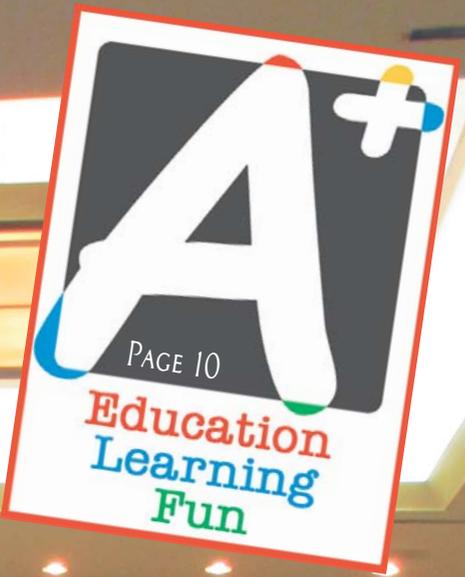


Chamber Honors Talents

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The Vienna Elementary School Jammers, conducted by a student musician, perform at the ViennaTysons Regional Chamber of Commerce event honoring Vienna-area schools at its annual Youth and Education Luncheon on March 15.

Colvin Run in Top Six at Regional Science Olympiad

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Celtic Arts Festival Features Music and More

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OPINION, PAGE 6 ♦ ENTERTAINMENT, PAGE 12 ♦ SPORTS, PAGE 13 ♦ CLASSIFIEDS, PAGE 14

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—Chief Seattle
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Maureen Loftus, chairwoman of the Youth and Education Luncheon, presented the students' choice award to Northwest Federal Credit Union. The credit union's mascot, Westie, accepted the reward.



PHOTOS BY
DONNA MANZ/
THE CONNECTION

Chamber Honors Local Schools' Talents

Annual event honors academics, arts and sciences.

The ViennaTysons Regional Chamber of Commerce [VTRCC] honored Vienna-area schools at its annual Youth and Education Luncheon on March 15 at the Westin Tysons Corner. Twenty two of twenty three local schools accepted the invitation to participate with exhibitions of their strong points, from the Marshall Academy's culinary arts program to the music and dance performances of Kilmer Middle School, Oakton High School, Green Hedges School and Wolftrap Elementary. The Vienna Elementary School "Jammers" performed as opening act for the program.

"What I learned today," said VTRCC president Lisa Huffman to a round of laughter, "is that when I was in school, I had no talent."

Chief Operating Officer of Finance Park, Amy Marcenaro Heckman, gave the keynote address. Finance Park partners with Fairfax County Public Schools to teach students financial literacy. Every day, eighth-graders from across Fairfax County visit Finance Park. Eighteen to thirty adult role models, per day, share their time and expertise. "Going to Finance Park will change your life," said Youth and Education Committee Chair Le-Ha Anderson.

Maureen Loftus, Director of LearningRx, chaired the Youth and Education Luncheon.

Approximately 190 Vienna-area students attended the luncheon and talked about their schools' displays.

The Warbot of James Madison High School, manned by some of the robot's creators, strutted its athletic ability.



Ashleigh Wilson and Nicholas Aidan Smith, Oakton High School, talk about art history and its relationship to humankind. Smith performed a song-and-dance routine from the school's production of "Footloose."

"Art is the epitome of self-expression," said Oakton High School senior Nicholas Aidan Smith, who not only answered questions at his school's art exhibit, but performed a musical number, as lead actor, from Oakton's spring production of "Footloose." Smith is the president of the Thespian Honor Society at Oakton.

Smith's classmate, Ashleigh Wilson, also a senior, talked about her passion for art and art history, saying that art reflects our own history. "We see what was important in that time."

NEW THIS YEAR was the participation of financial institutions that vied for "business" from the luncheon's students. The youngsters visited each of the credit unions and banks set up at the hotel and then voted for the most favored with evaluation forms and with "funny money." Exhibitors included

Apple Credit Union, BB&T Bank, M&T Bank, Navy Federal Credit Union, Northwest Federal Credit Union, United Bank and Virginia Commerce Bank.

Northwest Federal Credit Union won all three categories and its representative, a furry (human) mascot named Westie accepted the award on the credit union's behalf.

Supporting student achievement were local elected officials Mayor M. Jane Seeman, Town Council members Laurie Cole and Carey Sienicki, and Virginia State Senator Chap Peterson. A representative of U.S. Senator Mark Warner's office attended, as well.

— DONNA MANZ



The Celtic Arts Festival was more than music. It was also vendors, The Pure Pasty Company, and face-painting.

Celtic Arts Festival Features Music and More

Vienna Choral Society drew more than 500 guests to four hours of Celtic inspiration.

If the crowds were an indication – and they usually are – the premiere Celtic Arts Festival on March 17 hosted by the Vienna Choral Society [VCS] at Vienna Elementary School was a smash hit. Throughout the four-hour program on St. Patrick's Day, more than 500 guests listened to music on two stages, ate Cornish pasties sold by The Pure Pasty Company, and browsed through vendors' stalls. The family-centered music festival featured face-painting for the kids, as well.

"We're a growing organization," said VCS member Sohini Baliga. "Part of the reason we're resonating with the community is that we're energized. We're willing to try something different." What was different was the unique take on St. Patrick's Day. Celtic music embraces Irish, Scottish and Welsh traditions, and the guest performers were specialists in that arena.

"St. Patrick's Day was a natural tie-in with Celtic music," said VCS president Karen Akers. Bringing the community together for this event engaged personal relationships and word-of-mouth. Members knew Celtic musicians, appropriate vendors.

Led by Artistic Director Jennifer Rodgers Beach, the Vienna Choral Society has grown from about 50 members to 75 under her leadership. While a great number of guests were family or friends of performers, some, like Sharon and Roy Baldwin, came



Rich Follett drew a crowd at the traveling stage at Vienna Elementary School.

to recognize the holiday in a distinctive manner. "It seemed like a nice local thing to do on St. Patrick's Day, and we can walk here," said Sharon Baldwin. "We thought the music would be good. And he [husband Roy] was enticed by Pure Pasty."

Performances featured the Vienna Choral Society, Rich Follett, Tinsmith, pipers The Hughes, Eamonn Corolan, Irish Breakfast Band and the Vienna Elementary School Jammers. The Society produced a guest-friendly program; lyrics to the songs performed promoted community sing-along.

To learn more about the Vienna Choral Society, go to www.viennachoralsociety.org or www.facebook.com/viennachoral.

— DONNA MANZ

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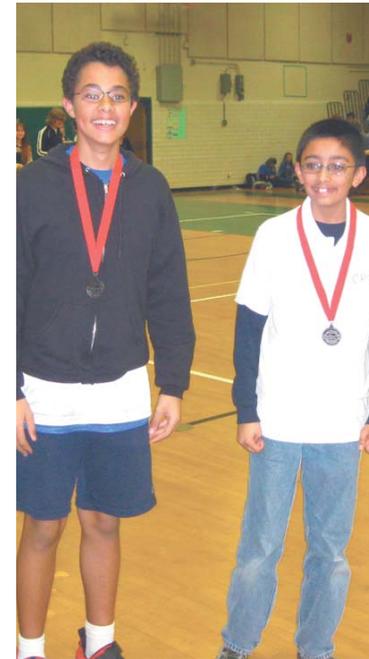
NEWS



Siona Prasad.



Aaraj Vij and Siona Prasad.



