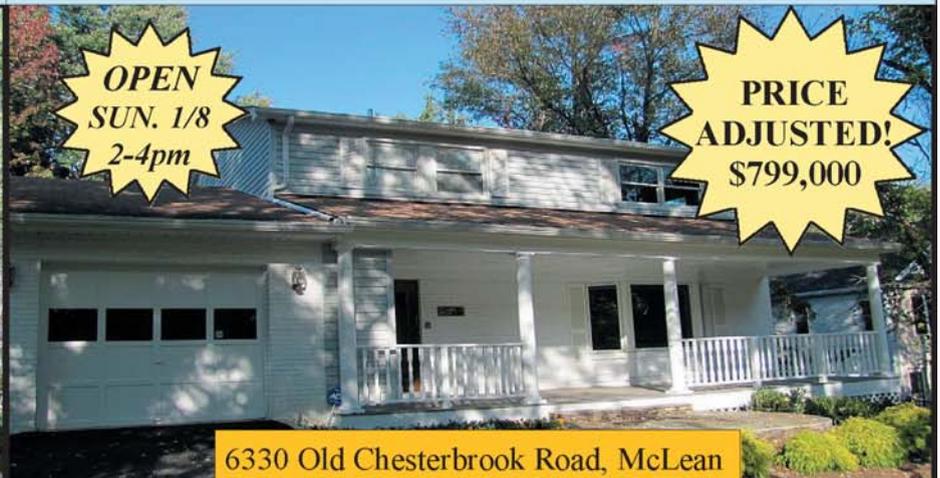


AMAZING VALUE!
CALL TODAY!

1936 Valley Wood Road, McLean

SPECTACULAR 4br/4.5 bath custom home features **updates throughout!** Gourmet island kitchen; main level library with built-ins; fabulous owner's suite; fully finished LL with rec room & separate office/gym; sparkling hardwoods; not to be missed!

RENOVATED CHESTERBROOK COLONIAL!



OPEN
SUN. 1/8
2-4pm

PRICE ADJUSTED!
\$799,000

6330 Old Chesterbrook Road, McLean

WONDERFUL 4 br/3.5 bath renovated home with inviting covered front porch ready for new owners! Stainless steel in kitchen; breakfast area w/ bay window; updated baths; 4 upper level bedrooms; new HVAC and Pella windows; walkout lower level!

JD CALLANDER

TOP 1% OF REALTORS NATIONWIDE
WALL STREET JOURNAL - TOP 100 AGENTS



(703) 606-7901

JD@newNOVAhome.com
www.newNOVAhome.com

OVER 70 HOMES SOLD IN 2011 !



Work continues in the air near Capital One in Tysons along Route 123.



PHOTOS BY CHUCK SAMUELSON/
DULLES CORRIDOR METRO RAIL PROJECT

Phase 1 Hits 60 Percent

Airports Authority prepares for Phase 2 of the Dulles Rail project.

BY MARCIA MCALLISTER

Looking back on construction accomplishments that pushed Phase 1 of the Dulles Corridor Metrorail Project to 60 percent last year, project officials are looking forward to 2012 and envisioning completion of aerial structures to support tracks in Tysons Corner, station construction and laying track in the tunnels that connect two stations in Tysons Corner.

And, the rail team is preparing for critical steps that will lead to the start of construction of Phase 2 of the 23-mile extension of Metro's Orange Line. The project is owned and managed by the Metropolitan Washington Airports Authority.

As Executive Project Director Pat Nowakowski told attendees at a recent meeting of the Dulles Corner Advisory Committee, there has been major progress from East Falls Church to Reston. He used the latest construction photos to illustrate successes at the tie-in for the Silver Line to Metro's existing Orange Line near the junction of I-66 and the Dulles Connector Road, expansions at the West Falls Church Rail Yard, bridge construction and track work along the connector road, completions of tunnel mining in Tysons, aerial

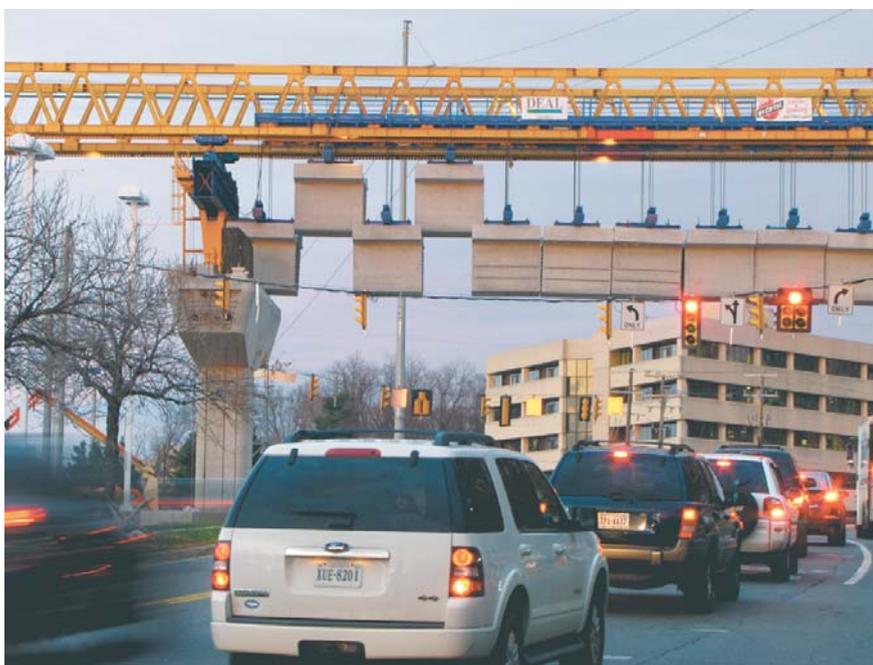
guideway construction in the Tysons area and traction power substations all along the 11.7-mile Phase 1 corridor.

Construction is well underway at all five stations. The Tysons East Station at Route 123 and Colshire Drive in Tysons and the Wiehle Avenue Station on the eastern edge of Reston, the temporary terminus of the extension, are the stations furthest along. The station canopy is visible at Wiehle Avenue and escalators have been installed.

SPECIFIC HIGHLIGHTS of the year's work included:

- ❖ Construction of the aerial guideway for track across I-495 and the near-completion of aerial guideway along Route 123. This work is being done using horizontal cranes, 366-ton pieces of specialized bridge-building equipment. In Summer 2011, three trusses were in commission simultaneously, a con

SEE DULLES RAIL, PAGE 5



A view of the construction site at the Route 7/Spring Hill Road intersection.



PHOTO CONTRIBUTED

The Alden Theatre at the McLean Community Center underwent a renovation last year, and the MCC is looking at more facility renovations in 2012.

MCC, Water Rates to Mark 2012

Possible community center expansion, change in water providers on the horizon in 2012.

BY ALEX MCVEIGH
THE CONNECTION

The McLean Community Center will spend 2012 further exploring the possibility of expansion and renovation. The governing board has looked at things such as a theater downtown, a fitness facility and others, as brought to the attention of the board.

In December, the MCC released the results of their telephone survey in a report titled, "McLean Community Center Current Usage and Priorities for Future Expansion." The report was based on 739 completed phone interviews.

According to the report, more performing arts and lecture programs were the most common requests for future programming, and almost two-thirds of respondents said it was "very" or "somewhat" important for the center to expand programs offered to senior citizens.

When asked about expansion, 59.3 percent of respondents mentioned an additional rehearsal studio, 58.7 percent mentioned additional meeting space and 50.3 percent mentioned a black box theater.

Expansion is one of the possible uses for the surplus money in the MCC's general fund. With the McLean Citizens Association recently issuing a resolution for the board to find a way to use the surplus, MCC board President Kevin Dent says they hope to make progress this year.

"We don't want to make any decision about the future without first doing our due diligence," he said. "We've had some ideas that didn't pan out, but we're always evaluating, looking for the best situation."

The Alden Theater underwent a seat renovation last fall, making the theater more comfortable and more accessible. Dent said the board is examining more renovation possibilities in the existing center, such as the restrooms.

THE FAIRFAX COUNTY Board of Supervisors passed an ordinance last year saying that the Fairfax County Water Authority would be the exclusive provider of public water in the county, which will go into effect July 1.

This was in response to more than 109,000 county residents, many of whom reside in the McLean area, being charged higher water rates by Falls Church Water.

According to the annual report from the McLean Citizens Association's Budget and Taxation Committee, "over many years Falls Church was able to transfer about 25 percent of its surplus water revenue to its general fund, amounting to about \$59 million over 28 years."

Fairfax County brought a successful lawsuit to stop the transfer in 2010, but suits are still ongoing when it comes to rebates to customers who were overcharged.

OPEN HOUSE

Sunday, January 22, 2012, 1:00–3:00 PM

Supportive, Catholic environment

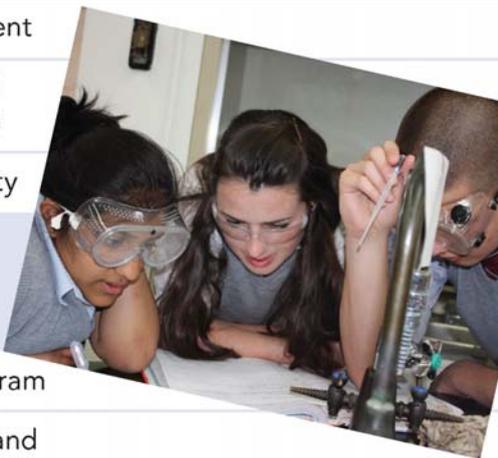
Passionate faculty dedicated to individual student success

Diverse, welcoming community

Exceptional college-prep curriculum

Dynamic global leadership program

Comprehensive arts, athletics, and extracurricular offerings



6600 Little Falls Road, Arlington, VA 22213
703-237-1433 | www.bishopoconnell.org



BULLETIN BOARD

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

Library, 9830 Georgetown Pike, Great Falls.
emarsh@delegatecomstock.com.

THURSDAY/JAN. 5

Delegate Barbara Comstock (R-34) Constituent Meeting. 2 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. emarsh@delegatecomstock.com.

Financial Planning During Separation and Divorce. 6:30 p.m. The Women's Center, 127 Park St., N.E., Vienna. All financial components of the property settlement agreement, from preparing documents for an attorney to signing agreements. \$40-\$50. www.thewomenscenter.org.

Body & Soul Strength & Flexibility Class. 12:30 p.m. McLean Presbyterian Church, 1020 Balls Hill Road, McLean. Tuesdays and Thursdays through March 29 with an ACE certified instructor. 703-847-9814 or great314dane@yahoo.com.

FRIDAY/JAN. 6

Delegate Barbara Comstock (R-34) Constituent Meeting. 12 p.m. Patrick Henry Library, 101 Maple Ave., Vienna. emarsh@delegatecomstock.com.

SATURDAY/JAN. 7

McLean Little League Spring Registration. 8:30 a.m.-1:30 p.m. McLean Little League Fields, 1836 Westmoreland St., McLean. www.mcleanll.com.

Legal Aspects of Separation and Divorce. 10 a.m. McLean Government Center, 1437 Balls Hill Road, McLean. Learn the rights and responsibilities of parties involved in separation and divorce from experienced practicing family law attorneys, how the legal process works in Virginia courts and how to work with a lawyer. \$45-\$55. www.thewomenscenter.org.

Delegate Barbara Comstock (R-34) Constituent Meeting. 3-5 p.m. Great Falls

MONDAY/JAN. 9

Virginia General Assembly and the Environment. 7 p.m. McLean Government Center, 1437 Balls Hill Road, McLean. With Glen Besa, Director of the Va. Sierra Club, on major environmental issues to be considered during the upcoming General Assembly.

TUESDAY/JAN. 10

Vienna Tysons Regional Chamber of Commerce TIPS Luncheon. 12:15 p.m. Shula's Steakhouse, 8028 Leesburg Pike, in the Tysons Corner Marriott. Every Tuesday. 703-862-4895.

Tyson's Corner Kiwanis Club Meeting. 7:30 p.m. at George C. Marshall High School, Room 124, 7731 Leesburg Pike, Falls Church. Meeting is public and Individuals looking to volunteer in their community welcome. Meetings the second and fourth Tuesday of the month. www.tysonscornerkiwanis.org.

NARFE (National Association of Federal and Active Government Employees). Vienna Oakton Chapter 1116. 1:30 p.m. Vienna Community Center, 120 Cherry St., Vienna. The topic will be the Hot lanes Project. Free, refreshments served. 703-281-5123.

WEDNESDAY/JAN. 11

Virginia Chronic Pain Support Group Meeting. 1:30 p.m. at Kaplan Center for Integrative Medicine, 6829 Elm St., Suite 300, McLean. Group leader, Jodi Brayton, LCSW. 703-532-4892.

Multiple Sclerosis Support Group. 7 p.m. Vienna Presbyterian Church, 124 Park St., NE, Vienna, VA. A group for anyone with multiple sclerosis, their family and friends. Sponsored by the National Capital Chapter of the MS Society. The group meets the second Wednesday of every month. Free. 703-768-4841.



