

Colvin Run Mill Turns Sap to Syrup

Colvin Run Mill volunteer Tom Milton, of Vienna, keeps watch over the steaming cauldron boiling down ten gallons of sap at a time. Ten gallons will produce about one pint to one quart of maple syrup.

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Riverbend Kicks Off Master Planning Process

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PHOTO BY DONNA MANZ/THE CONNECTION

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Langley Leads Recycling Efforts

School will serve as pilot program for athletic field recycling.

BY ALEX McVEIGH
THE CONNECTION

Langley High School will serve as a pilot program for Fairfax County when it comes to recycling on the athletic fields during sporting events. The Langley Eco School club is spearheading the initiative, collecting grant money to purchase the recycling cans to be placed next to the regular trash cans.

Elaine Tholen, environmental education manager for Fairfax County Public Schools, said the initiative is part of the county's effort to demonstrate environmental stewardship on all levels.

"We want to make sure students have accurate information about being green, but we also want to make sure there's an action component to that," she said. "If our goal is to graduate environmental stewards, we need to make sure we back that up with knowledge. I feel like the Langley Eco School club is able to look at that area of being green beyond the classroom."

LANGLEY SCIENCE TEACHER Deanna Den Hartog said the school is also aiming to continue environmental education across all age groups.

"I think we do a good job of providing environmental education in elementary schools, but once students get to middle and high schools, sometimes there's just not an opportunity," she said. "That's not the message we'd like to send, that it's good when you're younger, but not when you're older."

Using the county's Get2Green module located on the Blackboard site, students and administrators can connect to both internal and external resources. Jill Baker, who founded the Eco School club with her daughter, a Langley student, says Get2Green has helped the club track down grant funding for the recycling cans.

"The fields are so extensive we needed three different sources of funding to get all the cans," said Jill Baker. "Fairfax County recycles a lot of materials, but we're focusing on cans, bottles and paper. We'll be putting a recycling can next to each trash can, because we think the only way this will work is if every time someone goes to throw something out, the option to recycle is right there."

The club sent out questionnaires to all of the Fairfax County high schools to get an impression of what recycling was going on, but many schools weren't even able to respond.

While several schools have programs in place, Tholen says it's her hope that Langley can provide a reproducible model that any school that desires can pick up.

"We don't want to re-invent the wheel, but if Langley can find out where to get the cans, what cans



Members of Langley High School's Eco School club will be putting out cans for recycling at the school's athletic fields. The Langley program will serve as the pilot program for the county recycling at all their athletic fields.

Showing Off Green Efforts

The Langley High School Eco School club will participate in the Nova Outside Green Schools Expo Saturday, March 3 at George Mason University. The event will take place from 10 a.m. to 12:30 p.m. at the George Mason Student Union II Ballroom (The Hub), 4400 University Drive, Fairfax.

Langley will be among several county schools showcasing their green efforts and investigating what other schools can do to go green.

More information is available at www.novaoutside.org.

work, what placements work, then they can put all that out to other schools who will have all the information in front of them should they want to start a program," she said. "With all of our sporting events, the amount of recyclables that end up in the trash is incredible, and we're hoping by testing this program out in the Spring, that by Fall, when the busy football season starts, we'll have the program in place."

THE CLUB will be using metal cans with a mesh-like design, so wind can pass through them while on the field instead of knocking them over. The Spring sports season officially starts March 3 at Langley, and the blue recycling cans will be found next to each green trash can.

Students are currently involved in spreading the word on the program, writing a script for the theater department to film a spot showing what can and can't be recycled as well as creating flyers to place around the school.



"The Phantom Tollbooth" show includes 73 cast, crew, and pit orchestra members in grades 6-8, making it the biggest Langley production ever.

The Langley School Presents 'The Phantom Tollbooth'

This spring, students at The Langley School will bring a new genre of theatre to the Langley stage – the first-ever Middle School musical. "The Phantom Tollbooth" will run Thursday, March 8 through Saturday, March 10.

The show includes 73 cast, crew, and pit orchestra members in grades 6-8, making it the biggest Langley production ever. Students are involved in all aspects of the show, serving as actors on stage or musicians in the pit orchestra and assisting with sound, lighting, set design, props, costumes, hair and makeup, ushering, and choreography.

Based on Norton Juster's classic children's book written in 1961, this new musical is the modern tale of a boy, Milo, who must save the princesses Rhyme and Reason and reunite the brother kings who rule over the cities of Dictionopolis and Digitopolis. Aided by a trusty time-keeping dog, Tock, Milo successfully brings harmony to the Land of Wisdom and learns many things about words and numbers along his journey. Perhaps the most important lesson he takes with him, however, is that everything we learn has a purpose and whatever we do

When & Where

"The Phantom Tollbooth" will run Thursday, March 8 through Saturday, March 10 at 7:30 p.m., with a matinee performance at 1 p.m. on Saturday, March 10, in the school's Jeffrey J. Sherman Arts Center at 1411 Balls Hill Road in McLean. Tickets are on sale now for \$8 each at www.langleyschool.org.

affects everything and everyone.

The family-friendly show includes 15 musical numbers, the majority of which are solo, duet, or small group selections. Five of the numbers are performed by the entire ensemble, complete with choreographed dances designed by student and faculty choreographers. A live student pit orchestra will accompany each musical selection. To prepare students for the experience of singing on stage, Musical Director Dana Litke held a series of audition workshops.

The show takes place in modern times, and the cast and crew have added clever nods to pop culture throughout such as a character inspired by Lady Gaga, for example. And the set, which was created by Langley's scenery crew elective class, suggests a variety of different art movements.

'Ireland and Incamminati' at Katie's Coffee

At Katie's Coffee, next to the Old Brogue Irish Pub, March 5-31, artist Judith St. Ledger-Roty will hold her show "Ireland and Incamminati" featuring paintings of Ireland she began or conceived of when she was there a few years ago, and drawings and paintings she has done since, while studying art in the tradition of the Old Master's, starting with drawing and progressing from there. Every one is invited to a reception to meet the artist on March 10, from 1 to 3 p.m. The address is 730C Walker Road in the Great Falls Center of Great Falls, Virginia.



