

# Going for Gold

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The James Madison High School Varsity Dance team took home the gold at the 2011 George Mason University Dance Team Invitational in December.

## Kicking Off a Healthy New Year

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## Citizens Appeal for Human Services

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**Prizes & Giveaways!**

**Crystal Copes of Oakton talks about her personal experiences with Northern Virginia Family Services: "They have given me the tools and the opportunity to become a better parent and through the Healthy Families program, I learned more about newborn literacy."**

PHOTO BY  
ROBBIE HAMMER/  
THE CONNECTION



## Citizens Appeal for Human Services

**Residents share personal stories of recovery and survival.**

BY VICTORIA ROSS  
THE CONNECTION

**F**retful about the impact of Governor Robert McDonnell's proposed budget cuts to social services, representatives from numerous Northern Virginia advocacy groups voiced their opinions to Fairfax County's state legislative delegation.

More than 60 residents gathered at the Fairfax County Government Center on Saturday, Jan. 7 to champion a number of causes. For nearly five hours, speakers touched on a wide range of issues - from education and the environment to transportation and no-excuse absentee voting. Many shared personal stories of survival and recovery, and the need to continue funding streams for Medicaid waivers and community-based social and mental health services.

**THE ANNUAL PUBLIC HEARING** gives citizens an opportunity to speak directly with their legislative representatives before each legislative session.

Lu Ann McNabb of Centreville spoke movingly on behalf of the VTV Family Outreach Foundation, created by families and survivors directly impacted by the 2007 shooting at Virginia Tech. She urged lawmakers to fight for mental health services for college students. "In the wake of the largest massacre on a college campus in United States history, the Commonwealth implemented much-needed legislative reforms," McNabb said, pointing out that funding for state mental health services has been cut to pre-2007 levels.

"We have seen the devastating impact of ignoring mental health issues of our young people, from the gunning down of two police officers at the Sully District Police Station...to the five beautiful young women who died on April 16, 2007," McNabb said. "Each and every day, families are devastated by mental illness. We can no longer bury our head in the sand..."

Carmen Clark and Daniel Ing talked about the mental health and addiction services they received from the Fairfax-Falls Church County Community Services



PHOTO BY VICTORIA ROSS/THE CONNECTION

**Vienna Mayor Jane Seeman made an unscheduled appearance before the delegation to protest the Fairfax County Board of Supervisor's passage in December of an ordinance on water fees. She said the Town of Vienna's legal counsel has said the ordinance violates the Virginia Code. In a Jan. 5 post on his OxRoad South blog, Sen. Chap Petersen (D-34) said the new ordinance is "bogus" for several reasons, including "the fact that the County lacks legal authority to 'supervise' a water system which it did not build and does not own..."**

Board (CSB).

"Frankly, without these services, I would be dead," Clark said to the panel. "Using and abusing drugs and alcohol is a way to cope with mental illness, so

SEE LEGISLATORS, PAGE 17



PHOTO COURTESY OF FLINT HILL SCHOOL

**Junior Kindergarten students on their iPads, joined by Channel 9 reporter Mike Hydeck**

## Flint Hill School Transitioning to MacBook Air

Flint Hill School, whose advanced integration of technology into the teaching and learning process is earning national recognition, has announced that it is upgrading its existing 1:1 laptop program in Grades 5-12 from the current MacBook to the new, state-of-the-art 11" MacBook Air. The transition is expected to be completed in mid-January, by which time more than 1,100 new computers will be up and running on the school's two campuses.

Earlier this fall, school leaders began considering the change to the MacBook Air because they felt it was a better technological tool for its students, says Headmaster John Thomas. "It's lighter, smaller, easier, faster, more durable, and includes some great new Wi-Fi and Bluetooth technologies. All of these features will allow our students more opportunities to work on critical thinking, creativity, and collaboration anywhere and any time."

Technology has long been an integral part of the daily lives of Flint Hill's students and teachers; but in the past few years the school has taken on a leadership role in exploring and applying how technology can be used in its classrooms. It is now one of the few schools in the country where every student, ages 4 and up, has immediate access to an iPad or MacBook. The 1:1 initiative was introduced in the fall of 2010 for students in Grades 5-12; this year, the program was further expanded to provide iPads for all students in junior kindergarten through fourth grade.

These efforts led Apple to designate Flint Hill School as the "Apple Site Visit School" for the State of Virginia. Now,

schools around the country are visiting Flint Hill to learn how technology is being used — not just in the Upper School, but all the way down to its youngest students.

The fact that 4- and 5-year-olds are already so comfortable with the latest technology caught the attention of Channel 9 News Anchor Mike Hydeck, who produces a feature for the station titled "Cool Schools," which spotlights innovative programs taking place in schools across the Washington, D.C. area. He came to the Junior Kindergarten classroom to film the children working with their iPads. (The feature can be viewed at: <http://www.wusa9.com/news/virginia/article/178888/188/Cool-Schools-Flint-Hill-School>)

"I was so pleased with how the [junior kindergarten] students handled the morning," said teacher Leslie Viente. "We had many people in the room and a cameraman moving all around, and they seemed oblivious to all of that. I was amazed to hear reactions from the Channel 9 team about the incredible work the [junior kindergarten] students were doing. We didn't want the iPads to become a new 'video game.' The visit confirmed that this was not the case, and the Class has learned some amazing skills!"

Shannan Schuster, Flint Hill School's Dean of Faculty, agrees. "It's not that the lesson is enhanced because of the integration of technology," she said. "It's that the technology is essential to the lesson, and the end result is deeper, more meaningful learning."

— MARIAN CAVANAGH

# Family-run Lebanese Restaurant Opens in Vienna

**Ya Hala focuses on authentic food and customer service.**

**Y**a Hala, a newly-opened family-run restaurant, sits tucked back on Maple Avenue, in the location that once housed the popular Amphora bakery. The Lebanese restaurant has, already, garnered a fan-base so large, that at its Jan. 7 grand opening and ribbon-cutting, the restaurant was jam-packed with guests. Owner Bassem Yamak and his brother Khaled Yamak, chef and restaurant manager, produced a buffet of Ya Hala's prized dishes. Family members, including nieces and nephews, staff the restaurant.

What distinguishes Ya Hala from other Lebanese and Middle Eastern restaurants in the area is the high-quality ingredients and execution of recipes, said Khaled Yamak. "You can buy the highest-quality ingredients but you have to know how to put them together," said Khaled Yamak. "We do that so I think that is what makes us special."

Food has a dominant presence in the traditions of the Yamak family and the recipes were inspired by the cooking of Bassem Yamak's parents and grandparents. "We always have lots of company at home, lots of food," said Bassem Yamak. "I thought, 'why



**Family members and community leaders helped to celebrate the grand opening of Ya Hala Lebanese restaurant in Vienna. Owner Bassem Yamak stands to Mayor M. Jane Seeman's right.**

not take it a step further and open to the public." Yamak laughed when he mentioned that his name meant "food" in Turkish.

Yamak said his restaurant has a goal that all its staff share. "We want to provide high-quality food with excellent customer service."

Customer Maria Nemeth-Ek and her husband drove by Ya Hala shortly after it opened in late November and the couple decided to give it a try. They enjoyed their meal there so much, they returned to the grand opening to support Bassem Yamak and the restaurant.

"We had a wonderful dinner with very

attentive service," said Nemeth-Ek, Vienna. "The owner [Bassem] came to our table and explained the food to us." The combo kabab plate was "just delicious," Nemeth-Ek said.

Ya Hala is available for dine-in, carry-out, delivery and catering. The restaurant specializes in traditional Lebanese food, from its large array of mezza (appetizers) and complete main dishes of shawarma and kabab to sandwiches, sides and desserts. Appetizers begin at \$1.95, entrees at \$7.50 and sandwiches at \$4.50. Its signature dessert, exclusive to Ya Hala in Vienna, is taj el malek, pistachio paste filled with cream. Two pieces of taj el malek sell for \$1.95.



**Ya Hala chef and manager Khaled Yamak with his children, restaurant staffers Malek Yamak [L] and Hind Yamak.**

Customers are already coming into the restaurant expressly for the taj el malek.

"Things can go wrong in a business," said Bassem Yamak, also a realtor besides a business owner. "If anything goes wrong here, if a customer isn't happy about something, we want to know so we can improve it. We're not satisfied unless all our customers are satisfied."

Ya Hala is located at 409 Maple Ave. West, Vienna. For menu or ordering, call 703-255-7070 or 703-255-7177, or see its website at [www.YaHalaVA.com](http://www.YaHalaVA.com).

—DONNA MANZ

PHOTOS BY DONNA MANZ/THE CONNECTION

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

*Name of Event:*

*Day of the Week, Date and Time:*

*Name of the Place Event will Be Held:*

*Address of the Place Event Will Be Held:*

*Name and Phone Number for More Information:*

*Three Sentences Describing the Event:*

Please submit your calendar information at least two weeks before your event. Clear photographs from similar previous events are always welcome.

All events should be open to the public. We give first priority to free events. E-mail listings to:

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# BULLETIN BOARD

To have community events listed in the Connection, send to [vienna@connectionnewspapers.com](mailto:vienna@connectionnewspapers.com). Deadline is Friday.

## THURSDAY/JAN. 12

### Special Topics in Memoir: The Narrative Question Revisited.

8:30 p.m. Vienna Community Center, 120 Cherry St., S.E., Vienna. Class continues on Jan. 19, 26 and March 1, 8 and 15. Participants will perform in-class exercises that will provide guidance for deepening original drafts. Writers are encouraged to share works-in-progress for further feedback. \$70-\$87.50. Register at 703-255-6360 or [www.viennava.gov](http://www.viennava.gov).

**Shepherd's Center of Oakton-Vienna Open House.** 10 a.m.-12 p.m. 541 Marshall Road S.W., Vienna. Register for Adventures in Learning enrichment classes. Tai Chi, bridge, Health and Wellness, book and essay group discussions, Musical Review, American History 1940-1959 and more. \$40. 703-281-0538 or [www.scov.org](http://www.scov.org).

## SATURDAY/JAN. 14

**Brinker Toastmasters.** 9:30 a.m. at Vienna Presbyterian Church, 124 Park St. N.E., Vienna. Meets second and fourth Saturday of the month. [brinker.wordpress.com](http://brinker.wordpress.com).

**"Snacks and Appetizers of India" Cooking Class.** 10 a.m. Vienna Community Center, 120 Cherry St., S.E., Vienna. Learn how to cook authentic Indian cuisine. \$40-\$50. Register at 703-255-6360 or [www.viennava.gov](http://www.viennava.gov).