Joshua O'Cain and Mihir Patel.

Colvin Run in Top Six at Regional Science Olympiad

Colvin Run Elementary School (CRES) participated in the Regional Science Olympiad (SO) Tournament, Division B (grades 6-8) on Feb. 25. Twenty-four teams from several middle schools and elementary schools competed in each event.

Colvin Run SO Team of 15 members from 5th and 6th grades participated in 21 events ranging from lab events and knowledge events to building events.

Team members are Aaraj Vij, Aileen Lo, Anvitha Metpally, Caelan Shoop, Dan Ni, Elaine Zeng, Harriet Khang, Joshua O'Cain, Katherine Cheng, Lee Hou, Lily Menzin, Mihir Patel, Siona Prasad, Susan Suh, Wendy Tang. Majority are first time participants.

CRES SO team did very well and won 8 medals for placing in the top 6 in the following VASO events:

- 1st place- Awesome Aquifers: Dan Ni, Lee Hou
- 1st place- Disease Detectives: Aaraj Vij, Siona Prasad

2nd place- Meteorology: Joshua O'Cain, Mihir Patel

2nd place- Mission Possible: Aileen Lo, Elaine Zeng

2nd place- Water Quality: Dan Ni, Lee Hou

3rd place- Rock the Minerals: Anvitha Metpally, Katherine Cheng

4th place- Anatomy: Anvitha Metpally, Katherine Cheng

5th place- Keep the Heat: Aaraj Vij, Siona Prasad

CRES principal, Mr. Steven Hockett and CRES PTO supported the SO program and encouraged the teams wholeheartedly. Mr. Kuldeep Prasad is the Colvin Run ES SO Coordinator.

VASO seeks to engage and challenge students in science, technology, engineering, and mathematics through various levels of team based competitive tournaments. Science Olympiad information can be found at <http://www.virginiaso.com> and <http://soinc.org/>

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Officer of the Year

American Legion Post 180 honors MPO J. B. Evans.

On March 7, American Legion Post 180 in Vienna, held its annual ceremony and banquet dinner to honor their 2012 Town of Vienna Police Officer of the Year and Vienna Volunteer Firefighter of the Year. Hosting the event was Post 180 Commander Phil Mishoe. This year's police officer recipient was MPO J. B. Evans. MPO Evans is an 11 year veteran of the Vienna Police Department. During his career he has taken



MPO J. B. Evans

on many additional responsibilities aside from his routine patrol duties. MPO Evans serves as an

Intoxilyzer instructor and operator for the Commonwealth of Virginia,

as a field training officer for newly trained police officers, and is a member of the Vienna Police Bicycle Unit. MPO Evans also maintains and ensures the accuracy of the agency's preliminary breath field testing equipment.

MPO Evans was nominated for the award by Lieutenant David Pelto. In his nomination letter Lieutenant Pelto noted MPO Evans' exemplary performance as a departmental leader in both number of arrests as well as citations issued. MPO Evans also serves as the temporary supervisor in the absence of his squad Sergeant.

BULLETIN BOARD

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

THURSDAY/MARCH 22

5th Annual Positive Aging Fair: Tools for Creative Aging. 8:30 a.m.-3:30 p.m. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. With Judith Martin (Miss Manners), workshops, vendors, lunch, door prizes and more. \$18. www.jccnv.org.

SATURDAY/MARCH 24

Town Hall Meeting. 10 a.m. Vienna Town Hall Chambers, 127 Center St. South, Vienna. Delegate Mark Keam with an opportunity for anyone living in the 35th House District to ask questions about state laws and policies, and to present any constituent service needs. 703-350-3911 or julia@markkeam.com.

SUNDAY/MARCH 25

Real Estate Seminar Series. 1 p.m. Keller Williams Realty, 774-A Walker Road, Great Falls. Get tips from a professional stager, home inspector, appraiser and more. Reserve at lyonsmcguire@TeamGreatFalls.com.
This Will Change Everything. 12:45 p.m. Fairfax Unitarian Church, 2709 Hunter Mill Road, Oakton. How visions of the future will affect society and our relation with each other as the gap between the haves and the have nots likely widens.

MONDAY/MARCH 26

Great Falls Historical Society. 1-5 p.m. Great Falls Library Meeting Room, 9830 Georgetown Pike, Great Falls. Meeting Mondays through April. www.gfhs.org.
McLean & Great Falls Celebrate Virginia. 5:30 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. The group will discuss event plans for commemorating the Civil War and the War of 1812. 703-356-8223.
Water Exercise Classes for Seniors. Oak Marr Recreation Center, 3200 Jermantown Road, Oakton. \$68 for ten Monday sessions, March 26-June 4. Register at 703-273-6090 or anne.chase@fairfaxva.gov.

WEDNESDAY/MARCH 28

Public Hearing on Programs. 7:30 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. MCC's Governing Board would like residents of Dranesville Small District 1A to come to the meeting and share their thoughts on Center programs and services. 703-790-0123, TTY 711 or ellen.barial@fairfaxcounty.gov.

THURSDAY/MARCH 29

ESL, Citizenship, and Computer Class Registration. 7 p.m. St. Mark Christian Formation Center, 9972 Vale Road, Vienna. All students must be registered and tested. Classes begin Tuesday, April 10 and meet Tuesday and Thursday evenings at 8 p.m. Basic Computer Skills Lab available for intermediate and advanced ESL students. Citizenship Preparation Class available to those with at least intermediate English proficiency. For English or Spanish, contact 703-300-3936 or st.mark.esl@gmail.com. For Korean, contact 703-994-8510.



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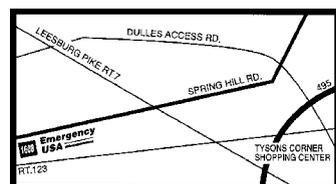
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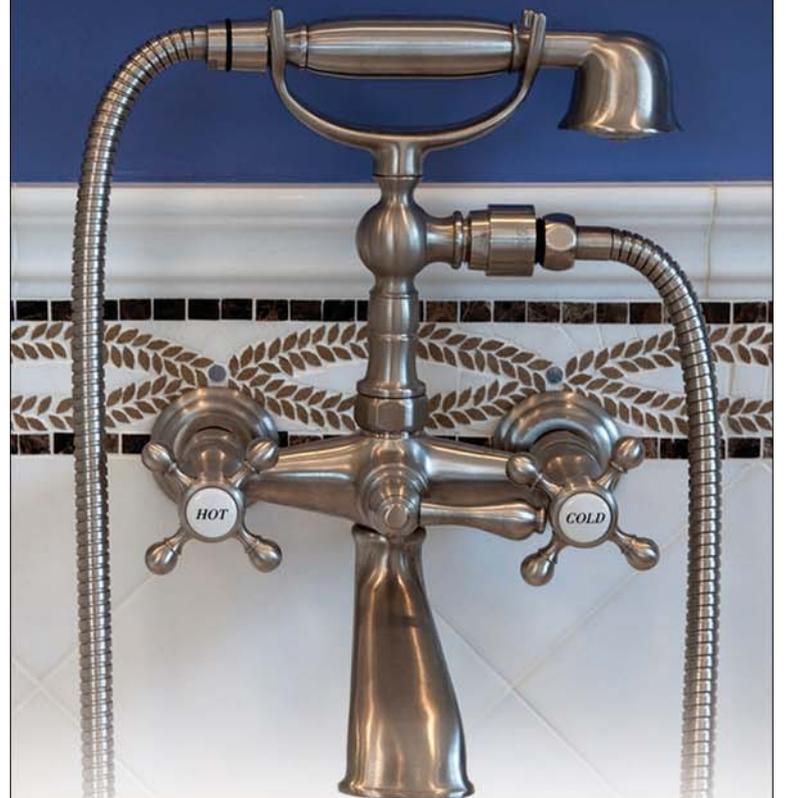


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'Practices That Undermine Trust'

Virginia gets a failing grade on ethics rules.

