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### A LEADER IN DENTAL IMPLANT TREATMENT

Virtually every adult will lose a tooth, and as we get older, more Americans will suffer with missing and failing teeth. These days, however, there are dental implant solutions that either didn't exist in the past or which were difficult to access. But now, ClearChoice Dental Implant Centers are leading the way in innovative dental implant treatments. Dental Implants are a permanent solution for dental problems. And now your treatment, from our team of specialists, can often be accomplished in just one day'... and without the need for additional bone graft surgeries. In fact, dental implants can last a lifetime and have become the treatment of choice for replacement of missing and failing teeth. With more than 10,000 dental implant procedures performed, ClearChoice Dental Implant Centers have become a leader in dental implant treatment delivery.

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Every ClearChoice Dental Implant Center includes an on-site 3D CAT Scan. The 3D CAT Scan technology costs hundreds of thousands of dollars. This technology provides three-dimensional and cross-sectional views that allow ClearChoice doctors to examine the quality and density of the bone that will anchor the dental implants; select the correct type and size of implants; determine the precise placement of implants, and avoid the nerves and sinuses.

Since every smile is custom designed, each ClearChoice Center has a specialized Dental Implant in-house lab to custom make your smile.



They said they had specialists, a lab, and high tech equipment all at one location, but I had no idea that they could really do all of this in just one day!\*

- Actual ClearChoice patien

< 3D CAT Scan





Actual ClearChoice Patient

### TEAM OF SPECIALISTS

The technology alone cannot elevate ClearChoice Dental Implant Centers in their field. Our technology is paired with an expert professional team of doctor specialists enabling ClearChoice to empower so many patients around the country to change their lives. These qualified specialists include an oral surgeon who places implants, and a prosthodontist who designs your custom new smile. Each of the doctors has special expertise and can be trusted to deliver your high quality implant care. Dental Implants are a surgical procedure and the ClearChoice doctors have extensive experience in this area including administering anesthesia to provide comfort. Custom fabrication of the patient's new smile and replacement teeth are accomplished by trained lab technicians in the on-site dental implant lab.

Our local specialists are available for a FREE initial consultation or even second opinions. Why wait, call now!

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Whether for a missing single tooth, multiple teeth or a whole mouthful of missing or failing teeth, ClearChoice Dental Implant Centers provide comprehensive implant treatment professionally and affordably in a fraction of the time it would take many other professionals. That's why in an independent study of thousands of patients, ClearChoice patients would overwhelmingly recommend ClearChoice to others<sup>†</sup> and we warranty our work.



"I suffered with bad teeth since I was a teenager. Imagine dealing with failing teeth so young in life. As a musician, I'm often in front of an audience. I wanted a rock star smile ... and now I have one."

- Kurt C., real ClearChoice patient

Tooth loss is not your fault. Doing nothing about it is. Come see how easy it is to live the comfortable life you deserve ...

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TYSONS CORNER: Stuart L. Graves, DDS, MS • Debora Armellini, DDS, MS • Samantha Siranli, DMD, PhD ROCKVILLE: Stuart L. Graves, DDS, MS • Ben Javid, DDS

ClearChoice Dental Implant Centers are locally owned and operated by licensed local dentists, and are part of a professional affiliation of implant practices operated by oral surgeons, prosthodontists and restorative dentists across the U.S. \*Qualified patients can have their procedure in one day after initial workup without additional bone graft surgery. Results may vary in individual cases. Limited services available at satellite offices. †Independent Dental Implant Survey March 2011. America's #1 Choice determined by an Independent Patient Survey 2011.

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# News



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

redictable, 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

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 use regular travel lanes.



Crews observe large steel beams placed over I-495 to support the future Express Lanes Connection at Jones Branch Drive in Tysons Corner. All lanes of the Beltway were closed to accommodate the massive lift.

### '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.

Instead of toll booths that create cattle-chute conditions, tolls on the new lanes will be collected solely with E-Z Pass transponders read by overhead moni

See Express, Page 22



The great Easter egg hunt frenzy begins in the preschooler group. Within a couple of minutes, there was not a plastic treat-filled egg to be found.

# Vienna Egg Hunt Draws Hundreds

# Finding, decorating and rolling eggs keep children busy on grounds of Freeman House.

mid great fanfare, a rather large fuzzy, furry Easter bunny arrived at Freeman House grounds on March 31, kicking off the annual Easter egg hunt and roll sponsored by the Town of Vienna Parks and Recreation and Historic Vienna, Inc. Approximately 300 children and grownups participated in the egg hunt frenzy.

Alyssa and Brian Lehman brought daughter Maddie, almost 4, and son Carter, 20 months, to the egg fun. "We enjoy this activity every year," said Alyssa Lehman. "The kids love getting the Easter eggs and we love seeing friends from around town."

Children were divided into groups of very little ones and not quite so little ones, and par-

mid great fanfare, a rather large fuzzy, furry Easter bunny arrived at n House grounds on 31, kicking off the anster egg hunt and roll red by the Town of Parks and Recreation ents were invited to help the littlest find pastel-colored treatfilled eggs that were "hidden" in view. Parks and Recreation also provided hundreds of hard-cooked eggs for children to decorate for the egg roll competition.

"It was fun," said Vienna mom Claudia Millradt, snapping photos of 2-1/2 year-old son Andreas. "I think it's well-organized, but they need to work on the sound system," said Millradt who commented that she had trouble hearing the speaker with the microphone.

"This is great, a wonderful event for children, and the ambiance is very nice."

"It brings the community together."

— Donna Manz



Andreas Millradt, 2-1/ 2, filled a festive basket with the help of his mom, Claudia.

# **McLean Community Center 2012 Governing Board Election**

The Governing Board and staff of the McLean Community Center strongly encourage all qualified residents to vote for members of the McLean Community Center 2012-2013 Governing Board. Your vote sends a very important message of your support of the Center's programs and services.

### When & Where:

Vote between the hours of 10:30 a.m. and 5 p.m. at the McLean Day 2012 festival on Saturday, May 19, at Lewinsville Park, 1659 Chain Bridge Rd.

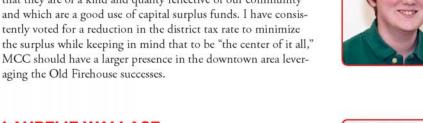
### Meet the Candidates

Adult Candidates—Three Positions Open



### **SUSAN V. BOURGEOIS**

For the past three years, I have had the privilege of serving as a Governing Board member. Like my support for facility improvements to the Alden, I will work to define future improvements so that they are of a kind and quality reflective of our community and which are a good use of capital surplus funds. I have consistently voted for a reduction in the district tax rate to minimize the surplus while keeping in mind that to be "the center of it all," MCC should have a larger presence in the downtown area lever-





### LAURELIE WALLACE

I'm interested in becoming a member of the McLean Community Center Board for a number of reasons. First, McLean is my hometown. I was born and raised here. I left McLean to attend boarding school, college and graduate school but returned back to the place that has always been home to me. Now that I am in my thirties, I want to give back to the place that has given me so much. Even though McLean has changed and evolved over the years, I want it to be just as special to future generations as it has

### Qualifications to Vote:

- 1. You must be a resident of the McLean Community Center tax district (Dranesville Small District 1A); however, you need not be registered to vote in the general election.
- 2. You must be at least 18 years old to vote for an adult candidate.
- 3. You must be 15 through 17 years old to vote for a youth candidate. Youth voters may vote for a candidate from each of the two school districts.
- 4. You must bring identification and proof of residency, such as a driver's license or student ID. If you do not have identification, you may sign a sworn statement.

### Absentee Voting:

Want to vote, but can't make it to the McLean Day festival on May 19? Vote by absentee ballot! Call the Center or send a request by E-mail to "elections@mcleancenter.org" to have a ballot package sent to your home. Or, stop by the Center and pick up an absentee ballot package, which will be available beginning Monday, April 9. Completed absentee ballot applications and ballots must be received by 5 p.m. on Wednesday, May 16, to be counted.

### Write-in candidates are allowed.

Write-in candidates must have at least 10 votes from 10 residents of the Center's tax district in order to have their votes counted. For youth write-in candidates, the 10 votes must come from teens who live within the same high school boundary area as the candidate.

### Youth Candidates—Two Positions Open

### McLean High School Area



### CRAIG MCKENZIE

As a high school honors student, I have brought change to McLean through the community and teen centers. I have been a member of the Teen Council for three years and serve as president. I have been a volunteer in the teen, special events, and youth departments of the community center as well as at Georgetown University Hospital earning the H. Gordon Randall, DAR and MCA citizens' awards. I served the governing board from 2010-2011 supporting property tax decreases. As a member of the Governing Board, I will increase programming for underserved groups and build a downtown facility.