**Chronic Pain: Alternative Emotional Coping Strategies.** 10

a.m. Vienna Presbyterian Church, 124 Park St., N.E., Vienna. Learn to control your response to chronic pain. \$25-35. 703-281-4928, ext. 276.

### Avoiding Divorce Court I: How To Negotiate or Mediate a Property Settlement Agreement.

10 a.m. The Women's Center, 127 Park St., N.E., Vienna. Strategies and pitfalls to avoid and a general discussion of the issues commonly addressed in an agreement, from property to support and custody. Program fee may be applied to an initial mediation session. \$30-\$70. 703-281-4928, ext. 276.

## TUESDAY/JAN. 17

**Five Hills Garden Club.** 10 a.m. Vienna Presbyterian Church, 124 Park St., Vienna. Meets third Tuesday of every month. 703-988-9324 or [mariansanders@cox.net](mailto:mariansanders@cox.net).

**Match Your Head to Your Heart.** 7 p.m. The Women's Center, 127 Park St., N.E., Vienna. Explore the factors that will help identify your strengths, consider your interests, and choose an industry and position where you can put the word "passion" back into your career plans. \$25-\$35. 703-281-4928, ext. 276.

## WEDNESDAY/JAN. 18

**Financial Peace University.** 7 p.m. Vienna Presbyterian Church, 124 Park St. N.E., Vienna. Get control of your money with author Dave Ramsey. Thirteen week course. Register at [www.bridgepointconnections.org/financialpeace](http://www.bridgepointconnections.org/financialpeace) or [www.viennapres.org/financialpeace](http://www.viennapres.org/financialpeace). [www.daveramsey.com](http://www.daveramsey.com).

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# OPINION

## Tune in to General Assembly

Republicans control House of Delegates and Senate; Senate has served as roadblock to many things passed by the House in the past.

The newly configured Virginia General Assembly has begun its work in Richmond, convening on Jan. 11.

By Valentine's Day, the Senate and the House will be done with their own legislation and will be considering only legislation already passed by the other chamber. In previous years, this is where the legislation passed by the Republican-controlled House often met its demise in the committees of the Democratic-controlled Senate, but this year is different.

With 20 Democrats and 20 Republicans making up the Senate, and Republican Lt. Gov. Bill Bolling able to cast the tie-breaking vote on

many issues, plus a Republican governor to sign bills passed, this year is likely to have a somewhat different flavor and outcome than sessions past.

If everything goes smoothly passing the budget and Congressional redistricting (what could go wrong?), the session will adjourn on March 10.

Some things to watch: As the Governor seeks to increase money for transportation without raising taxes, the proposed budget will reduce money for K-12 education and social services. More conservative legislation, including concerning abortion and guns, is likely to emerge. The Governor's proposals to reduce regulation will likely move freely through the assembly.

Northern Virginia residents expressed their concerns at a hearing before the Fairfax County delegation to the General Assembly last Saturday, Jan. 7. About 60 people spoke, many about the need for continuing funding for social services, help for people with disabilities, treatment for people struggling with substance abuse, and more.

Chances are excellent that the senator and delegate representing you have changed since last year because of redistricting, elections and

the retirements of several long-time representatives. New districts snake, rattle and roll around Northern Virginia in a way that makes it impossible to say simple things, like, if you live in Arlington, your senator is so-and-so. Unfortunately, if you live in Arlington or Alexandria, your senator could be one of three people. If you live in Fairfax County, it's also impossible to describe simply. You need to look it up.

The good news is that the General Assembly website is relatively user-friendly. Visit [http://legis.virginia.gov/1\\_cit\\_guide/contacting\\_my.html](http://legis.virginia.gov/1_cit_guide/contacting_my.html) to look up who your legislators are, and how to contact them. You can also track particular legislation that interests you, or browse some of the thousands of bills that have been introduced by topic.

General Assembly website: <http://legis.state.va.us/>

Follow the Virginia Senate on Twitter, @vasen and the Virginia House of Delegates on Twitter @vahouse

- MARY KIMM,

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## It's Not About The Water

BY J. CHAP PETERSEN  
STATE SEN. (D-34)

Fairfax County residents on average pay \$5,000 a year in real property taxes, one of the highest amounts in Virginia. The reason for the cost is the excellent quality of County schools and the high demand for County services.

By contrast, County residents pay about \$250 a year for water, one of the lowest rates in Virginia. The lowest rates of all belong to the customers of Fairfax Water, the County's own water system. The reason is twofold: Fairfax Water spreads its costs over an enormous customer base, and it enjoys supplemental revenue from expensive "hook-up" fees from new construction.

By historic circumstance, not all County residents are customers of Fairfax Water. Nor do they have access to its pipes. Indeed, throughout the County, there are "independent" systems constructed before the advent of Fairfax Water. Most of these are municipal systems (Fairfax City, Herndon, Vienna, Falls Church), which were built right after World War II when the County was still reliant on well water.

When Fairfax rapidly expanded between 1960 and 1990, new County neighborhoods were con-



State Sen. Chap Petersen (D-34)

structed just outside these towns and cities. By agreement, the existing independent systems expanded to serve the new residents. As a result, the independent water systems serve thousands of residents outside their own borders, where Fairfax Water does not provide service.

Because the independent systems have fewer users than Fairfax Water and minimal hook-up revenue, their rates are marginally higher (about \$6 a month). The average cost for the County homeowner on independent water is still below \$400/year - well below the statewide average.

This has been the status quo for about fifty years with minimal attention or dissension.

Then things go interesting. In 2009, Fairfax Water sued the City of Falls Church for transferring the "surplus" from its water service fund over to the City's General

Fund. Since that surplus was largely paid by County residents (who don't vote in Falls Church), the Fairfax County Circuit Court found that transfer to be an illegal tax.

The Court issued an injunction against Falls Church forbidding the transfer and confirming that water revenues must be held in the water fund. It did not order refunds for the simple reason that not a single County homeowner had joined the lawsuit or claimed damages.

The 2009 litigation solely impacted Falls Church and its customers. There was no litigation with Fairfax City, Vienna or Herndon. Nor has there been any claim that these localities are operating their water service on a "for profit" basis. (Note: I served on Fairfax City Council from 1998-2001 and the water system was a separately managed fund to which we had no access).

Fast forward to 2011...

In December, the County Board of Supervisors passed an ordinance which unilaterally set a "County-wide" water rate (i.e. the Fairfax Water rate) and required the independents to "justify" their higher prices.

With all due respect to my friends on the County Board, the new ordinance is a nullity for several reasons:

1. under Section 15.2-2143 of the State Code, the County lacks legal authority to "regulate" a water system which it did not build and does not own;

2. that same state law already requires that all water and sewer rates be "fair and reasonable," i.e. based on the cost of service;

3. it is an obvious conflict of interest to have Fairfax Water, a competitor, supervising the independent systems and deciding what costs they can recover.

In actuality, the current water/sewer system in northern Virginia works well. It is simple, reliable and relatively inexpensive for all users, especially compared to statewide rates. It also provides backup water from multiple sources. When the system is abused, there is immediate access to the Circuit Court and a long line of state cases, which justify a Court's injunction.

With this new ordinance, there is a "chilling effect" on new infrastructure necessary to serve the customers outside the scope of Fairfax Water. There's also a question of enforcement. If the smaller municipality doesn't comply with the ordinance, what will the County do? Invade?

Fairfax Water has made great strides in the past fifty years. It does a great job and County resi-

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Vienna & Oakton  
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## December DWI Arrests Up 12 Percent

Fairfax County Police officers arrested 358 drunk drivers as part of their Safe December 2011 efforts. Of those arrested the vast majority (150) were young adults between the ages of 21 and 29. Further analysis shows that 28 were between 15 and 20 years old, 82 were 30-39, 55 were 40-49 and 43 were 50 or older.

"Despite all our Safe December education and enforcement efforts, hundreds of drivers chose to drink and drive in Fairfax County, presenting an unacceptable safety risk to us all. Clearly, impaired driving remains a threat and our officers will continue to aggressively pursue violators," said Captain Susan Culin, Commander of the Fairfax County Traffic Division.

## Town Budget Receives Award

For the 18th consecutive year, the Town of Vienna has received the Distinguished Budget Presentation Award from the Government Finance Officers Association (GFOA) of the United States and Canada. This award, for the fiscal year 2011-2012 budget, is the highest form of recognition for governmental budgeting.

In order to receive the award, a jurisdiction must satisfy nationally recognized guidelines for effective budget presentation. These guidelines are designed to assess how well a government's budget serves as a policy document, a financial plan, an operations guide and a communications device. Budget documents must be rated "proficient" in all of these categories to receive the award.

Vienna's Administrative Services Director, Nancy E. McMahon, received a Certificate of Recognition for Budget Presentation as the individual primarily responsible for achieving the award.

Copies of Vienna's budget are available for public review online at [www.viennava.gov](http://www.viennava.gov) or at Town Hall, 127 Center Street.

## Applications Accepted For Magnet Schools

Fairfax County Public Schools (FCPS) is currently accepting applications for its elementary magnet school programs for students entering kindergarten through grade 4 for Bailey's Elementary School for the Arts and Sciences and for students entering kindergarten through grade 6 for Hunters Woods Elementary School for the Arts and Sciences for 2012-13.

Selection for available magnet school spaces is based on a lottery. To be eligible for the magnet school lottery, students must be working at or above grade level in language arts and math and must demonstrate positive interpersonal and school behaviors. Students entering kindergarten should have attended preschool during the 2011-12 school year. An information night will be held for families interested in the elementary magnet school program at Bailey's on Thursday, Feb. 9 at 7 p.m. at the school; the snow date is Feb. 16. An information night will be held for families interested in the elementary magnet school program at Hunters Woods on Tuesday, Feb. 7 at 7 p.m. at the school; the snow date is Feb. 15.

More information about both programs, including online application forms, is available at <http://www.fcps.edu/is/magnetschools/index.shtml>.

Applications must be postmarked by Monday, March 1, and submitted to the Magnet Program at Fairfax County Public Schools, Fairfax Ridge, 3877 Fairfax Ridge Rd., Mail Stop #9, Fairfax, VA 22030.

For more information, contact Debbie Jones at [dljones1@fcps.edu](mailto:dljones1@fcps.edu) or phone: 571-423-4652.

## Not About The Water

FROM PAGE 6

dents are the beneficiaries. It also has enormous built-in advantages, which allows it to offer the lowest rates, albeit a few dollars a month.