The State Integrity Investigation is “designed to expose practices that undermine trust in state capitols — and spotlight the states that are doing things right.”

Virginia got a failing grade, ranking 47 out of 50 states for vulnerability to corruption. Corruption in the Commonwealth is probably not any more rampant than voter fraud. But in terms of practices that could undermine trust, Virginia has vast room for improvement.

Here are a few comments about Virginia from the investigation (can't call them highlights):

“The Old Dominion is one of nine states with no statewide ethics commission, one of four states with no campaign finance limits and one of only two states (South Carolina is the other) where the part-time legislators handpick the

judges before whom many of them practice law.

“With 8.1 million residents, Virginia is the 12th most populous state in the union. But its part-time lawmakers have one of the shortest meeting schedules in the country — 30 days in odd-numbered years and 60 days in even-numbered years. At that speed, lobbyists of necessity have been elevated from influence peddlers to trusted advisers and authors of laws.”

Virginia has admirable disclosure of campaign contributions, earning a near perfect grade on citizen access to campaign finance records. The credit on the transparency of actual contributions to candidates belongs to the Virginia Public Access Project, vpap.org, more than the Commonwealth.

But the benefit of access to information on campaign finance is overshadowed by “lax oversight rules, weak consumer representation protections, dwindling capitol press corps and coziness between political and economic elites. ... Meanwhile, the few ethics and disclosure requirements that do exist tend to be flawed,

limited or fraught with exemptions and qualifications,” according to the report.

A couple of examples of laws and practices that could undermine trust:

❖ Virginia has no limits on financial contributions to political candidates. Literally. Companies and individuals can give unlimited amounts to any and all state and local elected officials, with some very limited restriction on timing.

❖ The licensing of car title loan companies, and allowing those companies in Virginia to lend to out-of-state car owners is clearly not in the interests of consumers or the communities where these storefronts are located.

❖ Despite a groundswell of indignation about a state law that sets the start date for public schools rather than allowing local school districts to set their own calendar, the entertainment industry prevailed this year again.

❖ Votes in subcommittees, where many important reforms go to die, are not recorded and not available to the public.

See Virginia's report card (overall grade: F) <http://www.stateintegrity.org/virginia>

LETTERS TO THE EDITOR

Missing Republican Party

To The Editor:

I miss the Republican Party. I miss the party whose first Presidential candidate ran on a slogan of “Free Soil, Free Labor, Free Speech, Free Men, and Fremont.” I miss the Republican Party founded in opposition to the expansion of slavery, and later its abolition. I miss the Republican Party that gave us the 13th, 14th, and 15th amendments to the Constitution placing equal rights for all in one of our founding documents. I miss the Republican Party of Abraham Lincoln and Ulysses S. Grant who restored our union and abolished slavery. I miss the Republican Party of Teddy Roosevelt, one of the founders of the modern environmental movement. I miss the Republican Party of Dwight Eisenhower who led the west to victory over forces of genocide and totalitarianism in Europe, and warned of the military-industrial complex at home. I miss the Republican Party of Everett Dirksen, who allied with Hubert Humphrey, Lyndon Johnson, and Martin Luther King to pass the landmark Civil Rights acts of the 1960s. And I miss the Republican Party of Gerald Ford, who helped heal the country after the shame of Watergate. Most of all, I miss the Republican Party that preferred to compete with their opposition on the basis of their ideas, rather than trying to stifle their

speech, the control of their own lives, and their right to express themselves at the ballot box.

Mary Kimm was spot on in her editorial “Reenacting A Dark History?,” relative to efforts by Republicans in Richmond to restrict speech, access to the ballot box, and the control women have over their own reproductive health. Placing these efforts in a historical context was very effective, and reinforces how important it is to be vigilant about protecting access to rights guaranteed by the constitution, that nevertheless had to be fought for by succeeding generations. That this is occurring is obvious. What is not so obvious is why.

Why would the party of Grant and Dirksen, pass a bill whose only result will be to restrict the ability to vote of minorities and the elderly? Why would a party founded on the right to control one's own person and property, pass a bill requiring women be subjected to an unnecessary medical procedure against their wishes? Why would the party of Teddy Roosevelt, push continued dependence on fossil fuels, and deny the truth of global climate change? And why would a Party founded on a dedication to freedom of expression, call out the riot police to quash a peaceful demonstration of women trying to advocate for these rights? In my opinion the answer is fear ... fear that in our increasingly diverse country, the ideas that have propelled them to power since the 1980s, will no longer resonate with a true majority. So rather than

trying to bring conservatism into the 21st century, they try to force Virginia and the country back to the 19th. They force clearly unpopular restrictions on fundamental rights to privacy and speech, while hoping to restrict access to the ballot box of those they know will reject their ideas. This strategy will work in the short term, but in the long term is a recipe for disaster for the Republican Party ... and that makes me sad.

As a lifelong Democrat I recognize the importance of a vibrant two-party system. It is good for the country to have two parties with different ideas for achieving common goals, compete for power. That only works though, when both parties are more interested in doing what is beneficial than in maintaining power. It only works when both parties respect certain fundamental rights, including privacy, speech, and access to the ballot box. No party is perfect. The Democratic Party has struggled with this in the past. Even FDR had to cater to the wing of his party that had not yet conceded losing the Civil War. It's not too late for Republicans to come to the party. It is possible to be conservative without restricting access to the ballot box. It is possible to be conservative without infringing on rights to privacy. And it is possible to be conservative without rejecting scientific advance. I hope they get there soon, because I miss the Republican Party!

Jim Daniels
Centreville

Democrats Default on their Duty

To the Editor:

With a lot of our attention focused on the Presidential and Congressional races this year, we need to keep in mind what has been happening in the Virginia General Assembly session in Richmond.

In short, the Senate Democrats failed in their constitutional duty to pass a state budget. The session adjourned without approving a budget, which is the first time that this has happened that anyone can remember. So, an upcoming special session is required to pass a budget.

Importantly, one of our newest senators, Barbara Favola, who represents parts of Arlington, Fairfax, and Loudoun Counties (and also my Senator), was AWOL in the Senate when the budget vote was taken. Where was she you ask? She was taping a TV show with a national media outlet. That shows where her priorities lie — not with her constituents.

This is a disgrace to all Virginians. Please let Senator Favola know how displeased you are with her behavior of holding the budget hostage and harming our local governments, schools, and kids, just for reasons of raw political power.

Howie Lind
Chairman, 10th Congressional District
Republican Committee

FAITH

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

Great Falls United Methodist Church, 10100 Georgetown Pike in Great Falls, has announced their sermon series for the Feb. 26-April 8 10 a.m. services will be "Journey to Hope." 703-759-3705 or office@greatfallsumc.org.

❖ Sunday, March 18. When we get tired along the way, it is tempting to stop or turn around.

❖ Sunday, March 25. Do you have a healthy relationship with money?