### **MALIKA NIMMAGADDA**

From a young age, I have participated in the McLean Little League and the McLean Youth Basketball programs. Additionally, I am a student at McLean High School and I also work at the McLean Racquet and Health Club. My experiences and activities help me relate to a wide spectrum of teenagers in our community. I am well organized, optimistic and have a "can-do" attitude. My presence on the Governing Board would improve the involvement of teens in our community and I would also be an exceptional liaison in conveying both the complaints and suggestions of the teens in our area.

Langley High School Area



### **DREW ARMSTRONG**

My name is Drew Armstrong and I am running to be your youth representative to the McLean Community Center Governing Board from Langley High School. At Langley High School, I have been a Student Government Association Representative, and heavily involved in both sports (Cross Country and Soccer) and clubs (Young Democrats, Otto's Army, and the Debate Team). I have also represented Langley at the county level as a representative to the Student Advisory Council. In conclusion, I'm sure this brief bio is quite a dull read, but I assure you, if elected, I will speak up for McLean's betterment.



I am currently a sophomore enrolled in the IB program at George C. Marshall High School in Falls Church, Virginia. At my school, I am involved in student government and I am a member of Marshall's SGA executive board. I'm also a junior officer of my school's Octagon Club, a national community service organization. In my free time, I take classes at McLean High School, learning American Sign Language in addition to running for Marshall's track team. As an active member of the community, I would hope to make a difference on the McLean Community Center Governing Board.



The McLean Community Center 1234 Ingleside Avenue, McLean VA 22101 703-790-0123/TTY: 711 www.mcleancenter.org

# News

# Campaigning for Kaine in Vienna

nne Holton, former first lady of Virginia, met with more than 40 local business owners, community leaders and supporters at Yama Sushi restaurant in Vienna on Saturday, March 31, during an event hosted by Delegate Mark Keam (D- 35). Campaigning on behalf of her husband, Tim Kaine, former governor and Democratic candidate for U.S. Senate, Holton brought her "Small Business Listening Tour" to Vienna and toured the Church Street business district with Councilwoman Edythe Kelleher. Herndon Councilmember Grace Wolf and Fairfax County School Board Member Ryan McElveen (at-large) also attended the meet and greet. Her tour began at Caffe Amouri, and included stops at Refind Consignment Shop, Bazin's Restaurant, Bikes @ Vienna, Maple Avenue Market and Maple Avenue Restaurant. She had a chance to talk with business owners about the challenges they face, and asked them for their ideas about how to encourage small businesses to continue to start-up, expand and hire.

Photo Contributed









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Information & Reservations 703-556-0788 Have A Happy Holiday!

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BOOTHBAY HARBOR, MAINE, June 10-16.....

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Please visit our Web site at: www.shillelaghtravelclub.com for a listing of all our upcoming trips and socials.

### BULLETIN BOARD

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

### **SATURDAY/APRIL 7**

Fairfax County Women in the

NAACP Meeting. 11 a.m. Suite D, 5818 Seminary Road, Falls Church. Help implement a National Voter Registration Drive. Voter registration dates and training will be provided. 703-470-2137 or www.fairfaxvawin.com.

### **MONDAY/APRIL 9**

**Technology Class for Baby Boomers and Beyond.** 1:40 p.m. Vienna Community Center, 120 Cherry St. S.E., Vienna. Mondays through April 30. The class consists of a formal presentation for one hour followed by an additional hour after each class for personalized questions about your equipment. \$40 for Town of Vienna residents, \$50 for out-oftown participants. 703-255-6360 and reference class number 441241 A1 or register at www.viennava.gov.

### **TUESDAY/APRIL 10**

Dog Obedience Classes. Vienna Community Center, 120 Cherry St. S.E., Vienna. Two seven-week courses, covering the basic commands of sit, down, recall, down stay and loose-lead walking plus how to deal with jumping, mouthing and biting, and pulling. All training is done using a positive motivational approach. \$80 residents, \$100 out-oftown participants. Register at 703-255-6360 or www.viennava.gov.

\*Level 1, for puppies12 weeks-six

months of age. 6 p.m.
\*Level 2, for dogs over six months of age with little or no previous training. 7

**Tysons Corner Kiwanis Club** 

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

Oakton High School Dance Team Pre-tryout Clinic. 4 p.m. Oakton High School, 2900 Sutton Road, Vienna. alphajane@aol.com.

Fairfax County presents Caregiving 101. 8:30 a.m. Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Free. Register at 703-324-5205, TTY 711, www.fairfaxcounty.gov/dfs/ olderadultservices or caregiver@fairfaxcounty.gov.

### 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. Vienna Branch, American

**Association of University Women.** 7 p.m. Patrick Henry Library, 101 Maple Ave E., Vienna. "Memoirs and Anecdotes: How to Save and Share Memories," a workshop led by a cultural anthropologist with invited guests. Free. 703-321-7499.

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

# Fixtures For Sale

## **Entire Store Marked Down!**

Mae's Dress Boutique, the premier After 5 store you've trusted for over 35 years, is closing the doors forever. Hurry in for big savings on over 1,000 special occasion dresses, sportswear and accessories, from all the names you love!

Damianou dresses-20% off! • Daymor dresses-20% off! Jovani dresses-20% off! • Ursula dresses-20% off!

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20%-25%-30%-60%-Up to 75% OFF, store-wide! (These offers good through 4/10)

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6707 Old Dominion Drive, McLean, VA 22101

# Wall-To-Wall...Nothing Held Back!

Directions: NORTH on the Beltway, take Exit 46B onto Rt. 123N-McLean. Go 3 miles & turn right onto Old Dominion Dr. (Rt. 309). Go 1/2 mile through 2 traffic lights. Mae's Dress Boutique in on the right just past Shell Gas.

SOUTH from MD., Cross the American Legion Bridge. Take the first Exit on the left, Exit 45B. Go 1/2 mile. Take Exit 19B onto Rt. 123 North for 1.4 miles. Right on Rt. 309. Go 1/2 mile. Mae's Dress Boutique is on the right.

# **FUN & GAMES**

You can be a winner. **SIGN UP TODAY!** 

### These prizes to be awarded

- 1. **Samsung** 40" LCD TV, \$549 Value.
- 2. Canon PowerShot Camera, \$400.
- 3. Saeco Espresso Maker, \$350.
- 4. Canon Camcorder, \$290. 5. DeLonghi Food Processor, \$250.
- 6. Garmin GPS System, \$160.
- 7. Keurig Coffee System, \$160.
- 8. Frigidaire Toaster Oven, \$150.
- 9. Kick Sound System, \$115. 10. Tiger Rice Cooker, \$100.

Game Ends 6/16/2012

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John Horejsi, founder of Social Action Linking Together (SALT), co-hosted a legislative wrap-up session with the Virginia Coalition of Latino Organizations (VACOLAO) in Vienna on Saturday, March 31, held at the American Legion Auxiliary Unit 180. SALT is a faith-based nonprofit that lobbies for social justice issues at the state and local level.

# Democratic Lawmakers Address Social Justice Forum in Vienna

Event hosted by SALT and the Virginia Coalition of Latino Organizations.

BY VICTORIA ROSS
THE CONNECTION

airfax County's Democratic lawmakers knew they were preaching to the choir – and some of the preachers - at the legislative wrap-up session hosted by Social Action Linking Together (SALT) and the Virginia Coalition of Latino Organization in Vienna on Saturday.

But they wanted to let supporters know that, despite a bruising general assembly session for Democrats, they were still fighting and organizations like SALT do make a difference.

"Your presence is felt in Richmond," said Del. Patrick Hope (D-47), co-chairman of the Progressive Caucus of the General Assembly. "It means something when lawmakers hear from you."

**EACH LEGISLATOR** took a few minutes to speak to the crowd of about 60 people at the American Legion Auxiliary Unit 180 in Vienna. Some provided insight and a little levity about the session. Hope brought props.

He had SALT volunteers hold up two posters. One poster, with a photo of filmmaker Steven Spielberg and a yacht, illustrated a list of loopholes of give-aways that amounted to \$479 million dollars.

"Now I'm a fan of Spielberg's movies," Hope said, "but we don't have to give an \$8 million motion picture tax credit to producer who will come to Virginia anyway. We don't have to give a \$4 million tax exemption to people who own yachts..."