THE COUNTY LINE

Former Virginia Gov. Tim Kaine, who is campaigning for the U.S. Senate seat vacated by Democrat Jim Webb, visited Multivision in Fairfax on Thursday, Feb. 23. He spoke with students and staff, and said he was motivated to visit the workforce development company after meeting founder and president Srikanth Ramachandran (right) last fall.

PHOTOS BY
VICTORIA ROSS/
THE CONNECTION



Kaine Touts 'Talent Economy'

In bid for U.S. Senate seat, Kaine holds economic roundtables.

BY VICTORIA ROSS
THE CONNECTION

During a campaign stop at a Fairfax workforce development company on Thursday, former Virginia Gov. Tim Kaine (D) emphasized the need to foster a "talent economy" that will reboot America's drive to the top of the economic ladder.

Kaine spoke to about 50 staff and students at Multivision, Inc., an information technology (IT) consulting company, about giving American workers opportunities to acquire 21st century technical skills to keep pace with the evolving demands of global employers.

"I really believe - big-picture, national-policy now - that America will be stronger if we win the talent war, and we will have problems if we lose the talent war, to put it bluntly," Kaine said.

THE VISIT was one of several economic roundtables Kaine has been holding across the state in his bid to fill the seat vacated by Democratic U.S. Sen. Jim Webb. Kaine is being challenged by former Republican Governor George Allen.

Kaine said his focus on "talent issues," means three things: ensuring that education systems are world class from pre-K to higher-education; providing opportunities for retraining and workforce development; and an immigration system that allows the best and brightest to come to America to create jobs and contribute to the economy.

"For many years our country was number one in the world in percentage of our adult population getting some kind of degree after high school, but today we're 16th and we're slipping," he said.

Kaine told the group that Multivision caught his attention last fall when he met founder and president Srikanth Ramachandran, who came to America 14 years ago from India to pursue the "American Dream." Kaine said he was impressed that, since 2009, Multivision has provided training and job coaching that resulted in jobs for more than 45 unemployed Americans.

"What you're doing here at Multivision is a wonderful bridge for people who have the talent and desire, but not always the sufficient skills to be successful," Kaine said, adding that bridging the gap requires a scaled-up partnership between business, government and educational institutions.



Former Virginia Gov. Tim Kaine, who is campaigning for the U.S. Senate seat vacated by Democrat Jim Webb, visited Multivision, Inc. in Fairfax on Thursday, Feb. 23. He spoke with student Charles Snow about the need to build a "talent economy."

Now a U.S. citizen, Ramachandran said he started the Fairfax-based Multivision in 2002; by 2007, the company employed 200 people and netted \$32 million a year. But when the economy started to sputter in late 2008, Multivision struggled to find veteran talent in the rapidly evolving IT industry.

"We were astounded to find out how many unemployed did not have skills in the latest technologies. There was a huge gap between their skills and the required skills," Ramachandran said. "There was clearly a need to retrain workers in the latest technologies."

The company tackles unemployment by providing free, full-time IT programming to unemployed and underemployed during an intense 8-week, 40-hour program that Ramachandran described as "much like a boot camp."

"We provide training across different age-groups and ethnicity. About 40 percent of our students are above 50...The success of our training model depends on constant retraining," he said.

Ramachandran said it was "a pleasant surprise to talk to politician who is totally in touch with reality. I was impressed by his humility, intellect and clear understanding of the unemployed."

Kaine said one of the most common stories he hears in his travels across the Commonwealth is from unemployed workers who have a degree but not the advanced technology skills to find a job.

KAINE DESCRIBED a recent visit to a Kraft Foods plant in Winchester, where he talked to a manager who said he had five jobs available but could not find someone with the right skills to hire.

SEE KAINE, PAGE 6



PHOTO CONTRIBUTED

Michael Artson, chief planner with the County's Neighborhood and Community Services (NCS) Department, shows his appreciation for the record amount of donations when the bus was parked at the McLean Giant.

The Bus Was Stuffed

Local food pantries receive record donations from 2nd annual Stuff the Bus campaign.

BY VICTORIA ROSS
THE CONNECTION

Fairfax County's second annual Stuff the Bus campaign roared to the finish line last week, collecting more than 25,604 pounds of food and \$3,483 - a 26 percent increase in food, and a 236 percent increase in cash over 2011 totals.

All donations went directly to local nonprofit organizations that help feed needy families and individuals in the Fairfax-Falls Church Community.

"The residents of Fairfax and our partners, like MV Transportation and Frank & Co., have really come out in support of the food pantries this year," said Michael Artson, chief planner

SEE DONATIONS, PAGE 6

FOOD TOTALS FOR

STUFF THE BUS CAMPAIGN

JANUARY 16

Mount Vernon Plaza Shoppers Food Warehouse
7660 Richmond Highway, Alexandria
1,320 pounds of food was collected and donated to United Community Ministries.

JANUARY 21

Vienna Giant
359 Maple Avenue East, Vienna
1,198 pounds of food was collected and donated to Committee for Helping Others.
Village Center at Dulles Shoppers Food Warehouse
2425 Centreville Road, Herndon
1,907 pounds of food was collected and donated to Reston Interfaith.

JANUARY 28

Fox Mill Giant
2551 John Milton Drive, Herndon
1,746 pounds of food was collected and donated to Helping Hungry Kids.
Lorton Giant
8941 Ox Road, Lorton
2,158 pounds of food was collected and donated to Lorton Community Action Center.

FEBRUARY 4

McLean Giant
1454 Chain Bridge Road, McLean
6,221 pounds of food was collected and donated to Share, Inc.
Clifton Giant
5740 Union Mill Road, Clifton
3,487 pounds of food was collected and donated to Western Fairfax Christian Ministries.

FEBRUARY 11

Fair City Mall Shoppers Food Warehouse
9622 Main Street, Fairfax
2,708 pounds of food was collected and donated to Food for Others.
Kingstowne Giant
5870 Kingstowne Blvd., Alexandria
1,574 pounds of food was collected and donated to Koinonia Foundation.