❖ Sunday, April 1. Would we have started this journey, if we had realized the pain along the way?

❖ Thursday, April 5. Maundy Thursday. As we remember this important gathering, we too share the cup and break bread in an experiential Lord's Supper.

❖ Friday, April 6. Good Friday services. Recognize our shortcomings and the message that in the darkest of times, God's light still beckons us to Hope.

❖ Sunday, April 8. Easter services. When all hope feels lost, it has truly just begun.

Idylwood Presbyterian Church, 7617 Idylwood Road, Falls Church presents "Who Is Our Neighbor? Understanding Homelessness" during the 11 a.m. worship service on Sunday, March 25. With John Dearie from the Virginia Coalition to End Homelessness. There will be refreshments and a question and answer session after the service.

Free. 703-573-3027 or info@idylwoodpresbyterian.org.

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

Trinity United Methodist Church, 1205 Dolley Madison Blvd., McLean, Sunday worship services are at 8:30 and 10:30 a.m. Sunday School for adults is at 9:30 a.m. and for children during the 10:30 a.m. worship service. Youth Group for grades 7-12 meets Sundays at 6 p.m. A 20-minute service of Holy Communion is held each Wednesday at 12 p.m. 703-356-3312 or umtrinity.org.

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

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

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

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



PUBLIC NOTICE

**Public Hearing on the
McLean Community Center's
FY 2014 Programs**
Wednesday, March 28, at 7:30 p.m.

The Governing Board of the McLean Community Center is **seeking input from residents** of Dranesville Small District 1A at its Public Hearing on Programs for FY 2014, which runs July 1, 2013, through June 30, 2014.

The Board is interested in hearing residents' ideas for classes, community events, theatre programs, exhibits, tours and youth and teen activities.

If you would like to speak at the hearing, call the Center to have your name placed on the speakers' list. You also may submit comments in writing to: ellen.barial@fairfaxcounty.gov.

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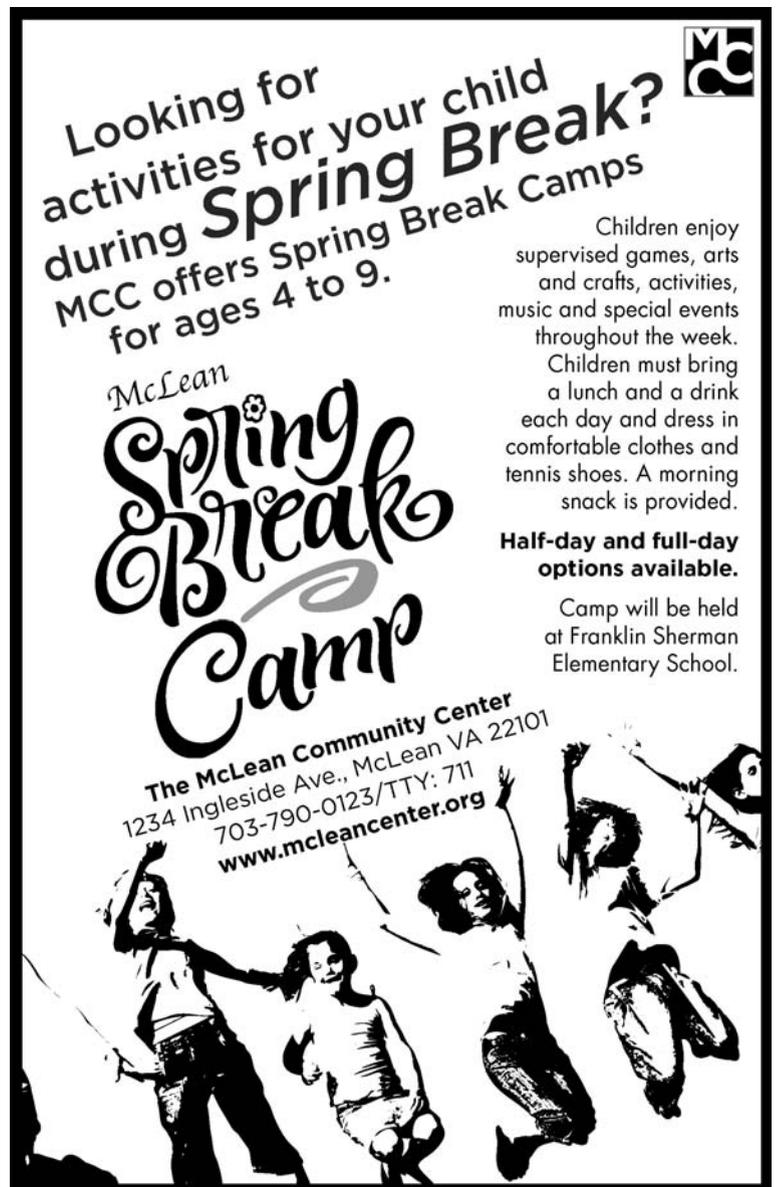
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Looking for activities for your child during **Spring Break**?
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McLean Spring Break Camp

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A Wrong Way to Feel Cool

Area high school students discuss risky behaviors.

Viewpoints

The Connection high school interns – **Nikki Cheshire** (Langley High), **Monika Bapna** (Marshall High) and **Mary Grace Oakes** (Madeira) – asked area high school students:

- ♦ What type of risky behaviors do some youth engage in and what do you think poses the greatest risk?
- ♦ Are there certain activities that can lend themselves more to risky behavior because of the nature of the group?

Here are their responses.



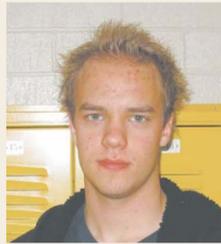
Sherwin Zahirieh, Grade: 12, Langley High School
 “People drive recklessly, risking their life, which can obviously result in disaster. People do all sorts of drugs and drink alcohol every weekend. Drunk driving definitely poses the greatest risk, since people think they’re invincible.”



Meigan McManus, Grade: 12, Langley High School
 “I think something like drunk driving is especially risky. If a person is using drugs, it only really affects them, but drunk driving poses a highly dangerous situation toward other people.”



Adrienne Schmidt, Grade: 11, Langley High School
 “When parents aren’t close with their child, they have the tendency to rebel. It depends on the person, but if you have a better relationship with your parents then risky behavior is less likely.”



Magne Bugten, Grade: 12, Langley High School
 “Parties outside of school-related activities, definitely cause risky behavior. I feel like people who don’t do extracurriculars are more likely to party.”

—NIKKI CHESHIRE

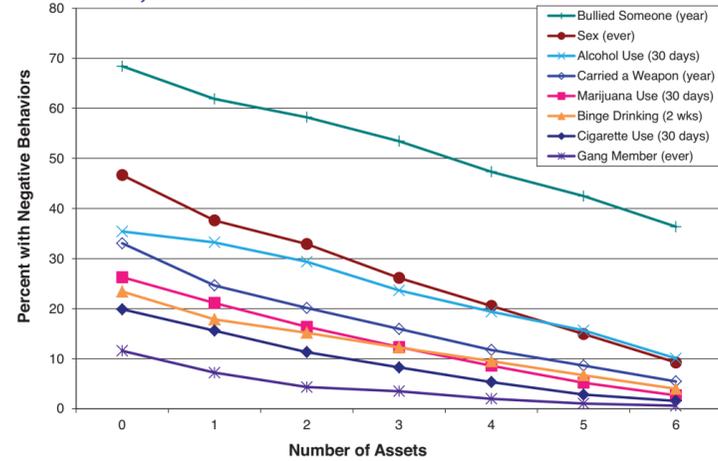


Sam Kyung, Grade: 11, Marshall High School
 “The most risky behaviors in my opinion are drinking, and drinking and driving. Drinking and driving, though, poses the greater risk because it affects everybody.”