There may be a time for the parties, by agreement, to consolidate their services so that cost efficiencies can be spread around. Even then, the savings would be marginal, about the price of a monthly Happy Meal. The resulting consolidation would be a true water mo-

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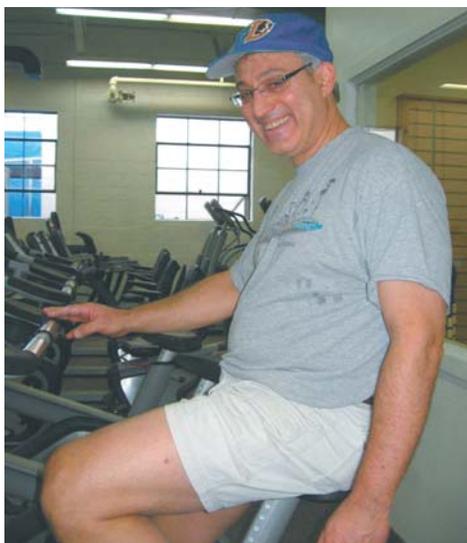
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## HEALTH



**Vic Serveiss, Vienna, joined Evolution Health and Fitness club shortly after the club opened 12 years ago. His wife says Vic loves food and needs to exercise to stay fit.**



**Vienna Registered dietician Judy Caplan counsels clients, most of whom are physician-referred, on healthier eating habits.**



**Mark Lander, whose degrees are in exercise science, owns and operates Evolution Health and Fitness in Vienna.**

## Tips for a Healthier Lifestyle

Mark Lander offers these suggestions for introducing a healthier lifestyle into your life:

❖ Identify your roadblocks, your barriers. What has stopped you from succeeding before? Once we know your roadblocks, we can help you get around them. I'm not one about cutting things out. I'm about finding acceptable alternatives to your unhealthy habits.

❖ You need to invest enough time in yourself to be successful, and two to three times a week won't do it. The frequency of exercise, activity, is very important. As we age, we lose our conditioning at a much faster rate.

❖ Treat exercise like brushing your teeth. Do something active daily.

❖ If you're trying to lose weight, don't drink your calories. Liquids don't fill you up. Eat something that stays with you.

❖ Eat in reverse. It's more effective to eat your biggest meal in the morning when the body needs the food to be active for the day.

❖ Try to limit or reduce the type of foods that have no value to them. It's a balancing act.

❖ Know what your healthy snack options are before the hunger bug hits you and you go for the bad things or whatever is available.

# Kicking Off a Healthy New Year

## Local experts weigh in on fitness and better health.

BY DONNA MANZ  
THE CONNECTION

It's that time of year when people make resolutions ... not necessarily plans, mind you, but resolutions. And Vienna experts say that a resolution without a plan, without a strategy to succeed, is not likely to work well. You want to lose weight? Well, then, what are your behavior changes? You might want to drop double-cheeseburgers from your daily diet. High blood pressure? Salty potato chips don't rate as an acceptable snack for you, in that case.

Area specialists give suggestions to help you kick-start a healthier new year.

"Everyone who wants to improve their health has to find his 'purpose' first," said Evolution Health and Fitness owner, Mark Lander.

When a prospective Evolution member walks into the fitness club on Dominion Road, the first thing Lander asks that client is, "Why now? Why do you believe today is the day to improve?"

"I can't motivate you to do something about your health," Lander said. "I can give you the tools. I can support your efforts. I can make you want to show up here. But if you really want to change your lifestyle, you are going to have to make a lifetime commitment to taking care of yourself."

Accordingly, Lander stressed the importance of identifying one's goals and motivation. "It's not enough to say, 'I want to lose weight,' or 'I want to run a marathon,'" said Lander. "What are you willing to do to achieve your goals?"

Lander himself is a role model for Evolution members. He's 50 and is performing

his 25th Ironman Triathlon this year.

Lander got his undergraduate and master's degrees in kinesiology, inspired to dedicate his professional and personal life to better health through exercise after the early death of his father from heart disease.

**A GYMNAST** in college, Lander weighs the same weight today as he did in his twenties. He knew as a young man, when his father died while Lander was in college, that heart disease was a killer problem in his family. His father's brothers died of cardiac disease at middle age themselves. Lander's graduate degree emphasized cardiac rehabilitation and many of his clients are referred to Lander by their doctors. Evolution has members who have been with the club since its beginning 12 years ago this past December.

"I like to work out," said Evolution member Vic Serveiss, who joined the club a month after it opened. "You feel better when you work out, exercise. It's good for your health."

Serveiss's wife adds her own opinion of Vic's exercise program. "He likes food, he loves to eat, so he needs to exercise," said Betsy Serveiss.

The club has everything Serveiss needs, including proximity to his home, making his visits there convenient. "They're very nice, very friendly. It's fun seeing other members."

As a health club owner, a kinesiologist and professionally qualified trainer, Lander has met with clients and patients with a myriad of health issues, and he knows when to refer clients for specialty resources.

Members who need detailed nutrition direction are referred to Vienna registered dietician Judy Caplan.

Caplan, spokesperson for the Academy of Nutrition and Dietetics, and married to a cardiologist, practices from her office on Park Street.

Approximately 70 percent of Caplan's clients are physician-referred.

About half of Caplan's clients consult her about losing weight and getting healthier. Usually, the goals go hand-in-hand. "They want to get the weight off in a healthy way," said Caplan. "They want to adopt a healthier lifestyle."

Caplan and Lander share common perspectives on good health, fitness and nutrition.

"If you don't have the commitment and desire, the motivation, nothing is going to work," said Caplan.

**AN OPTIMAL DIET** includes three servings of fruit and five servings of vegetables daily. A serving of vegetables is one half cup raw, one cup cooked. A serving of banana is a half of banana.

Contending that Americans tend to eat too much protein, Caplan explained that you do not need a large quantity of protein at every meal to ensure healthy consumption. She recommends eating animal protein no more than three to four times a week with no processed meats included. The remainder of protein consumption should be in the form of beans, tofu, seeds and nuts. "You want some healthy fats in your diet," said Caplan. She notes that a "serving" of nuts, such as almonds, is about six nuts.

Whole fruit is preferable to fruit juices, unless the juice is part of a healthful breakfast smoothie.

"Start your healthy eating plan by eating more wholesome natural foods, but not eating too much. Eat until you're satiated but not beyond that. And exercise regularly."

Licensed clinical psychologist Dr. Julie Galton, practicing with the Women's Center in Vienna, and in private practice in Oakton, agrees that "small" steps are a foundation for achieving long-term goals that enhance our physical and mental states.

"First, we start off by accepting that where we are is where we are," said Galton. "No sense imagining or believing we're somewhere else. We're starting from here and

now."

Galton described three steps that promote acceptance of condition or circumstances. "We get to acceptance by practicing being mindful, mindfulness itself is a three-legged stool," said Galton. The first part of mindfulness is focusing, paying attention intentionally. The second part is paying attention to the present moment, which, for most people is a mere three seconds. The final element of the triad is not to judge ourselves.

"Where do we go from here," is where the action plan takes root. "What do I want in my life is what you ask yourself, not what you don't want. Think of it in positive terms."

Rather than setting absolute goals, set relative goals, Galton said. Instead of telling yourself you will stop smoking, tell yourself you will reduce the number of cigarettes you smoke. Instead of an inactive person setting a goal of running a marathon, start off by setting a goal to run more than he does currently.

Galton recommends asking yourself if what you are about to do is consistent with what you want in your life. "It's about a change of attitude, intention."

Meditation and yoga are effective tools for creating mindfulness. And meditation need not involve sitting on a mountaintop, chanting, Galton said. Just like physical health, reconditioning mental health starts with small steps. Be mindful, focused, for a few minutes, at first. "What people need to understand is you have to start somewhere. Be accepting of your effort."

"Sometimes, we struggle to do even the baby steps," said Galton. "Sometimes, then, it's appropriate to seek the help of a professional whose job it is to help you figure out where you want to go and how to get there."

**WHOLE FOODS OF VIENNA** presents workshops throughout the year on nutrition and healthy cooking, many aimed at

SEE EXPERTS, PAGE 9

# HEALTH

## Experts Promote Healthy Habits

FROM PAGE 8

children's eating habits. Elementary school-aged children can make their own salads in an interactive workshop popular with local families.

On Jan. 3, Whole Foods launched a four-week program on healthy eating and fitness called Health Start Here. At each evening presentation, a local specialist examines a healthy lifestyle topic, followed by a cooking demonstration. The final meeting includes a celebration dinner. For 28 days, no alcohol, no coffee, no dairy products, no added oils or sugars, and no processed foods. The store's public relations coordinator, Katie Wolffe – in the four-week challenge herself – said that all participants in the previous challenge lost some weight.

Most of the participants present at the launch appeared trim at the outset, and many already were engaged in fitness programs. They were not intimidated by the food restrictions, either. Nobody raised a hand when the store's healthy eating specialist, Barclay Todd, asked if anyone wanted to leave.

"I came to learn more-effective eating habits," said Frankie Gibson, Oakton, a yoga pupil who shops at Whole Foods regularly. "I don't eat red meat. I'm always open to new ideas to do a better job of trying to maintain good health."

Over at Evolution, Lander and other trainers are working with members, signing up new ones, but mindful that a small club has benefits a larger one does not. Lander and the staff know members by name, know their goals.

"I don't want an environment where sales people sign up as many members as they can, hoping they all won't use their membership." In fact, it's trainers who are signing up members and Lander himself who does the initial evaluations of each member. The trainers are all college-educated and knowledgeable about exercise physiology.

Lander emphasized that he wants his members to come to the club every day, to use it, to improve their health and fitness. If they do that, their membership has value.

"The bottom line is you've got to be in it for the long haul," said Lander. "You constantly have to be working on your health. That's why I called the club Evolution."

"We're all evolving, getting older. You're the one who decides the direction you'll go in."



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# Home Organization for the New Year



PHOTO COURTESY OF SUSAN UNGER  
**Vienna-based organizer Susan Unger says drawer dividers, clear plastic bins and non-slip hangers are tools for creating and maintaining an organized home.**



PHOTO BY EILEEN LAGRECA  
**Eileen LaGreca, an organizer based in Fairfax, says that once you clear out a closet, visualize how the space will be used before re-stocking it.**

Simple solutions for achieving and maintaining an organized home.

BY MARILYN CAMPBELL  
THE CONNECTION

**T**he holiday season is now a festive memory, and Yuletide decorations are packed away. The New Year offers an opportunity for a fresh start and a chance to get organized.

For some, the thought of sifting through unruly closets, disheveled desk drawers and messy cabinets is overwhelming. But experts say clearing out a clutter conundrum can actually bring serenity.

"Organizing is good for the mind and emotions," said Margaret Buco, owner of Organizing-by-Margaret in Potomac. "When a home is organized, stress and chaos are lessened and are replaced by efficiency and freedom."