FEBRUARY 18

Fair City Mall Shoppers Food Warehouse
9622 Main Street, Fairfax
2,009 pounds of food was collected and donated to Our Daily Bread.
Seven Corners Center Shoppers Food Warehouse
6360 Seven Corners Center, Falls Church
1,274 pounds of food was collected and donated to Falls Church Community Service Council.

BULLETIN BOARD

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

WEDNESDAY/FEB. 29

Public Meeting on Proposed Redevelopment of Lewinsville Senior Center. 7:30 p.m.
Lewinsville Senior Center, Room 103, 1609 Great Falls St., McLean. With Supervisor John Foust. 703-356-0551 or Jane.Edmondson@FairfaxCounty.gov.

FRIDAY/MARCH 2

Greater McLean Chamber of Commerce Winter Gala & Board of Directors Installation. 6:30 p.m. Gannett Worldwide Headquarters, 7950 Jones Branch Drive, McLean. Music during dinner by the McLean Orchestra, open bar, sit-down dinner, silent auction and after-dinner dancing. \$75 Chamber members, \$95 non-members. www.mcleanchamber.org or 703-356-5424.

SATURDAY/MARCH 3

Recycling at Northside Property Yard. 8 a.m.-2 p.m. Northside Property Yard, 600 Mill St. N.E., Vienna. Vienna residents may recycle used automotive items, motor oil, antifreeze, and car batteries. Sponsored by the Department of Public Works. 703-255-6380 or www.viennava.gov.

Healthy Responses to Anger. 9:30 a.m. The Women's Center, 127 Park St. N.E., Vienna. Recognize anger triggers and identify coping skills. \$35-\$45. Register at www.thewomenscenter.org or 703-281-4928.

SUNDAY/MARCH 4

Wealthism. 12:45 p.m. Fairfax Unitarian Church, 2709 Hunter Mill Road, Oakton. The term "wealthism" describes the inadvertent or purposeful influence toward consolidation of wealth and power in a smaller and smaller minority of people.

MONDAY/MARCH 5

Haven of Northern Virginia New Volunteers Training. 9:30 a.m. Haven of Northern Virginia, 4606 Ravensworth Road, Annandale. Mondays, Wednesdays and Fridays through March 16. Volunteers need to commit to one year of service answering Haven's phones 2.5 hours weekly. Registration required at 703-941-7000 or www.havenofnova.org.
Great Falls Historical Society. 1-5 p.m. Great Falls Library Meeting Room, 9830 Georgetown Pike, Great Falls. Meeting Mondays through April. www.gfhs.org.

TUESDAY/MARCH 6

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

WEDNESDAY/MARCH 7

Chronic Disease Self-Management Workshop. 10 a.m. Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Weekly meetings for older adults with chronic health problems such as arthritis, diabetes, lupus, thyroid disease, osteoporosis and heart disease. Sponsored by The Shepherd's Center of Oakton-Vienna. 703-281-0538.

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THE CONNECTION
NEWSPAPERS

NEWS

Former Virginia Gov. Tim Kaine, who is campaigning for the U.S. Senate seat vacated by Democrat Jim Webb, visited Multivision in Fairfax on Thursday, Feb. 23. Kaine addressed students and staff at the IT workforce development company.



PHOTO BY
VICTORIA ROSS/
THE CONNECTION

Kaine Comes to Area

FROM PAGE 4

"There are a lot of companies that have manufacturing jobs and want to hire. I hear from people who say they know how to work the machines, but companies want to hire people to program the machines, so the old skills are not sufficient. This is what made me want to come to MultiVision," Kaine told the group.

Kaine said he was particularly moved by the story of a 55-year-old man he met that afternoon who is completing Multivision's training program.

"That was a poignant story. This man is unemployed and his son is going to Thomas Jefferson High School for Science and Technology. That is the kind of talent story we should be telling," Kaine said.

Instead, he said the Virginia talent story is getting obscured by the GOP's focus on social issues.

"I am worried...Are we really talking about the legality of birth control," Kaine said after his visit to Multivision.

"This is no time to be complacent about the economy. When I said to the group that Virginia went from 38th in the nation (in per capita income) to being 7th, it's clear we didn't excel by getting bogged down in divisive social issues."

Kaine noted that when he was governor from 2006 to 2010, companies such as Northrop Grumman and Volkswagen of North America, decided to headquarter in Virginia, mainly because of people and talent.

"What I hear from our business leaders and owners is that they are tired of partisan games and distractions causing uncertainty and making it hard to be successful," Kaine said in a recent conference call with reporters.

Record Donations

FROM PAGE 4

with the County's Neighborhood and Community Services (NCS) Department, one of the food drive's organizers.

The annual campaign is a partnership between NCS, Fairfax County's Office of Public Private Partnerships (OP3) and MV Transportation Inc., which operates the FASTRAN buses and provides volunteers, as well as local grocery store chains Giant and Shoppers Food Warehouse.

"In our first year, 2011, we collected more than 20,000 pounds of food valued at more than \$34,000; the total value of the food, goods and services donated by all the public and private partners was valued at more than \$56,000," said Patricia Stevens, executive director of OP3.

She said the "Stuff the Bus" campaign is intentionally scheduled between Martin Luther King Day

in January and Presidents Day in February, because donations typically decrease during the first few months of the new year, after the seasonal dose of good will.

Many Fairfax County pantries, including Our Daily Bread, FACETS, the Lorton Action Community Center and Food for Others, report that during the fall and holiday season, food pantries are stocked and brimming with donations from the community.

"But by February, our supplies are often running low even though the need for food is greater than ever," said Lisa Whetzel, executive director of Our Daily Bread in Fairfax.

She said ODB collected 2,000 pounds of food and more than \$500 in cash and grocery cards when Stuff the Bus was parked at Shoppers Food Warehouse at Fair City Mall on Feb. 18, and much of the food went directly to clients the next day.