Excellent Academics

Innovative Internship Program

Engaged Community of Girls and Adults

Come visit Madeira

Welcoming Events:

Thursday, January 19, 6:30 p.m.

Please contact the Admission office at 703.556.8273 for program details or to arrange an alternate time to visit.

We look forward to seeing you.

The Madeira School

Boarding and day school for girls grades 9-12.

8328 Georgetown Pike
McLean, VA 22102
www.madeira.org

Bus transportation available for DC and Maryland families.

Aerial guideway bridges coming into Tysons from Dulles Connector Road.



PHOTOS BY
CHUCK SAMUELSON/
DULLES CORRIDOR
METRORAIL PROJECT

Dulles Rail Moving to Phase 2

FROM PAGE 3

struction feat that is believed to have been accomplished nowhere else in North America. It was impossible to miss any of them as they perched atop pier structures along Route 123 near Capital One and over the beltway. In early 2012, additional bridge work will be completed near Capital One.

❖ Start of aerial guideway work on Route 7, a highlight of which is the current construction of bridges across the Gosnell/Westpark and Spring Hill Road intersections. This work will continue in 2012, with a concentration on building bridges to carry trains from Route 7 to the median of the Dulles International Airport Access Highway.

❖ The completion of the twin tunnels beneath the highest natural point in Fairfax County at the intersection of Routes 7 and 123 in the heart of Tysons Corner occurred this past fall. Both tunnels are approximately 2,400 feet in length, just shy of a half-mile. During mining operations, this team successfully excavated more than 100,000 cubic yards of dirt, which was carried by truck to Washington Dulles International Airport grounds, according to Dulles Transit Partners, the design-build contractor for Phase 1.

❖ The project's first Traction Power Substation and Train Control Rooms were moved to sites along the Dulles Connector Road and bridges were built across Pimmit Run, Difficult Run and the Washington and Old Dominion Trail. In 2012, additional facilities will be located on sites in Reston, Wolf Trap, Tysons and in the Connector Road corridor.

Looking toward Phase 2

Phase 2 of the Dulles Rail Project will run from the Wiehle Avenue Station to Route 772 in Loudoun County, with stations in the median of the Dulles Toll Road/Airport Access Highway and the Dulles



Escalators being installed at Wiehle Avenue station.

Greenway corridor at Reston Parkway, Herndon/Monroe, Route 28, Route 606 and at Ashburn/Route 772.

The board of directors of the Airports Authority has approved building the airport station above rather than below ground and preliminary engineering is expected to be completed in February 2012, according to information supplied to those attending the advisory committee meeting.

The authority recently issued a formal request for information, seeking to find out if there are potential Phase 2 contractors who would be interested and capable of helping providing some financing for Phase 2. The authority is reviewing those options. The authority will issue a request for qualifications in January and expects to solicit bids in the spring and award a contract later this year.

There are still some environmental reviews on the horizon along with evaluations by project partners, including Loudoun and Fairfax counties.

As Nowakowski said, "this is a very complicated project."

The writer is the Communications Manager for Dulles Corridor Metrorail Project.

Free Remodeling & Design Seminars!

Sat., Jan. 7th — 10am-2pm

Where: 5795B Burke Centre Pkwy, Burke, VA 22015

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.

Saturday's Seminars:

- Kitchen and Bath Trends
- 2012 Color Trends
- 10 Tips for a Stress-Free Remodel

Seminars run from 10am-Noon.
Lunch to follow.

Please arrive at 9:45am for check-in.

Seating is limited. Call Sara at 703.425.5588 to reserve your seats!

Special thanks to our sponsors:



CLOSETS • GARAGES • PANTRIES
Tailored Living
Todd Carter | 703-707-0009



Sandra Hambley
Decor and You
703-599-0648

SUN DESIGN

design/build | additions | kitchens | baths | basements | outdoor spaces
703-425-5588 SunDesignInc.com info@SunDesignInc.com



THIS IS "MEGAN"

Megan is an adorable little girl who loves to play and would love to find a home to call her own. She gets along great with other cats. Come meet Megan and be ready to fall in love!



HUMANE SOCIETY OF FAIRFAX COUNTY

Hours: Monday-Friday 10-4 and Saturday 10-3 • www.hsfc.org
4057 Chain Bridge Road, Fairfax, VA 22030 • 703-385-7387

OPEN HOUSE LISTINGS

Will Return Next Week



To add your Realtor represented Open House to these weekly listings, please call 703-778-9410

Benches, Fountains, Statues, Bonsai, Cactus & Succulents **25% OFF** **Trees Shrubs & Perennials** **Wallstone, In-Stock Pavers**

50% Off
Camellias, Nandina, Crepe Myrtle, Azaleas, Aucuba, Japanese Maples, Evergreen Magnolias, Blue Atlas Cedar & Select Shade Trees

FREE Landscape Estimates

Cravens Nursery & Pottery
9023 Arlington Blvd., Fairfax, Virginia
2 miles west of I-495 on Rt. 50.
1 mile from I-66 (Vienna Metro)
703-573-5025
www.cravensnursery.com
Open 9-5, 7 days a week

Million Dollar Pottery Inventory
60-75% OFF
Washington Area's Best Selection!

A healthy career starts here.

Now offering Medical Assisting Diplomas.

SCHOOL OF HEALTHCARE / MEDICAL ASSISTING

A medical assisting diploma will prepare you for a career in the growing field of healthcare:

- Career-focused courses train you to support doctors and nurses.
- Real-world externships give you on-the-job skills.
- Gain the satisfaction that comes from providing quality healthcare to patients.

Call today for a career success kit with information on careers and salaries.

WESTWOOD COLLEGE 877-789-7336 • westwood.edu

ANNANDALE CAMPUS | 7619 LITTLE RIVER TURNPIKE | SUITE 500 | ANNANDALE, VA 22003
ARLINGTON BALLSTON CAMPUS | 4420 FAIRFAX DRIVE | ARLINGTON, VA 22203

Westwood College has been certified to operate in Virginia by the State Council of Higher Education for Virginia (SCHEV).

WEEK IN McLEAN

Del. Comstock to Hold Town Hall Meetings

Del. Barbara Comstock (R-34) is holding the following Town Hall Meetings in January 2012:

- ❖ Loudoun County Delegation Town Hall Meeting on Wednesday, Jan. 4 at 7 p.m. at the Loudoun County Government Center, 1 Harrison Street SE in Leesburg.
- ❖ Informal Constituent Meeting on Thursday, Jan. 5 at 11 a.m. at the Cascades Library, 21030 Whitfield Pl. in Potomac Falls.
- ❖ Informal Constituent Meeting on Thursday, Jan. 5 at 2 p.m. at the McLean Community Center, 1234 Ingleside Avenue in McLean.
- ❖ Informal Constituent Meeting on Friday, Jan. 6 at a 12 noon at the Patrick Henry Library, 101 Maple Avenue in Vienna.
- ❖ Fairfax County Delegation Town Hall on Saturday, Jan. 7 at 9 a.m. at the Fairfax County Government Center, 12000 Government Center Parkway in Fairfax.
- ❖ Town Hall Meeting on Saturday, Jan. 7, at 3- 5 p.m. at the Great Falls Library, 9830 Georgetown Pike in Great Falls.

Industry Professionals Honor BOWA

BOWA, a home transformation company in McLean, specializing in the design and construction of luxury additions and renovations, was honored with the 2011 Designers' Choice "Hall of Fame Custom Builder" Award by Home & Design magazine. Steve Kirstein, principal of BOWA, accepted the award on Oct. 20, 2011 at the Designers' Choice Awards reception in Bethesda, Md.

BOWA prides itself on providing clients with a single-source solution to luxury home renovations. By working in close partnership with the client and assembling and managing the team of experts required for complex renovations, BOWA takes total accountability for the design and construction process and the client's overall experience.

Recipients of the Designers' Choice Award are determined by area designers and architects and are chosen for their commitment to installing signature detail and fine building. The judges consider everything from top design and professional service to kitchen cabinetry and countertops. BOWA was per

Mae's Dress Boutique

Washington's Premier After 5 Boutique

Why customers come 100's of miles to *Mae's*

SERVICE - SELECTION - SERVICE

Over 1000 Formal Gowns & Evening Separates

The styling can range in size from 4 to 24 - Missy • PLUS • Petite

No one is too difficult to fit – Three outstanding seamstresses



Be the Hit of the Party!

You will always make a dramatic entrance with a stunning Gown from our fabulous selection of formals. Over 1,000 looks to choose from: Long & Short Gowns and Evening separates. Petite-Missy-Plus sizes.

Mother of the Bride/Groom • Brides Again
Bar/Bat Mitzvahs • Entertainers • Grandmothers

Customer Appreciation

\$200.00 Gift Certificate
Plus Five Second Place prizes

Drawing the first Tuesday of the each month at 11:00 AM
No Purchase necessary-Not necessary to be present to win.
First Drawing - February 7, 2012 at 11:00 AM

Visit WWW.MAESDRESS.COM to sample over 100 Gowns



20% OFF

MISOOK KNIT SEPARATES

Daytime - Evening
Missy & PLUS Sizes

6707 Old Dominion Dr.
McLean, VA 22101

703-356-6333

Hours: Mon.-Sat. 10am to 5:30pm

Winter Sale

Separates/Blouses **70% off**

\$50 off

Any purchase
of \$100.00 or
more of non sale
merchandise

Not Valid with any other
offer. One coupon per household

Coupon Expires January 28, 2012

CONN 1/4/12

Directions: NORTH on the Beltway take Exit 46B onto Rt. 123N.-McLean. Go 3 miles & turn right onto Old Dominion Dr. (Rt. 309). Go 1/2 mile thru 2 traffic lights. We are on the right next to Shell Gas. SOUTH from Md.- Cross the amer. Legion Br.-Take the VERY first Exit on the LEFT - Exit 45B Go 1/2 mile - Take Exit 19B (NOT Exit 19A) onto Rt. 123N for 1.4 miles - Right on Rt. 309. Go 1/2 mile to 6707.

NEWS



The newly constructed Lewinsville Road Bridge in the background opened in August 2011.

Lewinsville Road Bridge Being Demolished

Starting on or about Tuesday, Jan. 3, the Capital Beltway HOT Lanes Project will begin removing the old Lewinsville Road Bridge. The bridge can be demolished now that utility companies have completed transferring their lines. The new Lewinsville Road Bridge is taller and longer and was rebuilt to accommodate the future Capital Beltway HOT Lanes.

❖ The old bridge will take 3-4 weeks to remove, weather permit-

ting.

❖ All demolition work will take place at night, seven days a week, 11 p.m. to 4 a.m., with the exception of Saturdays in which hours will be extended through 7 a.m.

❖ During demolition, 8-12 nights of work will produce especially loud noise due to the process of separating the steel and the concrete super structure of the bridge.

In order to ensure the safety of all motorists and the workforce

and to minimize the impact on traffic, work is performed when traffic volumes are the lightest. Demolition personnel will do their best to minimize the time needed to complete the work.

Single and multiple lane closures northbound and southbound I-495 at the Lewinsville Road overpass will be put in place during demolition.

For more information visit www.vahotlanes.com or www.vamegaprojects.com

WEEK IN McLEAN

FROM PAGE 6

sonally recognized by Sharon Jaffe Dan, editor-in-chief of Home & Design, for its expertise in the design and execution of luxury home renovations and additions.

For more information, visit www.bowa.com or call 703-734-9050.

'Food 4 Trees' Generates \$7,000 in Food Donations

For the third consecutive year, A.V. Remodeling and Construction galvanized the local community to help local families in need with their "Food 4 Trees" holiday food drive. According to Vincent D'Avena, owner of A.V. Remodeling and Construction, the "Food 4 Trees" program started in 2009 as a way to encourage food donations during the holidays. "Food 4 Trees" provides discounted Frasier Fir trees in exchange for \$30 food donation pledges. In November, the A.V. Remodeling and Construction started taking pre-orders for trees and the food donation pledges. More than 115 families from Northern Virginia participated in the program this year.

A truckload of food was collected Dec. 3-4 at The Old Firehouse Teen Center in McLean, where participants picked up their trees. Volunteers of all ages

helped cut and help load trees for participants. This year's food donations, valued at more than \$7,000, were distributed to the food pantries at Longfellow Middle School and McLean High School and Share, Inc., of McLean.

"Food 4 Trees" is grateful to corporate sponsors including McLean Hardware, McLean Copy, HG Hospitality Group and the Old Firehouse Teen Center. To learn more about the "Food 4 Trees" program, visit www.avremodeling.com/food4trees.

Labyrinth Walk at Charles Wesley UMC

Charles Wesley UMC will open its labyrinth to the public on Saturday, Jan. 14, 4-7 p.m. in the church's Fellowship Hall, 6817 Dean Drive in McLean.