During the first half of the 2012 legislative session, the caucus handed out a report card with across-the-board "F" grades in 10 "subject" areas that included job creation, education, health care, voting rights, immigrants' rights, gay rights and women's reproductive rights.

Senator Barbara Favola (D-31) reflected on her first general assembly session, and drew laughter when she commented that she found Richmond "to be a fascinating place, an interesting example in the study of human nature." She said it was possible to get things done in Richmond, "if you don't hold on to resentments and approach lawmakers individually, and with a solution."

She said next year she has two primary goals: to index the minimum wage every year, and, working with Del. Hope, to give foster children between 18 and 21 "more of a safety net" when it comes to allowing them more time to opt back into the foster system.

Del. Alfonso Lopez (D-49), who brought his 5-yearold son Aaron to the forum, opened his remarks with an introduction in Spanish, telling the group that, although he was the first Latino Democrat in the history of the Virginia General Assembly, "I know I won't be the last."

The freshman lawmaker garnered attention in Richmond this year by filing a state-level Dream Act, which some Republican legislators called "the Dream On" act. It would give children of illegal immigrants a path to U.S. citizenship through college or military service, and would allow some illegal immigrants to pay in-state tuition to attend Virginia's public colleges and universities.

Senator Dave Marsden (D-37) told supporters at the meeting it was critical to tackle Republicans lawmakers who are handcuffed by taking the Americans for Tax Reform (ATR) pledge. Marsden has consistently criticized 29 of his colleagues in the Virginia General Assembly for signing a "no tax" pledge to Grover Norquist's special interest group.

"How can you take your oath of office in the General Assembly knowing that you have a prior allegiance to a special interest that dictates how you perform your duties?"

Marsden said even if pledge-takers are convinced that a tax increase is necessary, they are unable to compromise because their allegiance is to the ATR instead of their constituents.

"In terms of us getting off dead center on the budget, we have to tackle Grover Norquist and the ATR pledge." Marsden said voters have a right to expect that lawmakers will be able to compromise to meet the needs of the commonwealth.

"But this pledge has made compromise impossible," Marsden said, getting a round of applause from the audience.

Del. Mark Keam (D-35), Del. Vivian Watts (D-39), Del. Jim Scott (D-53) and Del. Mark Sickles (D-43 also spoke at the forum.

"I thought it was interesting to hear that they think we can make difference by contacting lawmakers and letting them know how we feel about issues," said Anne Suter Zimmer of Oakton. "It was an empowering message."

"We are lucky to have legislators who really care about people and know the issues," said Kay Walter of Reston, a member of SALT. "It gives us faith to know that our advocacy is making a difference."

**JOHN HOREJSI,** founder of SALT, said he was pleased by the informal give-and-take of Saturday's forum. He noted that lawmakers chose to sit in the audience rather than at a separate table. "I think it was more unstructured and relaxed, which allowed for a better dialogue," said Horejsi. SALT is a faith-based nonprofit that lobbies for social justice issues at the state and local level.



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### Saturday April 14th from 10:30 am to 12:30 pm

Ferguson Bath, Kitchen & Lighting Gallery

13890 Lowe St., Chantilly, VA 20151 or

Architectural Ceramics - 800 Gude Drive, Suite F, Rockville, Maryland 20850

Saturday, May 5th from 10:30 am to 12:30 pm

Thos. Somerville Co., 6535 Arlington Blvd., Falls Church, VA 22042

Case Office, 4701 Sangamore Road, Suite 40, Bethesda, MD 20816

A catered lunch will be provided.

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

### ADDITIONAL REMODELING SEMINAR TOPICS

Enhancing Your Home's Curb Appeal
 Gaining Space in Your Home
 Creative Outdoor Living
 Making an Eco-friendly Home



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

# OPINION

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

very 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 — greatgrandma 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 www.connectionnewspapers.com/ mothersday or email them to vienna@connectionnewspapers.com

# Share Your Poetry: April Is Poetry Month

pril 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 vienna@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.

### 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 region

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.fairfaxyouth.org

# Opportunity to Succeed

To the Editor:

My name is Kyle McCauley and I'm a senior in high school who lives in McLean. Having just received my acceptance letter to the College of William and Mary, I could not be more grateful that my parents were able to send me to a private school. I have attended private schools since kindergarten; while it has not always been easy for my family, I really appreciate the sacrifices that my parents have made because I believe it gave me an extra advantage in some areas of my education.

For generations, families in communities statewide have been forced to send their children to failing schools, limiting their opportunities to succeed. Virginia Senate Bill 131 seeks to give lowincome children the opportunity to attend the school of their choice. S.B. 131 was passed by the Senate thanks to the tie-breaking vote of Lieutenant Governor Bill Bolling.

This bill provides tax credits to

companies that grant scholarships to low-income children and it will allow parents to have more options for their children's education. Too many institutions fail to not only adequately prepare their students for the work force, but also fail to motivate them to explore every opportunity to succeed. This includes helping them find scholarships and determine their personal path to achievement. Lieutenant Governor Bill Bolling's tie breaking vote is all about giving our state's less-advantaged children a competitive stake in attending the many public and private Virginia universities that are among the best in the nation.

Again, I want to take this opportunity to thank Lieutenant Governor Bill Bolling for his advocacy for low-income Virginia families. I consider myself very fortunate to have had the opportunity to attend the school of my choice and I hope that all children in Virginia are afforded with this same invaluable opportunity.

> **Kyle McCauley** McLean

### Write

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. Send to:

Letters to the Editor The Connection 1606 King St. Alexandria VA 22314 Call: 703-917-6444. By e-mail: vienna@connectionnewspapers.com Vienna & Oakton

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# News



**Vienna Students** Win DAR Awards from left: CJ Reimann of **Oakton High** School and Elizabeth Leavitt of James Madison receive their DAR **Good Citizens Awards from Fairfax County Chapter Regent Elizabeth Bays** and Good Citizens committee cochairmen Amy Cartwright and Leigh Pomponio.

# Vienna Students Win DAR Good Citizens Awards

wo Vienna high school seniors recently won DAR Good Citizens awards from Fairfax County Chapter, National Society Daughters of the American Revolution.

Elizabeth Leavitt of James Madison High School, daughter of David and Marilena Leavitt, and Christian (CJ) Reimann of Oakton High School, son of Chris and Joan Reimann, received their awards at a recent meeting of the DAR chapter.

The awards recognize high school seniors who exemplify dependability, service, leadership and patriotism. As part of their application packet, students explain how they have demonstrated these qualities in their lives and relationships with others.

They also submit transcripts and letters of recom-

mendation reflecting their academic standing, community service and dedication to country. The final part of the application is a timed, handwritten 500word essay on a theme not announced in advance. This year's essay was on "Our American Heritage and Our Responsibility for Preserving It: Describe the Freedoms and Responsibilities of a Good Citizen."

One of the world's largest, most active volunteer service organizations, DAR promotes historic preservation, education and patriotism. It awards thousands of dollars in scholarships and financial aid to students each year, and supports schools for children in educationally under-served areas. For more information on the DAR, see www.vadar.org and

### Free Remodeling & Design Seminars!

Sat., April 14th — 10am-2pm

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

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

### Saturday's Seminars:

- Universal Design Planning Ahead
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- Reinventing Your Home for Today's Lifestyle

Seminars run from 10am-Noon. Lunch to follow. Please arrive at 9:45am for check-in.

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

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# News



Colvin Run Elementary chess team displays trophies won at the championship

# ırginia

olvin Run Elementary School (CRES) students participated in the 2012 Virginia Scholastic & Collegiate Championships Chess Tournament held on March 17-18, 2012 at Best Western Tysons Westpark Hotel, McLean, Virginia.

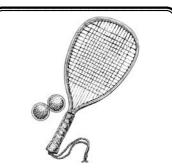
The following CRES students participated in the tournament.

- ❖ K-3 Section Team: Justin Paul, Ethan Zhou, Andy Chen, Pranav Mishra, Jason Wang, Aarya Patel, Sahan Metpally, Ethan
  - ❖ K-5 Section Team: Brian Hu., Kavye V.

- \* K-8 Section Team: Jeffrey W., Mile N., Mihir P., Ayush P., Manya V., Anvitha M.
- ❖ K-3 Main Tournament: CRES Team won the 1st prize team trophy out of 37 teams who participated in the K-3 Section of the tournament. The following players won the Individual Awards: Justin Paul, 4th place; Ethan Zhou, 7th place; Andy Chen, 10th place; and Pranav Mishra, 11th place out of 173 children who entered in this section.