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An Eminent Choice

BY MICHAEL LEE POPE
THE CONNECTION

This fall, voters across Virginia will be confronted with a hotly debated amendment to the Virginia Constitution that seeks to limit the ability of local governments to use the power of eminent domain. According to various sides of the debate, the measure would either be a disastrous move that would drastically increase the price of transportation projects, an empty measure that's intended to appeal to voters or a bold way to prevent local governments from abusing the power of eminent domain.

"Voters tend to view eminent domain negatively," said Jeff Skelley, political analyst with the Virginia Center for Politics. "So delegates and senators who voted for it probably just gave themselves a little more cover."

The lopsided nature of support for the effort in the General Assembly certainly speaks to the political popularity of being seen as tough on eminent domain. The

state Senate approved the amendment 23 to 17, and the House of Delegates passed the measure with an 80 to 18 vote. Essentially, the amendment would allow business owners to seek damages from local governments if they could prove that property taken under eminent domain resulted in a loss of profits or loss of access, the definitions of which are laid out in a separate bill now working its way through the General Assembly. Although many feared that the implementation could allow lawsuits for something as simple as removing a left turn lane, the legislation outlining how it would work is crafted very narrowly to focus on actual land being taken. Nevertheless, some say the final version would create a hardship for the Virginia Department of Transportation.

"It's not as bad as it was, but it is still a very troublesome piece of legislation and should not have passed," said state Sen. Barbara Favola (D-31), who voted against the amendment and the implementing legislation. "I think it's going to be very challenging for

VDOT to be able to acquire private right-of-way to put into public use without paying an incredibly inordinate amount of money."

THE DEBATE ABOUT eminent domain snapped into the public conscious back in 2005 when the U.S. Supreme Court issued a 5-4 decision in *Kelo versus City of New London*. The majority in that case ruled that the government taking of property from one private owner to give to another for economic development constitutes a permissible public use under the Fifth Amendment. That ruling created a massive backlash, including 2007 legislation in the Virginia General Assembly that defined "public use" in a way that narrowed how eminent domain could be used in the commonwealth.

"This is legislation that closed the Kelo loophole, but every year people come to Richmond and try to weaken it," said John Taylor, president of the Virginia Institute for Public Policy. "That's why a constitutional amendment is necessary."

Taylor and other supporters be-

gan working years ago to set the pieces in place for a constitutional amendment to Virginia's Constitution. Last year, the effort was given preliminary approval by the House and Senate. But because the way the amendment process works in Virginia, the text of the amendment had to be approved again the next year with an intervening election. Now that identical text of the amendment has been approved for a second time, the amendment is on the way to Republican Gov. Bob McDonnell.

"The right to own property was codified by our founding fathers and is a part of what makes up the fabric of our nation," said Jeff Caldwell, press secretary to the governor in an email response to questions. "Ensuring that individual property rights are protected, maintained and not threatened by government use for non-core services was part of the governor's agenda this year, along with Republicans from the General Assembly."

Supporters say the effort is aimed at ensuring that property owners are compensated if they

are subjected to eminent domain. Opponents say the amendment could cost the state an extra \$100 million each year by making transportation projects more expensive. It's a debate that has created difficulty by some lawmakers. Sen. George Barker (D-39), for example, voted for the amendment last year in an effort to strip out language adding the ability of property owners to seek interest on top of the loss of profits and loss of access. This year, he voted against the bill, which he says he opposed all along.

"It's nowhere near as bad as the proposal that came out of committee last year," said Barker. "But it still has very significant negative consequences in terms of cost, and it's also something that would be very difficult to change."

THE IMPLEMENTING legislation may have undercut at least some of the opposition. Now that the ability of businesses to collect for an action not involving land acquisition, the thrust of the

SEE EMINENT DOMAIN, PAGE 17

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OPINION

State Shirks Transportation Responsibility

BY SHARON BULOVA
CHAIRMAN OF THE BOARD
AND JEFF MCKAY

LEE DISTRICT SUPERVISOR AND TRANSPORTATION COMMITTEE CHAIRMAN

Maybe we should rename our County The Bank of Last Resort. At our Board of Supervisors retreat in early February, board members and staff discussed the tools available to local government to narrow the chasm between growing needs and shrinking resources. As the state and federal governments continue to slash programs and funds to localities, the needs in areas like human services, education, public safety, and transportation continue to grow.

Fairfax County is at ground zero in all these areas. We're home to a growing population of seniors in need of basic services; our top notch schools are growing fast; and our first responders keep our community safe despite being asked to do more with less.

LETTERS TO THE EDITOR

Wolf's Crusade Article

To the Editor:

Alex McVeigh's article on Rep. Wolf's book "Prisoner of Conscience" ["Wolf's Crusade," Connection, February 15-21, 2012] is very much worth acknowledging as his constituents and other constituents of neighboring districts are not well informed about Rep. Wolf's commitment to this issue of global human rights. I have lived here in Northern Virginia for 30 years and that is how long Rep. Wolf has been in Congress representing the 10th district. It is also parallel to my 30 years of citizen activism and being a responsible citizen. Through the years I have lived in Arlington, Oakton and Reston. Rep. Wolf has been my congressman for many of those years. Due to boundary changes etc, I am not in the 10th District now. Our citizen advocacy organization has worked closely with Rep. Wolf over these 30 years. We recall his life changing visit to Ethiopia and how we were very proud of him. He has supported programs of UNICEF and Child Survival funding that really make a difference.

In 1984, in the "State of the World's Children Report" published annually by UNICEF, the number of child deaths (preventable) was 40,000 daily. In these past 30 years the number currently according to UNICEF is down to 24,000 daily. That is still a scandalous number but also shows progress in fighting human rights violations of hunger and disease

COMMENTARY

The current debate over transportation responsibilities is instructive. The Commonwealth of Virginia has primary transportation responsibilities that go back to the years of the Great Depression when the state took on all public road maintenance and construction for all counties except for Arlington and Henrico. In recent years, we've seen the fraying of this traditional responsibility and core function of state government as the state's failure to act has left many of our most well-traveled roads in deplorable condition. Saying, "Can't afford it anymore, it's your problem" seems to be the General Assembly's solution. That's not reasonable and it's certainly not responsible governance.