A labyrinth is a path which leads, via a circuitous route, to the center of an intricate design and back out again. Unlike a maze, a labyrinth is easy to navigate and it's impossible to get lost within one.

Visitors can walk the labyrinth at their own pace and for their own reasons. They can walk in contemplation, in search of guidance, in remembrance, in grief, in thanksgiving, to work on their balance, or simply to try something new.

For more information call 703-356-6336 or contact charleswesleyumc@verizon.net.

www.charleswesleyumc.org

Read a testimonial from Vienna, Virginia, online at WWW.MASTERCRAFTERSOFPA.COM.

6'x42" TABLE WITH TWO 18" END BOARDS

\$2899
DELIVERED



Salvaged Wood
Amish Crafted
Hand Finished
mastercraftersofpa.com
(717) 669-9806






From Forgotten to Forever

Maplewood Grill

Serving Our Neighbors and Friends for Over 27 Years

Restaurant Week Special!

3 Course Dinner \$35.12

Menu Available Online

Open
Saturdays
for Lunch

Live Entertainment
Mon. thru Sat.

703-281-0070

Parties
Welcome

132 Branch Road, S.E. • Vienna, VA

Visit www.maplewoodgrill.com for Specials

Some have a lot of **QUESTIONS** about their remodel.
We have a lot of answers at our **FREE SEMINARS.**

Find inspiration for your kitchen or bath remodel. Explore the latest design trends, see examples of what others are doing, learn how to prepare for your remodel, and gain a better understanding of budgeting.

JOIN US FOR A FREE SEMINAR: INSPIRING IDEAS FOR YOUR KITCHEN AND BATH

Saturday January 14, 2012 from 10:30 am to 12:30 pm
Thos. Somerville Co., 6535 Arlington Blvd., Falls Church, VA

and
Case Office, 4701 Sangamore Road, Suite 40, Bethesda, MD

Saturday January 28, 2012 from 10:30 am to 12:30 pm
Ferguson Bath, Kitchen & Lighting Gallery
13890 Lowe St., Chantilly, VA 20151-3213

Saturday February 11, 2012 from 10:30 am to 12:30 pm
Case Office, 4701 Sangamore Road, Suite 40, Bethesda, MD

A catered lunch will be provided.

To RSVP visit CaseDesign.com/seminars or call 703-667-7397.

ADDITIONAL REMODELING SEMINAR TOPICS

- Enhancing Your Home's Curb Appeal • Gaining Space in Your Home
- Creative Outdoor Living • Making an Eco-friendly Home
- Enhancing Your Lower Level Living • Renovating Your Condominium

 **CASE**[®]
DESIGN/REMODELING, INC.

DESIGN | ADDITIONS | INTERIORS
EXTERIORS | KITCHENS & BATHS



Project Pictured Above - Winner of three prestigious awards for kitchens under \$50,000

OPINION

Resolved: Pick One Way to Get Involved

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.

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.

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 and type "volunteer" into the search box.

Where To Help

- ❖ Volunteer Fairfax, www.volunteerfairfax.org
- ❖ Our Daily Bread has been serving needy families in Fairfax County for 25 years. 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
- ❖ The Jeanie Schmidt Free Clinic, 13525 Dulles Technology Drive, Herndon, VA 20171, 571-235-3577. Last year, 139 community volunteers — nurses, nurse practitioners, and physicians. jsfreeclinic.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.
- ❖ Reston Interfaith, 11150 Sunset Hills Road, Suite 210, Reston, serving Reston and Herndon. 571-323-9555, www.restoninterfaith.org. Programs and services include the Embry Rucker Community Shelter, Emergency Food Pantry, Hypothermia Prevention Program
- ❖ SHARE of McLean seeks volunteers and donations. Checks and gift cards can be sent to: Share, Inc. PO Box 210, McLean, VA 22101. 703-284-2179. www.SHAREofMcLean.org
- ❖ LINK, serving Herndon, Chantilly, Loudoun and more, needs contributions of food, coats, plus volunteers. Email Lisa Lombardozzi at LisaLombo@signaturecos.com. 703-437-1776 www.linkagainsthunger.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
- ❖ Herndon-Reston FISH (For Immediate Sympathetic Help), 703-391-0105
- ❖ Northern Virginia Family Service, Oakton, 703-385-3267

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.volunteerallexandria.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.

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.

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 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

Competitive Bidding Reduces Costs

Introducing Fair and Open Competition in Government Contracting Act.

BY BARBARA COMSTOCK
DELEGATE, R-34

Recently, I introduced the Fair and Open Competition in Government Contracting Act (HB33). HB 33 prohibits Virginia and recipients of state funding from requiring or prohibiting contractors to enter into union agreements, such as a project labor agreement (PLA), as a condition of winning any state-assisted construction contracts.

HB 33 will keep the government neutral with respect to a qualified contractor's relationship with labor unions in all projects. Companies can still voluntarily enter these agreements, but they cannot be forced upon them. This will increase the creation of Virginia jobs, increase competition, and provide our taxpayers with more miles of transportation and infrastructure solutions for every dollar we spend.

This commonsense legislation will stretch



our tax dollars on infrastructure projects and will guarantee that free enterprise and full and open competition will determine how public construction contracts are awarded. Mandated project labor agreements have been estimated to raise costs by 10 to 20 percent or more with the most egregious example being Boston's "Big Dig" debacle.

Legislation similar to HB 33 already has been passed in 11 states as diverse as Louisiana and Michigan. This bill will ensure that the 96 percent of the Virginia private construction workforce that chooses not to join a labor union has a fair opportunity to compete for projects funded with our tax dollars.

There is broad opposition to PLA mandates. The attempts to mandate PLAs on Phase 2 of the Dulles Rail Project has generated broad bipartisan opposition which includes eight of the 11 members of our congressional delegation including U.S. Rep. Frank Wolf and Majority Leader Eric Cantor; the Loudoun County Board of Supervisors; the Fairfax County Board of Supervisors; the Virginia Chamber of Commerce; the Fairfax Chamber of Commerce; the Dulles Regional Chamber of Commerce; the Purcellville Business and Professional Association; a coalition of 13 of Northern Virginia's leading business groups and associations; the Virginia Chapter of the Associated Builders and Contractors; Women Construction Owners and Executives; and many of our local, state and elected officials.

A reduction of two or three bidders because of Metropolitan Washington Airports

SEE COMSTOCK, PAGE 13

McLean
CONNECTION

www.ConnectionNewspapers.com

An independent, locally owned weekly newspaper delivered to homes and businesses.

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box

Email name, mailing & email address to goinggreen@connectionnewspapers.com.

NEWS DEPARTMENT:
To discuss ideas and concerns,
Call: 703-778-9410
e-mail:
mclean@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Amna Rehmatulla
Editorial Assistant
703-778-9410 ext.427
arehmatulla@connectionnewspapers.com

Alex McVeigh
Community Reporter
703-778-9441
[@AMcVeighConnect](mailto:amcveigh@connectionnewspapers.com)

Nick Horrock
County & Projects
nhorrock@connectionnewspapers.com

Rich Sanders
Sports Editor ♦ 703-224-3031
rsanders@connectionnewspapers.com

ADVERTISING:
For advertising information
e-mail:
sales@connectionnewspapers.com

Trisha Hamilton
Display Advertising
703-778-9419
trisha@connectionnewspapers.com

Andrea Smith
Classified Advertising
703-778-9411
classified@connectionnewspapers.com

Barbara Parkinson
Employment Advertising
703-778-9413
classified@connectionnewspapers.com

Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

Editor & Publisher
Mary Kimm
703-778-9433
[@MaryKimm](mailto:mkimm@connectionnewspapers.com)

Executive Vice President
Jerry Vernon
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Photography:
Deb Cobb, Louise Krafft,
Craig Sterbutzel
Art/Design:
Laurence Foong, John Heinly,
John Smith
Production Manager:
Jean Card
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
703-778-9436
[@TheismannMedia](mailto:jtheismann@connectionnewspapers.com)

CIRCULATION: 703-778-9426
Circulation Manager:
Linda Pecquex
circulation@connectionnewspapers.com

WWW.CONNECTIONNEWSPAPERS.COM

HOME SALES

In November 2011, 71 homes sold between \$8,600,000-\$155,000 in the McLean and Falls Church area.