Justin Paul also won the individual award standing at 12th place in the K-5 Blitz Tour-

http://www.vschess.org/results/results



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# Fairfax Symphony Announces 2012-2013 Season

# The season will mark the beginning of a new three-year focus in programming called 'Mischief in Music: Wit, Insolence and Insurrection.'

he Fairfax Symphony Orchestra (FSO) and music director Christopher Zimmerman announced the 2012-2013 season repertoire, with six Masterworks performances at George Mason University's Center for the Arts in Fairfax. The season will mark the beginning of a new three-year focus in programming called "Mischief in Music: Wit, Insolence and Insurrection."

"So often symphonic music is regarded as something abstract and emotionally unspecific. Over the next three years the orchestra will play music by a variety of composers whose

message and expressive aims are deliberate, be they light-hearted, semi-provocative or completely out of the box. Next season we will feature, for example: John doing a foxtrot). Beethoven's Symphony No. 2 (check out the light-hearted surprises in the last movement), Strauss' Till Eulenspiegel's Merry Pranks (he finally gets caught and strung up for his mischief-making), Ives' The Unanswered Question, and

Tchaikovsky's Symphony No. 6, the final movement of which, in one fell swoop, changed the entire perspective of how composers would or could round off their compositions in expressive, emotional terms," Zimmerman said.

**OTHER HIGHLIGHTS** of the season are an all-Beethoven concert featuring the violin con-

"So often symphonic music

— Christopher Zimmerman

is regarded as something

abstract and emotionally

unspecific."

certo, an all-Strauss concert contrasting the music of Johann and Richard Strauss, and a celebration of anniversary the years of both Guiseppe Verdi and Richard Wagner, with an evening of opera arias and

overtures to end the season. The FSO is also planning two Virginia premieres, a co-commissioned piece to begin the season, Ellen Taaffe Zwilich's "Shadows" for piano and or-Adams' Chairman Dances (Mao Tse Tung chestra, and Jonathon Leshnoff's Flute Concerto. Special guest artists throughout the season will include Jeffrey Biegel, piano, James Dick, piano, Christina Jennings, flute, and Benjamin Beilman, violin. As in the past, the symphony will offer free pre-concert lectures by noted musicologists beginning at 7

p.m. before each concert. The FSO will also hold master classes with its world-renowned guest artists, along with open dress rehearsals for students and patrons.

The FSO will continue its commitment to the students of Fairfax County by offering its Student Passport Club. Concert tickets for all students ages 6-18 are always \$5, and members of the club receive a stamp in their passports for attending, gifts from local music stores, and special program notes with an activity sheet to accompany each concert.

FOR SUBSCRIBERS, the FSO offers a completely flexible custom series of three, four, five or all six concerts. Subscribers can create their own packages and save between 5 and 25 percent off single ticket prices. Season and subscription information is availthe FSO website, on www.fairfaxsymphony.org, or by calling 703-563-1990. Single tickets will go on sale on Aug. 1, 2012 through the FSO's website or by calling 888-945-2468.

Subscriptions are available now by calling 703-563-1990 or on the web at www.fairfaxsymphony.org. Single tickets for the 2012 - 2013 season are priced from \$25 - \$55 and will go on sale Aug. 1 through the symphony's website or 888-945-2468.

# Photo Gallery! "Me and My Mom"

 ${f T}$ o 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 num-ber and town of residence. To e-mail digital

vienna@connectionnewspapers.com

Or to mail photo prints, send to: The Vienna/Oakton 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 out please don't send us anything irreplaceable



The Oakton High School Jazz Band B performed at the annual Chantilly Invitational Jazz Festival on Saturday, March 17 with over 20 other area high school jazz bands.

# Representing Oakton High



Jim Fuchs, a ninth-grader at Oakton High School, plays a solo while Oakton High School Jazz Band B performs at the annual Chantilly Invitational Jazz Festival on Saturday, March 17.

Maddie Rosenstein, a sophomore at Oakton High School, plays the piano for the Oakton High School Jazz Band B.



# 

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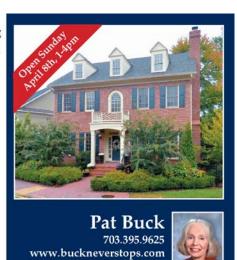
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# Discussing Substance Abuse

Area high school students reflect on alcohol, drugs in their communities.

### 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."

# Grade: 12, Marshall High

"It really depends. Prescription drugs are something that kids abuse a lot. But it really depends on the age group."

"Binge drinking, hands down. Teenagers usually don't get a chance to drink very often, and when they do they often go overboard."

—Monika Bapna



### Annie Wattenmaker, Grade: 12, The Madeira School

"I think legal substances are abused more often since they're easier to get and aren't as risky. Although alcohol is illegal to teenagers, it isn't as big a risk as weed or other illegal drugs. But, because alcohol is so easy to get, kids abuse it and don't realize how dangerous it can be."

"I'd say binge drinking is definitely more prevalent. On weekends, kids get so excited over the opportunity to drink and don't know when to stop. It's a problem when parents and the law absolutely forbid kids to drink wine at dinner, where the environment is safe. It causes them to feel a sense

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.

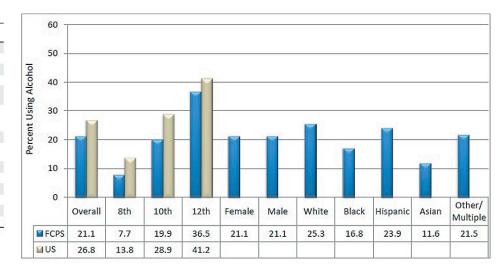
"I think many kids binge drink. Since parties are really the only place for kids to drink, they tend to go all-out because they feel like they need to cram everything into one night, which is inevitably more dangerous."



# THE 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

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.

wenty-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 sub-

According to the survey, the most frestudents 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 direc-risen from 4.9 per-wasn't even on our radar a tor of the Unified Prevention Coalition of Fairfax County, which recently received a \$200,00 state grant to reduce underage the 2009 survey to drinking. "Once you start drinking at a 5.7 percent in because of the youth survey" young age, you're priming yourself to be- 2010. Non-paincome dependant 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 al- effect an unlocked medicine cabinet can cohol is sold to increase awareness of the conhave on teenagers." sequences of providing alcohol to minors.

shoppers from purchasing them for under- for proper disposal. age 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

- 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 Com-

All programs will be from 7 to 9 p.m. More information can be found at

"Prescription drugs abuse

served the Langley and McLean High School pyramids. "We also held a program where than 1.7 of the students. Other drugs surfifth and sixth graders wrote notes to junveyed include LSD, ecstasy, cocaine/crack, quently used substance by Fairfax County iors and seniors attending prom, reminding methamphetamine, heroin and steroids. them that they are role models and asking cially when it comes to drugs and alcohol."

nity since they can be readily available in students' homes. Painkiller use has cent reporting use within 30 days in few years ago, now it is killer prescription drug use has also

risen from 3.9 percent within the last 30 days (which was the second most abused subin 2009 to 4.1 percent in 2010.

"Prescription drugs abuse wasn't even on of the youth survey," Eckert said. "We know the past 30 days, while the number dropped the host, agent and environment. we have to develop more awareness, be- to three percent in 10th graders and 1.8 cause a lot of parents aren't aware of the percent in 12th graders.

dent of the Safe Community Coalition, which were the only non-alcohol, tobacco, inhalant or marijuana substances used by more

Inhalants are another area of concern, parthem to make responsible decisions, espeticularly because Fairfax County's usage statistics are higher than the national average Prescription drugs, particularly opioid in all grades. Any fumes or gas that is inpainkillers, are a concern for the commu- haled to get high falls under this category, proach the problem.

> which can include household glues, aerosols, butane and sol-

the second most abused substance —Diane Eckert eighth-graders, above marijuana

stance in 10th and 12th grades). According to the survey 6.9 percent of

"The survey has shown inhalant use start- munity level change is most likely with a ing at a younger age, which means we have comprehensive community coalition," he The rise has led to county-sponsored pre- to make sure to check for it at a younger said. "A coalition does not just run programs, "We participated in Operation Sticker scriptions drug drop-off events several times age," said Capt. Bruce Ferguson, commander but they oversee and implement what role Shock, which marks beer and wine at gro- a year, where residents can bring medicine of the Fairfax County Police Department's programs might have in that strategy. Coacery stores with "Stop" signs to discourage that is no longer needed to county facilities Youth Services Division. "They're another litions are in a unique position because it one of those substances that can be found means no one single agency is in charge of According to the survey, prescription drugs at home, so it's more difficult to control aceverything."

cess, and can be something younger students try and experiment with.