The current proposals in the General Assembly are either devolution-lite or the camel's nose under the tent. Either way, they amount to an abdication of the state's moral and legal responsibility to maintain our roads. Any effort by the state that does not result in a long-term dedicated revenue stream is a decision

that is preventable. Rep. Wolf says in your article that back in the '80s there was more bipartisan support for human rights in Congress than he sees now. Isn't that shameful that "partisan politics" negates the commitment we all have to such fundamental rights. I really don't believe that Republican or Democrat really sees this as a political issue but a "human rights issue." Rep. Wolf shows an ongoing commitment and feels frustrated that change is possible but he says it will take a "shift in attitude" and that speaking out and advocating programs that make a difference is a responsibility for us as well as Congress.

Len Chorazy
RESULTS Coordinator, Virginia
Reston

Equal Human Rights for All

To the Editor:

The most recent edition of The Connection [Feb 15-21, 2012], included an article about Rep. Frank Wolf's humanitarian crusade, and highlighted a book he has written about his experiences. Rep. Wolf's work is exemplary, and worthy of our praise. However, it behooves me to point out a glaring void in Mr. Wolf's work: as strong an advocate for human rights as Mr. Wolf has been, he has been an equally staunch opponent of equal human rights for gays and lesbians here in this country.

The Connection article ends with a quote from Rep. Wolf:

"The Declaration of Independence says all men are created equal, and have a right to life, liberty and the pursuit of happiness," he said. "I think when we advocate and speak out, it really can make a tremendous difference to people all over the world, as we would want someone to do if we were in the same situation."

I would say to Rep. Wolf, we ARE in the same situation. A large group of Americans, who are expected to pay taxes and adhere to the laws of this land, are consistently being denied the most basic privileges and protections of those laws. The Declaration of Independence says "all" men, not just those that you prefer. I urge Rep Wolf to consider his own words, and follow the course that he himself advocates for other countries. Be a true humanitarian, Rep. Wolf, not a selective one.

Sarah O'Neil
Great Falls

Not the Virginia We Voted For

To the Editor:

Barbara Comstock, our 34th District Delegate, has just sent out her "Crossover" newsletter with the status of bills she has sponsored. What she isn't telling us in her newsletter is her voting record on bills that are so harmful to women's rights and health that Virginia is making national headlines. These bills include:

HB1 - the so called "personhood bill." If this bill becomes law, your right to have access to in-vitro fer-

to sidestep our transportation challenges. Fairfax County should not be forced to choose between its citizens' important needs simply because the state government is looking to take the easy way out. And keep in mind — as Fairfax County's fortunes go, so goes the Commonwealth. Our economic vitality supports and funds the rest of the state. A crumbling transportation infrastructure here will ultimately show up on the wrong side of the ledger downstate.

As elected leaders, we have the responsibility to listen and respond to the needs of our constituents. Time after time we hear that transportation is one of our residents' top concerns and key to our economic fortunes. Fairfax County has a creative and solutions-oriented local government. We believe that our transportation problems can be solved. Identifying a dedicated transportation revenue stream is the first and most important step in finding that solution and we ask that the Governor and the General Assembly meet their responsibility and identify that stream.

tilization, most forms of contraception, and abortion regardless of whether the woman's life is in danger, could be severely restricted in Virginia.

HB 462 – before a woman can have an abortion she must submit to an invasive and medically unnecessary transvaginal ultrasound and be required to see the image and that image kept on file for seven years. I wonder if Del. Comstock or anyone she knows has had this procedure or would want this process for any other medical procedure. This is unfair to any woman who has to make the already very personal and stressful decision to terminate an unwanted pregnancy - a right guaranteed by the Supreme Court. HB 1112 – eliminates Medicaid funding for the HPV inoculation program that protects young women against a virus that is a known agent for cervical cancer. This discriminates against young women who do not have access to health care plans and may not be able to afford to pay for this protection.

If this legislation, sponsored by men who will never bear children, passes, it gives the government more power than ever over women's bodies and pushes women's rights back into the Dark Ages. Perhaps Del. Comstock will reconsider her position following the demonstrations at the state capital and the delayed vote on HB 462.

This is not the Virginia we voted for.

Barbara Baron
McLean

Great Falls CONNECTION

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NEWS

Sophia Divone Wins Spelling Bee at Great Falls Elementary

There were words such as ascertain, epithet, and rhomboid but a group of fourth through sixth graders took it all in stride and kept the competition lively during the Great Falls Elementary School Spelling Bee on Wednesday, Feb. 15. In what turned out to be one of the longest-running school spelling bees in several years, Sophia Divone, a sixth grader, spelled the championship word of "perquisite" for the win. Katherine Mansourova, also a sixth grader, took second place after several competitive rounds for the championship.

Great Fall Elementary School Principal Ernest Leighty said, "It was great to see the students getting excited during the bee." But what impressed Leighty the most was the ending. "I was most impressed to see how encouraging the two final participants were to each other in the final rounds. They kept applauding each other and that is the kind of supportive spirit we like to see in these types of competitions."

Divone will represent Great Falls Elementary in the Fairfax County Regional Bee slated for Sunday,



Katherine Mansourova (2nd place), Ernest Leighty (Great Falls Elementary School Principal) and Sophia Divone (1st place). Divone will move onto Regional Spelling Bee event on March 18.

March 18 at Hayfield Secondary School. Ultimately, the winning participants will have the opportunity to compete in the Scripps

National Spelling Bee during Bee Week 2012, May 27 - June 1.

— LEE ANN BROWNLEE



Terri Parent, Garlic in a Basket.

Reston Farmers Market Shown at Great Falls Tavern

From May to October Saturday mornings are the highlight of the week for Great Falls photographer Terri Parent as she heads to the Reston Farmers Market. "Summer Saturday Mornings" is a collection of images of the bustling farmers market at Lake Anne and lakefront scenes around Reston. The show opens March 1 running through the end of April at The Tavern Restaurant in Great Falls. To see more of Parent's photography visit her website www.terriparentphotography.com.