Address	BR	FB	HB	Postal	City	Sold Price	Type	Lot AC	Postal Code	Subdivision
1210 MOTTROM DR	6	7	0	MC	LEAN	\$8,600,000	Detached	2.00	22101	ELMWOOD ESTATES
7714 GEORGETOWN PIKE	7	7	2	MC	LEAN	\$3,049,500	Detached	2.53	22102	RIVINUS
1173 DOLLEY MADISON BLVD	6	7	3	MC	LEAN	\$2,700,000	Detached	1.03	22101	BALLANTREE FARMS
1051 BROOK VALLEY LN	5	4	3	MC	LEAN	\$2,520,000	Detached	2.07	22102	PROSPECT HILL
1437 SPRING VALE AVE	5	4	1	MC	LEAN	\$1,499,000	Detached	0.26	22101	WEST MC LEAN
1885 VIRGINIA AVE	5	5	0	MC	LEAN	\$1,299,500	Detached	0.32	22101	FRANKLIN PARK
2123 HAYCOCK RD	6	5	0	FALLS	CHURCH	\$1,280,000	Detached	0.25	22043	CHURCHILL
7430 OLD MAPLE SQ	5	4	1	MC	LEAN	\$1,275,000	Detached	0.17	22102	MAPLEWOOD
1702 CHESTERBROOK VALE CT	5	4	1	MC	LEAN	\$1,250,000	Detached	0.59	22101	CHESTERBROOK VALE
2055 HILLSIDE DR	5	5	0	FALLS	CHURCH	\$1,190,000	Detached	0.33	22043	BROOKSIDE MANOR
1450 EMERSON AVE #414	2	2	1	MC	LEAN	\$1,150,000	Garden 1-4 Floors		22101	PALLADIUM AT MCLEAN
1019 BROAD BRANCH CT	5	5	0	MC	LEAN	\$1,105,000	Detached	0.35	22101	TREELINE
6208 HARDY DR	5	5	0	MC	LEAN	\$1,080,000	Detached	0.24	22101	POTOMAC HILLS
5951 RANLEIGH MANOR DR	5	4	1	MC	LEAN	\$1,050,000	Detached	0.43	22101	RANLEIGH
4108 RIVER ST	4	2	1	MC	LEAN	\$1,000,000	Detached	0.27	22101	CHAIN BRIDGE HEIGHTS
8220 CRESTWOOD HEIGHTS DR #1604	2	2	1	MC	LEAN	\$1,000,000	Hi-Rise 9+ Floors		22102	ONE PARK CREST
2120 MCCONVEY PL	3	3	1	FALLS	CHURCH	\$985,000	Townhouse	0.07	22043	STOCKWELL MANOR
7627 HUNTMASER LN	5	4	1	MC	LEAN	\$954,000	Detached	0.24	22102	TIMBERLY SOUTH
1955 MASSACHUSETTS AVE	5	3	1	MC	LEAN	\$900,000	Detached	0.53	22101	FRANKLIN PARK
8358 ALVORD ST	4	3	1	MC	LEAN	\$892,000	Detached	1.25	22102	SPRINGHAVEN ESTATES
2001 EDGAR CT	7	5	1	FALLS	CHURCH	\$890,000	Detached	0.25	22043	PIMMIT HILLS
5844 UPTON ST	5	3	0	MC	LEAN	\$885,000	Detached	0.40	22101	CHESTERBROOK ESTATES
1910 FRANKLIN AVE	5	4	0	MC	LEAN	\$842,000	Detached	0.56	22101	CHESTERBROOK
8104 FALLSTAFF RD	4	2	1	MC	LEAN	\$835,000	Detached	0.38	22102	MC LEAN HAMLET
1450 EMERSON AVE #210	2	2	1	MC	LEAN	\$825,000	Mid-Rise 5-8 Floors		22101	PALLADIUM AT MCLEAN
1357 SNOW MEADOW LN	5	3	1	MC	LEAN	\$795,000	Detached	0.25	22102	MCLEAN HAMLET
1931 HILLSIDE DR	5	4	1	FALLS	CHURCH	\$793,000	Detached	0.23	22043	PIMMIT HILLS
1327 LAWSON LN	3	3	2	MC	LEAN	\$780,000	Townhouse	0.03	22101	MCLEAN CREST
1503 MCLEAN CORNER LN	4	3	1	MC	LEAN	\$750,000	Townhouse	0.12	22101	MC LEAN CORNER
6163 MORI ST	4	2	0	MC	LEAN	\$730,000	Detached	0.26	22101	POTOMAC HILLS
8220 CRESTWOOD HEIGHTS DR #207	2	2	1	MC	LEAN	\$707,900	Hi-Rise 9+ Floors		22102	ONE PARK CREST
6534 DIVINE ST	4	2	1	MC	LEAN	\$676,000	Detached	0.29	22101	AMANS MC LEAN ESTATES
7200 BELTON CT	4	3	0	MC	LEAN	\$672,000	Detached	0.26	22101	WEST LEWINSVILLE HEIGHTS
7021 ENTERPRISE AVE	4	2	1	MC	LEAN	\$649,000	Detached	0.25	22101	BROYHILLS MC LEAN ESTS
1803 YOUNGBLOOD ST	4	3	0	MC	LEAN	\$620,000	Detached	0.29	22101	GRASS RIDGE
1921 WESTMORELAND ST	4	3	0	MC	LEAN	\$600,000	Detached	0.28	22101	KENT GARDENS
8220 CRESTWOOD HEIGHTS DR #1608	2	2	0	MC	LEAN	\$600,000	Hi-Rise 9+ Floors		22102	ONE PARK CREST
7406 ELDORADO ST	3	3	1	MC	LEAN	\$600,000	Townhouse	0.04	22102	HALLCREST HEIGHTS
2091 HOPEWOOD DR	3	2	2	FALLS	CHURCH	\$580,000	Townhouse	0.04	22043	WESTMORELAND SQUARE
7308 GORDONS RD	3	2	0	FALLS	CHURCH	\$549,000	Detached	0.53	22043	FALLS HILL
2293 CARTBRIDGE RD	3	3	1	FALLS	CHURCH	\$485,000	Townhouse	0.03	22043	IDYLLWOOD STATION
7760 MARSHALL HEIGHTS CT	3	2	2	FALLS	CHURCH	\$485,000	Townhouse	0.06	22043	MARSHALL HEIGHTS
7409 TILLMAN DR	3	3	0	FALLS	CHURCH	\$465,000	Detached	0.26	22043	SPORTSMAN PARK
8340 GREENSBORO DR #814	3	2	0	MC	LEAN	\$460,000	Hi-Rise 9+ Floors		22102	ROTONDA
6758 BROOK RUN DR	3	2	2	FALLS	CHURCH	\$450,000	Townhouse	0.03	22043	BROOK SQUARE
2600 HILLSMAN ST	3	2	0	FALLS	CHURCH	\$425,000	Detached	0.24	22043	POMPONIOS KINGWOOD PARK
1625 INTERNATIONAL DR #417	2	2	0	MC	LEAN	\$422,000	Garden 1-4 Floors		22102	LILLIAN COURT AT TYSONS
1902 WARE RD	3	2	0	FALLS	CHURCH	\$413,000	Detached	0.30	22043	PIMMIT HILLS
8220 CRESTWOOD HEIGHTS #1102	1	1	0	MC	LEAN	\$403,500	Hi-Rise 9+ Floors		22102	ONE PARK CREST
1828 OLMSTEAD DR	3	2	0	FALLS	CHURCH	\$400,000	Detached	0.25	22043	PIMMIT VIEW
6990 FALLS REACH DR #407	2	2	0	FALLS	CHURCH	\$399,900	Garden 1-4 Floors		22043	PAVILION THE
8380 GREENSBORO DR #808	2	2	0	MC	LEAN	\$390,000	Hi-Rise 9+ Floors		22102	ROTONDA
8350 GREENSBORO DR #808	2	2	0	MC	LEAN	\$385,000	Hi-Rise 9+ Floors		22102	ROTONDA
7400 HOWARD CT #7400	1	1	0	FALLS	CHURCH	\$371,800	Detached	0.34	22043	PIMMIT HILLS
8370 GREENSBORO DR #410	2	2	0	MC	LEAN	\$370,000	Hi-Rise 9+ Floors		22102	ROTONDA
6800 FLEETWOOD RD #1118	2	2	0	MC	LEAN	\$359,910	Hi-Rise 9+ Floors		22101	MC LEAN HOUSE NORTH
8370 GREENSBORO DR #217	2	2	0	MC	LEAN	\$350,000	Hi-Rise 9+ Floors		22102	ROTONDA
6800 FLEETWOOD RD #1117	2	2	0	MC	LEAN	\$332,500	Hi-Rise 9+ Floors		22101	MC LEAN HOUSE NORTH
2046 PIMMIT DR	3	2	0	FALLS	CHURCH	\$315,000	Detached	0.23	22043	PIMMIT HILLS
1509 LINCOLN WAY #204A	2	2	0	MC	LEAN	\$307,000	Garden 1-4 Floors		22102	FOUNTAINS AT MCLEAN
8370 GREENSBORO DR #409	1	1	0	MC	LEAN	\$252,000	Hi-Rise 9+ Floors		22102	ROTONDA
1717 WESTWIND WAY #15	3	2	0	MC	LEAN	\$252,000	Other		22102	WESTERLIES THE
1521 SPRING GATE DR #10313	1	1	0	MC	LEAN	\$250,000	Garden 1-4 Floors		22102	GATES OF MCLEAN
2311 PIMMIT DR #805	2	2	0	FALLS	CHURCH	\$220,000	Hi-Rise 9+ Floors		22043	IDYLLWOOD TOWERS
1550 SPRING GATE DR #8305	1	1	0	MC	LEAN	\$217,500	Garden 1-4 Floors		22102	GATES OF MCLEAN
2311 PIMMIT DR #708	2	2	0	FALLS	CHURCH	\$212,000	Hi-Rise 9+ Floors		22043	IDYLLWOOD TOWERS
1570 SPRING GATE DR #7202	1	1	0	MC	LEAN	\$210,000	Garden 1-4 Floors		22102	GATES OF MCLEAN
1533 LINCOLN WAY #303	1	1	0	MC	LEAN	\$200,000	Garden 1-4 Floors		22102	FOUNTAINS AT MCLEAN
1808 OLD MEADOW RD #202	1	1	0	MC	LEAN	\$190,000	Hi-Rise 9+ Floors		22102	ENCORE OF MCLEAN
7640 TREMAYNE PL #105	1	1	0	MC	LEAN	\$184,900	Garden 1-4 Floors		22102	THE COLONIES
2311 PIMMIT DR #910	1	1	0	FALLS	CHURCH	\$155,000	Hi-Rise 9+ Floors		22043	IDYLLWOOD TOWERS

Copyright 2011 Metropolitan Regional Information Systems, Inc. Visit www.mris.com.

Pat Troy's Tour of Ireland

MARCH 21ST TO 28TH 2012

Join Pat on his book launch for an exciting trip throughout Ireland.

\$1899 per person sharing - tour includes r/t air from Philadelphia to Dublin, 6 nights hotel w/full Irish breakfast daily, 2 evening meals, fully escorted tour via deluxe motor coach, coach transfers from Alexandria to Philadelphia Airport.

Limited availability - book by January 10th to guarantee your spot!!!

Contact Caddie Tours at 703-938-1300 or niall@caddietoursonline.com
WWW.CADDIETOURSONLINE.COM

Some see a place for utensils. **CLUTTERED** and disorganized.

We see **MORE SPICE** in your life and less on your countertop.

If Case's professional designers can make a drawer this functional, just imagine what we can do with the rest of your kitchen. We have the creative vision needed to transform your home into a more livable space. Let our experience and craftsmanship open your eyes to the possibilities. Visit our Idea Center at CaseDesign.com or call 703-667-7397.

CASE[®]
DESIGN/REMODELING, INC.

DESIGN | ADDITIONS | INTERIORS
EXTERIORS | KITCHENS & BATHS

Your Home...Your Neighborhood...Your Newspaper **THE CONNECTION**
www.connectionnewspapers.com to your community

TWO POOR TEACHERS

Kitchen and Bathroom Remodeling

We Bring the Showroom to YOU!!



Select your remodeling products from our Mobile Kitchen and Bathroom Showroom and Design Center!!



Standard & Premium Bath Specials!

Starting at \$4,950

Visit our website for details!

Free Estimates
703-969-1179

www.twopoorteachers.com

Fully Insured & Class A Licensed
EST. 1999

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 unattainable 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.

"Often, the bar is set way too high. You didn't become overweight overnight, so you're not going to lose the weight overnight," said Lisa Calusic, M.D., a psychiatrist at Inova Mount Vernon Hospital and Inova Behavioral Health Services in Alexandria.

A lack of specificity can derail ambitions. "People set abstract goals. [They say] 'I want to be healthier. I want to be thinner. I want to work out more.' But they don't have implementation plans," said Todd Kashdan, Ph.D., professor of psychology at George Mason University.

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?"

Reina Offutt Pratt, owner of a Pilates studio

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

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.

"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."



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.

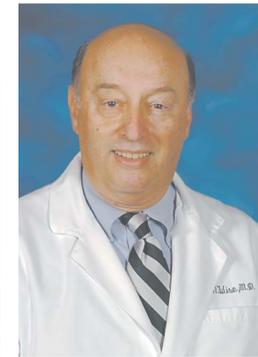


PHOTO COURTESY OF INOVA HEALTH SYSTEMS
Thomas N. Wise, M.D., of McLean, director of behavioral services at Inova Health Systems, believes that impractical or undefined goals lead to New Year's resolutions that fail.

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.

smoking or limiting alcohol intake require the admission of a problem. "You can't change what you don't acknowledge," said Calusic, who lives in Arlington. "Unless someone decides for themselves that they have an addiction or habit that they want to change, it is not going to happen. Other people wanting them to change doesn't work."

Find substitutions for unhealthy habits. "If someone is used to



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."



ONE, TWO, THREE OR MORE INCHES GONE!

No exercise, no dieting, no surgery, no downtime, no pain, no side effects... NO Kidding. As seen on The Rachal Ray Show and The Doctors. Laser sculpting – a revolutionary noninvasive laser that stimulates the fat cell to liquefy and release fat so your body can eliminate it. Relax under the FDA approved ZERONA™ laser and top it off with a body wrap to enhance inches lost.

I just completed yesterday my first inch loss session at Virginia Functional Medicine. I lost 4 1/2 inches, about which I am very thrilled. The other thing I was very excited about is I have some surgical scars that have little fat pockets and they have almost completely disappeared in one session*. So thank you very much, I appreciate it.

Barbara Balsamo
Vienna, VA
October 22, 2010

NEW YEAR JUMP START SPECIAL

\$249.00 for Two 40 Min. Sessions and a Body Wrap
(normally \$895) good until 1/14/12.

Call 703-938-1421 to schedule *while space is available.*

Virginia Functional Medicine

410 Pine Street, SE, Suite 320, Vienna, VA
703-938-1421

*Results may vary in individual cases.

New Year, New Savings!



Must Present Coupon

Up To

40% off*

On Complete Pair of Eyeglasses**

**Select Frames

Everyday Savings!

Kid's Complete Pair of Eyeglasses

50% off*

Ages 12 & Under

Includes A/R or Polycarbonate Lenses

Now accepting more insurance plans than ever, including EyeMed and OptumHealth!

30% Off Prescription Eyeglasses for AAA & AARP Members.

A Century of Excellence
Sterling OPTICAL
See More. Save More.

Tysons Corner Center 703-734-0977 (Upper level, near Nordstrom)

Dulles Town Center 703-421-3359 (Upper level, near Macy's and Lord & Taylor)

We welcome outside prescriptions! Call 1-800-EYES-789 or visit STERLINGOPTICAL.COM for a no-obligation appointment.

*With purchase of complete pair (frames and lenses). Exam not included. Must present coupon. Some restrictions apply. See store for details. Limited time offer.

Use Your **FLEX DOLLARS** Before They Expire

CHOOSE LANDON. FOR EXCELLENCE.

In Academics, the Arts, Character Education and Athletics.
LEARN ABOUT LANDON. COME SEE FOR YOURSELF.



ADMISSIONS
INFORMATION
SESSION
January 12, 2012
9:00-10:00 a.m.

LANDON SCHOOL

6101 WILSON LANE BETHESDA, MD 20817 301-320-1067 WWW.LANDON.NET

An independent, non-sectarian, college-preparatory day school for boys in Grades 3-12.



From Nursery School to Rocket Fuel

A Strategic Curriculum That Prepares
Students To Be Standouts.



WASHINGTON EPISCOPAL SCHOOL
Nursery through Grade 8

JOIN US at an
OPEN HOUSE

5600 LITTLE FALLS PARKWAY, BETHESDA, MD 20816
→ (301) 652-7878 → www.w-e-s.org

Sun., Jan. 8 1 PM



OAKCREST SCHOOL
WHERE GIRLS MAKE A DIFFERENCE

Admission Information
Sessions for Parents
Tuesday, January 10
8:15-9:45 a.m. &
7:00-8:00 p.m.

An independent school for girls grades 6-12
guided by the teachings of the Catholic Church

WWW.OAKCREST.ORG
(703) 790-5450



What is the Oakcrest Difference?

- College Preparatory, Liberal Arts Curriculum
- 11 AP Courses offered
- 20 AP Scholar Awards in recognition of exceptional achievement on AP Exams in 2011
- Individual college guidance results in superior college placement
- One-to-one advising
- 6:1 Student-Faculty ratio
- Daily Mass available; 7-year Catholic Theology Program
- PVAC Director's Cup in 2010 & 2011
- 78% of Upper School students are involved in one or more sports
- 61% of Upper School students are taking fine arts electives



SCHOOLS

New Gym Floor for Chesterbrook ES

Community
partnership
at work.

