

# Burke CONNECTION

Alan Nguyen, 5, Jonathan Truong-Brown, 5, Chelsea Nguyen, 6 and Alexandra Truong-Brown, 7, of Burke brought their baskets to meet the Easter Bunny Saturday, March 31, at Jubilee Christian Center's 2012 "Eggstravaganza" held at the Fairfax County Government Center.



## Eggstravaganza!

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Wellbeing  
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Express Lanes  
90 Percent Complete

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APRIL 5-11, 2012

Anyone  
For Bike  
Riding?

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Burke first responders Lt. Earl Burroughs, Master Technician William Kight, Technician Eric Wyatt, Capt. David Conrad, Technician Robert Ritchie, Master Technician John McDonell, Technician Robin Clement and Firefighter/Medic Joseph Deutsch were honored for their heroism at the March 21 Fairfax County Valor Awards.

# Above and Beyond

## Burke firefighters honored for heroism.

BY JEANNE THEISMANN AND ALEX MCVEIGH  
THE CONNECTION

**T**he water was swiftly rising, surrounding a police officer trapped on the hood of his vehicle during the deadly flash flooding that devastated the region on Sept. 8, 2011. By the time first responders from Burke Fire Station 14 arrived on the scene in Great Falls, a rescue boat had already tried and failed to reach the stranded officer.

Lt. Earl Burroughs quickly surveyed the scene and concluded that walking into the water was the only remaining option. With waist high water and debris littering the fast-moving current, it would be a dangerous operation. But after traversing 75 yards of rising swift water, Burroughs, Technician Eric Wyatt and Master Technicians William Kight and John McDonell were able to reach the officer and successfully traverse the water once again to bring him safely to dry ground.

For their acts of heroism in that day, the Burke firefighters were honored March 21 with Bronze Medals of Valor at the Fairfax County Chamber of Commerce Valor Awards. Also honored for their rescue efforts at the scene were Capt. David Conrad and Technician Robert Ritchie, who received Certifi-

cates of Valor, and Firefighter/Medic Joseph Deutsch and Technician Robin Clement, who each received Lifesaving Awards.

At the event at the Hilton McLean of Tysons Corner, the Chamber recognized 108 of the county's first responders at the 34th Annual Valor Awards. Members of the Fairfax County Police Department, Sheriff's Office, Fire and Rescue Department, as well as from the Towns of Herndon and Vienna, were given awards.

Thirty-five responders were given Bronze or Silver Medals of Valor, and their children will receive post-secondary education scholarships from the Valor Scholarship Fund, a 501(c)3 foundation. To date, more than \$250,000 in scholarships has been awarded.

The flash flooding of Sept. 8, a result of 6 to 10 inches of rain that deluged the area, brought numerous calls for water-related rescues and 18 Fairfax County Fire and Rescue personnel were honored for their efforts that day. The firefighters saved dozens of lives by rescuing people who were trapped by rising water, in danger of washing downstream or were otherwise trapped by the severe weather conditions.

The Chamber also awarded 48 lifesaving awards and 25 certificates of valor during the ceremony.

"We have heard some remarkable accounts of heroism today," said Doug Brammer, chair of the Valor Scholarship Fund. "Having done this for a number of years, it just reinforces that when things are at their worst, our first responders are at their best."

PHOTO BY ANGELA BALLARD/FAIRFAX COUNTY FIRE AND RESCUE

# NEWS

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



PHOTO BY VICTORIA ROSS/THE CONNECTION

Tim Steinhilber, Transurban-Fluor Express Lanes manager, explains the benefits of the new 495 Express Lanes, on track to open in December 2012. "The 495 Express Lanes will fundamentally change how the region thinks about and uses the Capital Beltway in Virginia," Steinhilber said.

## Fasten Your Seatbelts

VDOT officials say I-495 Express Lanes will be just that.

BY VICTORIA ROSS  
THE CONNECTION

Predictable, safe and reliable is not how most motorists would describe driving on the obstacle course known as the Capital Beltway.

But at a news conference last week, VDOT officials said that's exactly what's in store for drivers in the coming year as several billion dollars' worth of Northern Virginia transportation megaprojects moves forward.

"The mild winter and early spring helped put us on schedule for our projects," said Steven Titunik, VDOT's communications director.

Construction of the 14-mile HOT lanes, now formally called the 495 Express Lanes, is 90 percent complete, and the two new lanes - in each direction from Springfield to just past the Dulles Toll Road - are on track to open in December 2012, said Tim Steinhilber, Transurban-Fluor's Express Lanes manager.

"The great news is that construction is ending. Drivers will have faster, more reliable and more predictable trips on the Capital beltway," Steinhilber said.

The 495 Express Lanes will provide much-needed relief to heavily congested Northern Virginia, according to VDOT officials. In a Transportation Institute 2011 Urban Mobility Report, the Washington, D.C. area had the worst traffic congestion in the United States, and yearly commutes that are twice as long as the national average.

"The 495 Express Lanes are the first roadway of their kind in the region," said Gregory A. Whirley Sr., VDOT Commissioner. "As with anything new, there is a learning curve and we want to make sure drivers and the community are educated and equipped to use the lanes."

**FOR THE FIRST TIME**, officials said, motorists will have choices that can make the ride smoother: carpools with three or more occupants travel free on the Express Lanes, and cars with fewer riders can pay a toll for a faster trip on the Express Lanes, or



PHOTO BY VDOT

Crews work on new ramps at the Springfield Interchange, one of the most complex interchanges on the 495 Express Lanes project. Construction of the 14-mile, four-lane roadway also brings upgrades to 12 interchanges, new access points and the replacement of over 50 bridges and overpasses.

### 'Know Before You Go'

The HOT Lanes, now formally known as the 495 Express Lanes, will provide new options for a faster, more predictable trip on the Capital Beltway in Virginia and help drivers control how and when they get to their destination, according to VDOT officials.

A new website launched last month is the first step in a year-long education campaign focused on educating the community on how to take advantage of the new travel options when the lanes open in late 2012.

"That's one of our main messages to motorists: know before you go," said Steven Titunik, VDOT's communications director.

He said the name of the new traffic project has changed from HOT Lanes to Express Lanes because all the on-road signage will say 'EXPRESS,' and officials want customers to become familiar with what they will see on the road.

The website includes everything from detailed maps outlining how each interchange will work to information about safety in the lanes.

For more information, visit [495ExpressLanes.com](http://495ExpressLanes.com).

use regular travel lanes.

Instead of toll booths that create cattle-chute conditions, tolls on the new lanes will be collected solely

SEE EXPRESS, PAGE 9



PHOTO BY VICTORIA ROSS

As part of the Fairfax County Parkway Phase 3 project, Donegal Lane in Springfield will be closing on April 10 in conjunction with the opening of the new Rolling Road Bridge, expected in early April. For more information on the Fairfax County Parkway Phase 3 Project, visit the website at: [www.fcparkway.com/index.htm](http://www.fcparkway.com/index.htm)

## Fairfax County Overpass Opening

### Donegal Lane access shuts down April 10.

On Tuesday, April 10, the Virginia Department of Transportation is permanently closing the intersection of Donegal Lane and the Fairfax County Parkway, and simultaneously opening the overpass carrying the new alignment of Rolling Road over the parkway.

To implement that new road configuration, there will be multiple lane closures on the parkway in the area of Rolling Road and Donegal Lane beginning at 9 a.m. April 10.

In addition to the lane closures, temporary traffic shut-

downs of the parkway northbound and southbound will occur between 10 a.m. until noon. These stoppages will be between 5 and 15 minutes in length for removal of traffic signals.

After the new road configuration is in place, motorists will no longer be able to access the parkway from Donegal Lane at the intersection, and motorists will not be able to turn onto Donegal Lane. Motorists who want to access Donegal Lane from the Fairfax County Parkway will be required to follow the signs for Rolling Road or take the Barta Road exit ramp. Temporary message boards and new signs will be in place to direct motorists to the new access areas.

— VICTORIA ROSS

### Fast Facts: The \$174 Million Project

When the first two phases of the four-phase Fairfax County Parkway Extension project opened in September 2010, at a cost of \$124 million, motorists gained a direct route to I-95 through the Fort Belvoir North Area in Springfield.

#### Project Phases

♦Phase 1 - Construction of a four-lane section between Rolling Road and Fulerton Road that provides direct access to I-95. Construction began in November 2008 and was finished in September 2010.

♦Phase 2 - Construction of a partial cloverleaf interchange at Rolling Road and the Fort Belvoir North Area entrance. Extension of Boudinot Drive provided an on-ramp to the southbound parkway. Construction finished in September 2010.