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Calendar Listings

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

Name of Event:

Day of the Week, Date and Time:

Name of the Place Event will Be Held:

Address of the Place Event Will Be Held:

Name and Phone Number for More Information:

Three Sentences Describing the Event:

Please submit your calendar information at least two weeks before your event. Clear photographs from similar previous events are always welcome. All events should be open to the public. We give first priority to free events. E-mail listings to:

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COMMUNITY



PHOTOS BY DONNA MANZ/THE CONNECTION

Guests bundled up for the cold to watch the maple syrup boil-down demonstration at Colvin Run Mill.

Colvin Run Mill Turns Sap to Syrup

In February, mill presented two maple syrup boil-downs to public.

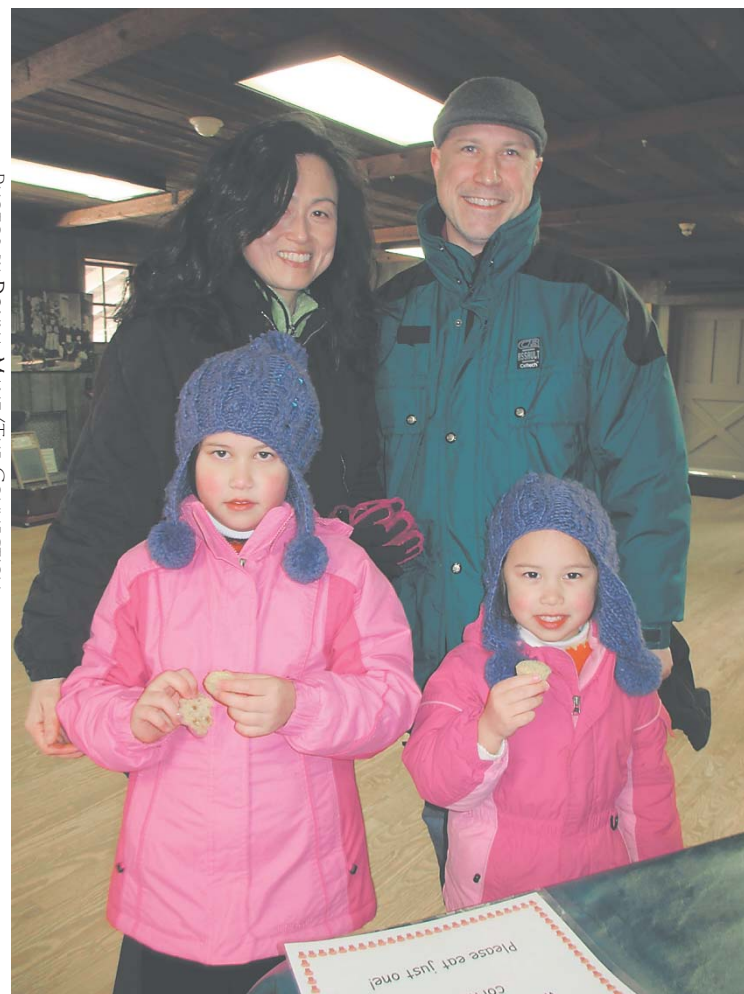
Colvin Run Mill is not in Vermont nor are its maple trees "sugar" maple, but the park's demonstration of a maple syrup boil-down harkens back to the simple ways of country living. For two Sundays in February, Colvin Run Mill hosted open-to-the-public presentations and sampling. Commel ground at the mill was the foundation of the cornbread served with a river of freshly-thickened maple syrup.

Volunteers kept the cauldron boiling over an open fire and another volunteer, braving the blustery cold, described the step-by-step process, from tapping the trees, gathering the sap, and boiling it to a viscous reduction.

The maple trees at Colvin Run yield a sap that is boiled down in a ratio of 60 to 1; sugar maple trees produce a thicker sap. Depending on the type of tree tapped, it takes anywhere from 40 gallons to 60 gallons of sap to boil down to one gallon of syrup, and on the average, a tree will release 15 to 25 gallons of sap from each tap.

Sap begins to run when nighttime temperatures dip to the low to mid-twenties or colder and daytime temperatures reach the high 30s.

As cold and windy as it was on Feb. 12, families stood outside watching the demonstration or standing closer to the fire for warmth. Parents appeared more attentive to the verbal presentation



Sabrina and Elliott Berry and their parents, Alex and David, of Vienna, sample chunks of homemade cornbread doused with the mill's maple syrup.

than did their children, but the children enjoyed the fire and the samples.

"I try to find as many things to do in the area," said Vienna mom Alex Berry, at the boil-down with her two daughters, Sabrina and Elliott, and her husband, David. Berry said the family learned that it takes a "sensitive" amount of sap to make a single gallon of maple syrup. She also learned it's not a good idea to boil sap down in the kitchen because the steam may discolor walls and ceiling.

Inside the barn, school-aged volunteers spooned maple syrup over chunks of cornbread for guests to

try. It was a tasty way to take shelter from the cold.

Colvin Run Mill Historic Site, operated by the Fairfax County Park Authority, is a working mill more than 200 years old. It sits at the corner of Leesburg Pike and Colvin Run Road, Great Falls. Throughout the year, the mill hosts events for children, adults and families, from music to historical perspective and summer camp for children. To learn more about Colvin Run Mill, go to <http://www.fairfaxcounty.gov/parks/crm/> or call 703-759-2771.

—DONNA MANZ

FAITH NOTES

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

♦ Sunday, March 4. Identity and self-esteem can make or break the journey.

♦ Sunday, March 11. How work itself can be realized as a joyful destination.

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

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

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

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

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

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

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

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

Trinity United Methodist Church, 1205 Dolley Madison Blvd., McLean, Sunday worship services are at

8:30 and 10:30 a.m. Sunday School for adults is at 9:30 a.m. and for children during the 10:30 a.m. worship service. Youth Group for grades 7-12 meets Sundays at 6 p.m. A 20-minute service of Holy Communion is held each Wednesday at 12 p.m. 703-356-3312 or umtrinity.org.