BY ELIZABETH ENDE

In August, the Chesterbrook PTA teamed up with McLean Youth Basketball (MYB) to replace Chesterbrook Elementary School's gym floor. The new floor is made from a vinyl/composite material, which resembles hardwood flooring in appearance, but has a surface texture that provides traction and a slight spongy composition that provides cushioning.

Says Beth Mahood, Chesterbrook PTA President, "The new gym floor is beautiful! Perhaps the best part is that we did it together. We had volunteers research and coordinate the plan and then work to see it through. We also had McLean Youth Basketball generously split the costs, and finally we had the school administration, which coordinated and oversaw the work. All before school started in September! We are greater than the sum of our parts."

Chesterbrook's old gym floor was installed as part of the 1996 renovation of the school. It was constructed with multi-colored vinyl tiles, which at the time was considered state of the art. Over the years, the floor has proven slippery for players and a lot of work for Chesterbrook's physical education teachers to work with and for the custodial staff to maintain. In addition to being slippery, the old flooring had no "give" or cushioning.

Principal, Bob Fuqua, said "The floor was becoming a safety concern due to the upkeep that was required as the floor became older. It was difficult for our custodians to keep the floor in best playing condition. We are delighted to have this up to date floor for our students and our community to use."

Chesterbrook's gym was not slated for renovation by FCPS for at least another five years so the

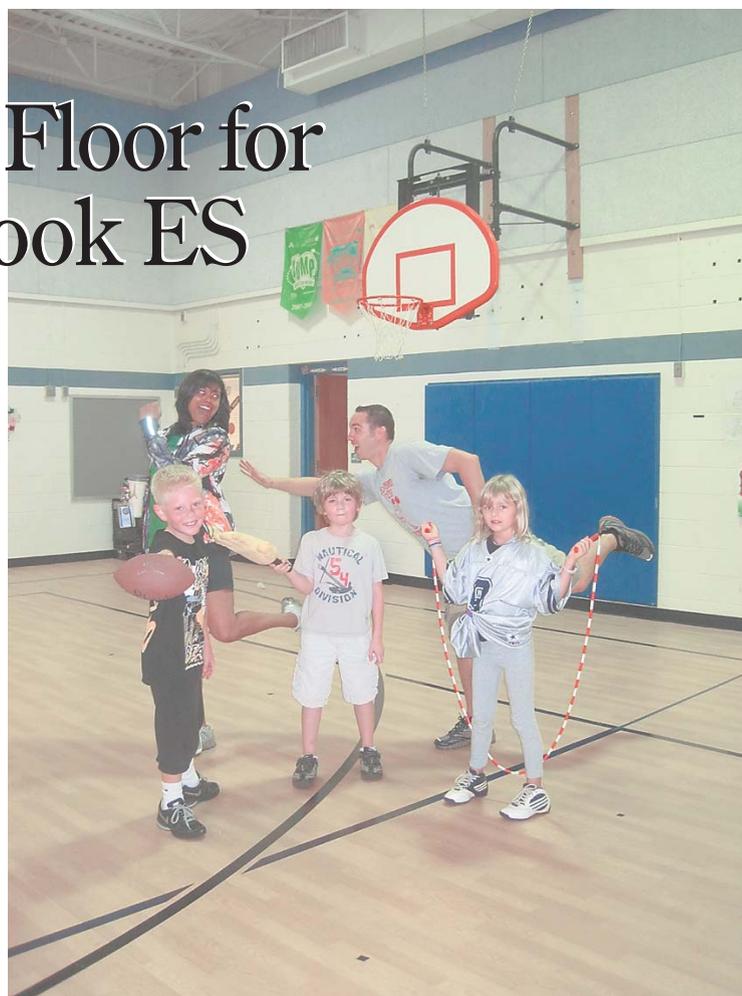


PHOTO CONTRIBUTED

Community partnership benefits not only Chesterbrook students but also the community members, children and adults, who play sports in the school gym in the evenings and on the weekends.

Chesterbrook PTA and MYB entered into a "Friends of the Gym" partnership agreement with Fairfax County Public Schools (FCPS). This community partnership benefits not only Chesterbrook students but also the community members, children and adults, who play sports in the school gym in the evenings and on the weekends.

Michael McEneaney, Chairman, McLean Youth Basketball, said, "McLean Youth Basketball was proud to contribute almost \$20,000 for the renovation of the gym floor at Chesterbrook Elementary. A major goal of our program is to help schools that provide us with space to practice and play basketball in maintaining and improving their athletic facilities. It was a pleasure working with both the PTA and the school administration at Chesterbrook to coordinate raising the money and scheduling the renovation. It really was a pleasure working with everyone at Chesterbrook and I think it was a great example for how community and school organizations can work together for the benefit of everyone."

Honoring Mrs. Liappis

The Churchill Road Elementary School staff honored Margaret Liappis at a reception on Friday, Dec. 9. Liappis retired last year after 31 years of service in Churchill's cafeteria. Liappis was presented with a framed print of Churchill Road School, signed by members of the staff, and was honored in a special video of students and staff, which highlighted their favorite memories of her. The school's cafeteria is also going to be named after Mrs. Liappis. She has seen many generations of Churchill Road students pass through the lunch line and she made it a point to learn all their names. Over the years, her work and dedication has been recognized by Fairfax County Public Schools on several occasions with the Outstanding Performance Award.



PHOTO BY SARAH ENINGER

Pictured with retiring Churchill Road cafeteria cashier Margaret Liappis are her son Nick Liappis, a Churchill Road alum, (left), and Don Hutzel, CRS principal.

FAITH

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

Charles Wesley UMC will open its labyrinth to the public on Saturday, Jan. 14, 4-7 p.m. in the church's Fellowship Hall, 6817 Dean Drive in McLean.

A labyrinth is a path which leads, via a circuitous route, to the center of an intricate design and back out again. Unlike a maze, a labyrinth is easy to navigate and it's impossible to get lost within one.

Visitors can walk the labyrinth at their own pace and for their own reasons. They can walk in contemplation, in search of guidance, in remembrance, in grief, in thanksgiving, to work on their balance, or simply to try something new.

For more information call 703-356-6336 or contact charleswesleyumc@verizon.net. www.charleswesleyumc.org

St. Francis Episcopal Church, 9220 Georgetown Pike in Great Falls, offers three Sunday services and a host of musical, educational, outreach, and fellowship ministries to enrich spiritual growth. 7:45 a.m. Worship Service without music; 9 a.m. Worship Service, Children's Chapel and Children's Choirs; 10 a.m. Sunday School and Adult Forum; and 11 a.m. Worship Service with Adult Choir. 703-759-2082.

Trinity United Methodist Church, 1205 Dolley Madison Blvd., McLean, Sunday worship services are at 8:30 and 10:30 a.m. Sunday School for adults is at 9:30 a.m. and for children during the 10:30 a.m. worship service. Youth Group for grades 7-12 meets Sundays at 6 p.m. A 20-minute service of

Holy Communion is held each Wednesday at 12 p.m. 703-356-3312 or umtrinity.org.

The Jewish Social Services Agency (JSSA) offers a wide variety of support groups for those with emotional, social, and physical challenges. www.jssa.org/growth-learning.

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis. Contact 703-941-7000 or www.havenofnova.org for schedules and registration information.

McLean Bible Church Fitness Class at Body & Soul Fitness. Balance is key, energy is renewed and strength is gained. 9:45 a.m. Mondays and Fridays. Free childcare for registered students. bodyandsoul@mcleanbible.org.

Vajrayogini Buddhist Center offers ongoing classes on meditation and Buddhist philosophy, Mondays at 7 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. \$10 per class. 202-331-2122 or www.meditation-dc.org.

Epiphany United Methodist Church, 1014 Country Club Drive, N.E. in Vienna, will hold its Thanksgiving Service on Sunday, Nov. 20 at 11 a.m. The sermon topic is "Why Me, Lord." office@epiphanyumc.com or 703-938-3494.

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

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

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

Chesterbrook United Methodist Church is at 1711 Kirby Road, McLean. Worship service is at 11 a.m. Sunday school is at 9:30 a.m. for adults and children. Rev. Kathleene Card, Pastor. 703-356-7100 or www.ChesterbrookUMC.org.

A Centering Prayer Group meets Fridays, 9:30 a.m. at Andrew Chapel United Methodist Church, 1301 Trap Road, Vienna. The hour includes a brief reading related to Centering Prayer, followed by a 20-minute prayer period. E-mail Martha Thomas at mmthomas211@hotmail.com or call the church at 703-759-3509.

The Jewish Federation of Greater Washington and the Jewish Outreach Institute offer the Mothers/Parents Circle, an umbrella of free educational events and resources. Jewish rituals, ethics and the creation of a Jewish home, regular meetings and group Shabbats and holidays. Participants include Sha'are Shalom, Congregation Beth Emeth, Temple Rodef Shalom and the Jewish Community Center of Northern Virginia. ShalomDC.org.

Comstock

FROM PAGE 8

Authority's PLA mandate could increase costs by hundreds of millions of dollars, depending on the final Phase 2 construction costs and put incredible burdens on our state and local budgets.

The Silver Line PLA controversy is not the first time that there have been attempts to force PLAs on Virginia workers. The Wilson Bridge project was temporarily subjected to a union-favoring PLA requirement by the Maryland Governor in 2000. After the PLA was imposed, only one bidder responded to the RFP for the bridge superstructure contract, at a bid price more than \$370 million above the state's engineering estimates — a 78 per-

cent cost overrun. Eventually, the Wilson Bridge contract was broken up and rebid into three smaller contracts free from mandated PLAs. Multiple bids were then received and the winning bids came in significantly below the estimates and resulted in on-time and on-budget construction by both union and merit shop firms.

If those proponents of PLAs truly believe what they say when they claim that PLAs make the project better and can reduce costs, then those bidders who engage in free and open competition can prove that point by submitting a winning proposal. Since HB 33 provides neutrality, the market will determine who provides the best deal for taxpayers.

Find us on Facebook and become a fan!
www.Facebook.com/connectionnewspapers



www.ConnectionNewspapers.com

Visit These Houses of Worship

Join A Club, Make New Friends, or Expand Your Horizons...

<p>Assemblies of God Arlington Assembly of God...703-524-1667 Calvary Gospel Church...703-525-6636</p> <p>Baptist Bon Air Baptist Church...703-525-8079 McLean Baptist Church...703-356-8080 Memorial Baptist Church...703-538-7000</p> <p>Buddhism The Vajrayogini Buddhist Center 202-331-2122</p> <p>Churches-Catholic St. Agnes Catholic Church...703-525-1166 Cathedral of St. Thomas More...703-525-1300 Holy Transfiguration Melkite Greek Catholic Church...703-734-9566 Our Lady of Lourdes...703-684-9261 Our Lady Queen of Peace Catholic 703-979-5580 St Ann Catholic Church...703-528-6276 St. Charles Catholic Church...703-527-5500</p> <p>Vatican II Catholic Community NOVA Catholic Community...703-852-7907</p>	<p>Church of Christ Arlington Church of Christ...703-528-0535</p> <p>Church of God-Anderson, Indiana Church of God...703-671-6726</p> <p>Churches-Episcopal St Andrew Episcopal Church...703-522-1600 St George Episcopal Church...703-525-8286 St Johns Episcopal Church...703-671-6834 St Mary Episcopal Church...703-527-6800 St Michael S Episcopal Church ...703-241-2474 St Paul Episcopal Church...703-820-2625 St Peter's Episcopal Church...703-536-6606 St Thomas Episcopal Church...703-442-0330 Trinity Episcopal Church...703-920-7077</p> <p>Churches Lutheran(ELCA) Advent Lutheran Church...703-521-7010 Faith Lutheran Church...703-525-9283 German Lutheran Church...703-276-8952 Lutheran Church of The Redeemer ...703-356-3346</p>	<p>Resurrection Lutheran Church...703-532-5991</p> <p>Churches Lutheran(Missouri, Synod) Our Savior Lutheran Church...703-892-4846</p> <p>Churches-Nazarene Arlington First Church of the Nazarene ...703-525-2516</p> <p>Church- Brethren Church of The Brethren...703-524-4100</p> <p>Churches-Baptist Arlington Baptist Church...703-979-7344 Cherrydale Baptist Church...703-525-8210 First Baptist of Ballston...703-525-7824 Mt. Zion Baptist Church...703-979-7411</p> <p>Churches -Baptist-Free Will Bloss Memorial Free Will Baptist Church...703-527-7040</p> <p>Churches -Christian Science McLean-First Church of Christ, Scientist ...703-356-1391 First Church of Christ, Scientist, Arlington... 703-534-0020</p> <p>Churches- Presbyterian Arlington Presbyterian Church...703-920-5660 Church of Covenant ...703-524-4115 Clarendon Presbyterian Church 703-527-9513 Little Falls Presbyterian Church 703-538-5230 Trinity Presbyterian Church... 703-536-5600 Westminster Presbyterian ... 703-549-4766</p> <p>Churches- Unitarian Universalist Unitarian Universalist Church of Arlington 703-892-2565</p>	<p>Churches-United Methodist Arlington United Methodist Church ...703-979-7527 Trinity United Methodist Church of McLean...703-356-3312 Charles Wesley United Methodist...703-356-6336 Calvary United Methodist...703-892-5185 Cherrydale United Methodist...703-527-2621 Chesterbrook United Methodist ...703-356-7100 Clarendon United Methodist...703-527-8574 Community United Methodist...703-527-1085 Mt. Olivet United Methodist...703-527-3934 Walker Chapel United Methodist ...703-538-5200</p> <p>Churches- United Church of Christ Bethel United Church of Christ...703-528-0937 Rock Spring Congregational United Church of Christ...703-538-4886</p> <p>Non-Denominational New Life Christian Church - McLean Campus ...571-294-8306 Celebration Center for Spiritual Living ...703-560-2030</p> <p>Metaphysical Arlington Metaphysical Chapel ...703-276-8738</p> <p>Presbyterian Church in America Churches Christ Church of Arlington...703-527-0420</p> <p>Synagogues - Conservative Congregation Etz Hayim...703-979-4466</p> <p>Synagogues - Orthodox Fort Myer Minyan...703-863-4520 Chabad Luvavitch of Alexandria-Arlington ...703-370-2774</p> <p>Synagogue - Reconstructionist Kol Ami, the North Virginia Reconstructionist Community ...571-271-8387</p>
---	---	---	---

Saint Ann Catholic Church

SUNDAY LITURGY SCHEDULE:
Saturday Vigil: 5:30 PM
Sunday: 8:00, 9:30, 11:00 AM
1:30 PM Spanish Liturgy

DAILY EUCHARIST:
Weekdays
Monday-Friday, 6:30 AM & 8:30 AM
Saturday, 8:30 AM

All Are Welcome!