When faced with linen closets that hold everything from batteries to extension cords, and kitchen

drawers that are home to items ranging from hammers to toothpaste, it is difficult to know where to start. Local professional organizers say there are simple steps to home organization and believe it is wise to work incrementally.

"The best thing to do is begin with your most difficult area and break your project down into small pieces so it is not overwhelming," said Sally Reinholdt of Closets 911 in Alexandria.

**DECIDE** which organizational hotspots cause the most angst and tackle those first. "Let's say it is the closet," said Potomac-based organizer Nancy Atkinson Patch of Not-A-Problem. "Pull everything out and then take a good look at the space."

Once the space is empty, start to visualize the possibilities.

"Go into a room or space and really daydream about what you



want that room to be," said Eileen LaGreca, owner of Sensational Spaces in Fairfax. "What is its function? How do you use it? Then plan what you want to have happen in

that space."

Next, divide the contents of the room into categories. "Set up a sorting station," said Atkinson Patch. "Get everything in one spot,

**Susan Unger, a Vienna-based organizer, says that an organized home creates serenity.**

and then start grouping so you can get a handle on what it is you're dealing with." Belongings should fall into three categories: those to keep, those to

donate and those to discard. Experts say be ruthless. "This is an excellent quality to have when you are organizing," said Atkinson Patch. "Look at the items and ask, 'Have I used this in five years?' If the answer is no, it is time for the item to go bye-bye. Hang trash bags on the door knobs while you're organizing."

Create specific spaces for each object. "There is a saying: 'A place for everything and everything in its place.' Buy appropriate storage containers and label them," said Atkinson Patch. "Then think in departments. Group similar items in one place, put them in a container and call it a department. For example, the extension cords go in the electrical department. Hammers go in the tool department. Needles and thread go in the sewing department."

As you sort, you might find multiples. "Once I had a client who started organizing and discovered that she had 12 staplers because



PHOTOS BY MARILYN CAMPBELL/THE CONNECTION



**One of the keys to organization is creating specific spaces for household items.**

SEE ORGANIZED. PAGE 13

**"Go into a room or space and really daydream about what you want that room to be."**

- Eileen LaGreca, Sensational Spaces, Fairfax

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**13** 3423 Tilton Valley Drive, Fairfax — \$1,547,850



**16** 3178 Mary Etta Lane, Herndon — \$1,620,000



**19** 2555 Vale Ridge Court, Oakton — \$3,200,000

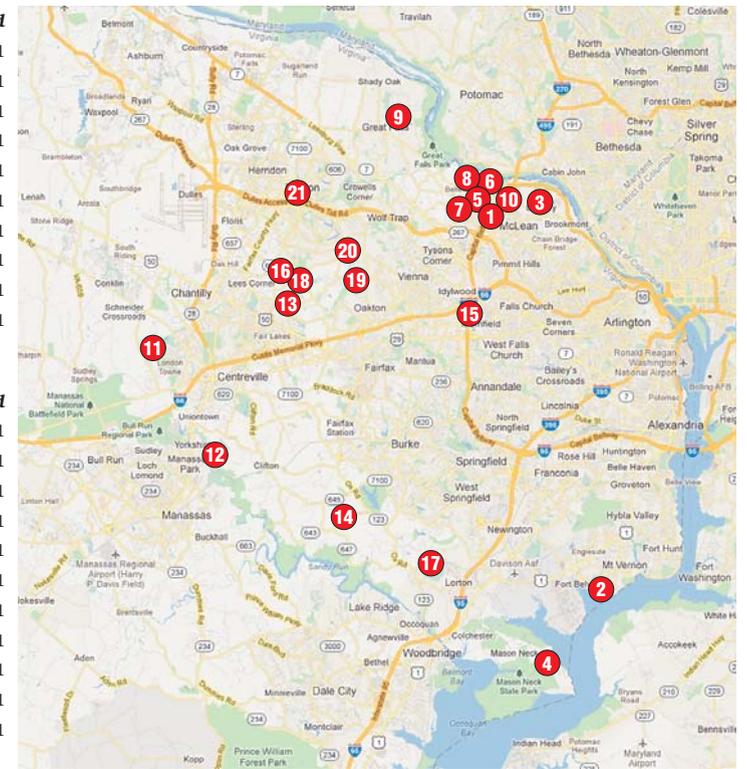
### THE TOP TEN

Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	Postal Code	Subdivision	Date Sold
1210 MOTTROM DR	6	7	0	MCLEAN	\$8,600,000	Detached	2.00	22101	ELMWOOD ESTATES	11/01/11
9500 FERRY LANDING CT	6	5	1	MOUNT VERNON	\$8,260,000	Detached	11.75	22309	FERRY LANDING	08/04/11
903 TURKEY RUN RD	6	7	2	MCLEAN	\$7,501,310	Detached	1.00	22101	TURKEY RUN	10/27/11
11201 GUNSTON RD	6	8	2	MASON NECK	\$6,100,000	Detached	5.13	22079	STONE MANOR ON THE POTOMAC	09/01/11
1012 FOUNDERS RIDGE LN	6	8	3	MCLEAN	\$5,975,000	Detached	0.85	22102	THE RESERVE	06/06/11
7712 GEORGETOWN PIKE	6	8	2	MCLEAN	\$5,004,000	Detached	2.61	22102	RIVINUS	06/01/11
1043 FOUNDERS RIDGE LN	6	6	3	MCLEAN	\$4,950,000	Detached	1.08	22102	THE RESERVE	06/23/11
7853 LANGLEY RIDGE RD	8	10	2	MCLEAN	\$4,250,000	Detached	5.21	22102	8000 GEORGETOWN PIKE	04/28/11
540 INNSBRUCK AVE	5	6	1	GREAT FALLS	\$3,800,000	Detached	6.17	22066	INNSBRUCK	06/01/11
7017 BENJAMIN ST	5	5	2	MCLEAN	\$3,518,814	Detached	1.26	22101	LANGLEY FOREST	01/12/11

### SOME OTHER TOP SALES IN FAIRFAX COUNTY

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13761 BALMORAL GREENS AVE	5	4	1	CLIFTON	\$2,225,000	Detached	7.98	20124	BALMORAL GREENS	05/25/11
3423 TILTON VALLEY DR	5	5	1	FAIRFAX	\$1,547,850	Detached	2.04	22033	TADDEO ESTATES	07/22/11
11102 DEVEREUX STATION LN	7	7	2	FAIRFAX STATION	\$1,600,000	Detached	5.00	22039	DEVEREUX STATION	09/16/11
7927 SHREVE RD	0	0	0	FALLS CHURCH	\$1,625,000	Detached	2.10	22043	FALLS PLACE	07/15/11
3178 MARY ETTA LN	4	5	2	HERNDON	\$1,620,000	Detached	0.85	20171	SHADETREE ESTATES	08/03/11
8932 KHALSA CT	5	4	1	LORTON	\$1,095,574	Detached	0.83	22079	YORKSHIRE	11/09/11
3182 MARY ETTA LN	7	7	2	OAK HILL	\$1,682,000	Detached	0.83	20171	SHADETREE ESTATES	08/22/11
2555 VALE RIDGE CT	5	7	2	OAKTON	\$3,200,000	Detached	1.74	22124	BLACKSTONE AT VALE RIDGE	06/30/11
11990 MARKET ST #2112	2	3	1	RESTON	\$2,700,000	Hi-Rise 9+ Floors		20190	MIDTOWN AT RESTON TOWN	10/04/11
2124 POLO POINTE DR	7	6	1	VIENNA	\$2,585,000	Detached	5.00	22181	POLO PLACE	08/15/11

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# Organized in a New Year

FROM PAGE 11

when she couldn't find one she would go out and buy another one," said Susan Unger, an organizer and owner of Clutter SOS in Vienna.

Work gradually until a home or space is organized. "Do it in small, manageable chunks," said Jody Al-Saigh, owner of Picture Perfect Organizing in Arlington. "Perhaps 15 or 20 minutes per day and perhaps one day out of the week. Make manageable goals that you can achieve because you are going to get frustrated if you don't. If you can't do a whole room in one day, maybe do a drawer one day and another one the next day until the room is finished."

**ORGANIZERS** say resist the urge to purchase organizing tools until you assess your needs. "First start by using things you already own before buying new things," said Buco.

Drawer dividers, non-slip hangers and clear plastic containers are among organizers' top weapons in the battle against chaos.

"[One] client had a lot of necklaces and bracelets that she never wore because they were in a drawer and she couldn't see them," said Unger. "I found these great Lucite jewelry hangers that we attached to her closet, and now she sees them and wears them all the time."

"One main organizational problem is a lot of junk drawers," said Atkinson Patch. "Everybody has them. They hold everything from bills to throat lozenges. You're allowed to have one junk drawer in your house. Put everything else in the proper place."

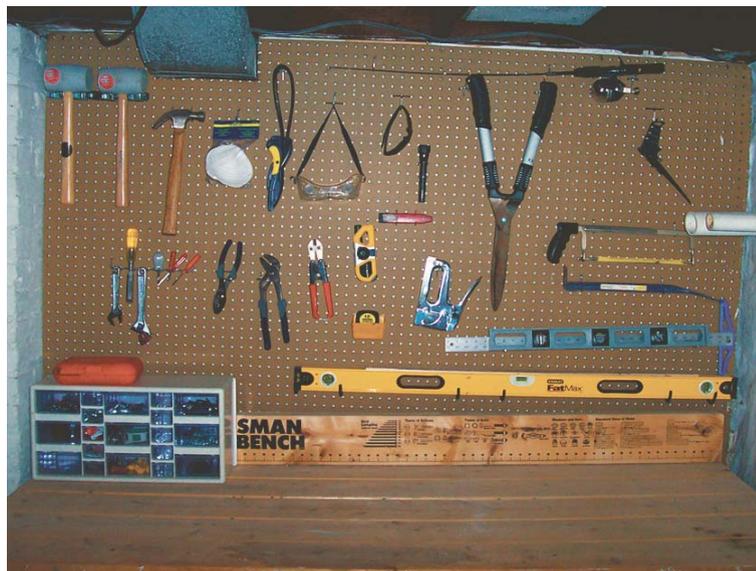
Another source of clutter is unsorted mail. "Stand next to the trashcan and go through the mail when you first get it," said Atkinson Patch. "Throw out or recycle things you know you don't want or need. Ask yourself, 'Do I have money to give to this charity right now?' If the answer is no, throw it in the trash. You don't need to save these things. You can go online to give to charity and order from catalogs."

To help eliminate excess paper, scan documents and store them electronically whenever possible. "For important things like passports and birth certificates get a



Some shelving and clean bins transform a basement.