Inhalant use in the past 30 days has gone up and down since 2001, falling as low as 2.6 percent in 2008, but is currently at its highest measured rate. In eighth-graders, it has gone up by 1.5 percent since 2009.

Marijuana was the second-most used drug by 10th and 12th graders. While 5.3 percent of eighth graders reported using it, 19.3 percent of 10th graders and 36.7 percent of 12th graders reported the affirmative.

Eckert also said the UPC focuses on mariiuana use because "the perception of harm and parental disapproval seems to be going down, and that usually leads to usage numbers going up."

Coalitions like the Unified Prevention Coalition and the Safe Community Coalition are working on new ways to spread awareness of the dangers of substance abuse. Dr. Bill Geary of the Community Anti-Drug Coalitions of America recently spoke to school officials, police, parent organization leaders and coalition members about how to ap-

"We use a Strategic Precognition Framework that's based on the Public Health items such as Model, where we look at the agent as the substance that causes the change and the host as the people who use it," he said. "The point at which the host interacts with the agent is Inhalants were a problem, but if that was the only one, we'd only need prevention programs. But we also have to look at the environment, and some behind alcohol in are easier than others when it comes to allowing the host to interact with the agent."

Geary said that programs, while often a part of a comprehensive prevention strategy, coalitions play a more central role in what he called "community level change," our radar a few years ago, now it is because eighth graders reported using inhalants in which requires looking at the whole picture,

"If the goal is to spread change to impact the maximum amount of people, then a com-



### 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 mari-

"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

"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, mari-

"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 o 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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# WELLBEING

# Surviving Spring Allergies

Local allergists offer suggestions for coping.

> BY MARILYN CAMPBELL The Connection

he 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

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 ex-

"Although there is no cure for allergies, symptoms can be managed."

- Dr. Jean Glossa

pected to last longer and be more intense than usual. Local allergists offer strategies for surviving spring allergy sea-

"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

**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.



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.



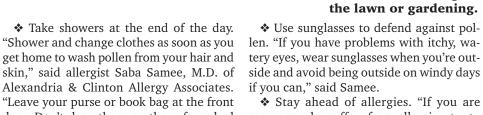
spring allergy season could be more severe than usual.

same goes for shoes."

because they are all covered in pollen. The



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, medi-

cal director for the

**Fairfax County Com-**

munity Health Care

**Healthcare advises** 

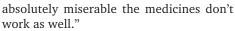
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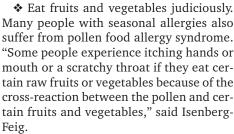
consider wearing a

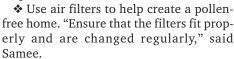
mask when mowing

Network, Molina

someone who suffers from allergies, try to take your medicines before things get too bad," said Samee. "If you wait until you're



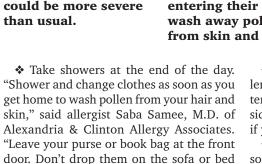




\* Know the pollen count. "This information is readily available on the web or the weather section of the news," said Isenberg-Feig. The National Allergy Bureau (NAB) tracks and reports current pollen and mold spore levels. A local pollen count can be found at http://www.aaaai.org/global/nab-pollen-counts.aspx

"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."





# **FAITH**

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

**Vale United Methodist Church,** 11528 Vale Road in Oakton, invites everyone to their Holy week activities. 703-620-2594 or www.valechurch.org.

Maundy Thursday Service
with Communion. Thursday, April 5.
7:30 p.m., April 5, Church Sanctuary.
Good Friday Service. Friday,

♦ Good Friday Service. Friday, April 6. 7:30 p.m., April 6, Church Sanctuary.

\*Children's Easter Egg Hunt. April 7, 10 a.m.-12 p.m. Vale Fellowship Hall. Easter story, games, refreshments, and egg hunt. Bring a basket.

**Easter Sunrise Service.** Sunday, April 8. 6:45 a.m. Outdoor service led by Vale Youth.

**\*Easter Worship Services.** Sunday, April 8. 8:30 a.m. and 10 a.m. Church Sanctuary.

Antioch Christian Church, 1860 Beulah Road in Vienna, will hold three Easter services on Sunday April 8. Children's activities will be held during the 9:30 a.m. and 11 a.m. worship services. 703-938-6753 or www.antiochdoc.org.

\*Contemporary Acoustic Worship. 9:30 a.m. "Starting Point", led by local recording artist Jon Cresswell.

**❖Traditional Easter Worship Service.** 11 a.m. With the Antioch Church Choir providing music and Pastor Randy Beeman on the issue of what it means to be a Skeptic.









# SPORTS

# Madison Softball Captures Own Spring Break Tournament

Warhawks win two Saturday games, including finals victory over Centreville.

> By Rich Sanders The Connection

he Madison High girls' varsity softball team won its own Madison Spring Break Tournament last Saturday afternoon, March 31 with an impressive 8-2 finals win over Centreville High.

That same day, in a morning game versus Annandale High, the Warhawks defeated the Atoms handily, 19-0, in a semifinals contest of the tournament. That set up the title game between Madi-

son and Centreville, which had defeated West Potomac in the other semifinals matchup.

The participating schools in the Madison Spring Break Tournament were: Lee, Edison, Annandale, Mount Vernon, West Potomac, Centreville, and the host Warhawks.

For the season, Madison stood at 7-3 following the finals win over the Wildcats.

"We are young with a freshman and five sophomores starting," said Madison High head coach John Schneeberger, of his squad. "We are playing better each game. We took Stone Bridge to nine innings before losing, 5-4."

That Liberty District extra innings loss to the Bulldogs of Stone Bridge came on Tuesday, March 27 at Madison.

Madison's wins thus far have come over Centreville (twice), including a 13-1 road victory over the Wildcats in the season opener on March 16; at Fairfax, 9-1, on March 20; over Mount Vernon, 4-1, in first round action of the Madison Spring Break Tourney on March 22; at home over Marshall, 15-0, on March 23; at home over South Lakes, 9-3, last Thursday, March 29; and the tournament semifinals and finals wins over Annandale and Centreville, respectively, on Saturday.

Madison's losses have come against some of the region's toughest opponents in Westfield, 4-2, in a contest at the Westfield Tournament on March 24; McLean, 4-0, on the same day at the Westfield tourney; and the extra innings setback to Stone Bridge.

Next week, Madison will compete in district road games at Langley on Tuesday, April 10 and at McLean on Friday, April 13. Both games are scheduled to start at 6:30 p.m. The Warhawks' next home game is scheduled for Tuesday, April 17 versus district opponent Jefferson.

Schneeberger is expecting the Liberty District to be highly competitive as usual but believes Madison will continue to improve throughout the regular season and be playing top level ball by the postseason.

MADISON'S LIBERTY DISTRICT win over South Lakes last week snapped a three-game losing streak. 16 VIENNA/OAKTON CONNECTION APRIL 4-10, 2012



Madison High softball, under head coach John Schneeberger (pictured), has experienced outstanding success in recent years, including a Northern Region title in 2010. Last year, the Warhawks were 15-8 but lost in a first round region playoff game to Woodson.

It was a special game for Madison, which was celebrating 'Coaches Night.'

Several Madison High athletic coaches, during pregame ceremonies, were recognized for the positive impacts they have made on Warhawk student-athletes. Each of the coaches recognized was honored with the American Legion Scholastic Award.

Those coaches who earned awards were: Glenn Adams (boys' tennis); Amanda Counts (girls' lacrosse); Mark Gjormand (baseball); Kirsten Roberts (girls' basketball); Andrew Baird (baseball); Doug DeVault (softball); and Grant Massey (girls' soccer).

Following the pre-game festivities, Madison softball treated its' fans to the district win over the Seahawks of Reston. Madison's Tori Lipnicky went 2-for-3 with an RBI and stolen base to lead the offense. Other solid games came from: Ally Grasso (triple); Kristyn Buscemi (base hit, RBI); Mary Bolinger (base hit, walk); Jackie Yahner (base hit, 2 stolen bases); and Hallie Goldsmith (stolen base).

On the mound, pitcher Elizabeth Fallas tossed a complete game for the victory, giving up eight hits and only one earned run. She had nine strikeouts and did not issue any walks.