SEE VIEWPOINT, PAGE 11

Asset Graph for Fairfax County (Grades 8, 10, 12)

Three to Succeed: Youth who have three assets are less likely to engage in risky behavior than youth who have none.



High Personal Integrity
 Perform Community Service
 Teachers Recognize Good Work

Have Community Adults to Talk to
 Participate in Extracurricular Activities
 Parents are Available for Help

The 2010 Fairfax County Youth Survey shows how the presence of at least three “assets” can dramatically reduce the odds of students engaging in risky behaviors such as sex, drug abuse and violent behaviors. Six assets are: high personal integrity, performing community service, being recognized by teachers for good work, having adults in the community to talk to, participating in extracurricular activities and having parents available to help.

Risky Behavior by the Numbers

Youth Survey highlights risks, assets for students.

BY ALEX McVEIGH
 THE CONNECTION

FIRST IN A THREE PART SERIES.

Periodically, Fairfax County conducts a youth survey which polls thousands of students to get a glimpse into issues of substance abuse, antisocial behaviors as well as factors such as mental health and civic engagements. This is the sixth year the survey has been conducted (the first was in 2001), and in the 2010 Fairfax County Youth Survey was completed by 32,953 students in eighth, 10th and 12th grade, representing 85.6 percent of enrolled students in those grades.

The survey was previously conducted in 2001, 2003, 2005, 2008, 2009 and 2010. Over time, more specific questions regarding risk factors and general health questions have been included. In 2008, the survey was administered in random English classrooms in every school, but in 2009 the county adopted a census-like approach, where all students in the targeted grades were encouraged to participate.

“For the last few years, we’ve conducted the survey every year, because it helps us learn about certain behaviors our youth are doing, and that’s information we can use to plan our prevention efforts,” said Marcus Allen of the county’s Department of Neighborhood and Community Services. “The data shows us the way behaviors are trending and we use that for short and long-term planning.”

Of the completed surveys, 2,554 were rejected due to fewer than eight questions answered, information

was missing, the student reported a use of a fictitious drug called BTM that was mentioned or a student answered “I was not honest at all” on the final question.

The survey itself consisted of 203 questions, which were derived from such sources as the U.S. Substance Abuse and Mental Health Administration’s Communities That Care Youth Survey, the Center for Disease Control and Prevention’s Youth Risk Behavior Survey and others.

A PRIMARY FOCUS of the 2010 survey was on “assets” by students, which, according to the survey are “strengths in young people, their families, schools and communities that help them thrive in health, in school and daily life and in a safe environment.”

The county polled students on six of these: personal integrity, regular community service, recognition by teachers for good work, having adults to talk to, extracurricular activity participation and having parents available for help.

“We’ve found that the presence of three of these assets dramatically reduces the risk of these students engaging in risky behavior. It’s simple really: the more assets they have, the less likely it is they’re going to engage in these behaviors,” Allen said. “It’s not all negative, we want to make sure we’re reinforcing how important these assets are, because it directly affects the likelihood of success.”

For example, students with at least three assets are almost half as likely to have had sex, used marijuana in the last 30 days, binged on alcohol in the past two weeks, smoked a cigarette within the last 30 days or

joined a gang.

Other risky behaviors such as bullying someone, carrying a weapon and using alcohol within the last 30 days were also reduced by having at least three assets.

Extracurricular activities and civic involvement are two of the assets that students can control. According to the survey, 55.8 percent of students reported being involved in some sort of extracurricular activity once a week, while only 9.2 percent reported never having been involved in an extracurricular activity.

The survey also found that as grade level increases, so does the likelihood of a student getting involved in activities.

Many community groups use the survey to shape their programming and outreach efforts from year to year. Debbie Withey of the Safe Community Coalition, which hosts programs designed to raise awareness of issues mostly in the Langley and McLean high school pyramids, says it’s a very useful tool to have.

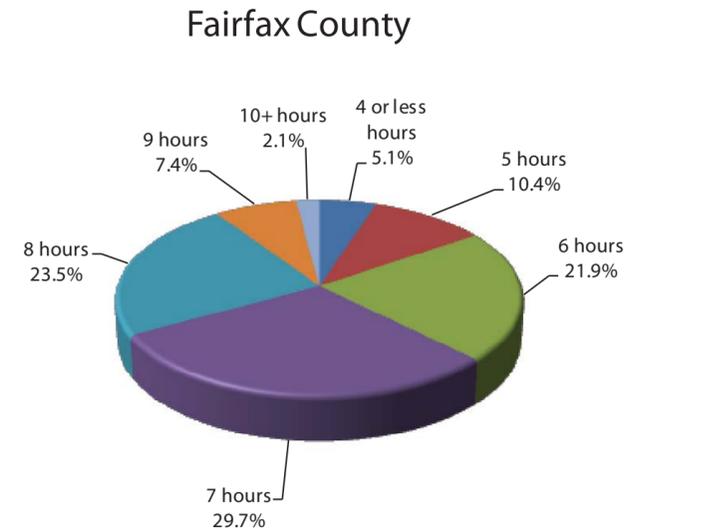
“We look at trends to see what areas of risk are increasing, particularly in areas where the numbers are higher than the rest of the local community or the national average,” she said. “We decided a few years ago that the survey was going to be our primary resource when it comes to programming. We feel like it’s quantifiable, empirical data that is very helpful when trying to compare statistics with the rest of the county.”

Withey also said that they make sure to keep the data in context.

“The survey isn’t the be-all, end-all in terms of what we do, we also do exit surveys at all of our programs and make sure we’re keeping in touch with teachers and administrators,” she said.

The SCC recently hosted a forum covering all as-

Hours of Sleep per School Night (Grades 8, 10, 12)



CONTRIBUTED

Viewpoints



Nick Nelson, Grade: 11, Marshall High School
 “Fatigue, I think, is the biggest problem with teens these days. When students drive to school, for example, it can lead to so many accidents in the morning if they are tired.”
 “Procrastination, extracurricular activities, and all the things that teenagers have to do these days causes fatigue.”



Joey Phoon, Grade: 11, Marshall High School
 “Teenage parties are where most kids get access to these things, so any events that have a lot of teenagers together and no parent supervision lend themselves to alcohol and drug use.”

—MONIKA BAPNA



Annie Wattenmaker, Grade: 12, The Madeira School
 “The most common risky behavior is drinking and driving. So many kids in this area drink and drive all the time without thinking of the risks.”



Kristen Bilowus, Grade: 12, The Madeira School
 “I think DUIs pose the greatest risk to kids because so many deaths are caused by this every year, and the legal repercussions are so severe.”



Makenzie Parent, Grade: 12, The Madeira School
 “Binge drinking is probably the most dangerous behavior because it can easily and rapidly get out of hand, causing hospitalizations.”
 “I think when there is a big group involved, that group mentality creates more peer pressure, so kids might feel forced to do something they would not if they were just with a small group of friends.”



Jennifer Oler, Grade: 12, McLean High School
 “I think drunk driving definitely poses the greatest risk because you’re not only putting yourself in danger but everyone else driving then too.”
 “When there is a larger group of people, teenagers tend to do stupid things that they most likely wouldn’t do if they were by themselves or just with a couple of people.”