♦Phase 3 and 4 - The last two phases of the Fairfax County Parkway, priced at \$50 million, will be partially funded by the American Recovery and Reinvestment Act (ARRA). Phase four was completed in July 2011, while phase three was a separate design-build contract with a scheduled completion of fall 2012. Highlights include: relocating Hooes Road and Rolling Road with improvements to the Franconia-Springfield Parkway interchange and the Fairfax County Parkway and extending Boudinot Drive at the parkway linked with a loop ramp.

♦In late 2011, the U.S. Army relocated nearly 19,000 jobs to Fort Belvoir, Alexandria and Springfield as part of the Base Realignment and Closure Plan (BRAC). To handle the increased traffic in southern Fairfax County, the parkway was extended by two miles between Rolling Road and Fullerton Road. The realignment of Rolling Road will be complete this summer.

♦The Fairfax County Parkway was designated as the John F. (Jack) Herrity Parkway in 2001. Former Chairman Jack Herrity, who served on the Board of Supervisors for 12 years, was instrumental in getting the road built.

For additional information on any VDOT projects, go to [www.vamegaprojects.com](http://www.vamegaprojects.com)

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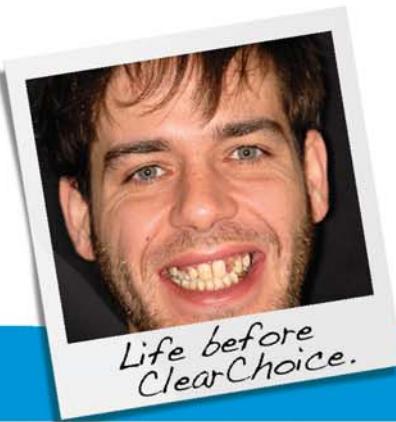
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# NEWS

## Great Harvest Bakery Wins Award

Named in the top 10 for annual sales growth.

Burke's Great Harvest Bread Company located at 6030-G Burke Commons Road received an award during the company's recent annual convention in San Diego, Calif. The local bakery was named in the top ten for annual sales growth out of more than 220 bakeries nationwide.

"Burke bakery owners Jeanette Moler and Jeffrey Connelly and their great baking team were up against some of the finest bread artisans in the country," said Mike Ferretti, president of Great Harvest Franchising, Inc. "It felt great to recognize them. Not only do they create amazing fresh whole wheat bread, they also take joy in supporting the local community."

The Burke bakery is known for its community involvement, especially as it relates to educating customers about the health and nutrient benefits of whole grains

in the areas of endurance, weight management, and the prevention of diabetes, heart disease and some forms of cancer. The bakery also frequently hosts slicing events at area functions, makes regular bread donations to local charities, and offers "ample" slices of their fresh hand crafted breads every day.

"We are thrilled to receive this recognition," bakery owner Jeanette Moler said. "We work hard doing what we love in a community that's amazing. That's always been what drives us – our craft, our customers and being connected to the community. Without our wonderful customers in Burke and Lorton, we would not have been able to achieve such growth. We love being a local business doing things that help our community to grow and flourish."

Originally founded in 1976 in Great Falls, Mont., Great Harvest has more than 220 bakeries located throughout the nation including Alaska and Hawaii. All bakeries are locally owned and operated, and no two are alike. Great Harvest is known for handcrafted breads made with



PHOTO CONTRIBUTED

**Burke bakery owners Jeanette Moler and Jeffrey Connelly.**

freshly ground whole wheat purchased from family-owned farms. The neighborhood bakeries create an array of legendary fresh-baked breads and sweets, as well as spe-

cialty items during the holidays. Great Harvest mills its whole wheat daily. The fresh flour is used within two days to guarantee the best taste and nutritional value.



### PHOTO GALLERY!

#### "Me and My Mom"

To honor Mom on Mother's Day, send us your favorite snapshots of you with your Mom and The Connection will publish them in our Mother's Day issue. Be sure to include some information about what's going on in the photo, plus your name and phone number and town of residence. To e-mail digital photos, send to:

burke@connectionnewspapers.com

Or to mail photo prints, send to:

The Burke Connection,  
"Me and My Mom Photo Gallery,"  
1606 King St.,  
Alexandria, VA 22314

Photo prints will be returned to you if you include a stamped, self-addressed envelope, but please don't send us anything irreplaceable.

### FAITH NOTES

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. Deadline is Friday. Dated announcements should be submitted at least two weeks prior to the event.

**St. George's United Methodist Church**, 4910 Ox Road in Fairfax, will hold an Easter Sunrise Service on Sunday, April 8 at 6:30 a.m. Weather permitting, it will be held outside behind the church in the outdoor worship area. Afterwards there will be breakfast provided. www.stgumc.org.

**Franconia United Methodist Church**, 6037 Franconia Road, Alexandria, offers traditional Sunday church services at 8:30 a.m. and 11 a.m. plus Sunday School classes for all ages at 9:45 a.m. Childcare is available 8:15 a.m.-12:15 p.m. There will be a Terry Hall Concert on Saturday, April 14 at 4 p.m. with old spirituals, classic hymns, southern gospel favorites and more. 703-971-5151 or admin@franconiaumc.org or www.franconiaumc.org.

**Clifton Presbyterian Church**, 12748 Richards Lane, Clifton, offers Sunday worship services at 8:30 a.m. and 11 a.m. Nursery care is provided. Christian education for all ages is at 9:45 a.m. 703-830-3175.

**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.

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Community Easter Sunrise Service at 6:30 A.M.  
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# OPINION

# Please Share

Every year at this time, the Connection puts out the call for photographs of moms and their children, grandmothers and their children and grandchildren. Most years, we're lucky enough to receive some photos include four generations — great-grandma and all the rest.

Mother's Day is Sunday, May 13, and once again the Connection will publish a selection of Mother's Day photos, celebrating the mothers who make so many things possible in families, businesses, communities, schools and other institutions in local neighborhoods.

Email photos, including the full names of the people in the picture, the approximate date and location the picture was taken, the ages of the children and sentence or two about the people and/or event.

Father's Day is June 17; soon it will be time to send photos of Dads and children, grandfathers and children and grandchildren.

You can upload your photos on our website at [www.connectionnewspapers.com/mothersday](http://www.connectionnewspapers.com/mothersday) or email them to [burke@connectionnewspapers.com](mailto:burke@connectionnewspapers.com)

## LETTERS TO THE EDITOR

### County Attracts New Residents

To the Editor:

When the Census Bureau released their American Community Survey of County-to-County Migration last week, I was happy to hear that Fairfax County was the number one destination for people moving to the Washington Metropolitan region. The migration statistics help demonstrate what many Fairfax residents already know: Fairfax County is a great place to live, work, play, and grow older comfortably.

Fairfax County is home to one of the best K-12 school systems in the country. We are also one of the safest jurisdictions of our size in the United States. Many top companies that have relocated here cite our top-flight education system as the number one reason for choosing Fairfax County as their new home. We are also a uniquely great place to start a business, a place where we can insure a stable business-friendly climate and access to a highly educated workforce.

Fairfax County offers an impressive menu of recreational opportunities, with attractive parks, golf courses, and bike trails to choose from. We also can claim a well-established arts community, world class shopping and dining, and numerous historical and cultural attractions.

It's important to recognize that Fairfax County is attractive to new residents because of our diversity. We are home to people of many different backgrounds and cultures and consider our diversity one of our greatest assets.

Apart from all of the statistics, facts, and figures, I believe there is another more intangible reason that Fairfax County tops the re-

gion in new residents. Everywhere I go across the County, I continue to hear that people enjoy the "mood" here in Fairfax County. We are a community that is innovative, curious, resilient, and caring. Even during tough economic times we have worked together in a positive way to maintain the quality of life that our community values.

**Sharon Bulova**  
Chairman, Fairfax County  
Board of Supervisors

### It Takes Community To Prevent Bullying

To the Editor:

As a private, not-for-profit agency focusing on bullying prevention and intervention in northern Virginia since 2009, we at Fairfax Partnership for Youth, Inc. are pleased to see your recent pieces focusing on this critical issue for youth [*"Interrupting Harassment and Bullying: Empowering Bystanders to Intervene, Students to Set Boundaries,"* Connection, March 28-April 3, 2012].

We have been encouraged by the Fairfax County Public School System's efforts to provide a structure within which each individual school can improve its bullying prevention and intervention response, and have been pleased to offer feedback as they have developed it. However, this issue is not the concern of the schools alone; youth can be bullied anywhere they interact. And providing safe environments for them to interact is a tremendously complex job that requires the cooperation and leadership of all of the adults in the community, especially parents. We are hosting

our third Bullying Prevention Symposium to promote this kind of community-wide cooperation on April 25, and all 224 seats were reserved within 1 week of the day we opened registration. It's clear our community is dedicated to eliminating bullying, but we must all contribute to the effort, by learning, sharing what works, and supporting the local schools and private organizations that are working hard to provide clear solutions that promote respect and understanding among youth.