PHOTOS BY MARILYN CAMPBELL/THE CONNECTION



Applying organizational strategies puts these tools in easy — and visible — reach for this workbench.

fireproof box so you can keep them safe and access them quickly," said Buco.

With the proper organizational gadgets, crowded closets become more spacious. "One way to make more room in closets [is to buy] hangers with several clips so you can hang multiple clothing items on one hanger and use your lateral space more efficiently," said Reinholdt. "You can piggyback your hangers and hang maybe four or five things in the same space. I am also big on using over-the-door shoe pockets for not only shoes but for storing all kinds of things like scarves, jewelry [and] small items like socks and underwear."

When organizing a child's space, techniques such as labeling containers with pictures instead of words makes it easier for young children to put belongings in the proper space. "If there is a bin for blocks, put a picture of blocks on the front," said Buco. "Keep like items together. Dolls with dolls, crayons with crayons."

Buco organized the playroom in her grandchildren's Centreville home using the same tools that she

uses for adult spaces. "What is important for children is that they can see everything clearly and that everything is in arms reach," she said.

Take inventory of children's spaces quarterly. "Go through playrooms and children's bedrooms four times each year to organize and assess toys and clothing," said Buco.

Once a home is tidy and everything is in its proper place, what is the secret for keeping it that way? Experts say it takes discipline. "There is a maintenance routine where for 10 minutes every day you go around your house and put things back where they belong," said LaGreca.

The "one in, one out" rule is golden in the world of organization. "If you're buying something new, that might mean getting rid of something else to make room for it," said Al-Saigh. "When you buy something, you need to be thinking first about where it is going to go in your home. If an item doesn't have a home, it should not be coming into your home."

## OPEN HOUSES SATURDAY/SUNDAY, JANUARY 14 & 15



9960 Vale Road, Vienna • \$1,075,000  
Open Sunday 2-4 • Donna Henshaw,  
Avery-Hess, 703-801-9000

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



Call Specific Agents to Confirm Dates & Times.



### Fairfax Station

5921 One Penny Dr.....\$485,000....Sun 1-4.....Marguerite Roland.....RE/MAX..703-577-4538  
7514 Wilderness Way.....\$830,000....Sun 1-4.....Marguerite Roland.....RE/MAX..703-577-4538  
9524 Oak Stream Ct.....\$559,900....Sun 1-4.....Dan Mleziva.....RE/MAX..703-380-9915

### Great Falls

11769 Hollywood Dr.....Call Agent....Sun 1-4.....Glynis Canto.....Keller Williams..703-395 2355  
9123 Maria Ave.....\$1,425,000....Sun 1-4.....Dianne Van Volkenburg...Long and Foster...703 980 4553

### Herndon

11668 Gilman Ln.....\$749,900....Sun 1-4.....Jacqueline McMahon.....Long & Foster..571-722-2601  
12124 Eddyspark Dr.....\$499,000....Sun 1-4.....Scott Pearson...RE/MAX Allegiance..703-795-4146  
13373 Hungerford Pl.....\$244,900....Sun 1-3.....Jodi Spelbring.....Century 21..703-790-1850

### Kingstowne/Alexandria

6050 Estates Dr.....\$459,900....Sun 1-4..Tracy Jones/Dee Dee Phillips.....Acquire..703-690-1174

### Leesburg

18944 Woodburn Rd.....\$489,900....Sun 1-4.....George Azzouz.....Samson Props..703-728-0843

### McLean

4054 41st St, N.....\$1,410,000....Sun 1-4.....Heather Bennett.....RE/MAX..703-508-5442

### Potomac Falls

20603 Cutwater Pl.....\$539,900....Sun 1-4...Cathy & John McCambridge.....Samson Props..703-906-7067

### Reston

1830 Fountain Drive #304...\$679,900....Sun 1-4.....Min & Jimmy O'Burns.....Long & Foster..703-437-6110  
2070 Cobblestone Ln.....\$525,000....Sun 1-4.....Stephanie Randall.....Long & Foster..703-989-4577

### South Riding

25725 Howerton Dr.....\$709,000....Sun 1-4.....George Azzouz.....Samson Props..703-728-0843

### Springfield

8301 Covington Woods Ct...\$849,900....Sun 1-4.....Patrick Kessler.....Keller Williams..703-405-6540  
8305 Covington Woods Ct...\$849,900....Sun 1-4.....Leah Bradshaw.....Keller Williams..703-282-7740

### Sterling

20295 Water Mark Pl.....\$900,000....Sun 1-4.....Sheila Cooper.....Weichert..703-759-6300  
20451 Swecker Farm Pl.....\$560,000....Sun 1-4.....Dina Azzam.....Re/Max..703-547-1449  
20626 Bridgeport Ct.....\$599,000....Sun 1-4.....Sheila Cooper.....Weichert..703-759-6300

### Vienna

1014 Aponi Rd, SE.....\$1,359,000....Sat 1-4.....Fariba Ferdowsi.....Weichert..703-893-1500  
825 Ninovan Rd.....\$429,000....Sun 12-3.....Jamil Mourtaza.....Weichert..703-472-3819  
9960 Vale Rd.....\$1,075,000....Sun 2-4.....Donna Henshaw.....Avery-Hess..703-801-9000  
9203 Talisman Dr.....\$624,999....Sun 1-4.....Dianne Van Volkenburg...Long and Foster..703-980-4553

### Woodbridge

1410 F St.....\$419,900....Sun 1-4.....Tim Crews/Patrick Kessler.....Keller Williams..703-288-2339

To add your FREE Realtor represented  
Open House to these weekly listings,  
please contact Don Park  
at 703-778-9420, or  
[donpark@connectionnewspapers.com](mailto:donpark@connectionnewspapers.com)  
All listings are due by Monday at 3 P.M.

9<sup>TH</sup> ANNUAL MCLEAN  
**MLK**  
 DAY CELEBRATION

Embrace the Dream  
 Celebrating our youth  
 of tomorrow

Sunday, Jan. 15  
 3-5 p.m.



\$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



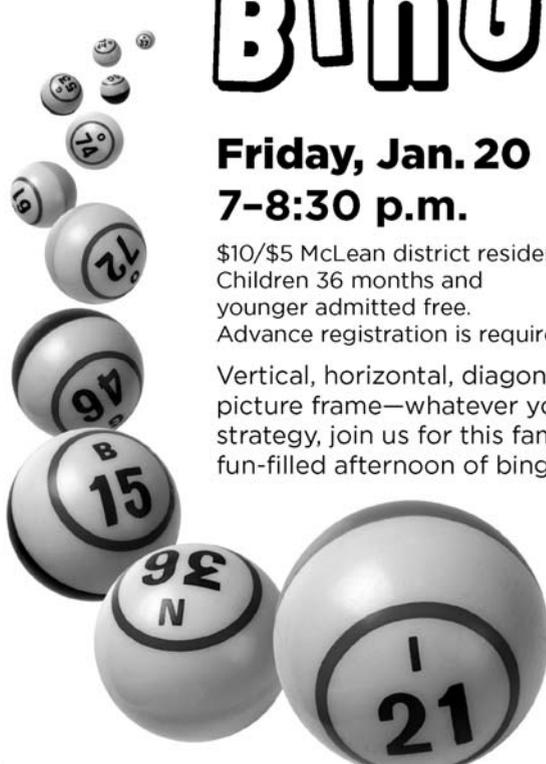
To register or for more detailed information,  
 visit [www.mcleancenter.org/special-events](http://www.mcleancenter.org/special-events).

**FAMILY FUN  
 BINGO**

Friday, Jan. 20  
 7-8:30 p.m.

\$10/\$5 McLean district residents  
 Children 36 months and  
 younger admitted free.  
 Advance registration is required.

Vertical, horizontal, diagonal or  
 picture frame—whatever your  
 strategy, join us for this family  
 fun-filled afternoon of bingo!



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



ENTERTAINMENT

Send announcements to  
[vienna@connectionnewspapers.com](mailto:vienna@connectionnewspapers.com).  
 Deadline is Thursday for the following  
 week's paper. Photos/artwork encour-  
 aged. For additional listings, visit  
[www.connectionnewspapers.com](http://www.connectionnewspapers.com)

THURSDAY/JAN. 12

**One-on-One Computer Tutoring.** 2  
 p.m. Oakton Library, 10304  
 Lynnhaven Place, Oakton. Learn the  
 basics of the Internet, Word and  
 Excel. Call for appointment. Adults.  
 703-242-4020.

**eBook/eReader Instruction.** 7:30  
 p.m. Oakton Library, 10304  
 Lynnhaven Place, Oakton. Learn  
 about library eBooks and how to  
 access them with your compatible  
 device. Call for appointment. Adults.  
 703-242-4020.

**Toddler Time.** 10:30 a.m. City of  
 Fairfax Regional Library, 10360  
 North St., Fairfax. Stories, songs,  
 fingerplays and activities. Age 2-3  
 with adult. 703-293-6227.

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 in-  
 line skates (no scooters) and safety  
 equipment. Parents required to stay  
 with their children. 703-255-6360 or  
[www.viennava.gov](http://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.

**English Conversation Group.** 10  
 a.m. Patrick Henry Library, 101  
 Maple Ave. East, Vienna. English  
 conversation group. Adults. 703-938-  
 0405.

**Pokemon League.** 3 p.m. Patrick  
 Henry Library, 101 Maple Ave. East,  
 Vienna. Learn and play. Age 5-18.  
 703-938-0405.

**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 Ménestrel, Haydn's Cello  
 Concerto in C Major, and  
 Shostakovich's Symphony No. 11,  
 "The Year 1905." Free pre-concert  
 discussion for ticketholders at 7 p.m.  
 Tickets \$25-\$55.  
[info@fairfaxsymphony.org](mailto: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.nvnr.org](http://www.nvnr.org)  
 or 703-938-5157.

**Pat Sommers' Rock Shop.** 1:30 p.m.  
 Jammin' Java, 227 Maple Ave. E.,  
 Vienna. [www.jamminjava.com](http://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](http://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.

**Using Library eBooks and  
 eAudioBooks.** 10 a.m. Patrick  
 Henry Library, 101 Maple Ave. East,  
 Vienna. One-on-one instruction. Call  
 for appointment. Adults. 703-938-  
 0405.