—MARY GRACE OAKES

PHOTO COURTESY OF THE FAIRFAX SYMPHONY ORCHESTRA



Students from Westgate Elementary School in Falls Church joined members of the Fairfax Symphony Orchestra for the “Overture to Orchestra” program. The program introduces elementary school students to the instruments and sounds of a symphony orchestra. Students (from left): Aidan Ordovery, Agnes Holmberg, Adam Haizoun, Matteo Betancourt, Katrina Maranon, Tharini Vayuvegula and Yusra Adan. FSO members (from left): Ashley Batten, narrator; Eric Moore, horn; Paul Johnson, trumpet; Mike Bunn, tuba; Andrew Skaggs, trombone; Chris Ferrari, trumpet.



PHOTO COURTESY OF THE MCLEAN YOUTH ORCHESTRA

Oboist Elise Favia plays a solo during a McLean Youth Orchestra concert. Experts say playing music can develop analytical thinking and boost reading and math skills.

Does Music Make Children Smarter?

During Music In Our Schools Month, musicians raise awareness of the impact of music education on the lives of students.

BY MARILYN CAMPBELL
THE CONNECTION

Can playing the piano strengthen a child’s reading and math skills? Can joining a school band be a catalyst for building self-confidence? Does one develop strong analytical abilities by taking violin lessons? Some music experts say yes.

“Every minute that you’re engaged in music, you’re applying more than one concept or one knowledge,” said Dr. Kevin Strogher, Head of Music at The Heights School in Potomac. “Music develops analytical thinking because it requires students to be creative. They don’t just regurgitate memorized facts. They have to apply those facts.”

March is Music in Our Schools Month and some music aficionados are trying to raise awareness about impact of music education on the lives of students. The National Association of Music Education in Reston cites a strong body of evidence which shows that participation in musical activities can enhance a student’s education. “For today’s



PHOTO COURTESY OF THE FAIRFAX SYMPHONY ORCHESTRA

Helen Fall of the Fairfax Symphony Orchestra mentors students from the Sandburg Area Orchestra. Experts say students can benefit from exposure to professional musicians through educational programs sponsored by local symphony orchestras.

Considering Private Music Lessons?

When should students start taking music lessons?

Between the ages of 5 and 6 for piano. Between the ages of nine and ten for wind instruments or band instruments because students have to have the lung capacity and the finger stretch to perform on the instrument.

What is a good first step?

The piano is a great instrument to start on because it plays in every key and gives students a deep understanding of musical harmony and how music works in terms of cords, melody and harmony.

— HOLLY VESILIND,

MUSIC INSTRUCTOR AT WESTGATE ELEMENTARY SCHOOL

McLean Youth Orchestra

The McLean Youth Orchestra presents MYO Rocks! Sunday, March 25 at 3 p.m. at Oakcrest School, 850 Balls Hill Road in McLean. Admission is \$10 (free admission for children under 13). Visit <http://mcleanyouthorchestra.org>.

students to succeed tomorrow, they need a comprehensive education that includes music taught by exemplary music educators,” said Elizabeth Lasko, Assistant Executive Director, NAME. “Music In Our Schools Month gives music teachers the chance to...let everyone know how learning music benefits kids, and how it contributes to their growth and development both as students and as future adult citizens.”

Instructors say playing music can boost brain power. “Music helps build and develop cognitive skills because you have to do three or four things at the same time to perform music,” said Holly Vesilind, music instructor at Westgate Elementary School in Falls Church and a private flute instructor in Fairfax. “It builds math skills because it involves counting and fractions.

Experts say music activities can affect social development. “Music ensembles work much like team sports, students learn the necessity of teamwork and collaboration,” said Dr. James Criswell, director of the Middle School advanced band and Upper School wind ensemble and orchestra at St. Stephen’s & St. Agnes School in Alexandria.

Strogher dispels the notion that the discipline attracts social misfits. “It is not just the choir geeks or the band nerds,” he said. “When [The Heights Men’s Chorus] was

SEE MUSIC, PAGE 11

Music in Our Schools Enhances Education

FROM PAGE 10

performing in Austria recently, we had the [school's] best lacrosse player with us, we had baseball players, basketball players. In fact, most of our top athletes are also in the music program. It is actually a cool thing to be in music."

So, what do students think? "Music allows people from different social groups to bond and come together over a common interest," said Connor Ortman, a sophomore at St. Stephen's & St. Agnes.

"Regardless of a student's level, participation in music education teaches the importance of teamwork and collaboration as a group as well as individual discipline and preparation, much like athletics," added St. Stephen's & St. Agnes School sophomore Kathryn Cavallo.

EXPERTS SAY early musical experiences benefit even the youngest musicians. "We focus on experiences, the process and overall music making through movement, singing and instrument playing," said Julie Mueller, a music teacher at Arlington's Jamestown Elementary School.

Earlier this month, the Jamestown Elementary School chorus joined other student choral groups from around the world

for the "Concert for Music in Our School's Month," an annual musical experience sponsored by The National Association of Music Education. "Events like these are wonderful opportunities to encourage the students to develop their musical abilities and to be part of activities with musicians from all over," said Dr. Maritza Sadowsky, a music teacher at Jamestown.

Music educators want musical interest to extend beyond a month-long effort. "We hope that because of advocacy efforts such as [Music in Our School's Month]...that parents will encourage their children to get and stay involved in music," said Lasko.

One means of involvement say educators is exposure to professional musicians through educational programs sponsored by local symphony orchestras. "Having been a school strings and band teacher, myself, I understand how the voices of professional musicians who come into the classroom can reinforce the instruction the teachers give," said Helen Fall, a Fairfax Symphony Orchestra Violist.

Hall and other FSO members mentor students as part of programs like Symphony Creating Outreach Resources for Educators (SCORE) and Overture to Orchestra. Overture to Orchestra is designed to introduce elementary school students to the instru-

ments and sounds of a symphony orchestra through in-school concerts performed by chamber ensembles from the FSO. The SCORE program offers extensive master classes, individual sectional instruction, and "side-by-side" rehearsals to middle and high school bands and orchestras.

"The students are always excited to have us come. They feel they are getting extra special attention, and having a pro on every instrument makes them all feel important," said Fall who teaches violin and viola in her home studio in Fairfax.

The FSO allows students ages 6-18 to join the Student Passport Club where members get \$5 tickets to symphony performances. Young music enthusiasts also have an opportunity to play symphonic instruments and meet members of the orchestra.

"The FSO concentrates on providing its programs to areas where students have limited access to private music instruction or consistent support for their music studies in the home," said Elizabeth Murphy, FSO President and CEO. "These are the students who will benefit most from one-on-one exposure to the instruments and professional musicians."

OFFICIALS FROM THE MCLEAN ORCHESTRA created the McLean Youth Or-

chestra (MYO) to cultivate the talent of musically advanced middle and high school students. "MYO students not only learn to read and play music better, but working with our conductors and section coaches, they also learn the discipline, team work, self-reliance and confidence required to be an effective ensemble member," said Aileen Pisciotta, President-Elect of the McLean Orchestra.

On Sunday, March 25, MYO musicians will present MYO Rocks! "This is [the orchestra's] first-ever 'fusion' concert," said Pisciotta. "The students will perform a couple of classical selections as well as accompany accomplished rock musicians on some current as well as classic rock favorites. This is an MYO outreach effort intended to be a really fun exposure to symphony music for teens who don't normally go to classical concerts."