**Kristen Brennan**  
Executive Director, Fairfax  
Partnership for Youth, Inc.  
[www.fairfayouth.org](http://www.fairfayouth.org)

### System Down

To the Editor:

One of the best things about living in the information age is that in recent years I have been able to handle almost all my dealings with the Department of Motor Vehicles by using the Internet.

Unfortunately, to obtain a driver's permit for my teenager I am required to show up in person at DMV. The three visits I made over the last nine days brought back bad memories of many lousy experiences with DMV from years long past.

My daughter and I showed up at the Lorton DMV only to be told that "The system is down and we can't help you." I asked why that information could not be posted on the DMV website so people would not have to waste their time driving there only to find out that they would not be helped. The employee had no answer for me but did give me a phone number to call before our next visit.

Four days later, our schedule allowed us to try again. So we

### Call for Mother's Day Photos, and Father's Day.

### Share Your Poetry: April Is Poetry Month

April is National Poetry Month. We invite local poets of all ages to send in submissions for inclusion in our papers and/or online. Are you a poet? The Connection will print poetry submitted by readers this spring, and occasionally throughout the year. Email your poem to [burke@connectionnewspapers.com](mailto:burke@connectionnewspapers.com)

Be sure to include the poet's name and address (we'll print your town name, not your full address). Photos of the poet are also welcomed.

## Burke CONNECTION

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The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors.

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Go to the place where the thing you wish to know is native; your best teacher is there. Where the thing you wish to know is so dominant that you must breathe its very atmosphere, there teaching is most thorough and learning is most easy. You acquire a language most readily in the country where it is spoken; you study mineralogy best among miners; and so with everything else.

—Johann Wolfgang von Goethe



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PHOTOS BY BONNIE HOBBS/THE CONNECTION

**Residents discuss potential bike paths while looking at a map of the local area.**

# Anyone for Bike Riding?

## Fairfax County's creating a Bicycle Transportation Plan.

BY BONNIE HOBBS  
THE CONNECTION

**B**esides being fun and good exercise, bicycle riding can also help improve transportation in Fairfax County. So the county's Department of Transportation (DOT) is holding a series of meetings to further develop a countywide Bicycle Transportation Plan.

The goal is to create a system of on- and off-road bike lanes to serve as a bicycle-transportation network. Included will be specific improvements needed to accommodate and encourage bicycling within and between county activity and population centers, and to and from neighboring jurisdictions.

"About five years ago, the county decided to create a bike program," said Charlie Strunk, bicycle coordinator for the county DOT. "The first step was making a map of the existing bike trails, and now we need a plan. We started with Tysons first because it was moving a warp speed, and now we're doing the rest of the county."

He and Dan Goodman spoke to local residents last Thursday night, March 29, at Daniels Run Elementary. Goodman is a senior planner with Toole Design Group of Silver Spring, Md. His company and Cambridge Systematics of Bethesda are working together with the county to develop its bicycle master plan.

Toward that end, they've held several meetings in various parts of the county to garner input from residents in each area. Also instrumental in developing the plan will be members of the county's Bicycle Advisory Committee, plus the group Fairfax Advocates for Better Bicycling (FABB).

"We started working on this last June and we're almost done," said Goodman. "We broke the county into eight quadrants since it's such a large, geographical area."

The Daniels Run meeting dealt with the Central Fairfax area. "This is our eighth of eight community-outreach meetings," said Strunk. "The City of Fairfax isn't a part of it, but it's integral to it."

Goodman said they'll then have two, countywide meetings summarizing the eight meetings, plus all their fieldwork. Next, they'll make specific recommendations to the county Planning Commission and Board of Supervisors. The finished product may then be incorporated into the county's Comprehensive Plan and into the City of Fairfax's plan.

"We're trying to create a linear bike network to make biking a feasible, transportation option in Fairfax County," he said. "We want to have biking be part of the culture of this county. We've already had meetings with the Bicycle Advisory Committee and, in April and May, we'll meet with representatives from law enforcement, public health and schools for their input."

**VDOT** has a statewide bike policy and, said Goodman, "We're trying to implement it on a local level." He said it will contain information about items such as safe bicycle routes to schools and developer contributions. That's why the county is seeking comments from a wide variety of individuals and entities.

"We want to build broad support for the plan and enlarge and diversify the community of bicyclists," he said. "We also want to hear from you tonight and will then spend the next few weeks

examining your suggestions."

Over the last six months or so, said Goodman, Toole employees have reviewed the major and minor roadways. "We're measuring road widths to see where we can get bike lanes within roads as they're routinely resurfaced, rather than widening them – which is more expensive," he said. "We're also looking at dangerous ramps and intersections."

Ways of marking bike paths include:

- ❖ Designating marked bike lanes;
- ❖ Placing shared-lane emblems on the road showing that bikes and cars share a lane when there's not enough room for a separate bike lane; and
- ❖ Having a cycle track – a bicycling space physically separated from both the roadway and the sidewalk by a buffer. Sometimes, even parked cars can be used to separate bicyclists from vehicles passing by.

According to 2010 U.S. census statistics, nearly 13,000 daily trips to work made by Central Fairfax residents are 3 miles or less. The number of daily trips of 3 miles or less for just schools, shopping and other reasons was a whopping 110,124. So, said Goodman, "If we could take some of them off the roads, they could have an impact on traffic congestion."

It's understandable therefore why FABB wants more bike lanes and neighborhood connections established here. It would like residents to have better opportunities to bike to their jobs and other destinations in their everyday lives. It also wants children to be able to bicycle safely to school and other activities.

The census further revealed that, for workers living in this



Charlie Strunk



Dan Goodman



Bruce Wright with FABB talks about the need to fund implementation of the bike plan.

City of Fairfax, Vienna, Oakton, Mantua, Burke, Braddock, Kings Park and Merrifield and also to other parts of the county."

So, he told the meeting attendees to check out the bike routes and maps GMU is developing – including its signage recommendations – so they'd see what's possible. "We'll put the comments into our GIS and will look at all of them," he said. "Tell us where the bike-route gaps are, which intersections need bike-safety improvements and what streets should have bicycle lanes, cycle tracks, etc."

Goodman urged residents to also tell them where the important, existing connector trails are and where more are needed; which destinations should be served; what major barriers should be addressed; what good bike routes are currently working; and what should be done to improve routes to other parts of the county.

Once all the information is gathered and incorporated into the bike plan, he said, "We'll update the county's bike maps – not just to show where the infrastructure is – but to actually tell people where to ride."

# NEWS



New bridge piers are under development to support completion of project construction in the Springfield Interchange.

## Express Lanes 90 Percent Complete

FROM PAGE 3

with E-Z Pass transponders read by overhead monitors allowing motorists to pass through at highway speeds while deducting the toll from their E-Z Pass accounts. Single occupancy or two-passenger vehicles will pay the tolls. VDOT officials said the tolls will have "dynamic pricing," because there is no theoretical ceiling for tolls.

Toll prices are based on demand, and officials said it's difficult to predict exactly what the tolls will be at any given time.

"We expect they will range from as low as 20 cents per mile during less busy times, to approximately a \$1.25 per mile in some sections during rush hour. An average trip cost is estimated to be between \$5 and \$6," Steinhilber said.

Buses and vehicles with three or more passengers can use the Express Lanes for free by using a new E-Z Pass Flex, which gives drivers the option of flipping a switch to avoid the tolls on the Express Lanes.

"It's all about choices," said John Lynch, the Virginia Department of Transportation Regional Program Director. "By giving motorists more choices on the Beltway, the transportation picture in Northern Virginia gets another dimension that was not available before."

The project also includes the replacement of more than \$260 mil-

lion of aging infrastructure including 58 bridges and overpasses.

Steinhilber noted that construction of a new median and safety shoulder, which will divide I-495 north and south-bound traffic, will enhance safety and cut-down on gridlock in the event of accidents.

"The new median will provide an enforcement and staging area for Virginia State Police and dedicated incident management crews. The key is to keep traffic free-flowing," he said.

"The 495 Express Lanes will fundamentally change how the region thinks about and uses the Capital Beltway in Virginia," said Steinhilber. "Between the new exits and on-ramps, the new travel options and the significant increase in capacity, the Beltway will be wholly different than just a few years ago."

**THE EXPRESS LANES PROJECT** is a partnership between VDOT, the Virginia Department of Rail and Public Transportation, and Transurban-Fluor, two private companies in a joint venture to build and operate the new lanes.