**Movie Day at the Library.** 1 p.m.  
 Tysons-Pimmit Regional Library,



**"Boats at Capri" by Rita Bentley. The Vienna Arts Society  
 will exhibit "Small Works", ranging from abstract to  
 representational in a variety of media, through Jan. 28 at  
 the Vienna Arts Society Gallery in the Village Green, 513  
 Maple Ave., W, Vienna. Open Tuesdays-Saturdays 10 a.m.-  
 4 p.m. 703-319-3220 or [www.ViennaArtsSociety.org](http://www.ViennaArtsSociety.org).**

7584 Leesburg Pike, Falls Church.  
 Call for movie title. Adults. 703-790-  
 8088.

SUNDAY/JAN. 15

**Breakfast Buffet.** 8 a.m.-12 p.m.  
 Vienna American Legion, 330 Center  
 St. N., Vienna. Adults \$8, children  
 \$3. Omelets, scrambled eggs,  
 blueberry pancakes, bacon and more.  
 Open to the public. 703-938-6580.

TUESDAY/JAN. 17

**One-on-One Computer Tutoring.** 3  
 p.m. Oakton Library, 10304  
 Lynnhaven Place, Oakton. Learn the  
 basics of the Internet, Word and  
 Excel. Call for appointment. Adults.  
 703-242-4020.

**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.

**English Conversation Group.** 7 p.m.  
 City of Fairfax Regional Library,  
 10360 North St., Fairfax.  
 Conversation group for adults  
 learning English. 703-293-6227.

**Evening Book Discussion.** 7:30 p.m.  
 City of Fairfax Regional Library,  
 10360 North St., Fairfax. House of  
 Mirth by Edith Wharton. Adults. 703-  
 293-6227.

WEDNESDAY/JAN. 18

**International Guitar Night.** 8 p.m.  
 The Barns at Wolf Trap, 1635 Trap  
 Road, Vienna. Acoustic guitarists  
 Adrian Legg, Lulo Reinhardt, Marco  
 Pereira, and Brian Gore. \$25. 1-877-  
 965-3872 or [www.wolftrap.org](http://www.wolftrap.org).

**Toddler Tales.** 10:30 a.m. Oakton  
 Library, 10304 Lynnhaven Place,  
 Oakton. Stories and activities. Age 2-  
 3 with adult. 703-242-4020.

**Kittens and Mittens.** 10:30 a.m.  
 Dolley Madison Library, 1244 Oak  
 Ridge Ave., McLean. Stories and  
 activities. Age 2-3 with adult. 703-  
 356-0770.

**Book Discussion Group.** 10:30 a.m.  
 Great Falls Library, 9830 Georgetown

Pike, Great Falls. Call for title.  
 Adults. 703-757-8560.

**Toddlin' Twos.** 10:30 a.m. Patrick  
 Henry Library, 101 Maple Ave. East,  
 Vienna. Stories and songs. Age 2 with  
 adult. 703-938-0405.

**Hot Tips for Today's Job Market.** 1  
 p.m. Tysons-Pimmit Regional Library,  
 7584 Leesburg Pike, Falls Church.  
 Resume Writing, mastering the  
 interview process and how to expand  
 contacts and network. Adults. 703-  
 790-8088.

**Model Investment Club of  
 Northern Virginia.** 7 p.m. Tysons-  
 Pimmit Regional Library, 7584  
 Leesburg Pike, Falls Church. Learn  
 more about investing following an  
 investment club model. Adults. 703-  
 790-8088.

**Student Volunteer Training  
 Session.** 7 p.m. City of Fairfax  
 Regional Library, 10360 North St.,  
 Fairfax. Students receive training  
 from library staff and sign up for  
 volunteer hours. Age 12-15. 703-293-  
 6227.

THURSDAY/JAN. 19

**Vietnam Veterans of America, Inc.  
 Chapter 227.** 7:30 p.m. Neighbor's  
 Restaurant, 262D Cedar Lane, Cedar  
 Lane Shopping Center, Vienna.  
 Leonard Ignatowski will discuss the  
 road building of QL-20 in South  
 Vietnam and his return to QL-20 in  
 July 2011. The general public and all  
 veterans are invited. Free admission.  
 703-255-0353 or [www.vva227.org](http://www.vva227.org).

**One-on-One Computer Tutoring.** 2  
 p.m. Oakton Library, 10304  
 Lynnhaven Place, Oakton. Learn the  
 basics of the Internet, Word and  
 Excel. Call for an appointment.  
 Adults. 703-242-4020.

**Book Discussion.** 7 p.m. Oakton  
 Library, 10304 Lynnhaven Place,  
 Oakton. Skeletons of the Feast by  
 Christopher Bohjalian. Adults. 703-  
 242-4020.

**eBook/eReader Instruction.** 7:30  
 p.m. Oakton Library, 10304  
 Lynnhaven Place, Oakton. Learn  
 about library eBooks and how to  
 access them with your compatible  
 device. Call for appointment. Adults.  
 703-242-4020.

**Book Discussion Group.** 7:30 p.m.  
 Great Falls Library, 9830 Georgetown  
 Pike, Great Falls. Call for title.  
 Adults. 703-757-8560.

**Basic Workplace English.** 1 p.m.  
 Patrick Henry Library, 101 Maple  
 Ave. East, Vienna. Basic Workplace  
 English Class for beginning English  
 speakers. Classes meet Thursdays.  
 Call to register. 703-938-0405.

# FAITH

Faith Notes are for announcements and events in the faith community. Send to [vienna@connectionnewspapers.com](mailto:vienna@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](mailto:charleswesleyumc@verizon.net). [www.charleswesleyumc.org](http://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 Sun-

days 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](http://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](http://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](http://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](mailto: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](http://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](mailto: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](mailto: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](http://www.ViennaAG.com).

**Vienna Christian Healing Rooms**, every Saturday, 1-5 p.m., at 8200 Bell Lane. A team of Christians is available to anyone requesting prayer. Free and open to the public. 703-698-9779 or [www.viennachristianhealingrooms.com](http://www.viennachristianhealingrooms.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](http://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](mailto:mmthomas211@hotmail.com) or call the church at 703-759-3509.

Elevate your child's Teacher Work Day off with an invigorating trip just for 5th-9th Graders!

## SKIING AT MASSANUTTEN

Monday, Jan. 30  
8 a.m.-7 p.m.



**\$125/\$100** district residents, includes bus transportation, ski rental and lift ticket. Discount rates available for those who bring skis. Please bring money for food and other incidentals. Enjoy an exciting day of skiing in beautiful western Virginia with the Old Firehouse Teen Center staff.

Register now at [www.mcleancenter.org](http://www.mcleancenter.org), Activity No. 8303.312.



**The McLean Community Center**  
1234 Ingleside Ave., McLean VA 22101  
703-790-0123/TTY: 711  
[www.mcleancenter.org](http://www.mcleancenter.org)



# Visit These Houses of Worship

To Highlight Your Faith Community call Karen at 703- 917-6468

## SMITH CHAPEL UMC CHURCH

11321 Beach Mill Road  
Great Falls, VA 20165

*It's like coming home*

[smithchapel@verizon.net](mailto:smithchapel@verizon.net)  
[www.SmithChapelUMC.com](http://www.SmithChapelUMC.com)

Rev. D. J. Zuchelli, Pastor

WORSHIP HOURS SUNDAY: 11:00 AM



## FIRST BAPTIST CHURCH OF VIENNA

450 ORCHARD STREET  
VIENNA, VA  
703-938-8525  
[fbcvoffice@verizon.net](mailto:fbcvoffice@verizon.net)  
[www.fbcv.org](http://www.fbcv.org)

**Dr. KENNY SMITH,**  
**PASTOR**



SUNDAY WORSHIP, 7:45 AM & 11:00 AM  
MIDWEEK SERVICES, WED. 7:00 PM

### Assembly of God

Vienna Assembly of God ... 703-938-7736  
Washington Christian Church...703-938-7720  
Cristo Es Mi Refugio...703-938-7727

### Baha'i

Baha'i Faith for Northern Virginia ... 703-821-3345

### Baptist

Global Mission Church ... 703-757-0877  
Peace Baptist Church ... 703-560-8462  
Bethel Primitive Baptist Church  
... 703-757-8134

Cartersville Baptist Church ... 703-255-7075

Fellowship Baptist Church ... 703-385-8516

First Baptist Church ... 703-938-8525

The Light Mission Church ... 703-757-0877

Vienna Baptist Church ... 703-281-4400

New Union Baptist Church... 703-281-2556

### Buddhist

Vajrayogini Buddhist Center... 202-331-2122

### Church of the Brethren

Oakton Church of the Brethren  
... 703-281-4411

### Catholic

Our Lady of Good Counsel ... 703-938-2828

St. Athanasius Catholic Church ... 703-759-4555

St. Mark's Catholic Church ... 703-281-9100

### Charismatic

Christian Assembly ... 703-698-9777

### Church of Christ

Berea Church of Christ ... 703-893-7040

### Disciples of Christ

Antioch Christian Church ... 703-938-6753

### Episcopal

Church of the Holy Comforter ... 703-938-6521

Church of the Holy Cross ... 703-698-6991

St. Francis Episcopal ... 703-759-2082

### Jehovah's Witness

Jehovah's Witnesses ... 703-759-1579

### Lutheran

Emmanuel Lutheran Church...703-938-2119

Christ The King Lutheran Church...703-759-6068

St. Athanasius Lutheran Church... 703-455-4003

### Methodist

Andrew Chapel United Methodist ... 703-759-3509

Church of the Good Shepherd ... 703-281-3987

The Vine Methodist Church ... 703-573-5336

Epiphany United Methodist ... 703-938-3494

Great Falls United Methodist... 703-759-3705

Oakton United Methodist ... 703-938-1233

Vale United Methodist ... 703-620-2594

Progressive & Welcoming

**ST. ANNE'S  
EPISCOPAL  
CHURCH • Reston**



7:45 a.m. Holy Eucharist, Rite I  
9:00 a.m. Holy Eucharist, Rite II  
Sunday school/Music: preschool - grade 2  
10:25 a.m. Sunday school/Music: grades 3 - 12  
11:15 a.m. Holy Eucharist, Rite II  
5:00 p.m. Come Just as You Are Contemporary Service

Nursery care provided at 9:00 and 11:15 services

The Rev. James Papile, Rector  
The Rev. Jacqueline Thomson  
The Rev. Denise Trogdon  
703-437-6530  
[www.stannes-reston.org](http://www.stannes-reston.org)  
1700 Wainwright Dr., Reston



Church of the  
Holy Comforter  
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# Madison Girls Off to a Red-Hot Start in District Play

## Warhawks capture Bulldog Bash title over the Christmas break.

BY RICH SANDERS  
THE CONNECTION

**T**he Madison High girls' basketball team has begun the new year with wins in its first two games - Liberty District victories which improved the Warhawks to 9-3 overall and 4-0 in the district.