EVEN THOUGH Madison lost its March 27 game to Liberty opponent Stone Bridge, the Warhawks had good showings from a number of players. Kelsey Ross, on the mound for Madison, struck out seven Bulldog

Both teams battled for nine innings until the Bulldogs were able to pull out the 5-4 victory. At the end of seven regulation innings, the score was tied at 2-2 as a result of some great pitching and solid defense on both sides. Ross and pitching counterpart Kelly McDaniel for Stone Bridge were both on top of their games for their respective teams. Ross, in her outing, allowed seven hits and walked just one, along with her seven K's, in nine innings of work, while McDaniel gave up nine hits, walked four and struck out five for her team.

Ross also led the way on offense for the Warhawks, going 2-for-4 with a double and an RBI.



Oakton senior Sean Schweiker scored a team-high five goals during a 14-2 victory against Washington-Lee on March 30.

# Schweiker, Harris Lead Oakton Boys' Lax

# Cougars improve to 2-3 with 14-2 victory against Generals.

"He's the

smartest

ever

player I've

coached."

- Oakton boys'

lacrosse coach

**Grif Barhight** 

about Sean

**Schweiker** 

By Jon Roetman The Connection

akton attackman Jack Harris anticipated a pass from the Washington-Lee goalkeeper, stepped in front of the intended target and intercepted the delivery. With a clear path ahead, Harris deposited the ball into an open net to give the Cougars a sixgoal advantage early in the second quarter.

The rest of the evening was just as smooth for the Oakton boys' lacrosse team.

Harris scored four consecutive goals during a fiveminute stretch in the first half and Oakton cruised to a 14-2 victory against Washington-Lee on March 30 at Herndon High School. The win improved the Cougars' record to 2-3.

"I just kind of read the play and anticipated what the goalie was going to do," Harris said. "I just finished."

Harris helped Oakton to a 9-0 halftime lead. The Cougars extended their advantage to 11-0 in the third quarter before the Generals got on the board. attackman Sean Schweiker's five-goal effort.

"Once we get up early, we try not to get cheap goals,"

Schweiker said. "We really try to work on our shell offense and work on certain things rather than just running up the score because it's not as productive."

Schweiker, a senior, scored Oakton's first goal and four in the first half.

"Sean's unbelievable," Oakton head coach Grif Barhight said. "... He's the smartest player I've ever coached. He's a very good

player, he's a leader of the team [and] he's one of our captains. ... His vision is very good, but he's still willing to take it to the goal. Even though he almost plays more of a feeder, he still finds a way to score quite a bit, as well."

Junior midfielders Jeremy Marshall, Charlie Allen and Richie Daum, senior

attackman Pat Goulding and senior midfielder Michael Gillooly each scored one goal for Oakton.

said junior Barhight midfielders Charlie Allen and Jeremy Marshall and sophomore midfielder D.J. Smith also played well.

Senior goalkeeper Connor Seven different Oakton players Anderson and senior defenders scored at least one goal, led by Matt Dunwoody and Eric Goins are also captains for Oakton.

> The Cougars will travel to face Bishop Ireton at 7 p.m. on Wednesday, April 4.

# News

# Oakton High Athletes Honored in Richmond

ast Wednesday, the Virginia House of Delegates unanimously adopted House Joint Resolution 527 commending the Oakton High School Girls Varsity Swim and Dive Team for winning the statewide AAA Virginia High School League Championship this year. Members of the winning Oakton Girls Swim Team — as well as the Boys Swim Team who came in second place in the state contest this year — were in the Gallery of the House of Delegates when Delegate Mark Keam (D-35) — wearing a burgundy and gold tie - and Delegate Jim LeMunyon (R-67) spoke on the floor congratulating the Oakton Athletes.

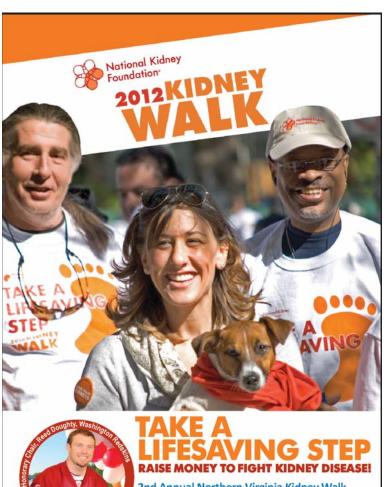
Three days later, on Saturday, March 10, Delegate Keam again took to the House Floor to congratulate the Oakton Girls Basketball Team for winning the state championship the night before. As he spoke on Saturday, Delegate Keam held up an Oakton teeshirt that Oakton Seniors gave him.



Oakton High School Girls Swim and Dive Team are honored in the House of Delegates Gallery in Richmond.



**Delegate Mark Keam Speaks about the accomplishments** of the Oakton High School athletes.











www.kidneywalk.org/northernvirginia 202.244.7900

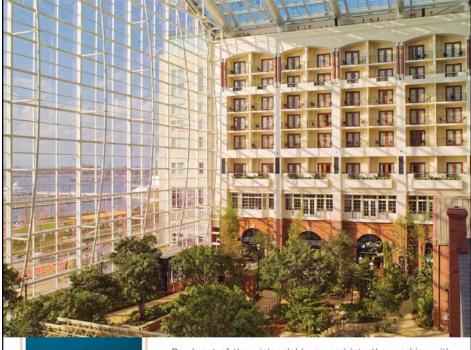
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The Nature Conservancy protects the lands and waters upon which all life depends including natural treasures here in Maryland and Virginia and around the globe.

Join us, and our local Team Nature runners on Earth Day, April 22nd for Pacers' GW Parkway Classic 10-miler. Top fundraisers earn guaranteed spots and other prizes. VISIT NATURE.ORG/RUNDC to learn more, sign up, and support other Team Nature runners today.

For every \$1 we raise, we can plant 5 oysters in the Chesapeake Bay. Let's see what a difference our area runners and supporters can make this spring.





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# ENTERTAINMENT

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

### THURSDAY/APRIL 5

Ringling Bros. and Barnum & **Bailey Circus.** 7 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.

Art History Lecture Series. 10 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. 801-361-5464.

**Aztec Two-Step 40th Anniversary** Tour CD Release. 7:30 p.m. Jammin' Java, 227 Maple Ave. E.,

Vienna. 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. **Reptile Wonders.** 1:30 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Meet and learn about these animals with Reptile Wonders' Nature Center on the Go. Age 6-12. 703-242-4020.

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

One-on-One English Practice. 2 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Call for appointment with an ESL volunteer. Adults. 703-242-4020.

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

### FRIDAY/APRIL 6

"Side Man." 8 p.m. 1st Stage, 1524 Spring Hill Road, Tyson's Corner. Turmoil in a jazz musician's family as his career crumbles at the dawn of rock-and-roll. \$25. 703-854-1856 or www.1ststagetysons.org.

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.

**Rocknoceros 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.

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.

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

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

SATURDAY/APRIL 7

**"Side Man."** 2 p.m. and 8 p.m. 1st Stage, 1524 Spring Hill Road, Tyson's Corner. Turmoil in a jazz musician's family as his career crumbles at the dawn of rock-and-roll. \$25. 703-854-1856 or www.1ststagetysons.org.

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.

Children's Show: Banjo Man & Friends Family Show. 10:30 a.m. Jammin' Java, 227 Maple Ave. E., Vienna. 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. É., Vienna. www.jamminjava.com.

Easter Egg Hunt. Nottoway Park, 9537 Courthouse Road, Vienna. Registration 9:30 a.m. Hunt times: 11 a.m. for age 1-3, 11:20 a.m. for age 4-6, 11:40 a.m. for age 7-9. Hunt for eggs, candy and Easter toys. Win prizes, visit with the Easter bunny. Bring a basket. \$7 per child, proceeds benefit Nottoway Park improvements. Sponsored by Fairfax County Park Authority and the Friends of Nottoway. 703-324-8566.

**Northern Virginia Country** Western Dance Association. Luther Jackson Middle School, 3020 Gallows Road, Falls Church. Line dance lesson at 7:30 p.m., mixer dance lesson at 8 p.m. Open dancing 8:30-11 p.m. Admission \$5-\$12.

www.nvcwda.org or 703-860-4941. Using Library eBooks and

See Entertainment, Page 19

# Appointment with an ESL volunteer. ASTURDAY/APRIL 7 SEE ENTERTAINMENT, PAGE 19 IT HIGH IGHT YOUR FAITH COMMUNITY CAIL KAPEN AT 703-917-6468 SMITH CHAPEL UM CHURCH 11321 Beach Mill Road Great Falls, VA 20165 It's like coming home SmithChapel@live.com www.smithChapel@live.com www.smithChapel





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

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

703-281-3987

The Vine Methodist Church ... 703-573-5336 Ephiphany United Methodist ... 703-938-3494

Great Falls United Methodist.. 703-759-3705

Unitarian Universalist Congregation of Fairfax .. 703-281-4230

Unity Unity of Fairfax ... 703-281-1767

# ENTERTAINMENT

### From Page 18

eAudioBooks. 10 a.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. One-on-one instruction on selecting, checking out and using Fairfax County Public Library eBooks and eAudioBooks available through OverDrive. Call for appointment.