VDOT officials said motorists can expect to encounter the following in the coming months:

Extensive milling and paving along the entire Express Lanes corridor, which means 400,000 tons of asphalt placed in 2012.

♦Construction of new ramps and bridges in the middle of I-495, providing direct access between the Express Lanes and 10 major access points.

♦Installation of new tolling equipment and crews conducting on-site testing of the equipment, which includes automatic incident detection cameras, which can quickly notify Express Lane operators of accidents and radio frequency identification (RFID) technology to communicate with vehicle E-Z pass transponders to process trips and detectors and video cameras for quick license plate detection.

♦Installation of lane separators every eight feet throughout the corridor to segregate the Express Lanes from the regular Beltway lanes.

In addition to the Express Lanes project, other megaprojects include the Dulles Corridor Metrorail; the Telegraph Road interchange in Alexandria; the Fairfax County Parkway extension; and the proposed I-95 HOV/HOT lanes. Together, these projects represent several billion dollars' worth of local transportation improvements.

For more information on construction, visit [www.vamegaprojects.com](http://www.vamegaprojects.com). Go to [www.495ExpressLanes.com](http://www.495ExpressLanes.com) for information on tolling and the Express Lanes system will work.

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# Discussing Substance Abuse

## VIEWPOINTS

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

❖ Do you feel that legal substances (alcohol, tobacco) are being abused more or less than illegal substances (marijuana, painkillers)? Why?

❖ Do you think regular drinking or irregular binge drinking is more prevalent in your community?

Belle Therriault,  
Grade: 10, Marshall High



"I think legal substances are abused more. This is mostly because it is legal, and easier to get if people have older friends that they can get it from."

"Irregular binge drinking definitely happens more because teenagers don't have a steady flow of it so when they do they tend to drink too much."

Tracy Soon,  
Grade: 11, Marshall High

"Legal substances for sure are more abused. I mean, they are easier to get to and the illegal things probably cost more."

"I think teens do regular drinking more. As they get older they want more freedom, so they go to more parties where alcohol is often free flowing."

## THE COUNTY LINE

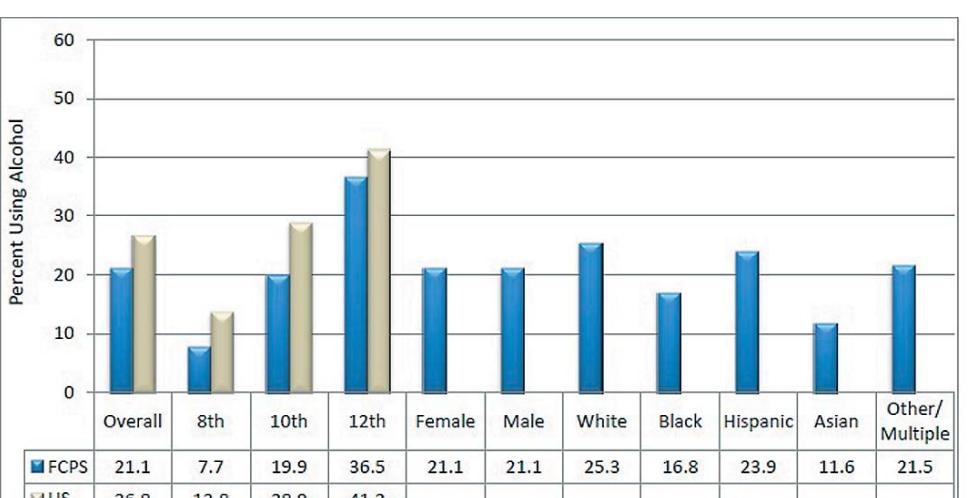
Substance	Overall FCPS	Grade			Gender					Race/Ethnicity <sup>a</sup>			
		8 <sup>th</sup>	10 <sup>th</sup>	12 <sup>th</sup>	Females	Males	White	Black	Hispanic	Asian	Other/ Multiple		
Alcohol	21.1	7.7	19.9	36.5	21.1	21.1	25.3	16.8	23.9	11.6	21.5		
Binge Drinking <sup>b</sup>	10.5	2.6	8.9	20.5	9.4	11.6	12.6	8.7	12.5	5.2	10.4		
Marijuana	10.3	2.4	10.0	18.9	7.5	13.1	11.5	12.7	11.7	5.0	10.7		
Cigarettes	6.8	2.3	5.7	12.8	5.7	8.0	7.3	5.7	9.1	4.3	6.9		
Painkillers without a doctor's order	5.7	4.9	5.7	6.5	5.7	5.7	6.3	5.8	5.8	3.6	6.9		
Prescription drugs other than painkillers without a doctor's order	4.1	2.1	4.0	6.2	4.1	4.0	4.8	3.4	4.1	2.4	4.4		
Inhalants	3.9	6.9	3.0	1.8	4.3	3.6	2.9	4.9	6.6	3.1	5.0		
Over-the-counter drugs to get high	1.7	1.2	1.9	2.0	1.6	1.8	1.7	1.8	2.6	0.8	2.0		
LSD or other hallucinogens	1.5	0.9	1.3	2.4	1.0	2.1	1.9	1.3	1.4	0.8	2.1		
Ecstasy	1.2	0.8	1.1	1.7	0.8	1.6	1.3	1.3	1.1	0.8	1.8		
Cocaine or crack	0.8	0.7	0.7	1.1	0.6	1.0	0.8	1.1	1.2	0.4	1.0		
Methamphetamine	0.7	0.7	0.6	0.8	0.5	0.9	0.7	0.8	0.9	0.4	0.5		
Steroids	0.6	0.8	0.6	0.5	0.4	0.9	0.5	0.7	0.9	0.5	0.8		
Heroin	0.4	0.4	0.4	0.5	0.2	0.6	0.5	0.4	0.5	0.3	0.7		

Notes: All percentages were calculated from valid cases (missing responses were not included).

<sup>a</sup>Racial categories do not include Hispanic students who are treated as a separate category in this table.

<sup>b</sup>Binge drinking was defined as having consumed five or more alcoholic drinks in a row within the past two weeks.

Percentage of students reporting use of selected substances in the past month, according to the 2010 Fairfax County Youth Survey.



Past month prevalence of alcohol use, by selected demographic characteristics, according to the 2010 Fairfax County Youth Survey.

## County Aims to Prevent Substance Use and Abuse

### Alcohol use down, painkiller and inhalant use on the rise.

BY ALEX MCVEIGH  
THE CONNECTION

#### THIRD IN A THREE PART SERIES.

Twenty-one questions in the 2010 Fairfax County Youth Survey dealt with substance abuse. The survey asked about lifetime use of alcohol, marijuana and cigarettes, as well as use in the past month of 13 different substances.

According to the survey, the most frequently used substance by Fairfax County students is alcohol, with 45.5 percent saying they had consumed it in their life, 21.1 percent reporting use in the past 30 days and 10.5 reported drinking five or more drinks in one sitting. While all those numbers are below the national averages, several community groups are at work trying to get them even lower.

"Quite simply, alcohol is a danger to their future," said Diane Eckert, executive director of the Unified Prevention Coalition of Fairfax County, which recently received a \$200,000 state grant to reduce underage drinking. "Once you start drinking at a young age, you're priming yourself to become dependent as you grow older, which of course we don't want."

Lifetime alcohol use in the county has decreased since the 2001 Fairfax County Youth Survey by 13.8 percent across all grades.

Access is a key part of the prevention mechanism, since students are under the age of 21 and cannot purchase it themselves. Many community groups reach out to places where alcohol is sold to increase awareness of the consequences of providing alcohol to minors.

"We participated in Operation Sticker Shock, which marks beer and wine at grocery stores with "Stop" signs to discourage shoppers from purchasing them for underage children," said Debbie Witchey, presi-

### Presenting Realities of Alcohol Abuse

The Unified Prevention Coalition will present "The Perils of College Drinking Culture," a program designed to educate students and parents about the realities of binge drinking on college campuses. The presentations will include a screening of the award winning documentary "Haze," as well as a question and answer session with a panel of law enforcement, medical and legislative personnel.

The programs will take place:

- ❖ Tuesday, April 17, Fairfax High School
- ❖ Tuesday, April 24, Herndon High School
- ❖ Wednesday, May 16, Mount Vernon High School
- ❖ Wednesday, May 23 at Northern Virginia Community College Annandale Campus Ernst Community Cultural Center

All programs will be from 7 to 9 p.m. More information can be found at [www.unifiedpreventioncoalition.org](http://www.unifiedpreventioncoalition.org).

dent of the Safe Community Coalition, which served the Langley and McLean High School pyramids. "We also held a program where fifth and sixth graders wrote notes to juniors and seniors attending prom, reminding them that they are role models and asking them to make responsible decisions, especially when it comes to drugs and alcohol."