MYO oboist and Vienna resident Elise Favia, believes the concert will be a hit with her peers. "I am really big on modern songs," said Favia, who is a 10th Grade Student at Thomas Jefferson High School for Science and Technology in Alexandria. "I actually don't like classical music as much as I do the others, but classical music on the oboe is fun because the oboe is used a lot."

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ENTERTAINMENT

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

WEDNESDAY/MARCH 21

"Orphans of the Storm." 8 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. D.W. Griffith's 1921 silent film, starring sisters Lillian and Dorothy Gish in the story of two young women in peril during the French Revolution. \$6-\$8. www.mcleancenter.org.

Digitour with Dave Days, DeStorm, Ricky Ficarella, Alex Goot, Asher Monroe, Nice Peter, The Key of Awesome and WhatADayDerek. 8 p.m. Jammin' Java, 227 Maple Ave E Vienna. www.jamminjava.com.

Celtic Crossroads. 8 p.m. The Barns at Wolftrap, 1551 Trap Road, Vienna. Bluegrass, gypsy-folk and jazz. \$27. www.wolftrap.org.

Judging of Vienna Photographic Society Photojournalism Entries. 7:30 p.m. Thoreau Middle School, 2505 Cedar Lane, Vienna. Mary Ann Setton, past president and past competition chair of the Northern Virginia Photographic Society will judge. 703-451-7298.

THURSDAY/MARCH 22

David Choi and Jeff LeBlanc. 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.

Book Sale. 1-8 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. 703-242-4020.

Youth Art Show Reception. 5:30-7:30 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. Featuring artwork by McLean area middle and high school students. 703-790-1953.

Art History Lecture Series. 10 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Second of four Introductory Art History Lectures. 801-361-5464.

The Second City: Laugh Out Loud. 8 p.m. The Barns at Wolftrap, 1551 Trap Road, Vienna. Comedy. \$24. www.wolftrap.org.

"A View from the Bridge." 7 p.m. McLean High School, 1633 Davidson Road, McLean. Tragedy by Arthur Miller. \$15 in advance, \$20 at the door. mcleantheatrecompany@gmail.com.

FRIDAY/MARCH 23

Virginia Opera: The Mikado. 8 p.m. George Mason University's Center for the Arts Concert Hall, 4400 University Drive, Fairfax. Gilbert and Sullivan's masterpiece, set in the fictional Japanese town of Tiputu. Sung in English with English supertitles. \$48-\$98. 888-945-2468 or www.gmu.edu.

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

Book Sale. 10 a.m.-6 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. 703-242-4020.

The Second City: Laugh Out Loud. 8 p.m. The Barns at Wolftrap, 1551 Trap Road, Vienna. Comedy. \$24. www.wolftrap.org.

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

Derek Webb and Sandra McCracken. 7 p.m. and 9:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.



Bass Kevin Burdette as Ko-Ko in Virginia Opera's production of Gilbert and Sullivan's "The Mikado". The Virginia Opera will present "The Mikado" on Friday, March 23 at 8 p.m. and again on Sunday, March 25 at 2 p.m. in George Mason University's Center for the Arts Concert Hall, 4400 University Drive, Fairfax. Tickets are \$48-\$98. 888-945-2468 or www.gmu.edu.

McLean Art Society. 10 a.m. McLean Community Center, 1234 Ingleside Ave., McLean. With Susan Ellis, realistic pastel artist. 703-790-0123.

"A View from the Bridge." 7 p.m. McLean High School, 1633 Davidson Road, McLean. Tragedy by Arthur Miller. \$15 in advance, \$20 at the door. mcleantheatrecompany@gmail.com.

SATURDAY/MARCH 24

Fairfax County Mega Job Fair. 10 a.m.-3 p.m. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. This year's event includes a training vouchers program for veterans to enhance their job skills, a section for youth employment services plus recruiters from a wide variety of employers and government agencies. Co-hosted by Congressman Gerry Connolly, the Fairfax County SkillSource Centers and Business Development Assistance Group. Participating employers, business resources partners, and program agenda at www.fairfaxmegajobfair.com.

VVFD Spring Bazaar. 10 a.m.-4 p.m. Vienna Volunteer Fire Department, 400 Center St., Vienna. Crafts and home based businesses, holiday decorations and more. Lunch and baked goods available for purchase. Proceeds raise funds for life-saving fire and rescue equipment. Free admission. 703-309-3468 or Dancers1023@aol.com.

"The Revenge of the Space Pandas or Binky Rudich and the Two-Speed Clock." 3 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. For ages 6 and up. A comedy by David Mamet. \$8-\$10. sabrina.anwah@fairfaxcounty.gov.

Children's Shows: Ralph's World. 10:30 a.m. and 2:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.

Chris Ayer, Matt Simons and Adam Barnes at 7 p.m.; **Adrenaline Dance Music Party** at 10 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.

Harlem Globetrotters. 7:30 p.m. George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. Tickets available at www.harlemglobetrotters.com or 1-800-745-3000.

"A View from the Bridge." 7 p.m. McLean High School, 1633 Davidson Road, McLean. Tragedy by Arthur Miller. \$15 in advance, \$20 at the door. mcleantheatrecompany@gmail.com.

DC/VA 2012 MDA Muscle Walk. 8 a.m. George Mason University, 4400 University Drive, Fairfax. Help raise funds to fight muscular dystrophy, ALS and related muscle diseases. Register at 703-476-5780 or musculewalkmda.org/DCVirginia.

SUNDAY/MARCH 25

Virginia Opera: The Mikado. 2 p.m. George Mason University's Center for the Arts Concert Hall, 4400 University Drive, Fairfax. Gilbert and Sullivan's masterpiece, set in the fictional Japanese town of Tiputu. Sung in English with English supertitles. \$48-\$98. 888-945-2468 or www.gmu.edu.

Merrifield Lions Club Snow Crab Legs and Shrimp Feast. 1-4 p.m. Dunn Loring Fire Department, 2148 Gallows Road, Dunn Loring. All you can eat crab, shrimp, hot dogs, baked beans, cole slaw and more. Beer available. Adults \$35-\$37, ages 5-11 \$13. 703-573-2733 or www.merrifieldlions.com.

Animal Rescue: A Musical Adventure. Colvin Run Mill Historic Site, 10017 Colvin Run Road, Great Falls. With string trio Virginia Virtuosi and music by Berlioz, Tchaikovsky, Saint-Saens and more. \$2. Registration required at www.fairfaxcounty.gov/parks.

"The Revenge of the Space Pandas or Binky Rudich and the Two-Speed Clock." 3 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. For ages 6 and up. A comedy by David Mamet. \$8-\$10. sabrina.anwah@fairfaxcounty.gov.

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

This Century, The Getaways and Foreverisforever at 2 p.m.; **A Tribute to the Rolling Stones on their 50th Anniversary with Anthony Fiacco, Luke Brindley, Todd Wright and Michael Pearsall** at 7 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.

Harlem Globetrotters. 2 p.m. George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. Tickets available at www.harlemglobetrotters.com or 1-800-745-3000.

"A View from the Bridge." 2 p.m. McLean High School, 1633 Davidson Road, McLean. Tragedy by Arthur Miller. \$15 in advance, \$20 at the door. mcleantheatrecompany@gmail.com.