Adults. 703-938-0405.

VITA Tax Assistance. 10 a.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. IRScertified volunteers help taxpayers who earned up to \$50k. Adults. 703-790-8088.

### **SUNDAY/APRIL 8**

"Side Man." 2 p.m. and 7 p.m. 1st Stage, 1524 Spring Hill Road, Tyson's Corner. Turmoil in a jazz musician's family as his career crumbles at the dawn of rock-and-roll. \$25. 703-854 1856 or www.1ststagetysons.org.

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.

FunkMnkyz, Black Alley and **Castro.** 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. 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.

Small Wonders. 10:30 a.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Stories, rhymes, songs and activities. 12-23 months with caregiver. 703-938-0405.

Patrick Henry Bookworms. 3 p.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Youth book club. Age 9-12. 703-938-0405.

Woof, and Paws - Read to a Dog. 4 p.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Sign up to read with a reading therapy dog. Age 6-12. 703-938-0405.

English Conversation. 10:30 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. English practice for non-

native speaking adults. 703-242-4020. **Brain Games.** 3:30 p.m. Oakton Library, 10304 Lynnhaven Place Oakton. After-school drop-in program. Play chess, Blokus, Battleship, Rush Hour and more. Age 6 and up. 703-242-4020.

### **TUESDAY/APRIL 10**

Dance Every Tuesday. 7:15 p.m. Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls. Introductory dance lesson 7:15 p.m., dancing 8-10:30 p.m. Swing, Latin, waltz, country and more. \$10 per person, includes lesson and snacks. No partner necessary. colvinrun.org. or Ed Cottrell@macp.org.

Marcus Foster and Sam Bradley. 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.

The Leadership Legacy of the OSS: **Before the CIA.** 7 p.m. Patrick Henry Library, 101 Maple Ave. East, Vienna.Retired CIA agent, Linda McCarthy, on how the Office of Strategic Services (OSS) got its start during World War II. Discover how America essentially created an intelligence service overnight. Adults. 703-938-0405.

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

Personalized Internet Training. 2:30 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls



The Vienna Arts Society invites the public to a free demonstration of flower painting by Pauline Lorfano and Grace Rooney on Wednesday, April 11 at 10 a.m. at the Vienna Art Center, 115 Pleasant St. N.W., Vienna. The "Art in Bloom" exhibit will be open Tuesdays-Saturdays, 10 a.m.-4 p.m. through April 29, with an Artists' Reception on Friday, April 13 at 6 p.m. 703-319-3971 or www.ViennaArtsSociety.org.

Church. A 45-minute one-on-one Internet training session with a technology volunteer. Call for appointment. Adults. 703-790-8088.

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

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

Money Matters. 7:15 p.m. Oakton Library, 10304 Lynnhaven Place. Oakton. The Little Book of Sideways Markets: how to make money in markets that go nowhere by Vitaliy Katsenelson. Adults. 703-242-4020.

### WEDNESDAY/APRIL 11

Tyler Hilton, Dion Roy and Dakota **& Will.** 7:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.

Dan Navarro and Tracy Grammer. 8 p.m. The Barns at Wolftrap, 1635 Trap Road, Vienna. \$20.

www.wolftrap.org. **Splish Splash.** 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Rain stories and activities. Age 3-5 with adult. 703-356-0770.

**Treasured Threes to Fives.** 10:30 a.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Join us for stories and songs. Age 3-5 with adult. Vienna Arts Society. 10 a.m. Vienna Art Center, 115 Pleasant St. N.W., Vienna. A free demonstration of flower painting by Pauline Lorfano and Grace Rooney. 703-319-3971 or www.ViennaArtsSociety.org.

### THURSDAY/APRIL 12

Ringling Bros. and Barnum & **Bailey Circus.** 7 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.

Vous êtes Des Animaux. 7 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.

**Robbie Schaefer and Ellis Paul.** The Barns at Wolftrap, 1635 Trap Road, Vienna. \$18. www.wolftrap.org.

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

One-on-One English Practice. 2 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Call for appointment with an ESL volunteer Adults, 703-242-4020.

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





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# **LMPLOYMENT**

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21 Announcements 21 Announcements

### **OBITUARY**

Courtenay Amanda Nash, 18, of McLean, Virginia, passed away suddenly on March 22nd, 2012 in New York where she was attending Syracuse University. A freshman, she had elected to study Economics as well as Philosophy and European Literature. Courtenay graduated from McLean High

Courtenay was born April 13th, 1993, in Melbourne, Victoria, Australia. She was the cherished daughter of Andrew John and Sonya Denise Nash and loving sister of Lachlan William Nash. Courtenay was the beloved grand-daughter of William Peter and Elaine Mavis (deceased) Nash, and Patricia Grace and

Courtenay will be greatly missed and forever remembered.

A Memorial Service for Courtenay will be held Monday April 9th, 2012 at 10:30am at the McLean Community Center, 1234 Ingleside Ave, McLean, Virginia.

The family would like to thank all our extended family and friends for their support.

We request that no flowers be sent. In lieu, if you would like to make a small donation in remembrance of Courtenay a Memorial Registry has been established to support a cause which was close to her heart – A Forever-Home Rescue Foundation. https://www.justgive.org/registries/memorial/donate/courtenay-nash. To sign the guest book, please visit www.kruegrfh.com or www.facebook.com/KruegerFuneral Home



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# Infusing Is Semi Amusing

By KENNETH B. LOURIE

So here I go again; heavy-duty chemotherapy for the first time in nearly three years. As such, I thought I'd try and write another column while actually sitting in the Barcalounger at The Infusion Center (as I did three years ago: "Chemo-Cocktailing at the Depot" was that column's title) and see what my pen has to say. This is not my first return engagement, however. I have been at this Center nearly every three weeks for the past two and one-half years while being infused with my maintenance drug, Avastin, until a few months back when a diagnostic scan indicated some "progression." Consequently my oncologist decided to restart the "big" chemotherapy, as I call it, and move on to plan "B." Moreover, I have made multiple other visits here for miscellaneous scans, doctor's appointments and Emergency Room visits; I know the route - and I know the routine. "On the whole, I'd rather be in Philadelphia" (as was intended to be W. C. Fields' epitaph), but I'm not. I'm in Rockville. And presumably, my time spent here has kept me alive, way beyond my oncologist's original "13month to two-year" prognosis, for which I'd be crazy to complain. And those who know me know I don't complain.

I do kid though. And as a cancer patient who's been characterized/determined/diagnosed as "terminal" (when your oncologist advises taking "that vacation you've always dreamed of," you're terminal), the bloom is definitely off the rose; and as Dorothy said to Toto in "The Wizard of Oz": "We're not in Kansas anymore." Nor am I. We're in Maryland and we're in trouble. Considering the fact that stage IV lung cancer patients rarely live beyond five years, and I'm now at the beginning of year four (miraculous in and of itself, I'm told), if ever there was a time to retain one's sense of humor, it would be, in my opinion, when facing the kind of adversity that statistically speaking, I'm likely to face in the unfortunately nottoo-distant future.

But as a lifelong Boston Red Sox fan, hope springs eternal. And just as Red Sox Nation was rewarded in 2004 and again in 2007 with World Series Championships breaking the 86year-old "Curse of the Bambino," stranger things have happened. Apparently one of which is yours truly still being alive after my oncologist "prognosed" in March of '09 that I'd likely be otherwise engaged by now, so I am a believer. In fact, I'm living proof. However, there are hardly any guarantees here. There are, as I sit in this room with half a dozen other individuals being similarly infused, lots of hope and fear - and anxiety. If one doesn't embrace or find humor somewhere, while enduring this excruciating mental ordeal, one would be neglecting, anecdotally speaking, the least expensive and most effective treatment available. Humor might not heal, but it likely will do more good than harm; the chemotherapy, in its infinite design wisdom and effect, is probably doing enough of that. As my Publisher – and fellow cancer survivor, Mary Kimm, is fond of saying about chemotherapy: "Kenny, they're poisoning you, that's why you feel the way you do."