Prescription drugs, particularly opioid painkillers, are a concern for the community since they can be readily available in students' homes. Painkiller use has risen from 4.9 percent reporting use within 30 days in the 2009 survey to 5.7 percent in 2010. Non-painkiller prescription drug use has also

risen from 3.9 percent within the last 30 days in 2009 to 4.1 percent in 2010.

"Prescription drugs abuse wasn't even on our radar a few years ago, now it is because of the youth survey," Eckert said. "We know we have to develop more awareness, because a lot of parents aren't aware of the effect an unlocked medicine cabinet can have on teenagers."

The rise has led to county-sponsored prescription drug drop-off events several times a year, where residents can bring medicine that is no longer needed to county facilities for proper disposal.

According to the survey, prescription drugs

were the only non-alcohol, tobacco, inhalant or marijuana substances used by more than 1.7 of the students. Other drugs surveyed include LSD, ecstasy, cocaine/crack, methamphetamine, heroin and steroids.

Inhalants are another area of concern, particularly because Fairfax County's usage statistics are higher than the national average in all grades. Any fumes or gas that is inhaled to get high falls under this category,

which can include household items such as glues, aerosols, butane and solvents.

Inhalants were the second most abused substance behind alcohol in eighth-graders, above marijuana

(which was the second most abused substance in 10th and 12th grades).

According to the survey 6.9 percent of eighth graders reported using inhalants in the past 30 days, while the number dropped to three percent in 10th graders and 1.8 percent in 12th graders.

"The survey has shown inhalant use starting at a younger age, which means we have to make sure to check for it at a younger age," said Capt. Bruce Ferguson, commander of the Fairfax County Police Department's Youth Services Division. "They're another one of those substances that can be found at home, so it's more difficult to control ac-

**"Prescription drugs abuse wasn't even on our radar a few years ago, now it is because of the youth survey"**

—Diane Eckert

of freedom when they're at a party over the weekend and they completely abuse the opportunity."

Makenzie Parent,  
Grade: 12, The Madeira School



"Alcohol is probably the substance that is most abused because it's easiest to obtain."

"I think many kids binge drink. Since parties are really the only place for kids to drink, they tend to go all-out because they feel like they need to cram everything into one night, which is inevitably more dangerous."

"The rise has shown inhalant use starting at a younger age, which means we have to make sure to check for it at a younger age," he said. "A coalition does not just run programs, but they oversee and implement what role programs might have in that strategy. Coalitions are in a unique position because it means no single agency is in charge of everything."

Kristen Bilowus,  
Grade: 12, The Madeira School

"I think legal substances are more commonly abused mainly because of their accessibility. Cigarettes are easiest to come by, and many kids either have or know someone who has a fake ID to buy alcohol. This leads to a very widespread abuse of alcohol by kids in our area. Illegal drugs are less common, but are enticing to kids because of the danger surrounding them. Often, drinking and cigarettes lead to abuse of illegal substances. Peer pressure at parties combined with intoxication can lead to skewed decision making and maybe illegal drug use."

"Irregular binge drinking is more prevalent. Kids drink at parties to be social, rather than by necessity. I wouldn't say I know anyone that drinks regularly by necessity."

Jennifer Oler,  
Grade: 12, McLean High School



"I think that both illegal and legal substances are being used the same. Lots of kids at this age drink alcohol and smoke marijuana."

"I definitely think it is prevalent in my community."

—MARY GRACE OAKES

Miles Laubinger,  
Grade: 12, Langley High School



"

Different things run in different crowds. Alcohol is more prevalent, but the illegal drugs are more of a problem because people that buy prescription drugs off the street run the risk of encountering shady people instead of just store clerks."

"You run into both regular drinking and binge drinking, depending on the responsibility of the individual. Big team parties have more binge drinking versus someone who does it responsibly."

Gabrielle Zuccari,  
Grade: 11, Langley High School



"Alcohol is probably the most common, but it depends on what group you're in more than anything. It definitely seems like alcohol and cigarettes are easier to get than, say, marijuana."

"There's a fine line for kids our age between regular and binge drinking. I do think that casual drinking is more popular, but it depends on the group and the environment."

Michaela Burton,  
Grade: 10, Langley High School



"I think it's probably easier for people to get their hands on legal substances, like from convenience stores or even at home. There certainly is a lot of usage of both, but I think legal drugs are abused more."

"Binge drinking, since more people just drink and don't think about it. I don't think teenagers have the self-control to just have one drink for dinner."

Norah Bazarov,  
Grade: 11, Langley High School



"Illegal drugs are probably used less, because you have to ask around for it. Legal drugs are easy to get because they're sold by a lot of people. Also, a lot of families have alcohol around the house, not marijuana."

"Regular drinking happens more often, because you can just sit down with a group of friends. It's more casual."

—NIKKI CHESHIRE

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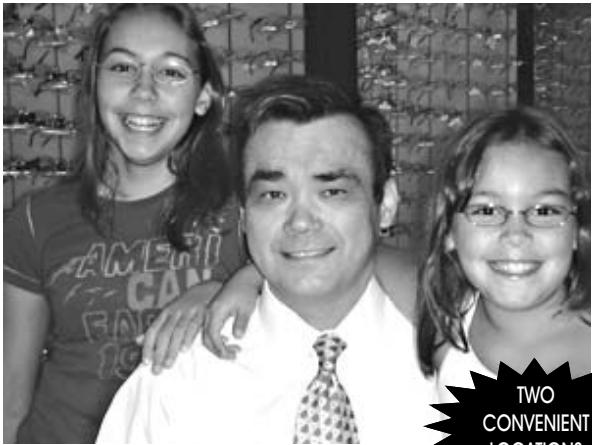
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## WELLBEING

# Surviving Spring

Local allergists offer suggestions for coping.

By MARILYN CAMPBELL  
THE CONNECTION

The Washington region's unseasonably mild winter led to the early arrival of spring. While many delighted in the balmy temperatures and blossoming flowers, some who suffer from allergies began sneezing earlier than usual.

"The pollen started coming out early and a lot of people were blindsided by their allergy symptoms," said allergist Dr. Heidi Isenberg-Feig, a Potomac resident and allergist at Johns Hopkins Community Physicians in North Bethesda. "The tree pollen count has been high already which is unusual."

The American Academy of Allergy, Asthma & Immunology (AAAAI) estimates that 35 million Americans suffer from allergies due to pollen and mold. Symptoms include sneezing, a stuffy or runny nose and itchy, watery eyes. This allergy season is expected to last longer and be more intense than usual. Local allergists offer strategies for surviving spring allergy season.

"Although there is no cure for allergies, symptoms can be managed," said Dr. Jean Glossa, medical director for the Fairfax County Community Health Care Network and Molina Healthcare. "It is possible to reduce or eliminate exposure to allergens. Minimize walks in wooded areas or gardens and stay indoors as much as possible on hot, dry, windy days when pollen counts are highest. Think about wearing a mask when mowing the lawn or gardening and don't hang linens or clothes out to dry."

### TIPS TO HELP manage symptoms:

❖ Decrease your contact with pollen. "The best way to do that is to close the windows of your car and house," said Isenberg-Feig. "Even if it is a nice day, the pollen count can still be a little high." Pollen can drift through open windows and settle onto carpet and upholstery.

❖ Take showers at the end of the day. "Shower and change clothes as soon as you get home to wash pollen from your hair and skin," said allergist Saba Samee, M.D. of Alexandria & Clinton Allergy Associates. "Leave your purse or book bag at the front

SEE ALLERGIES, PAGE 14

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# Surviving Spring Allergies

FROM PAGE 12

door. Don't drop them on the sofa or bed because they are all covered in pollen. The same goes for shoes."

❖ Use sunglasses to defend against pollen. "If you have problems with itchy, watery eyes, wear sunglasses when you're outside and avoid being outside on windy days if you can," said Samee.

❖ Stay ahead of allergies. "If you are someone who suffers from allergies, try to

take your medicines before things get too bad," said Samee. "If you wait until you're absolutely miserable the medicines don't work as well."

❖ Eat fruits and vegetables judiciously. Many people with seasonal allergies also suffer from pollen food allergy syndrome. "Some people experience itching hands or mouth or a scratchy throat if they eat certain raw fruits or vegetables because of the cross-reaction between the pollen and certain fruits



**Dr. Heidi Isenberg-Feig**, an allergist with Johns Hopkins Community Physicians, says that this year's spring allergy season could be more severe than usual.