The Warhawks, under head coach Kirsten Roberts, won their first two games of 2012 last week with district home triumphs over Marshall, 57-37, on Tuesday, Jan. 3, and Jefferson, 64-35, on Friday, Jan. 6. The latter win over the Colonials extended Madison's win streak to five games.

Over the Christmas holidays, Madison competed and finished first in the Bulldog Bash tournament at Westfield High School. There, the Warhawks won all three of their games - 63-43 over Centreville on Dec. 27; 80-69 over Paul VI of Fairfax on Dec. 28; and, in the finals, 41-36 over the host Westfield squad.

"The winter holiday was a good confidence booster for us," said Roberts. "The girls won the Bulldog Bash for the first time in four years and they competed against a lot of good teams."

In the title game win over Westfield, Madison overcame a 23-17 halftime deficit. The contest was deadlocked at 36-all following regulation. In overtime, the Warhawks outscored the Bulldogs 5-0. Madison's Kelly Koshuta, a 6-foot-2 inch freshman forward, scored a game-high 17 points. Other top scorers for Madison were junior guard Megan Henshaw (8 points), senior guard Lindsay Joost (7), and junior guard Megan Leduc (6).

Westfield, which is 9-4 overall going into this week, had solid games from Maggie McInturff (13 points) and Meghan DiPippa



**The Madison High girls' basketball team poses for a group photo following its championship game win over host school Westfield High at the Bulldog Bash on Dec. 28.**

PHOTO COURTESY OF MADISON BASKETBALL

(12). The Bulldogs are under the direction of former longtime Madison High coach Patrick Deegan.

Following the championship game, Madison's Koshuta was named the tournament MVP. Also earning recognition on the all-tournament team were Warhawk players Henshaw and sophomore Katie Kerrigan.

In Madison's 11-point win over Paul VI a day earlier, the Warhawks, leading 36-29 at halftime, blew the game open with a strong third quarter which saw them outscore the Panthers 22-12 to take a commanding 58-41 lead on way to the win. Paul VI (11-2) is a private school member of the Washington Catholic Athletic Conference

(WCAC). The Panthers, in the loss to Madison, received a huge game from Ariana Freeman (30 points).

Two days after Christmas, Madison opened the Bulldog Bash tournament with a 9 a.m. contest versus the Centreville Wildcats. Madison led 22-21 at halftime before coming out red-hot in the second half, outscoring Centreville 26-9 in the third quarter on way to the 20-point victory. The Warhawks had three players score in double digits in the win - Koshuta (21 points), Megan Henshaw (17), and Katie Kerrigan (11). Leduc contributed seven points and Jana Tremba had four. For Centreville (8-4), Chaney Forbush scored 16 points and Ashley Brusick scored 10.

**MADISON**, following the three wins in three days at the Bulldog Bash, continued to play outstanding basketball after the start of the New Year with the district wins over Marshall and Jefferson.

In the win over the Statesmen of Marshall, Madison surged out to a 17-5 lead after one quarter on way to the 20-point win. Koshuta led the home team with 25 points and Henshaw and Leduc both contributed 11 points. For Marshall (5-7), Maddie O'Beirne (14 Points) and Rachel Waldron (11) put together strong performances. The Statesmen, after struggling in the first quarter, outscored Madison 16-15 in the second quarter.

Last Friday, in Madison's win over Jefferson, the Warhawks received a balanced scoring attack led by Henshaw's 18 points. Koshuta and Leduc both scored 11 points and Kerrigan scored nine. Tremba added five points.

Madison's other district wins this season - road victories over Stone Bridge, 59-41, and McLean, 58-42 - both came prior to the winter break. The Warhawks have won each of their district contests thus

far by at least 16 points. But coach Roberts realizes district opponents will toughen up and show improvement as the season progresses.

"Our district has a lot of talent this year and each game will be a battle," she said. "As a team we just want to come out and play to the best of our ability. We have been working on our defense and want to concentrate on letting our offense come to us. We have different players stepping up each game which is nice to see. We're looking forward to a fun season."

This week, Madison was scheduled to play district road games at Langley (Tuesday, Jan. 10) and at South Lakes (Friday, Jan. 13).

### SPORTS ROUNDUPS

**The Madison High boys** defeated Langley last week, 197-118, in a Liberty District swim and dive meet. On the girls' side, Langley defeated Madison, 204-108. Double event winners for Madison were Evan Owens and Grayson Smith. First place winners for the Warhawks were: Howe Wang, Cassidy Humphrey, Sidney Owens, and Laura Sullivan. In diving, Jeff Cazenias won for the Madison boys and Alyssa Worsham won for the Madison girls.

**Both the Flint Hill School boys' and girls' swim teams** won their meets this week against Maret. Double event winners for the Huskies included Natalie Brendsel, Jonah Chang, Eric Tang,

Rob Ikeda and Allison Kennedy. Single event winners included Brian DeMocker, Nick Waters, Rachel Swarts and Catherine Swarts.

**Virginia Special Olympics' first-ever FANQUEST** is set to take place on Saturday, Jan. 28 at Oakton High School. Special Olympics basketball teams from Oakton and McLean High Schools will play an all-star game beginning at 7:10 p.m. The festive night will include prizes, relays, and other fun crowd participation activities - all in support of the Virginia Special Olympics. Members of the community are invited to 'volunteer to cheer' at the event. Sign up at

[www.volunteer2cheer.com](http://www.volunteer2cheer.com). Check-in will be at the 'Volunteer to Cheer' tables at the gym entrances. Whether cheering for the Cougars or the Highlanders, fans will be given materials to make posters and signs, and everyone who comes out to cheer will get free 'cheer sticks.' FANQUEST, presented by Booz Allen Hamilton, is one of many events offered year round by Special Olympics Virginia. For more information on the 2012 FANQUEST, please contact Holly Claytor at [hclaytor@specialolympicsva.org](mailto:hclaytor@specialolympicsva.org), or call 804-726-3025.

**The Northern Virginia Girls Softball Association (NVGSA)**

is holding on-line registration for the 2012 spring season ([www.nvgsa.org](http://www.nvgsa.org)). Registration can also be completed at the NVGSA table during the West Springfield Little League registration from 10 a.m. to 2 p.m. on Saturday, Jan. 14 and Saturday, Jan. 21 at Keene Mill Elementary School (6310 Bardu Ave.).

NVGSA offers both house and select levels of play for girls ages five to 18. The league offers spring, summer, and fall softball and free winter clinics to help its players improve individual and team skills. NVGSA has house league teams at 8-under, 10-under, 12-under, and 18-under age levels, and players have the opportunity to try out for select and travel

teams. Registration fees are \$80 (8-under), \$95 (10-under), and \$110 (12-under and 18-under).

Practices will begin in mid-March and games will start in mid-April. The season will run through early June. All-Stars will be selected and compete in a Fairfax County All-Star Tournament in mid-June.

Most of the girls in NVGSA live in the Burke, Annandale, Springfield, Alexandria, Fairfax City, and Fairfax Station areas.

NVGSA's sole purpose is to promote girls fastpitch softball. Registration fees cover house league obligations. For questions regarding registration or NVGSA in general, visit [www.nvgsa.org](http://www.nvgsa.org) or contact [NVGSAsoftball@yahoo.com](mailto:NVGSAsoftball@yahoo.com).

# Legislators Urged to Restore Funding for Human Services

FROM PAGE 3

we need to have services that get to the core issues.”

“People with mental illness can be productive,” Ing testified “But only if we have access to these services. As a community, we are only as strong as our weakest points,” Ing said.

Del. Vivian Watts (D-39) said she noticed more people willing to talk about mental health issues. “That’s a shift from previous years,” Watts said. “We’ve heard more from those advocating for the mentally ill, not only substance abuse or autism, but a wide range of needed services.”

She said it was encouraging that more people are willing to acknowledge the impact that mental illness has on families and the community. “We need to support and fund these services, because many of these programs, as we’ve heard today, are critical in helping people with mental illness to be functional,” Watts said.

Kari Warren of Mount Vernon brought her two young daughters with her to the podium. “We are here to put a face on domestic violence, because we are survivors.” Speaking on behalf of the Commission for Women, she thanked the delegation for passing anti-stalking legislation last year, and urged lawmakers to support more shelters for victims of domestic violence.

“Everyone has the right to be heard,” said Sen. Richard Saslaw (D-35), who presided over the annual forum. “These are people who don’t have high-powered lobbyists to speak for them in Richmond. I never get tired of hearing from them.”

**SPRINGFIELD MOTHER** Carrin Brandt, whose 10-year-old daughter, Bailey, has profound intellectual and developmental disabilities with uncontrolled seizures, which resulted in the removal of half her brain, told lawmakers how important continued funding of Medicaid waivers is to her family. In addition to Bailey’s anti-seizure medications, which can cost thousands each month, Medicaid helps pay for a full-time aide, allowing Bailey to live in the community with her family and friends instead of being institutionalized.

“These are not frivolous things we’re asking for,” Brandt said. “If we lost Medicaid, it would jeopardize her life and health; my husband and I would not be able to work or maintain our community relationships.” Brandt is also president of the ARC of Northern Virginia, and said there are 7,000 families “who live in daily crisis because they receive no services as they remain on the waiting list for a Medicaid waiver.”

Brandt, who is a licensed marriage and



**Dianne Blais of Fairfax, a representative of the Community Action Advisory Board, pleaded with the elected officials to help stop the reduction of funding for public assistance and social service programs throughout the state.**



**More than 60 residents of Fairfax County had an opportunity to testify before members of the Fairfax County delegation to the Virginia General Assembly during a public hearing on Saturday, Jan. 7, at the Fairfax County Government Center.**

family therapist, said that while Bailey’s medical and developmental challenges can be overwhelming, the joys of raising her are also great.

“Bailey is a human being, and she adds value to this world. Bailey is our greatest teacher. ...I don’t want you all and our community to miss out on the opportunity to learn from Bailey.”

Marta Conner of Centreville also spoke about the challenges of raising a child with disabilities, and the critical support and in-



PHOTOS BY ROBBIE HAMMER/THE CONNECTION

**Frank Blechman spoke on behalf of the Alliance for Human Services. He was one of more than 60 Fairfax County residents representing their own cause or an organization to voice their opinions and concerns to their elected officials.**

tervention services she received from The Infant & Toddler Connection of Fairfax-Falls Church (ITC), a program under the umbrella of the CSB. Conner told lawmakers that her daughter, Caroline, was diagnosed with severe developmental delays at 10 months, and her pediatrician suggested she contact the ITC.

“They helped us determine that she had significant delays in all areas of development, and gave us strategies to help her,” Conner said. “We are learning that we can expand our child’s horizons through therapies and individualized education.” She urged legislators to ensure sustainable funding to continue services “for all Virginia families who need them.”