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

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

McLean Bible Church Fitness

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

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

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

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Riverbend Kicks Off Master Planning Process

BY ALEX McVEIGH
THE CONNECTION

Master Plan will serve to update plan created in 1975.

The Fairfax County Park Authority kicked off the master planning process for Riverbend Park during a public meeting Tuesday, Feb. 21 at the Grange. The 411-acre park, which includes more than two miles of land along

the Potomac River, has been guided by a master plan that was created in 1975.

The park is classified by the Park Authority as a resource-based park, where the majority of the park exists to protect natural or historic resources. Almost 95 per-

cent of the park is resource protected.

Riverbend recorded more than 320,000 visitors last year who entered by car, those who walk or hike in from other trails aren't recorded. It also hosted 544 programs and 31 camps last year.

While the process will examine what features visitors would like to see in the future, Andy Galusha, a planner with the Park Authority's Park Planning Branch said there are many things that will remain the same for the park.

"What won't change is: park rules, as well as resource protection, visitor access, the trail system, waterfront activities, the visitor and nature education centers, classes programs and events," he said.

Serena Wilson of the Friends of Riverbend Park said the challenge with the master planning process will be ways to fund the park.

"The Park Authority is running this park with the handicap of only 75 percent of their budget, with another five percent on the line with this budget. The struggle is, where do we come up with the money?" she said. "We're trying to create a box of tools for a future park manager to turn to when they don't have the money to fund the park."

MOST ATTENDEES to the public meeting said they did not want to see any sort of commercial encroachment into the park, such as

the Go Ape ropes course that was proposed last year.

Jim Lynch of Great Falls hikes in park a few days a week, and says he would like to see as little change to the park's current layout as possible.

"Every time I use the park, I'm grateful for the genius who put those parcels together," he said. "It's a place of unspeakable beauty and should be preserved the way it is managed properly, which is to say, as a nature, wildlife and cultural preserve and very low impact recreational uses, such as walking and nature activities."

Tom Helger, a resident of Great Falls for more than 30 years, said he is concerned about an uptick in traffic around the park.

"Our roads cannot take much more traffic. Jeffery Road, Beach Mill Road are maxed out as it is," said Helger, who is a transportation safety engineer by trade. "Anything commercial that would add more traffic would just create a dangerous situation."

Jeffrey Lindsay of Great Falls said he and his wife had visited a Go Ape park in England, and would not like to see those results repeated at Riverbend.

"This is a highly inappropriate thing to do to any park, but particularly to Riverbend given its unique river frontage," he said. "We were out in the park yesterday and saw a bald eagle, the first one we've ever seen. It's clear that the park is evolving and develop-

ing naturally and any kind of commercial inroads into that would be highly inappropriate."

John Backus has lived within walking distance of the park for 18 years, and estimated he's run almost 1,000 miles through the park when he trains for marathons.

"To me it is an absolute must that Riverbend remain a resource-based park, no ifs ands or buts," he said. "It needs to be about wildlife trails, peace and serenity. I'd like to see more school programs there and more use of the Nature Center. It's underutilized, and can and should be used more by the community."

AFTER TUESDAY'S MEETING, the Park Authority will develop a Draft Master Plan, which the Park Authority estimates will be presented to the public for comment in the fall. After a 30-day public comment period, the Park Authority will revise the plan accordingly and present it to the Park Authority Board near the end of the year.

Kevin Fay, Dranesville representative on the Park Authority Board, said Riverbend is a "jewel of the park system," and that he was looking forward to hearing the community's input on its future.

"This is about getting input and ideas over a several month process and coming back with recommendations and discussion," he said.

More information on the Riverbend Park master planning process can be found at www.fairfaxcounty.gov/parks/plandev/riverbend.htm.

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Andy Galusha with the Fairfax County Park Authority's Park Planning Branch, presents information about the master planning process for Riverbend Park at the Grange Tuesday, Feb. 21.

PHOTO BY
ALEX McVEIGH/
THE CONNECTION

SCHOOL NOTES

Send School Notes to greatfalls@connectionnewspapers.com. Deadline is Friday.

Michelle Bovee of Great Falls has been named to the fall 2011 dean's list at James Madison University. The daughter of Greg and Candace Bovee is majoring in political science with a minor in economics.

Rachel Christine McGonigal of Great Falls has been named to the fall 2011 president's list at Clemson University of Clemson, S.C.

Kelly Anne Tremaine of Great Falls has been named to the fall 2011 president's list at Clemson University of Clemson, S.C.

Danielle Cozette Lubin of Great

Falls has been named to the fall 2011 dean's list at Clemson University of Clemson, S.C. Lubin is majoring in psychology.

Erin Danielle Wiltse of Great Falls has been named to the fall 2011 dean's list at Clemson University of Clemson, S.C. Wiltse is majoring in marketing.

Special Guests Come for Blue & Gold Dinner

Local boy scouts meet service dogs at Great Falls Elementary.

BY NIKKI CHESHIRE
THE CONNECTION

Every year, Great Falls Boy Scout troops gather for their Blue and Gold Dinner, a special awards ceremony accompanied by a potluck. Though this time, they had some very special, four-legged guests at the Great Falls Elementary.

Canine Companions for Independence (CCI), a nonprofit organization dedicated to the raising and training of service dogs for the handicapped, was represented in an interactive presentation at this year's dinner. Five dogs and their volunteer puppy raisers displayed a wide array of commands, covering everything from a basic "sit" to retrieving dropped keys and even flipping a light switch.

Dan Craytor, a volunteer with CCI for the past two and a half

years, became involved with the organization for two distinct reasons. "I wanted to give back, and to teach my son, John, to give back too," he said. "We had just lost our Labrador and my wife was in the library when she saw a CCI dog, so the cause was the perfect fit."

Craytor's dog, Spencer, was released from CCI but went on to become part of Veterans Moving Forward in order to keep working. The team does a lot of presentations, and utilizes Spencer's advanced commands to show the public how these dogs help people.