**Allergist Dr. Saba Samee**, of Alexandria & Clinton Allergy Associates, advises allergy sufferers to take a shower after entering their home to wash away pollen from skin and hair.



**Dr. Jean Glossa**, medical director for the Fairfax County Community Health Care Network, Molina Healthcare advises allergy sufferers to consider wearing a mask when mowing the lawn or gardening.

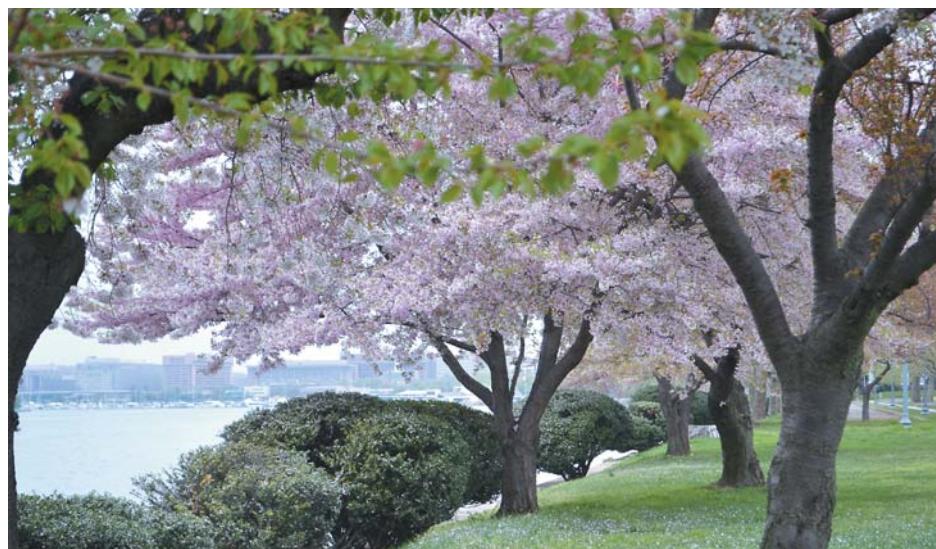


PHOTO BY MARILYN CAMPBELL

**Cherry blossoms and tulips made an early appearance this spring. Experts say those who are allergic to pollen can expect an intense and prolonged allergy season.**

and vegetables," said Isenberg-Feig.

❖ Use air filters to help create a pollen-free home. "Ensure that the filters fit properly and are changed regularly," said Samee.

❖ Know the pollen count. "This information is readily available on the web or the weather section of the news," said Isenberg-Feig. The National Allergy Bureau (NAB) tracks and reports current pollen and mold spore levels. A local pollen count can be found at [http://www.aaaai.org/glob](http://www.aaaai.org/global/nab-pollen-counts.aspx)

[bal/nab-pollen-counts.aspx](http://www.aaaai.org/global/nab-pollen-counts.aspx)

**“IF YOU NEED** long lasting relief, nasal sprays and allergy shots may be recommended," said Glossa. "However, if symptoms persist for more than a week or two and tend to reoccur, make an appointment to see your doctor. The good news is that most allergies are not lifelong conditions. By following your doctor's advice and taking control of your environment, allergies shouldn't keep you from enjoying springtime."

## Attention Sinus Sufferers

Join us for a Lecture on Sinus Relief on Thursday, April 19th @ 6 PM

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In addition to sinus, we provide a full spectrum of Otolaryngology services, treating adults and children alike. People who are interested in learning more are encouraged to attend our Lecture on Thursday, April 19th @ 6PM. Please RSVP if possible; walk-ins are welcome.

**Michael R. Abidin, MD • Iyad S. Saidi, MD  
M. Tarek Orfaly, MD • Ravi S. Swamy, MD  
Joy Roberson, PA-C**



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# CALENDAR

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

## FRIDAY/APRIL 6

### Ringling Bros. and Barnum & Bailey Circus.

1 p.m. and 7:30 p.m. George Mason University Patriot Center, 4500 Patriot circle, Fairfax. "Fully Charged." Pre-show Party one hour before show time, free to ticket holders. \$14-\$30. 800-551-SEAT or [www.ticketmaster.com](http://www.ticketmaster.com).

### Rockneceros Happy Family Hour at 7 p.m.;

**Jimmy Gnecco with Full Band** at 10 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. [www.jamminjava.com](http://www.jamminjava.com).

**George Winston**. 8 p.m. The Barns at Wolf Trap, 1551 Trap Road, Vienna. New Orleans R&B oriented, melodic folk piano and stride piano. Includes canned food drive. \$35. [www.wolftrap.org](http://www.wolftrap.org).

**Easter Egg Hunt**. 10 a.m. Fairfax High School, 3501 Rebel Run, Fairfax. Sponsored by Chick-fil-A Fair Oaks Mall. [CFAEvents@aol.com](mailto:CFAEvents@aol.com).

**English Conversation Group**. 10 a.m. Kings Park Library, 9000 Burke Lake Road, Burke. Practice your English conversation skills. Adults. 703-978-5600.

## SATURDAY/APRIL 7

### Ringling Bros. and Barnum & Bailey Circus.

11:30 a.m., 3:30 p.m. and 7:30 p.m. George Mason University Patriot Center, 4500 Patriot circle, Fairfax. "Fully Charged." Pre-show Party one hour before show time, free to ticket holders. \$14-\$30. 800-551-SEAT or [www.ticketmaster.com](http://www.ticketmaster.com).

### Children's Show: Banjo Man & Friends

**Family Show**. 10:30 a.m. Jammin' Java, 227 Maple Ave. E., Vienna. [www.jamminjava.com](http://www.jamminjava.com).

**Barefoot Truth and Taylor Carson** at 7 p.m.; **Politicks Reunion, Future and Stella and the Fire** at 10 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. [www.jamminjava.com](http://www.jamminjava.com).

**Historic House Museum Tours**. 11 a.m.-2 p.m. Ratcliffe-Allison House, 10386 Main St., Fairfax. Docent-led tours interpret the lives of the house's owners and residents from 1812-1981 when Kitty Barrett Pozer gave the house to the City of Fairfax. Tours every Saturday through October, other days by appointment. Free. 703-385-8415.

**eBook Clinic**. 11 a.m. Kings Park Library, 9000 Burke Lake Road, Burke. Learn to use the library's eBook collection and compatible e-book readers with our one-on-one technology volunteer. Registration required. Adults. 703-978-5600.

**Read to the Dog**. 1 p.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Read aloud to a trained therapy dog. Call or sign up online for

## BULLETIN BOARD

Send notes to the Connection at [south@connectionnewspapers.com](mailto:south@connectionnewspapers.com) or call 703-778-9416. Deadline is Friday. Dated announcements should be submitted at least two weeks prior to the event.

## WEDNESDAY/APRIL 11

**Advisory Committee for Students with Disabilities Monthly Meeting**. 6:45 p.m. Gatehouse Administrative Center, 8115 Gatehouse Road, Falls Church. 703-204-3941 TDY 711 or [www.fcps.edu/dss/ACSD](http://www.fcps.edu/dss/ACSD).

## SATURDAY/APRIL 14

**Order Sons of Italy in America #2517**. 6:30 p.m. Knights of Columbus Hall, St. Leo the Great Catholic Church, 3700 Old Lee Highway Fairfax. "Living and Working in Matera, Italy" with recent GMU graduate, Lauren-Claire Kelley. [www.italianheritagelodge.org](http://www.italianheritagelodge.org) or 703-385-0814.

## SATURDAY/APRIL 21

**Liberty Republican Women's Club Meeting**. 6:30 p.m. Piero's Corner, 9959 Main St., Fairfax. With a Financial Crimes Detective on crimes by scammers, who oftentimes prey on senior citizens with requests for money for emergencies for medical expenses, or bail money for relatives. 703-378-4190.



**Local hip-hop music producer "Wolfpac Music," also known as Mustafa Sediqi of West Springfield High School, will be performing on Thursday, April 12 at 7 p.m. at Empire, 6355 Rolling Road in Springfield. His instrumental music is targeted to hip hop fans and appropriate for all ages. Tickets are \$10 online, \$13 at the door. 703-569-5940 or [www.empire-nova.com](http://www.empire-nova.com).**

a 15-minute session. Age 6-12. 703-644-7333.

## SUNDAY/APRIL 8

### Ringling Bros. and Barnum & Bailey Circus.

1 p.m. and 5 p.m. George Mason University Patriot Center, 4500 Patriot circle, Fairfax. "Fully Charged." Pre-show Party one hour before show time, free to ticket holders. \$14-\$30. 800-551-SEAT or [www.ticketmaster.com](http://www.ticketmaster.com).