5312 North 10th Street
Arlington Virginia 22205
Parish Office: (703) 528-6276

PARISH WEBSITE:
www.rc.net/arlington/stann





"EXQUISITE THAI CUISINE"

*** Conde Nast Traveler
"50 Best" Washington Post
".. Would be equally hip in Paris, Bangkok or Soho."
The New York Times March, 1998

www.busara.com



Photo by Kenneth M. Wyner

Join Us For Lunch & Dinner

Open Daily: Mon - Sun
11964 Market Street (Reston Towncenter) Reston • 703-435-4188
8142 Watson St. (Tysons) McLean • 703-356-2288

FREE Delivery Available
Please call for details for each location.

9TH ANNUAL MCLEAN

MLK

DAY CELEBRATION

Sunday, Jan. 15

3-5 p.m.

Embrace the Dream
Celebrating our youth
of tomorrow



\$5 adults
\$3 age 10 and younger

Guest Speaker:

Dr. Ed. Jackson,
Executive Architect,
Washington, D.C. Martin
Luther King, Jr. National
Memorial Project
Foundation, Inc.

Performances by **Richmond Boys Choir** and African
dance troupe, **Taratibu**; A reception will follow.



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



To register or for more detailed information,
visit www.mcleancenter.org/special-events.



FAIRFAX SYMPHONY ORCHESTRA

Christopher Zimmerman | Music Director

Next Concerts!

Saturday, January 14, 2012 • 8:00 P.M.

GMU's Center for the Arts, Fairfax

Sunday, January 15, 2012 • 3:00 P.M.

Hylton Center, Manassas

Christopher Zimmerman, Conductor
Sergey Antonov, cello



GLAZUNOV: Chant du Ménéstrel
HAYDN: Cello Concerto in C Major
SHOSTAKOVICH: Symphony No. 11, "The Year 1905"

Tickets: \$25-\$55 • Students ages 6-18 always \$5
888-945-2468

www.fairfaxsymphony.org

ENTERTAINMENT

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

THURSDAY/JAN. 5

Artist Talk and Exhibition Closing Reception. 7-9 p.m. McLean Project for the Arts, 1234 Ingleside Ave., McLean. Artist Roberto Bocci will talk about his exhibition Streams, Consciousness and Spaces in Between. There will also be a closing reception for Imaginary Botanicals by Elizabeth Whitely in the Atrium Gallery and the McLean Art Society Juried Exhibition in the Ramp Gallery. Free and open to the public. www.mpaart.org or 703-790-1953.

FRIDAY/JAN. 6

The Michael Clem Trio: Michael Clem Birthday Show. 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.
"Parfumerie." 8 p.m. 1st Stage, 1524 Spring Hill Road, Tysons Corner. Two Budapest shop clerks bicker by day, oblivious to the fact that they've fallen for each other exchanging anonymous love letters. Tickets \$25. 703-854-1856 or www.1ststage Tysonson.org.

Friday Afternoon Chess Group. 1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Players of all ages and all skill levels welcome. 703-757-8560

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.

"Parfumerie." 2 p.m. and 8 p.m. 1st Stage, 1524 Spring Hill Road, Tysons Corner. Two Budapest shop clerks bicker by day, oblivious to the fact that they've fallen for each other exchanging anonymous love letters. Tickets \$25. 703-854-1856 or www.1ststage Tysonson.org.

Student Art Show. 5-8 p.m. Great Falls Foundation for the Arts, 1144 Walker Road, Suite D, Great Falls. Enjoy artwork created this fall by the students of the Great Falls School of Art. www.greatfallsfoundationforarts.org.

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.

Lost Dog & Cat Rescue Adoption Event. 1-4 p.m. PetSmart, 8204 Leesburg Pike, Tysons Corner. Adoption events every Sunday. <http://lostdogrescue.org/> and click on Adoptions.

"Parfumerie." 2 p.m. and 7 p.m. 1st Stage, 1524 Spring Hill Road, Tysons Corner. Two Budapest shop clerks bicker by day, oblivious to the fact that they've fallen for each other exchanging anonymous love letters. Tickets \$25. 703-854-1856 or www.1ststage Tysonson.org.

Young Soloists Recital. 3 p.m. Alden Theatre, McLean Community Center, 1234 Ingleside Ave., McLean. With pianists Wiley Skaret, 9, and Sarah Barham, 17; flutist Elena Anne Olshin, 16; and violinist John Kirchenbauer, 16. Free. 703-620-9535.

Old Dominion Chrysanthemum Society. 2:30 p.m. Falls Church Community Center, 223 Little Falls St., Falls Church. Program with question and answer session, reviewing "Photos of the 2011 NCS Longwood Gardens Mum Exhibition",



PHOTO COURTESY OF 1ST STAGE

From left, Amal Saade and Joshua Dick in the 1st Stage production of "Parfumerie." [Performances Friday, Saturday, Sunday, Jan. 6-8]

"Potomac's Best of Show Mum winners" and the 2011 new Exhibition Mums from King's Mums. Open to the public. Free admission and refreshments. 703-560-8776.

MONDAY/JAN. 9

Tiny Tot Time. 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Songs, rhymes and activities. Age 13-23 months with adult. 703-356-0770.

TUESDAY/JAN. 10

Book Discussion Group. 7 p.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Call for title. Adults. 703-356-0770.

Tuesday Storytime. 10:30 a.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Stories, songs and activities. Age 1-2 with adult. 703-790-8088.

Personalized Internet Training. 2:30 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. A 45-minute one-on-one Internet training session with a technology volunteer. Call for appointment. Adults. 703-790-8088.

Practice Your English. 6:30 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Conversation group for adults learning English. Adults. 703-790-8088.

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.

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.

Castles and Dragons. 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Royal stories and activities. Age 3-5 with adult. 703-356-0770.

Great Falls Historical Society. 7 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. With Julia Runnels on the history of the 1709 Land Grant of 2292 acres from Lord Fairfax to Captain Daniel McCarty on the Potomac River, including Lowe's Island and the stone home built about 1750; and Ken Garrett, photographer with the National Geographic, on his research into the Seneca Falls Canal, which was built by George Washington's Patowmack Canal company in 1790. www.gfhs.org.

FRIDAY/JAN. 13

Family Skate Night. 6:30-8 p.m. Vienna Community Center, 120 Cherry St., Vienna. Admission \$1. Bring your own roller skates or inline skates (no scooters) and safety equipment. Parents required to stay with their children. 703-255-6360 or www.viennava.gov.

Friday Afternoon Chess Group. 1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Players of all ages and all skill levels welcome. 703-757-8560.

Friday Flicks. 10:30 a.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Call for movie title. All ages. 703-790-8088.

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 Ménéstrel, 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@fairfaxsymphony.org.

Model Railroad (HO Scale) Open House and Display. 1-5 p.m. Historic Vienna Depot, 231 Dominion Road NE, Vienna. The layout depicts the Western North Carolina Railroad (now a portion of the Norfolk Southern) during the period of transition from steam to diesel. Free, donations accepted. www.nvmr.org or 703-938-5157.

Pat Sommers' Rock Shop. 1:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.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.

Saturday Storytime. 11 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Stories, songs and activities. Age 2-3 with adult. 703-757-8560.

Movie Day at the Library. 1 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Call for movie title. Adults. 703-790-8088.

TUESDAY/JAN. 17

Personalized Internet Training. 2:30 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. A 45-minute one-on-one Internet training session with a technology volunteer. Call for appointment. Adults. 703-790-8088.

Mystery Book Discussion. 6:30 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Call for title. Adults. 703-790-8088.

Practice Your English. 6:30 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Conversation group for adults learning English. Adults. 703-790-8088.

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.

Celebrating 100th Birthday

On New Year, McLean resident turns 100.

BY VANESSA GRANVILLE

While we're all celebrating the beginning of 2012, Margaret "Bunny" Ursin will be celebrating her 100th birthday. Bunny still leads a very active life, promoting the benefits of a healthy diet and exercise, and continually striving to help others.

Born in Pittsburgh, Pa. on Jan. 1, 1912, Ursin has lived in McLean since 1952, where she raised her family.

More than 80 years ago, she began teaching exercise classes and she hasn't stopped since. Now, at the age of 100, she continues to lead two exercise classes per week at Vinson Hall Retirement Community, where she currently resides. She frequently encourages Vinson Hall residents to join her and other class participants in 30 minutes of stretches and balance building exercises.

When asked about her health and ability to maintain a high level of activity, she credits her healthy lifestyle.

"I've made a conscious effort to live well, but I had no intentions of living to 100," Ursin said.

She said she eats a lot of fruit, and very little red meat; has exercised regularly her entire life; watches very little television; gets eight hours of sleep every night; and never drinks alcohol — except that one accidental sip when she grabbed the wrong glass



Margaret "Bunny" Ursin celebrated her 100th birthday on Jan. 1.

while playing bridge, which she found appalling.

Her favorite physical activities included skiing and tennis, and although she no longer participates in those sports, she said if it wasn't for the distance to the nearest slopes, she would ski today.

"I've experienced a lot in my lifetime and I'm satisfied with the life I've lived," said Ursin. "It's important to stay active... I don't have time to be bored."

At age 80, she began volunteering at the Virginia Hospital Center in Arlington, and continued until age 94, when she stopped driving.

Ursin believes it's important to preserve the world for future generations. In addition to her altruistic activities and finesse for fitness, she is proponent of sustainable farming, energy conservation and recycling.

Ursin is widowed and has one daughter, Bonnie Moran.

Reflections on Year Behind, Year Ahead

Chad Quinn, McLean Community Center board member, responded to the McLean Connection's invitation to reflect on New Year's resolutions and most significant happenings in the community in 2011.

New Year's Resolution: "Practice random acts of kindness."

Most significant happenings of 2011: "McLean Day 2011, Dolly Madison Library Grand Opening, The McLean Project for the Arts exhibit: Seth Rosenberg: "The Cleveland Years" and participating in Stop Hunger Now for McLean. What to look for in 2012: "Efforts to bring a gymnasium to McLean."



Chad Quinn

SCHOOL NOTES *Send School Notes to mclean@connectionnewspapers.com. Deadline is Friday.*

James McGrath of McLean has been selected to be a McDonough Scholar at Marietta College last fall. The program helps students gain a deeper understanding of leadership, practice leadership skills and grow as engaged leaders.

Ten Langley High School students have been named as 2011 National Merit Scholarship Semifinalists: **Allison S. Brady, Saba Eskandarian, Jimmy J. Fang, Jamison G. Fox-Canning, Nathaniel C. Howe, Dylan J. Kriz, Debbie R. Pan, Spencer C. Shabshab, Holliday L. Shuler** and **Andrew J. Stewart**.

Six McLean High School students have been named as 2011

National Merit Scholarship Semifinalists: **Nana-Kwabena A. Abrefah, Daniel J. Lee, Eric R. Leimkuhler, Elizabeth McGrady, Justin Nam** and **Brian Tong**.

Michael P. DeSantis of the Potomac School has been named as a 2011 National Merit Scholarship Semifinalist.