“This is a tough budget environment with difficult decisions, and, unfortunately, most of the cost-cutting comes from social services,” said Del. Mark Sickles (D-43), who was elected caucus chairman in November. “One thing that stuck out today was hearing that CSB lost 19 acute care beds. We need to work to get those back.”

Greg Brandon of McLean said he supported the parental notification of school investigations and beginning school before Labor Day. He also asked legislators to support the Child Care Assistance and Referral program, “a gateway into education for our most vulnerable children.” Brandon said the program plays a crucial role in preparing at-risk children for kindergarten.

“Unfortunately, people in Richmond are fiddling with the CCAR program that will increase the waiting list for families most in need of child-care help,” Brandon said.

David Baldacci of Arlington and Bob Stewart of Chantilly testified for SALT – Social Action Linking Together – in support of a number of social justice issues, from increasing welfare payments to Virginia families, banning the practice of shackling pregnant women in Virginia’s prisons and promoting work-sharing, which enables

businesses to avoid layoffs.

Del. Ken Plum (D-36) said the hearings give legislators a chance to hear from the most vulnerable citizens. “What we see are the real lives of people impacted by issues beyond their own capacities and beyond their own blame...It’s critically important that government has to be in part about helping the most vulnerable. It sends a message to the delegation that we need to step back and remember the people who are hurting, aged, intellectually disabled, or suffering from a mental illness.”

Del. David Bulova (D-37) said prioritizing the state’s limited resources will be the most important task facing legislators this session.

“The big take away is how important the budget is in terms of reflecting our community’s values,” Bulova said. “It also highlights why it is so important to develop new, sustainable sources of revenue for transportation, rather than simply taking money from our already stressed general fund that supports public education, safety, health and human services, environmental protection, etc.”

**THE GOVERNOR’S BUDGET** – a two-year \$85 billion plan – is weighted in favor of transportation and higher education. But many of the speakers said they are concerned about the hundreds of millions of dollars in proposed cuts to social services. For example, McDonnell’s budget proposes slashing \$81 million from the Virginia Pre-school Initiative (VPI), which pays for preschool programs for low-income families in Northern Virginia.

Plum said he and other members of the Fairfax delegation will be pressing the governor to take crucial “incremental” step in providing funding for social services. “There are still 5,000 people on waiting lists. The governor’s budget does not progress us on that need. We need to step it forward,” Plum said.

The Virginia General Assembly will meet for its 2012 session on Wednesday, Jan. 11. “We predict that over 2,000 bills will be introduced. There’s a lot to watch, especially on human services,” said John Horejsi of Vienna, founder of SALT.

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## Write From The Heart



By KENNETH B. LOURIE

Obviously I find comfort in writing. Obviously I have some need to put down on paper that which is in my head. In fact, evidence suggests that cancer patients who write about their feelings have some kind of improved quality of life and/or longer life expectancy. Let's hope so because I have those feelings and I certainly am writing about them. As it relates, the date on which I'm hand-writing this column is the date three weeks out approximately, before I'm scheduled for my every-four-month CT Scan and every-12-month Full Body Scan. I'll know exactly how I'm doing - after the oncologist advises me of my scan results. Saying or doing anything now, assuming any facts not yet in evidence, hardly seems like a prudent course of presumption. Yet here I sit, pen in hand; with cats on the table.

As much comfort and companionship as "The Boys" (Biscuit and Chino) provide, they can't eliminate my cancer thoughts, especially the thoughts now, during those final weeks leading up to the scans, when the rubber will really hit the road, when an inanimate piece of technology will determine my immediate future. Nor will the technician assisting me that day play any part in the outcome. Although it doesn't stop me from asking for a good result. Usually I'll receive a smile and a thumbs up in response. Joking with the staff seems to put me at ease and soothes the savage beast in me that is working like crazy to maintain the healthy (all things considered) status quo that has characterized the preceding 34 months.

But there's only so much pretending one can do. The scan will ultimately tell the tale. Hopefully it won't be a tale of woe because woe is me is not how I operate, which is good since my tumors (stage IV) are inoperable. In fact, stage IV means inoperable, I believe. Synonymous seems too innocent a word to attach to such a life-changing and serious diagnosis/prognosis, but if the shoe fits (which it doesn't anymore because of the edema in my feet, a side effect of the high blood pressure medication I take in an attempt to meet the levels mandated by the manufacturer of the targeted treatment drug, Avastin, which I'm infused with monthly), I suppose at this stage (pun intended) I should be happy to wear it.

And I most definitely am wearing it, a larger size though. But to not admit that all of this cancer stuff wears on me would be a lie. And since, generally speaking, I don't like to lie, and I have this need to vent and the space to vent it (and from all indications and feedback, a fairly receptive and interested audience on whom to vent), I am writing this column about the betwixt and between that a cancer patient (who's terminal) feels waiting for words to live by, words which have never been promised, are not guaranteed, subject to change and totally out of my control: "All stable. No growth and/or movement." Positive (meaning good) scan results.

All I can do is wait. When I know, you'll know. There's not much else to say really, but I've tried to say it anyway; except, the longer I'm a patient, the less patient I seem to become. I'm not losing it yet, but I'd sure like to find it. A cure would be nice, but I'll settle for more encouraging/stable scan results. It is said that "Good things come to those who wait." I only wish it were that simple.

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

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## SCHOOLS



PHOTO CONTRIBUTED

JMHS Wind Symphony.

### Madison Band Honored

The James Madison High School Band Program has just been selected as a 2011 Sudler Flag of Honor recipient. Bestowed by the John Philip Sousa Foundation, the Sudler Flag is considered to be the highest accolade for a high school band in the United States.

The award is bestowed to identify, recognize and honor high school band programs internationally that have demonstrated particularly significant high standards of excellence in concert activities over a period of several years. Award recipients are automatically included in the Sousa Foundation's Historic Roll of Honor, listing high school concert bands "which are of a particularly high standard of musical excellence at the national level and which are considered to be of historic importance and influence to the high school concert band program."

James Madison's band is one of only 65 bands to

receive this award in its 30 year history, and one of only 5 bands nationwide to receive this honor twice (the last time was in 1989).

Through an exhaustive application process, the Sudler Flag is awarded to band programs that have achieved and maintained a high standard of excellence in the area of concert performance under a single director over a period of at least seven years. The band must present archival documentation of the diversity and quality in performance achievement. The concert band will have placed itself in situations where there has been opportunity for evaluation by qualified persons or has been rated "superior" at state, regional, or national levels in concert activities. The band program must offer its participants a complete and balanced program of musical activities including concert, solo, ensemble, and marching areas.

The Band Director is Michael Hackbarth.

### Madison High Goes for the Gold

The James Madison High School Varsity Dance team took home the gold at the 2011 George Mason University Dance Team Invitational this past weekend. The team competed in the Large Varsity division and took home 1st place in Jazz out of eight teams, 2nd place in Pom out of eight teams, and 3rd place in Kick out of five teams. The team was also recognized with an Outstanding Showmanship award as well as an Outstanding Pom Choreography award.

Prior to their wins this past weekend, the Madison Dance team competed at the Fairfax Dance Championships in November and took home 1st place in Large Varsity Jazz and 4th place in Large Varsity Pom. The team will travel to Orlando, Fla., in February to compete against hundreds of schools from across the country in the National Dance Team Championships.



The James Madison High School Varsity Dance team took home the gold at the 2011 George Mason University Dance Team Invitational in December.



PHOTO BY DONNA MANZ/THE CONNECTION

Youth Information Assistant Robin Sofge reads to a group of 12 toddlers at Patrick Henry Library's Jan. 9 program for tiny tots.

## Winter Fun for Preschoolers

Indoor activities abound for little ones in Vienna and Oakton.

By DONNA MANZ  
THE CONNECTION

It's going to happen...and happen, probably, soon. That is, the spring-like weather is fated to end and the walks and park visits by parents of preschool children will be tucked away until late March or April. What to do, then, with young children during the day?

Mothers, rejoice. The Vienna-Oakton area does offer plenty of resources, many of which are library-sponsored and free of charge. Others, like the tot-rock performances at Jammin' Java, come with a per person charge. The Vienna Community Center, as well as commercial dance centers, offer music and movement classes for babies and preschoolers.

Groups like Vienna Moms organize age-specific playdates in which mothers share the responsibility of hosting the play groups in their homes. Toddlers and preschoolers get socialization and moms socialize at these playdates, as well.

The Vienna-Oakton Connection lists some of the currently-planned highlights of the kiddie winter season.

#### PATRICK HENRY LIBRARY

101 Maple Ave. E.; Phone 703-938-0405; website - [www.fairfaxcounty.gov/library/branches/ph/](http://www.fairfaxcounty.gov/library/branches/ph/)

Most events require registration and they do fill up quickly. Registrations may be made by phone or on Fairfax County libraries website,

[www.fairfaxcounty.gov/library/Toddlin'Twos](http://www.fairfaxcounty.gov/library/Toddlin'Twos)  
Wednesday, Jan. 18; starts at 10:30 a.m.

Stories and songs. Age 2 with adult. Rock-A-Bye Baby Monday, Jan. 23; starts at 10:30 a.m. Rhymes, stories and songs. Birth-11 months with adult.

Animal Survival Wednesday, Jan. 25, starts at 3 p.m. Preschool.

Learn how animals survive the winter cold with a presentation by Riverbend Park. Sponsored by HSBC Bank through the Fairfax Library Foundation.

Tiny Tots Monday, Jan. 30; starts at 10:30 a.m. Rhymes, stories, songs and activities for parent and toddler. Age 18-23 months with caregiver.

#### OAKTON LIBRARY

10304 Lynnhaven Place, Phone 703-242-4020; website - [www.fairfaxcounty.gov/library/branches/ok/](http://www.fairfaxcounty.gov/library/branches/ok/).

Most events require registration and they do fill up quickly.

Registrations may be made by phone or on Fairfax County libraries website, [www.fairfaxcounty.gov/library/](http://www.fairfaxcounty.gov/library/)

Small Wonders Wednesday, Jan. 11; starts at 10:30 a.m.

Short stories for parent and child. Age 13-23 months with adult.

Toddler Tales Wednesday, Jan. 18; starts at 10:30 a.m.

Stories and activities for parent and toddler. Age 2-3 with adult.

Small Wonders Wednesday, Jan. 25; starts at 10:30 a.m.

Short stories for parent and child. Age 13-23 months with adult.

Creatures of the Night Tuesday, Jan. 31; starts at 2 p.m. Preschool

A naturalist from Riverbend Park uses puppets, games and activities to help children understand the wildlife that is asleep while humans are sleeping. Cosponsored by the Friends of Oakton Library.