**FunkMnkyz, Black Alley and Castro**. 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. [www.jamminjava.com](http://www.jamminjava.com).

## MONDAY/APRIL 9

**The Rebuilt Machine, Breakthrough and Elephant Pistol**. 7 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. [www.jamminjava.com](http://www.jamminjava.com).

**Book Buddies**. 4 p.m. City of Fairfax Regional Library, 10360 North St., Fairfax. Beginning

readers practice with a young adult volunteer. Age 5-9 with adult. 703-293-6227.

**Birds in Your Backyard**. 10:30 a.m. Kings Park Library, 9000 Burke Lake Road, Burke. Stories and fun about birds. Age 3-5 with adult. 703-978-5600.

## TUESDAY/APRIL 10

**Marcus Foster and Sam Bradley**. 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. [www.jamminjava.com](http://www.jamminjava.com).

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

**Presidential Biography**. 7:30 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Read any biography about James Monroe to discuss with the group. Adults. 703-249-1520.

## TUESDAY/MAY 15

**Fairfax County presents Communicating with the Doctor**. 7 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Free. Register at 703-324-5205, TTY 711, [www.fairfaxcounty.gov/dfs/olderadultservices](http://www.fairfaxcounty.gov/dfs/olderadultservices) or [caregiver@fairfaxcounty.gov](mailto:caregiver@fairfaxcounty.gov).

## SATURDAY/MAY 27

### Franconia United Methodist Men Ministry.

8 a.m. Franconia United Methodist Church, 6037 Franconia Road, Alexandria. All men are invited to join. Participate in service projects such as Heart Havens, group homes for the mentally handicapped; the Job Jar, Adopt a Highway and supporting Camp Rainbow, a summer camp for the handicapped. Meetings are on the fourth Saturday of each month. 703-971-5151 or [www.franconiaumc.org](http://www.franconiaumc.org).

## SATURDAY/JUNE 23

### Franconia United Methodist Men Ministry.

8 a.m. Franconia United Methodist Church, 6037 Franconia Road, Alexandria. All men are invited to join. Participate in service projects such as Heart Havens, group homes for the mentally handicapped; the Job Jar, Adopt a Highway and supporting Camp Rainbow, a summer camp for the handicapped. Meetings are on the fourth Saturday of each month. 703-971-5151 or [www.franconiaumc.org](http://www.franconiaumc.org).

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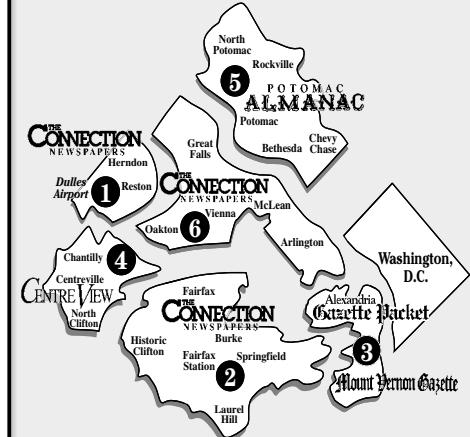
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## 21 Announcements 21 Announcements 21 Announcements 21 Announcements

### OBITUARY NOTICE

**CATHERINE ELIZABETH REASKE**, formerly of New York and Chicago, age 54 died on March 29, 2012 at Reston Hospital Center in Reston, VA.

She was born on March 17, 1958 in Queens, New York to Eugene Vincent Otto and Mary Eleanor Murphy.

Catherine had a passion for fashion along with a great desire for learning. She loved her animals, loved cooking and loved her two boys dearly. She traveled all over the world enjoying and learning different cultures and spending time with friends. Preceded in death by her father: Eugene Vincent Otto.

Survivors include her loving husband of 29 years: Peter Daniel Reaske of Chantilly, VA; her loving sons: Trevor Gray and Ryan Eugene Reaske both of Chantilly, VA; her loving mother: Mary Murphy of Gainesville, Virginia and a host of loving and adored family and friends.

In Lieu of flowers, the family has requested memorial contributions be made to: [www.donate.ASPCA.org](http://www.donate.ASPCA.org). in loving memory of Catherine E. Reaske. Condolences may be sent to: [www.piercefh.com](http://www.piercefh.com)

### SUBSTITUTE TRUSTEE'S SALE OF

10875 Main Street, #107  
Fairfax, Virginia 22030

TAX MAP ID NO. 57-1-30-0-007

Under a power of sale contained in a certain Deed of Trust from Sang Eun Park and Sang K. Park, as grantors, to Samuel N. Moore, as trustee, for the benefit of Ann Marie Dolan and Patrick Joseph Dolan, Trustees of the Ann Marie Dolan Trust, as beneficiaries, dated January 14, 2005 and recorded on January 19, 2005 in Book 16898 at Page 0242 as Instrument No. 2005002486.014 among the Land Records of Fairfax County, VA ("Deed of Trust"), with an original principal balance of \$190,000.00, default having occurred under the terms thereof, and pursuant to a Deed of Appointment of Substitute Trustee dated February 17, 2012 and recorded on February 23, 2012 in Book 22145 at Page 1254 as Instrument No. 2012008671.007 removing Samuel N. Moore as Trustee and appointing John D. Eubank as Substitute Trustee, the Substitute Trustee will sell at public auction at the front door of the Circuit Court of Fairfax County, 4110 Chain Bridge Road, Fairfax, Virginia 22030, on

APRIL 11, 2012 AT 9:00 AM

ALL THAT fee-simple LOT OF GROUND AND THE IMPROVEMENTS THEREON situated in Fairfax County, Virginia, known as 10875 Main Street, #107, Fairfax, Virginia 22030, and more fully described in the aforesaid Deed of Trust.

TERMS OF SALE: A deposit of ten per centum of the sale price will be required of the Purchaser at the time and place of sale. The deposit must be paid in cash or certified funds. The balance of the purchase price to be paid in cash or certified funds within twenty (20) days of the date of sale. Interest to be paid on the unpaid purchase money at the rate of 12% per annum from the date of sale to the date of settlement. The party secured herein, if a bidder, shall not be required to post a deposit or to pay interest. Purchaser shall settle within twenty (20) days of the date of sale. TIME SHALL BE OF THE ESSENCE WITH RESPECT TO SETTLEMENT BY THE PURCHASER. In the event that Purchaser does not settle as required for any reason, Purchaser shall be in default. The defaulting Purchaser shall not be entitled to any surplus proceeds or profits resulting from any resale of the property, and the deposit shall be forfeited to the Substitute Trustee and all of the expenses of this sale (including attorneys' fees and full commission on the gross sale price) shall be charged against and paid out of the forfeited deposit. In the event settlement is delayed for any reason, including, but not limited to, exceptions to the sale, bankruptcy filings by interested parties, court administration of the foreclosure, or unknown title defects, there shall be no abatement of interest. Taxes, ground rent, water and all public charges including electrical, sanitation, and/or metropolitan district charges, if applicable, are to be adjusted for the current year to the date of sale and assumed thereafter by the Purchaser. Cost of all documentary stamps, recordation taxes, transfer taxes and settlement expenses shall be borne by the Purchaser.

The property will be sold in an "AS IS" condition and subject to conditions, restrictions, and agreements of record affecting the same, if any, and with no warranty of any kind (except as required by the Deed of Trust).

In the event that the Substitute Trustee is in default for any reason, the Purchaser's sole remedy at law and in equity shall be limited to a refund of the deposit and the sale shall be considered null and void and of no effect.

Purchaser shall be responsible for obtaining physical possession of the property. Purchaser assumes the risk of loss or damage to the property from the date of sale forward.

Substitute Trustee reserves the right, in his sole discretion, to reject any and all bids, to withdraw the property from sale at any time before or at the auction, to extend the time to receive bids, to waive or modify the deposit requirement, to waive or modify the requirement that interest be paid on the unpaid purchase money, and/or to extend the period of time for settlement.

Additional terms may be announced at the sale. The Purchaser will be required to execute and deliver to the Substitute Trustee a memorandum or contract of the sale at the conclusion of bidding.

John D. Eubank, Substitute Trustee  
FOR INFORMATION, CONTACT:  
PARDO & DRAZIN, LLC  
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## Lake Braddock Baseball Team Suffers First Loss

**Bruin left-hander Rogers pitches well in defeat.**

BY JON ROETMAN  
THE CONNECTION

Lake Braddock starting pitcher Thomas Rogers said the Bruins could build from Tuesday's sub-par performance against McLean. Head coach Jody Rutherford said he took nothing positive from the outcome.

Regardless if one viewed the glass as half full or half empty, the Lake Braddock baseball team suffered its first loss of the season on April 3 and Rutherford was less than enthused with the Bruins' effort.