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SPORTS



PHOTO/COURTESY VIENNA GIRLS

Vienna's sixth grade Div. 1 girls' basketball team recently topped off its undefeated 14-0 season by winning the Fairfax County Youth Basketball League (FCYBL) tournament championship with a 35-27 finals win over McLean. Throughout the season, Vienna averaged almost 45 points per game while holding opponents to fewer than 21 points. Only three games were decided by fewer than 10 points. The Vienna team is made up of: front row, left to right - Diana Miskell, Megan Nayak, Natalia Diaz, Cameron Plater and Katy Sharon. On the back row - Tracey Mills, Christina LaRow, Aria Smith, Kate Klimkiewicz and Kirsten Knauf. Greg Parris (right) and Dave McRae (left) coached the team. Team members Megan Nayak, Diana Miskell and Kate Klimkiewicz each earned All-League Player Awards this season.

The Oakton High baseball team (3-0) opened their new season last week with wins over Yorktown, 8-3, McLean, 8-7, and West Potomac, 15-4.

"We are very solid throughout our roster this year," said Oakton head coach Justin Janis. "I've been very pleased with how our players are preparing. If we throw strikes and play good defense, I think we have a chance to be successful this year."

Key members on the Oakton roster include senior Tyler Carroll, who is set to play collegiately at James Madison University next school year; senior outfielder Mason Hauser; and senior catcher Austin Lamon.

Oakton is coming off a successful 2011 season in which the Cougars went 18-6 overall and captured the Concorde District title. They advanced to the Northern Region tournament quarterfinals before losing to Lake Braddock.

Cougar Baseball Summer Camp will take place throughout July on the following dates: July 9-12 (Little Leaguers ages 6 to 11); July 16-19 (ages 11-through high school); July 23-26 (Little Leaguers ages 6 to 11). Camp sessions will be held at Oakton High's Tom Hall Baseball Field; with daily camp times from 9 a.m. to 1 p.m. The Camp Director is Oakton High varsity baseball coach Justin Janis.

SPORTS ROUNDUPS

Cost is \$140 per camper, with all funds being used to support Oakton High baseball. Checks should be made to OHSABC, and sent to: Oakton High School, 2900 Sutton Rd., Vienna, Va. 22181. The Oakton Cougar Baseball Camp is intended to teach players solid fundamental baseball skills. The primary goal is to provide each player with the instruction, knowledge, and evaluation necessary to raise their level of play. Instruction will emphasize the core values of Oakton Cougar Baseball: Excellence, Teamwork, and Integrity.

The Virginian Memorial Day Soccer Tournament, under new leadership this year, has made several new and exciting changes while holding on to many traditions. The event, held in Northern Virginia, is open to boys and girls select soccer teams from under-9 to under-19 age classifications. All games will be played on quality fields with all teams playing a minimum of three games. There will be four levels of competition and college coaches and scouts will be on-hand. For more information or to register, visit www.soccertournament.com.

Ten high school basketball teams (boys' and girls' combined) earned Virginia State titles earlier

this month. Forty teams opened up championship week at Virginia Commonwealth University's Siegel Center before 10 were ultimately crowned Virginia High School League (VHSL) champions for the 2011-12 winter season.

East Rockingham High, from the Shenandoah Valley, claimed its first state single-A, Div. 1 (smaller schools) girls' championship, beating Covington (Pioneer District), 66-42. In Div. 1 boys, Galax High (Region C) won its second straight title, defeating Amelia County, 66-49.

In Group A, Div. 2 action, the George Mason High girls, of Falls Church, won a state title for the third time in four years with a 50-47 win over Gate City. On the boys' side, Lancaster (Northern Neck District) claimed its first championship, defeating George Mason, 66-51.

In Group AA, Div. 3, the Robert E. Lee (Staunton) High girls, state runner-up two of the past three years, won the state crown for the first time since 1994 with a 44-37 finals victory over Liberty High of Bealeton (Cedar Run District). Brunswick High (Southside District), making its fifth straight finals appearance, repeated as the boys Div. 3 champs with a win over Cave Spring (Roanoke), 48-33.

The Millbrook High (Winchester) girls' team, state champions the past two years in Div. 3 classi-



PHOTO/COURTESY VYI BASKETBALL

Vienna's Version of March Madness

For those anywhere near Thoreau Middle School this past weekend, they may have noticed school parking spaces were at a premium. That was because Vienna Youth Incorporated (VYI) was holding its annual postseason basketball playoffs - Vienna's own version of March Madness. Girls' and boys' teams filled the two gymnasiums at Thoreau throughout the day on Sunday. There were lots of exciting games, both championship and all-star games. One of the day's exciting games was the boys' sixth grade All-Star Game between the Black and Red teams. Nick Kourtesis was head coach of the winning Red Team All-Stars (top), and Kevin Foley was at the helm of the Black Team All-Stars (bottom).



fication, won the Div. 4 crown this winter with a 63-38 win over Courtland High (Spotsylvania). In the boys' finals, Christiansburg (River Ridge District) won its first title with a 70-69 overtime win over Grafton (Bay Rivers District).

In Group AAA, the local Oakton High girls, members of the Northern Region, defeated defending champ Princess Anne (Virginia Beach), 58-39, for its first-ever state crown. On the boys' side, Hampton High won its fifth overall championship and first since 1997, defeating Petersburg High, 64-51.

Also of note in regards to the state basketball playoffs, the Sportsmanship Award winners were: Group A, Div. 1 - Galax High girls and Galax High boys; Group A, Div. 2 - Gate City High girls, and George Mason High boys; Group A, Div. 3 - Liberty High girls; Group A, Div. 4 - Millbrook High girls, Heritage High (Lynchburg) boys; Group AAA - Highland Springs High girls.

The Virginia Renegades, a college baseball prep/showcase program, has teamed with Steve Johnson of the National Hitting

Association to create a college baseball development program for high school players.

The Renegades' primary goal for players is to 'Find Your Best.' All players who make the Renegades will only need to pay for their uniforms. All other expenses will be covered as part of the Renegades program. Currently, the Renegades are looking for talented, focus-driven players for their 15-under team. The Renegades can be contacted through GM Pat Gaffney at 703-559-2181 or at pgaffney@virginiarenegades.org. For more team information, go to virginiarenegades.org.

Game Reports Wanted

Coaches, team managers/parents - Please send high school team game results to sports editor Rich Sanders at richsand8@aol.com, or contact him on twitter at [richsand8](https://twitter.com/richsand8). In game reports, please include date and place of game, game highlights, team win-loss record, and any other newsworthy items. Photos are also accepted.

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Hi, my name is Barbara Balsamo. Today is October the 22nd, 2010. And I just completed yesterday my first weight inch loss session in Dr. Petrie's office at Virginia Functional Medicine. I lost 4½ inches, about which I am very thrilled. Uh, the other thing I was very excited about is I have some surgical scars that have little fat pockets and they have almost completely disappeared in one session. So thank you very much, I appreciate it.*
—Barbara Balsamo, Vienna, VA

Hey Gang, I've been on the program 17 days now. I've lost 11 pounds and 13¾ inches. Feeling great...everybody at work's complimenting me and asking what am I doing? I keep telling them see Dr. Petrie at Virginia Functional Medicine. This has been fantastic...my clothes are a lot looser. I'm not buying any more new clothes until I've met my goal, and with Dr. Petrie's help I will get there! *
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