But three years later, apparently the chemotherapy has done/is doing enough of its tumor-fighting/shrinking thing to keep me in this chair. And though it may not be my first choice – of where I'd rather be, I'm grateful that at least I still have a choice I'm able to make.

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

# News

# Express Lanes 90 Percent Complete

From Page 3

tors 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 a 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 million 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 Po-

lice 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."



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

### 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. Go to www.495ExpressLanes.com for information on tolling and the Express Lanes system will work

# Phase 1 of Metrorail 67 Percent Complete

Phase 2 hits a snag as Loudoun County Supervisors debate opting out.

> By Victoria Ross The Connection

DOT officials delivered good news and bad news on the 23mile Dulles Corridor Metrorail project during a news conference March 29 at the VDOT Virginia Megaprojects

The good news: crews took full advantage of the mild winter and pushed phase 1 construction of the Silver Line to nearly 70 percent completion. The first phase, which extends from East Fall Church through Tysons Corner to Wiehle Avenue in Reston, is currently under construction and expected to open in the summer of 2013.

"The system is currently in place for 11 new stations, five in Phase 1 and six

in Phase 2," said Tom Fahrney, VDOT's BRAC coordinator, who stepped in for the Metrorail project spokesperson last week.

According to Fahrney, Wiehle Avenue and Tysons East stations are the furthest along, and rail bridges dominate the Route 7 corridgr

The bad news: phase 2 of the project – which is planned to extend into Loudon County and provide a one-seat, no-transfer ride from Dulles Airport to downtown Washington – may come to a screeching halt.

Loudoun County's Board of Supervisors is currently debating opting out of the second phase of the project, which would jeopardize completion of the \$2.7 billion project.

The cost of phase 2, which is slightly lower than originally estimated, assumes that Loudoun and Fairfax counties jointly pay for construction of the Route 28 metro station and five parking garages, which include 8,900 parking spaces.

Loudoun's supervisors have until July to decide whether to continue with the project. Highlights of Phase 1:

♦ Construction of Phase 1 began in spring of 2009. According to Kevin Volbrecht, deputy director of construction for the

project, the section of the aerial guide-way that crosses the Capital Beltway will be complete this spring, connecting the Tysons East guideway to the Tysons Central 123 guideway. "This piece of work will mark the dramatic completion of the guideway over the region's busiest road, I-495," Volbrecht said.

Since the spring of 2011, the project has had numerous lane closures of both the north and southbound lanes of I-495 to complete the bridges that will carry the trains of the Silver Line.

❖Crews have started work on the foundation of the pedestrian pavilion at the Tysons East Station where the pedestrian bridge will connect to the south side of Route 123.

\*At the Wiehle Avenue Station in Reston, crews are putting the finishing touches on the floors and walls of the station and have started laying the foundation for the pedestrian pavilions and bridge columns.

For more information on the Dulles Corridor Metrorail Project, go to www.dullesmetro.com or call 703-572-0506.

Evmorfia Dimitriadis, 3rd grade, and her brother Stavros, 5th grade, representing Greece, and Talia Hendricks-Stracuzzi, representing Guatemala.



Freedom Hill ES students, in colorful native dress, parade through a crowd of classmates and family during the school's annual International Day recognition.

# Freedom Hill International Day

# School celebrates the global diversity of its student body.

reedom Hill Elementary School [FHES] celebrated the diversity of its student population with an enthusiastically-attended International Day on March 30. Children dressed in garb of their native lands, parents prepared dishes representing their cultures, and families applauded the 160member student parade. Forty-five countries were represented in the parade, from Australia and Afghanistan to Venezuela and Zimbabwe. Students in Togolese Republic and Nepal dress marched along with children in elaborate Greek and El Salvador clothing. Children waved flags of standardbearers of democracy to repressive governments from which their families fled. Organized by PTA chairs Sandra Reyes and Erika

Martinez, International Day focused on the "melting-pot" character of the school and the area, Reyes said.

"You represent what is best about this community," said FHES principal Tim Stanley to students and families. "Our families come from all over the world. Each day, you have the opportunity to learn from one another about the traditions of others.

"The world is connected now," said Stanley. "What you learn here can give you hope for a better world."

Families lined the blacktop where the flag-waving paraders marched, and the Freedom Hill singers led an up-tempo Kenyan song. Parents snapped still shots or filmed the colorful pageant.

"This develops cultural pride of the school community," said first grade teacher Alicia McGuire, noting that the state of Virginia has a cultural diversity



Smiling faces of Freedom Hill ES students show how similar people are the world over.

SOL. "We're studying how we're all similar, and this shows we're all connected."

Children learned things about other cultures and about their own heritage. Second-grader Zain Khwaja returned to Pakistan with his family to celebrate the Eid festival last October. "I know there are bad conditions there because of the bomb blasts," Zain articulated. "I wasn't afraid but my mom was."

Matthew Reyes, the sixth-grade son of International Day chair Reyes, summed up the essence of international relations. "Even though people are from different countries, they have the same interests in school and life that everyone else does.

"Even though we seem different, we're a lot alike."

— Donna Manz

# Skateboarding at Vienna Volunteer Fire Department

Skateboarding will be the theme at the free Skate Park on Wheels event for all ages on Saturday, April 7, 1 to 4 p.m. Sponsored by Hunter Mill Supervisor Cathy Hudgins, the Town of Vienna Department of Parks and Recreation, and American Inline Skating, a portable skateboard park complete with ramps, jumps and rails, will be open for novice through experienced skateboarders aged 6 and older. The course will be set up in the parking lot of the Vienna Volunteer Fire Department at 700 Center Street in Vienna.

All skaters are required to wear a helmet. Additionally, wrist guards, elbow and knee pads are recommended for inexperienced skaters and those under 16 years of age. For information, contact the Hunter Mill District office at 703-478-0283, or the Department of Parks and Recreation at 703-255-5721.

# Dog Obedience Classes Start April 10

Get help training your dog through Dog Obedience classes at the Vienna Community Center, 120 Cherry Street, SE, on Tuesdays, April 10 through May 22.

Dog Obedience Class Level 1 is for puppies between 12 weeks and six months of age. This seven-week class is held from 6 p.m. to 6:45 p.m.

Dog Obedience Class Level 2 is for dogs over six months of age with little or no previous training. This seven-week class is held from 7 p.m. to 7:45 p.m.

Each course costs \$80 for residents and \$100 for out-of-town participants. Owners must present documentation of all required vaccinations prior to the start of class. For more information, call (703) 255-6360 or register online at www.viennava.gov or in person at the Vienna Community Center.

# Music Together Uses Music in Child Development

Music Together and Music Together Babies will be held at the Vienna Community Center, 120 Cherry Street, SE, beginning in April. Participants will sing, move, chant, listen, watch or explore musical instruments at their own level.

Music Together Babies, for babies seven months and younger with a parent or caregiver, will be held on Wednesdays, April 11 through May 30, from 12:15 p.m. to 1 p.m.

Music Together, for newborns to six years old and their parents and/or caregivers, will offer several classes beginning in April: Tuesdays, April 10 through June 5, 9:30 a.m. to 10:15 a.m. and 10:30 a.m. to 11:15 a.m.; Fridays, April 13 through June 8, 9:30 a.m. to 10:15 a.m. and 10:30 a.m. to 11:15 a.m.; and Saturdays, April 14 through June 9, 9 a.m. to 9:45 a.m., 10 a.m. to 10:45 a.m., and 11 a.m. to 11:45 a.m.

Each eight-week course costs \$134.40 for residents and \$168 for out-of-town participants. Registration is required. For more information, call (703) 424-7295 or view page seven of the Parks and Recreation Spring Brochure online at <a href="https://www.viennava.gov">www.viennava.gov</a>.

# Casino Night, Tournament to Help Pediatric Cancer Research

Casino Night Event will be held on Saturday, April 21, 7 - 11:30 p.m. at the Westwood Country Club in Vienna. This Casino Night is being run in conjunction with the Kyle's Kamp Memorial Day Tournament. The Casino Night and Tournament hope to raise upwards of \$250,000 for pediatric cancer patient research and care through Children's National Medical Center.

The Casino Night and Tournament are being run in honor of 7-year-old Kyle Hahne who was diagnosed with Leukemia in October 2010. Another very special player is participating in the tournament and is a big part of its mission. Gavin Rupp was diagnosed with a brain tumor in February of 2011. Both Kyle and Gavin are currently being treated at Children's.

More info/Donation/Purchase Tickets: www.KKCasinoNight.eventbrite.com



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