Lake Braddock left the bases loaded twice and surrendered three runs in a miscue-filled sixth inning en route to a 5-2 loss to the Highlanders at McLean High School. The Bruins entered the contest ranked No. 1 in the Washington Post's top 10 with a 9-0 record, including a 2-0 victory against No. 2 Oakton one day prior. Lake Braddock overcame a 2-0 first-inning deficit to tie the score at 2-2, but squandered multiple opportunities to take the lead against No. 7 McLean.

"We got beat in every facet," Rutherford said. "We were outcoached; they were tougher than we were — just mentally more tough than we were."



**Lake Braddock pitcher Thomas Rogers struck out nine McLean batters in 4 1/3 innings during the teams' April 3 match-up.**

Rutherford rejected the idea of an early-season loss benefiting the Bruins down the road.

"No, I'll give them a wake-up call on my own," he said. "There's nothing good about losing a game. We had plenty of opportunities to take the lead. We couldn't even run a bunt coverage there at the end of the game right. I don't take anything good out of a loss."

Did the Bruins overlook the Highlanders one day after a big win against Oakton?

"I think I got ... 15 guys over there," Rutherford said, "that think that they're God's gift to baseball,

to be perfectly honest with you."

While Rutherford wasn't pleased with the Bruins, he praised the effort of starting pitcher Rogers, who kept Lake Braddock in the game before leaving with a back pain in the fifth inning. Rogers, a left-handed junior who is committed to the University of Georgia, surrendered five hits and two earned runs while walking one and striking out nine over 4 1/3 innings. He threw 48 of 74 pitches for strikes.

Rogers allowed two runs on four hits in the first inning, surrendering singles to the first three bat-

ters he faced, though McLean didn't hit the ball particularly hard off him.

"He pitched his butt off," Rutherford said. "Even in that first inning — I think they hit one ball hard — they were just finding holes. He pitched well — single-handedly got us out of that inning."

Rogers left the game with one on and one out and a 1-1 count against a McLean batter in the bottom of the fifth. Lake Braddock got out of the inning unscathed, but in the bottom of the sixth, two Bruin errors, a defense miscue and

a well-executed suicide squeeze bunt by McLean's Brock Hunter led to three runs for the Highlanders.

Rogers said his back has bothered him for weeks and he plans to rest it during spring break.

"It's a learning experience because we [hadn't] lost yet this season," Rogers said. "We can build on this. I know I hate this feeling and everybody else does and we don't want to feel this again. I guess it can help us out in the long run. ... Once we got down, everybody put their heads down because we haven't been behind a lot this season and it just really put everybody down."

Hunter tossed a complete game for McLean, allowing two runs and seven hits while walking three and striking out six.

"I think they can hit just about all the pitches I throw," Hunter said. "I just mixed it up right and they stayed off balance and, luckily, they were hitting it hard right at people."

Lake Braddock sophomore shortstop Jack Owens had two hits, including a double. Senior second baseman Matt Spruill had a run-scoring double, junior first baseman Mitch Spille had a double and junior third baseman Alex Lewis recorded an RBI single. Rogers and junior center fielder Alex Gransback each had a single.

Lake Braddock will travel to face Annandale at 6:30 p.m. on Wednesday, April 11. The Bruins' next home game is April 13 against West Potomac.

## Paul VI Defeats Coolidge in City Title Game

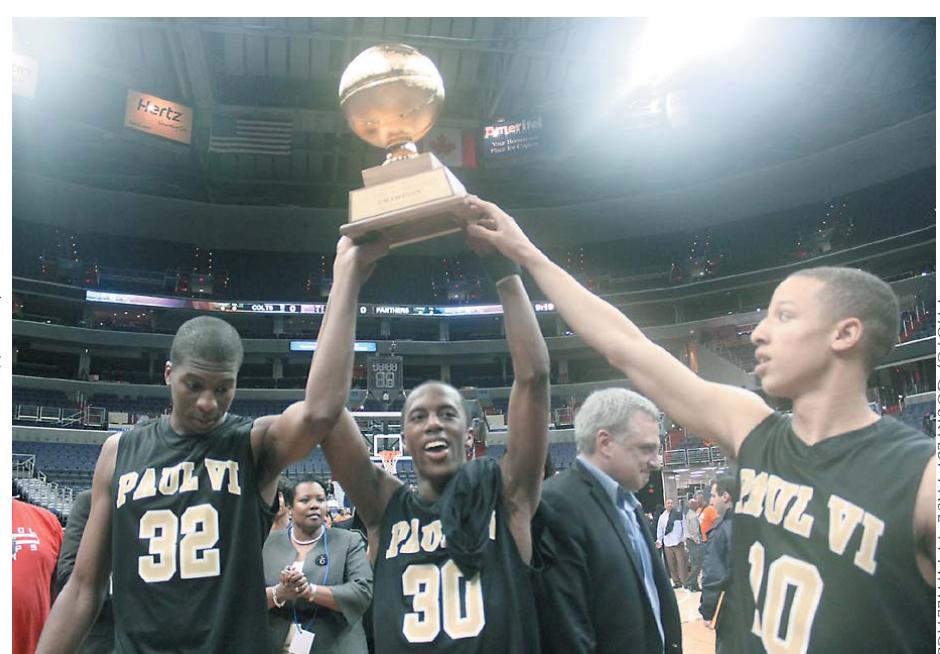
The Paul VI High boys' basketball team concluded its historic 2011-12 winter season with a win in the Abe Pollin City Title Championship Game over DCIAA Champion Coolidge, 70-64.

Led by a trio of seniors, the Panthers raced out to a quick 10-2 lead and did not trail in the game, though Coolidge made the game interesting in the final minutes. However, game MVP and PVI senior forward Coleman Johnson provided a huge offensive rebound and put-back to help seal the deal, and senior guard Patrick Holloway, set to play at George Mason University next school year, put the final nail in the

coffin with a mid-range jump shot with just over 35 seconds remaining.

The Panthers received steady leadership in breaking Coolidge's relentless pressure from senior guard Tilman Dunbar, and timely contributions from underclassmen like junior wing Jamall Robinson and freshmen Kevin Dorsey and Marcus Derrickson. PVI students, families, staff, alumni and alumni parents crowded the Verizon Center to watch the school compete in and capture its first D.C. City Title. Closing the season at 35-3, the Panthers retained their No. 1 ranking in the Washington, D.C. Metropolitan area, and are ranked between 8th and 16th in the nation depending on the media outlet.

**The Panthers celebrate their season-finale city title game win at Verizon Center.**



PHOTO/COURTESY PAUL VI ATHLETICS

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## NEWS



PHOTO BY VICTORIA ROSS/THE CONNECTION

**Bringing in some light:** The Fairfax-based Children of the Light dance ensemble performed to the song Highly Exalted at the Jubilee Christian Center-sponsored 2012 "Eggstravaganza" on Saturday, March 31, at the Fairfax County Government Center. Formed in 1991, the Christian dance and drama group of children and youth ages 3-18, under the guidance of Director Jeannine Lacquement, are trained in creative dance, mime and choreography.

## Eggstravaganza!

**Jubilee Christian Center event features music, moon bounces and egg rolls for every age.**

Ever since Dolly Madison, wife of the fourth American president, organized an egg roll down the hilly lawn of the Capitol building in 1810, egg rolls have become an Easter tradition.

On Saturday, March 31, more than 1,000 children had the chance to roll wooden eggs down 40 lanes during Jubilee Christian Center's annual Eggstravaganza, held at the Fairfax County Government Center. Older children could compete during the egg-rolling contest, while children younger than 5-years-old had their own lanes, where they could roll at their leisure. Each child who participated received a ticket for a goody bag filled with candy.

"There is something for everyone here," said Terry Leonard of JCC, the event's organizer, "we have water bottles, chips, Vocelli's pizza and goody bags for 2,000 people. There's finger-painting, face-painting, dance performances, you name it. We even have several Easter Bunnies to meet and greet all the children."

Sebrena Greene, who brought her family from Reston, said she was surprised by all the activities. "This is pretty cool. It's a nice family event, and a beautiful day to be outside."

Jubilee Christian Center places a strong emphasis on the arts and adds creativity to its worship services, which feature contemporary Christian music, according to Leonard. For more information on JCC, go to [www.jccag.org](http://www.jccag.org).

— VICTORIA ROSS

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PHOTO CONTRIBUTED

**Beating to a different drum:** The PRYDE, a group of youth from Jubilee's Beyond The Limits youth ministry, grab attention with a piece they call "Simba," during Eggstravaganza. John Dingle, (second from right) youth pastor and ministry leader at Jubilee Christian Center, leads the group.

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