Michelle May of McLean has been named to the spring 2011 dean's list at The Johns Hopkins University. The daughter of Michael and Ivonne May is majoring in political science.

Eli Ranases of McLean has been named to the spring 2011

dean's list at The Johns Hopkins University. The son of Tom and Mary Ranases is majoring in public health studies.

Olindi Wijesekera of McLean has been named to the spring 2011 dean's list at The Johns Hopkins University. The daughter of Duminda and Devika Wijesekera is majoring in neuroscience.

Juliet Abtahi of McLean has been named to the summer 2011 dean's list at Berklee College of Music of Boston, Mass.

Lola E. Keyes of McLean has received a master of science in public relations from Boston University of Boston, Mass.



McLean Community Center
The Center of It All



Here's What's Happening at MCC

@The Alden

Airborne Comedians

Saturday, Jan. 7, 8 p.m.
\$20/\$15 district residents

@The Alden

Insider Knowledge Forums

Ballerinas with Brawn

Wednesday, Jan. 11, 8 p.m.
Free Admission

@The Alden

The Capitol Steps

Friday, Jan. 13, 8 p.m.
Saturday, Jan. 14, 2 p.m.
\$45/\$35 district residents



Martin Luther King Jr. Day Celebration

Sunday, Jan. 15, 3 p.m.
\$5 adults; \$3 children up to age 10



@The Alden

Les Ballets Trockadero de Monte Carlo

Wednesday & Thursday, Jan. 18 & 19, 8 p.m.
\$45/\$35 district residents

Family Fun Bingo

Friday, Jan. 20, 7-8:30 p.m.
\$10/\$5 district residents;
free 36 months or younger

The McLean Community Center

1234 Ingleside Ave., McLean, VA 22101



703-790-0123, TTY: 711
www.mcleancenter.org



SPORTS



PHOTO COURTESY OF SOUTH LAKES VOLLEYBALL

Cheri Hostetler's South Lakes' volleyball team enjoyed an outstanding 15-win season this past fall.



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Coach Greg Miller's Herndon High baseball team experienced a winning season for the second consecutive year in 2011.

Area Coaches Discuss Their New Year's Resolutions

Amanda Bates, head coach girls' basketball, Langley High School

New Year's Resolution: "My New Year's resolution is to communicate better with my players. Sometimes I forget that this group has gone through several coaching changes during their high school careers, so they are still adjusting to having someone new in charge. I want to do a better job making sure that the girls understand what I'm asking of them, and my staff and I are doing all that we can to bring the best out in them."

NEW YEAR IN SPORTS

Most significant happenings of 2011: "For the team, one of the most significant happenings would be the South Lakes game [in mid-December]. It was the first game we scored over 40 points, and it was the closest we've been to playing a complete game. We learned a lot from that game on the importance of taking care of the ball and valuing every possession, and that it takes 32 minutes of solid play to win."

Looking ahead to 2012: "Some key things that our team will look to improve on in 2012 is becoming a stronger offensive team. We dedicated a great deal of time early on developing our defense, but now it's time to balance out our game and put more points on the board. We will work on perfecting our offenses and getting lots of shots up at practice."

Greg Miller, head baseball coach, Herndon High School

New Year's Resolution: "To win a [Concorde] District Championship and get our team back to the regional playoffs."

Most significant happenings of 2011: "Having our second winning season in a row, especially with such a young team. We only started one senior."

Looking ahead to 2012: "We return eight

starters from last year's team so we are expecting big things. We have a group of hard working kids who want to be successful and who are working hard in the offseason. I think we are all excited for the season to get underway."

Cheri Hostetler, head girls' volleyball coach, South Lakes High School

New Year's Resolution: "Our New Year's Resolution for the South Lakes volleyball program is to make it to regionals in 2012! We plan to work hard in the pre-season through workouts and camps. We have always done off-season workouts but due to the new VHSL rule, the coaching staff can have some contact with the athletes which is exciting."

"All players will have the opportunity to get court time, not just the players that play club volleyball."

Most significant happenings of 2011: "The highlight of the 2011 season was improving the team's regular [season] record to 15-10! It was a great year because they worked well as a team. The team spirit was at an all-time high mainly because they were all so supportive of each other."

Looking ahead to 2012: "The 2012 season looks promising. The team will have a lot of returning players because we only graduated four seniors. There is a lot of talent coming up from the JV and freshmen teams also. We expect a lot of exciting play from the team in 2012 to build on the momentum from 2011. There is a group of three players that has been on the team for a couple of years so we look for Cloe Traylor, Annemarie Bresson and Dory DeWeese to really lead the team. They will all be seniors and have had a lot of impact on the program during their tenure."

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:

"We are challenging them to finish. Often we battled but in the games we lost we were not able to play a solid four quarters. We did not finish drives and we did not finish tackling. This year we aim to finish what we start. We will have a solid core group of seniors with a solid group of juniors that will make for a very competitive team in 2012."

Mike Barbee, head boys' basketball coach, Fairfax High School

New Year's Resolution: My personal New Year's Resolution is to find more time to go to the gym to work out in basketball sea-

son. As a coach it is always hard to find the time to do it with everything that goes into the work with the team.

Most significant happenings of 2011: Most significant events of 2011 for me were getting named the boys' basketball coach at Fairfax High School and leaving Woodson High School after being there for seven years. This completely changed my life and I have enjoyed every moment of it.

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.

Jim Poythress, head football coach, Lake Braddock Secondary

New Year's Resolution: My focus is on health - lose 30 pounds, stretch more often.

Most significant happenings of 2011: We played one of the toughest schedules in the state. We could not run the ball [but] we did not collapse. We won a share of the [Patriot] District. We continued to improve. We were a final four team for the third straight year.

Looking ahead to 2012: Can we find offensive balance? Will our underclass play at a high level? Will we stay healthy? Can we continue to improve week to week, and will we play as a team? If the answer to these questions are yes, we could be a contender. Somebody needs to step up as a leader.



PHOTOS BY JOE ROMEO

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

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

A Hot Year for HOT Lanes

Many overpasses completed, work continues in 2012.

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.

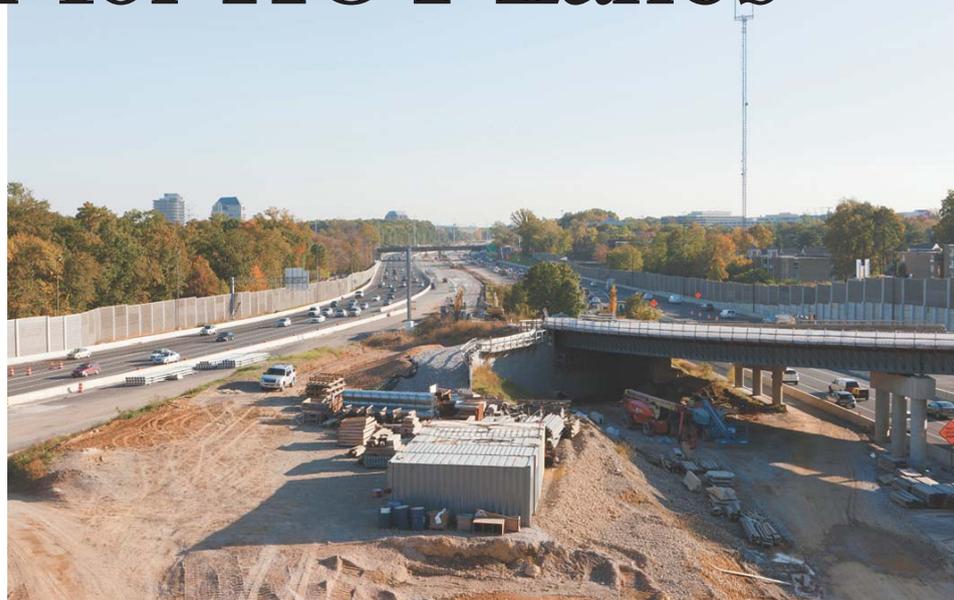
This occurred at Lewinsville Road, Leesburg Pike, Idylwood Road, I-66, Gallows Road, Little River Turnpike and Braddock Road. These new overpasses are wider, with sidewalks and bike lanes that the old overpasses lacked, so it was a welcome addition to many Fairfax County residents.

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



PHOTOS BY JOE ROMEO

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



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.

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.

BUSINESS OPP
TELEPHONE
A great opportunity to
WORK AT HOME!
NATIONAL CHILDRENS CENTER
No sell! Salary + Bonus + Benefits!
301-333-1900
Weekdays 9-4

Part-Time Project Manager
The American Psychiatric Nurses Association is seeking someone to work part-time (24 hours per week with flexible schedule) in support of the association's various projects. The successful candidate will have a working knowledge of Microsoft Office products, excellent writing skills, be internet savvy, and possess project management skills. This position is located at our headquarters in Arlington, VA, two blocks from the Rosslyn Metro Station. We offer a relaxed dress code and work environment as well as a competitive salary.
E-mail cover letter, resume & salary history to Karla Lewis at klewis@apna.org.

Experienced NANNIES
F/T & P/T. Contact **Nanny Next Door** at 703-310-6711 or kristy@nannynextdoor.com

12 Commercial Lease
Office Space for Lease in Oakton. Approx. 800sf Avail Immediately. 703-820-2500

26 Antiques
We pay top \$ for antique furniture and mid-century Danish/modern teak furniture, STERLING, MEN'S WATCHES, jewelry and costume jewelry, paintings/art glass/clocks.
Schefer Antiques @ 703-241-0790.
Email: theschefer@cox.net

EDUCATION TRAINING
Pharmacy Technician Trainees Needed Now!
Pharmacies now hiring. No experience? Job Training & Placement Assistance Avail.
1-877-240-4524
CTO SCHEV

PART-TIME SALES
With commercial cleaning contractor. Earn \$20/hr plus commission and gas allowance. Retirees welcome. Flex hrs. Call today: 703-860-1200

110 Elderly Care
ELDERCARE / CHILDCARE
Seeking employment to care for your loved one. 10+ yrs exp. I have excellent refs. Licensed. 540-829-0513
703-759-2215, 540-522-9250

DENTAL ASSISTANT TRAINEES NEEDED NOW!
Dental Offices now hiring. No experience? Job Training & Placement Assistance Avail.
1-800-381-1734
CTO SCHEV

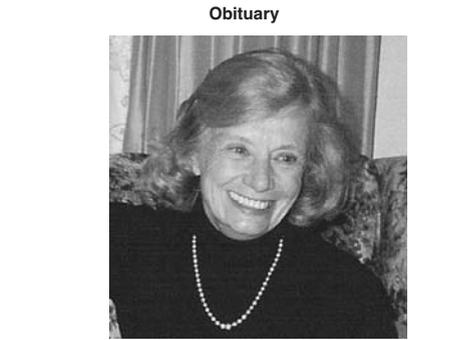
HOUSE CLEANERS NEEDED
1. Must be eligible to work in the U.S.
2. Must speak English
3. Good driving record
4. Weekends OFF
Call: 703-538-3570, to schedule appointment.

21 Announcements 21 Announcements

MED BILL & CODING Trainees NEEDED NOW
Medical Offices now hiring. No experience? Job Training & Placement Assistance Avail.
1-800-385-2615
CTO SCHEV

Educational Internships
Unusual opportunity to learn many aspects of the newspaper business. Internships available in reporting, photography, research, graphics. Opportunities for students, and for adults considering change of career. Unpaid. E-mail internship@connectionnewspapers.com
THE CONNECTION
NEWSPAPERS

BEST CHILDCARE JOBS!
F/T, P/T, On-Call, Top Salaries
No Fees, Must be 21, Legal & Drive
References Req'd
703-838-2100
White House Nannies, Inc



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 horses 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://www.woundedwarriorproject.org/> or to any other preferred charitable organization. Online condolences may be made to www.apexfuneral.net

HOW TO SUBMIT ADS TO
THE CONNECTION
Newspapers & Online
CLASSIFIED

DEADLINES
Zones 1, 5, 6 Mon @ noon
Zones 2, 3, 4 Tues @ noon
E-mail ad with zone choices to: classified@connectionnewspapers.com or call Andrea @ 703-778-9411

EMPLOYMENT

DEADLINES
Zones 5, 6 Tues @ 11:00
Zones 1, 3 Tues @ 4:00
Zone 2 Wed @ 11:00
Zone 4 Wed @ 1:00
E-mail ad with zone choices to: classified@connectionnewspapers.com or call Barbara @ 703-778-9413

ZONES

Zone 1: The Reston Connection The Oak Hill/Herndon Connection	Zone 4: Centre View North Centre View South
Zone 2: The Springfield Connection The Burke Connection The Fairfax Connection The Fairfax Station/Clifton/ Lorton Connection	Zone 5: The Potomac Almanac
Zone 3: The Alexandria Gazette Packet The Mount Vernon Gazette	Zone 6: The Arlington Connection The Vienna/Oakton Connection The McLean Connection The Great Falls Connection

Technicians
Service Division seeking EXPERIENCED HVAC Service Technicians, 5-years min. experience in COMMERCIAL HVAC service and trouble-shooting. Valid driver's license with clean driving record a must. Top pay and solid benefits package. Please fax or e-mail resume to (301) 831-4044, hr@tylerco.com

Registered Nurses
Be a part of an exciting opportunity as a Registered Nurse to use your talents and skills to provide nurse case management for persons with intellectual/developmental disabilities. As a member of an interdisciplinary team, you will work collaboratively to design health care plans across the continuum for services appropriate to health needs.
The Northern Virginia Training Center, 9901 Braddock Rd, Fairfax, VA 22032-1941. Phone: (703) 323-4012
www.nvtc.dbhds.virginia.gov

Part-time Interviewers
WESTAT, a national research firm, seeks individuals to interview respondents for a literacy study. Applicants will collect information from scientifically selected people in their homes using a laptop computer. Part-time, up to 25 hours/week, mostly nights and weekends; car required. Must be able to attend out-of-town training in early January 2012. Pay rate based on experience; mileage reimbursed. Assignment runs from early January 2012 to end of March 2012. EOE
www.Westat.com/fieldjobs
Enter Job ID: 4503BR

THE CONNECTION
NEWSPAPERS **CLASSIFIED**

Classified or Home • Lawn • Garden:
703-917-6400

Employment: 703-917-6464

E-mail: classified@connectionnewspapers.com

ZONE 6: • ARLINGTON • GREAT FALLS
• MCLEAN • VIENNA/OAKTON

HOME & GARDEN

703-917-6400

ZONE 6 AD DEADLINE:
MONDAY NOON

CONNECTIONNEWSPAPERS.COM

CONTRACTORS.com

"Scanxiety"



By KENNETH B. LOURIE

(With attribution to Ember Garrett from the San Diego, California Weber Shandwick satellite office.) The meaning being: the anxiety one feels waiting for, and awaiting the results of, a diagnostic scan. My particular cycle now occurs every four months for the CT Scan (of my upper torso/lungs) and every 12 months for both the full body Bone Scan (lung cancer spreads to the bones) and MRI of the brain (where the highest percentage of lung cancers' spread, 30 percent, most often goes).

Perhaps I don't know what I'm supposed to be feeling or am too clueless or naive about what symptoms I'm experiencing – or lack thereof, but diagnosis-to-date, I have felt very little that ever gave me pause. However, given the fact that I was basically asymptomatic immediately preceding my biopsy and subsequent diagnosis/prognosis, and a life-long nonsmoker to boot born into a family with no cancer history; not feeling anything one might consider worrisome: coughing, shortness of breath, difficulty breathing, etc. has not been as reassuring as some might think. In my case, nothing actually turned into something (my philosophy in life has always been: "It's nothing until it's something"). Ergo my discomfort. The less I feel, the more I worry. That's how this all started. Why/how can I expect it to finish any differently?

Now don't let me lead you completely astray; feeling something would be worse, presumably. But having felt very little so far, I can't say for sure how feeling something would compare. Maybe feeling something would provide an odd sense of comfort – and possibly even a sense of cause and effect. Feeling nothing however, contributes very little to the understanding of why and how an otherwise healthy, middle-aged male who never smoked a cigarette, cigar or pipe, never chewed tobacco, inhaled secondhand smoke or was exposed to asbestos or radon, was diagnosed with stage IV lung cancer, the leading cause of cancer deaths, with nearly 160,000 annually, 85-percent-plus of which are attributable to these causes.

So whatever is, or is not happening to me, becomes diagnostically clear only when a radiologist reads my scan and issues a report. Until I know those results, approximately two to three days after the actual scan occurs (and weekends don't seem to count), anxiety is the emotion of the day – and night, too. In this context, what you don't know does in fact hurt you – emotionally. And unfortunately, the longer you (I) live and the more frequently you experience this interminable wait, the easier it does not get. Familiar? Yes. But this kind of familiarity does not exactly provide comfort or relief. Nor does it – for me, breed contempt, as the old saying goes. It is what it is. I accept my circumstances. I accept the process. I understand there's no fault involved. It's simply what patients have to endure.

Ironically though, you want to endure this process for a long time. Because it means you're still alive – and kicking. But to think it gets any easier over that time would be, at least in my three years of living it, wrong. "Scanxiety" will be with you for the rest of your scan-taking life (women waiting for the results of their mammograms are well-acquainted with this feeling). I may get used to it, but I'll never get over it. Life-changing events are funny that way.

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

CLEANING CLEANING

CARE MORE CLEANING SOLUTIONS

Residential & Commercial
10% Senior Citizen Discount
703-862-5904
OR
703-780-6749
caremorecleaning.com

GUTTER

LAWN MOWING
LAWN MOWING, TRIMMING, EDGING, SODDING, MULCHING, LEAVES, GUTTER CLEANING, YARD CLEANUP

PINNACLE SERVICES
"Friendly services for a friendly price"
Lic. Free Est. Ins. 703-802-0483
email: jamie@lawnsandgutters.com web: lawnsandgutters.com

LANDSCAPING

ANGEL'S LAWN MOWING
•Trimming •Leaf & Snow
•Removal •Yard Clearing
•Hauling •Tree Work
703-863-1086
703-582-3709
240-603-6182

ROOFING

Falcon Roofing
Roofing & Siding (All Types)

Soffit & Fascia Wrapping
New Gutters
Chimney Crowns
Leaks Repaired
No job too small
703-975-2375
falconroofinginc.com

Now! Complete Print Editions Online!

The full print editions of all 18 Connection Newspapers are now available on our Web Site in PDF format, page by page, identical to our weekly newspaper editions, including print advertising. Go to www.ConnectionNewspapers.com and click on "Print Editions."

ELECTRICAL ELECTRICAL

K & D ELECTRIC
COMMERCIAL / RESIDENTIAL SERVICE
Family Owned & Operated

Recessed Lighting
Ceiling Fans
Phone/CATV
Computer Network Cabeling
Service Upgrades
Hot Tubs, etc...

Licensed/Bonded/Insured
Office 703-335-0654
Mobile 703-499-0522

HAULING

ANGEL'S TRASH REMOVAL
•Junk & Rubbish •Furn., Yard, Construction
Debris • Garage & Basement Clean Up
703-863-1086
703-582-3709
240-603-6182

PAINTING

PATRIOT PAINTING
www.PatriotPainting.net

Wallpaper Removal, Carpentry, Power Washing, Int/Ext Painting
Free Est. • Satisfaction Guar. Lic./Ins. Int./Ext.

703-502-7840
Cell 571-283-4883

TREE SERVICE

ANGEL'S TREE REMOVAL
Brush & Yard Debris
Trimming & Topping
Gutters & Hauling
Angelstreeslandscaping-hauling.com
703-863-1086
703-582-3709
240-603-6182

GUTTER GUTTER

GUTTER CLEANING
Gutters and Downspouts Cleaned • Small Repairs • Gutter Guards

LEAF REMOVAL

PINNACLE SERVICES
"Friendly services for a friendly price" Inc.
703-802-0483 • Free Estimates
Email: jamie@lawnsandgutters.com
Web: lawnsandgutters.com
Lic. • LAWN MOWING, SODDING, MULCHING, Yardclean-up • Ins.

IMPROVEMENTS IMPROVEMENTS

Oak Hill BUILDING & REMODELING
Member Nari/NVBA/HBAV
Lead Safe & Certified Green Builder
Since 1978
Licensed, Bonded and Insured
www.oakhillbuilding.com
703-591-1200

Specializing in:
• Additions
• Kitchens
• Baths
• Basements
Pre-holiday Sale
\$500.00 off Remodeling Design, Ends 2011.

MASONRY MASONRY

3rd Generation Masonry Company
Family Owned & Operated Since the 1950s

MASONRY SPECIALIST, LLC
For All of Your Masonry Needs
Custom Design, Installation, Repairs & Restoration
* Also Offering Custom Carpentry Services! *

BRICK - FIELDSTONE FLAGSTONE - CONCRETE
EP Henry & Belgard Pavers
Patios, Walkways, Driveways, Retaining & Decorative Walls
703-443-2308
Go to www.masonryspecialist.com for ideas, pictures & coupons!
All Work Guaranteed - Licensed & Fully Insured
Class A License #VA2705087240A

AFFORDABLE QUALITY ROOFING & GUTTERS
Repair, Replace, Local Refs.
703-794-8513

IMPROVEMENTS IMPROVEMENTS

M. C. Lynch Home Improvement
Family Owned & Operated

Rotten Wood, Wind Damage, Trims, Windows, Doors, Deck, Stairs, Vanity, Basement Framing, Garbage Disposal, Painting, Power Wash, Siding Repairs.
Licensed, Bonded, Insured
703-266-1233

IMPROVEMENTS IMPROVEMENTS

R&N Carpentry

♦BASEMENTS ♦BATHS ♦KITCHENS
Foreclosure specialist/Power washing
♦Exterior Wood Rot More!
Deck & Fence repair, Screen Porches
No jobs too large or small
Free est. 37 yrs exp. Licensed, Insured
703-987-5096

The HANDYMAN
A DIVISION OF NURSE CONSTRUCTION

BATHROOM REMODELING, DRYWALL, PAINTING, CERAMIC TILE, CARPENTRY, POWER WASHING & MUCH MORE

You have tried the rest - NOW CALL THE BEST!!
Proudly serving Northern VA - 46 yrs. exp.
Licensed Insured We Accept VISA/MC
703-441-8811

LAWN SERVICE LAWN SERVICE

J.E.S Services
LANDSCAPE & CONSTRUCTION

• Patios • Walkways
• Retaining Walls
• Drainage Problems
• Landscape Makeovers
Call: 703-912-6886
Free Estimates

R.N. CONTRACTORS, INC.

Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting

We Accept All Major Credit Cards
Licensed, Insured, Bonded • Free Estimates • Class A Lic
Phone: 703-887-3827 Fax: 703-830-3849
E-mail: rncontractorsinc@gmail.com

THE CONNECTION CLASSIFIED
NEWSPAPERS

Classified or Home • Lawn • Garden:
703-917-6400

Employment: 703-917-6464

E-mail: classified@connectionnewspapers.com

Employers:
Are your recruiting ads not working in other papers?
Try a better way to fill your employment openings

• Target your best job candidates where they live.
• Reach readers in addition to those who are currently looking for a job.
• Proven readership.
• Proven results.

THE CONNECTION
to your community
703-917-6464
classified@connectionnewspapers.com
Great Papers • Great Readers • Great Results!

Fairfax



AUTO PARTS

WWW.FXPARTS.COM

We've Changed to NAPA to Better Serve Our Customers

Same People • Same Ownership Since 1961 • Same Professional Commitment to Service

10% OFF

EVERY ITEM IN THE STORE!

You must present this coupon with your purchase.
Not valid with any other discounted or promotional offer.

Expires February 7, 2012.

CN

ONLY \$1.00

1 GALLON OF WINDSHIELD WASHER FLUID

- Valid at all locations
- Limit 1 per customer
- Offer valid while supplies last
- Must present coupon
- Expires February 7, 2012

CN

ALEXANDRIA.....703-823-0800
456 S. Pickett St.
(Corner of Edsall & South Pickett)

BURKE.....703-425-4400
5663 Burke Centre Pkwy.
(Rt. 123 & Burke Center Pkwy., Behind McDonald's)

CHANTILLY.....703-631-3800
14154-C Willard Rd.

FAIRFAX CITY.....703-978-4500
(Economy Auto Parts) 3855 Pickett Rd.

FALLS CHURCH.....703-534-1200
431 S. Maple Ave.
(near intersection of Lee Hwy. & Rt. 7)

HERNDON.....703-707-0800
23070 Oak Grove Rd. #100
(Corner of Rt. 606 & Oak Grove Rd.)

FAIRFAX.....703-591-6500
10912 Lee Hwy.

MERRIFIELD.....703-560-1560
(Machine Shop) 703-560-0813
8701 Lee Hwy.

NEWINGTON.....703-339-8300
8196-A Terminal Rd.
(Fairfax County Pkwy. at Terminal Rd.)

STERLING.....703-450-6600
(LOUDOUN).....703-444-5096
47060 Harry F. Byrd Hwy.
(Rt. 7 at Dranesville Rd.)

VIENNA.....703-281-5700
121 Church St., N.E.
(Behind Vienna Inn)

2 MANASSAS AREA LOCATIONS

MANASSAS/EUCLID AVE.....703-368-7106
(Metro).....703-631-1125
(Champ Auto Parts) 9088 Euclid Ave.

MANASSAS/Rt. 234.....703-368-1002
(Metro).....703-631-1205
(Economy Auto Parts) 8106 Sudley Rd.

These stores are not affiliated with NAPA.

Fairfax



AUTO PARTS

**MOST STORES OPEN
NIGHTS & SUNDAYS**

PARTS PRO GROUP®
EVERYTHING AUTOMOTIVE

**Full Line of Foreign & Domestic Parts
Complete Machine Shop Service**