The presentation explained the process of volunteering, describing how puppy raisers receive a dog from CCI for around 18 months, and then return them for nine months of advanced training. Afterwards, the dog is placed with a person with a disability, most often a mobility or hearing impairment. The presentation also emphasized the differences between many types of working dogs, as well as the tasks and duties each dog performs.

"I loved watching the dogs do all their tricks," said Scott Bynum, a 9-year-old Webelo 1 scout. "I also got to learn about different kinds



Dan Craytor and Veterans Moving Forward dog Spencer demonstrate how service dogs can help those with mobility impairments by carrying a shopping bag.

of dogs, like service and seeing-eye." Another scout, Aiden Curran chimed in, saying that he "learned that some dogs could not be pets, and I loved when Spencer turned off the lights!"

According to Bruce O'Cain, the Master of Ceremonies for the event and a den leader, the Blue and Gold Dinner – named after the

Boy Scouts' colors – occurs "around the time most boys get their badges" or move up from Tigers to Wolves to Bobcats, Bears and Webelos, which stands for "we'll be loyal scouts."

After the awards ceremony and the presentation, the children were able to meet the four-legged stars. "My favorite part was the

ending when I got to meet Spencer!" exclaimed 7-year-old Tiger Scout Leyton Allen.

"That was the best presentation we've had in at least five years," said O'Cain, gesturing to the handlers and their dogs. The group was met with a round of applause and handed out pamphlets in hope of inspiring future volunteers.



Anne Davis, owner of Rudy's Friends Dog Training, Inc. addresses the crowd and explains the tasks and duties of service dogs.

PHOTOS BY NIKKI CHESHIRE/THE CONNECTION

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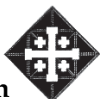


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ENTERTAINMENT

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

THURSDAY/MARCH 1

Company of Thieves. 7:30 p.m. Jammin' Java, 227 Maple Ave E Vienna. www.jamminjava.com.
"Three Bears." 12 p.m. 1st Stage, 1524 Spring Hill Road, Tysons Corner. A brand-new play with a comedic twist on the classic fairy tale sends the Three Bears and a golden-haired friend on an a cappella musical adventure. Fast-paced fun for age 5 and up. Tickets \$15 at www.1ststageyson.org or 703-854-1856.

Making, Marketing, and Collecting Art in the 21st Century. 7 p.m. McLean Project for the Arts, 1234 Ingleside Ave., McLean. With Jay Barrows, curator for the Sydney and Frances Lewis Private Art Collection in Richmond. Free. Reserve at info@mpaart.org or 703-790-1953.

Peter Yarrow with Mustard's Retreat. 8 p.m. The Barns at Wolftrap, 1551 Trap Road, Vienna. Folk music. \$25. www.wolftrap.org.

FRIDAY/MARCH 2

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

Anais Mitchell CD Release and Rachel Ries. 7 p.m. Jammin' Java, 227 Maple Ave E Vienna. www.jamminjava.com.
"Seussical, the Musical." 7:30 p.m. Oakcrest School, 850 Balls Hill Road, McLean. With all your favorite Dr. Seuss characters. \$10 adult, \$5 student. 703-790-5450.

SATURDAY/MARCH 3

Ballet Folklorico De Antioquia, Colombia. 8 p.m. George Mason University's Center for the Arts Concert Hall, 4400 University Drive, Fairfax. Sharing the richness and diversity of Colombian culture through authentic music, ritualistic dance, and physical theater accentuated with brilliantly-colored costumes. \$23-\$46. www.gmu.edu.
Fairfax Chocolate Lovers Festival. Various locations in Old Town Fairfax. The Taste of Chocolate, featuring chocolate vendors selling their wares; the Chocolate Challenge, an arts extravaganza where the medium is chocolate; the Kiwanis Pancake Breakfast featuring chocolate chip pancakes, historic re-enactments, children's activities, open houses at historic buildings and more. www.chocolatefestival.net.

"Seussical, the Musical." 11 a.m. and 7:30 p.m. Oakcrest School, 850 Balls Hill Road, McLean. With all your favorite Dr. Seuss characters. \$10 adult, \$5 student. \$30 per family. Cast and crew talk-back after the matinee. 703-790-5450.

"Three Bears." 12 p.m. 1st Stage, 1524 Spring Hill Road, Tysons Corner. A brand-new play with a comedic twist on the classic fairy tale sends the Three Bears and a golden-haired friend on an a cappella musical adventure. Fast-paced fun for age 5 and up. Tickets \$15 at www.1ststageyson.org or 703-854-1856.

Buskin & Batteau. 7:30 p.m. The Barns at Wolftrap, 1551 Trap Road, Vienna. Folk duo. \$22. www.wolftrap.org.

Celtic Woman. 8 p.m. George Mason University Patriot Center, 4500



The Vienna Boys Choir will perform on Sunday, March 11 at 4 p.m. at George Mason University's Center for the Arts, 4400 University Drive in Fairfax. The program will include "O Fortuna" from Carl Orff's "Carmina Burana"; Brahms' 13th Psalm; Strauss' "Tausend und eine Nacht" (Arabian Nights); Ennio Morricone's "Nella Fantasia" (In My Fantasy); and a medley of songs from the 1992 film "Sister Act." Italian conductor Manolo Cagnin will serve as choirmaster for this performance. Tickets \$23-\$46, youth through grade 12 half price, available at 888-945-2468 or cfa.gmu.edu.

Patriot Circle, Fairfax. Celtic music. Tickets \$43-\$73, available at www.ticketmaster.com or 703-573-SEAT. Accessible seating available for patrons with disabilities at 703-993-3035.

VTGCC 19th Annual Casino Night and Taste of the Town. 7:30 p.m. Westwood Country Club, 800 Maple Ave., East, Vienna. A Monte Carlo-themed event with a cash bar, silent auction and casino games. \$85-\$95. 703-281-1333 or www.vtrcc.org.

Northern Virginia Country Western Dance Association. Luther Jackson Middle School, 3020 Gallows Rd., Falls Church. Line dance lesson 7:30 p.m., couples dance lesson 8 p.m., open dancing 8:30-11 p.m. Admission \$5-\$12. Refreshments available. www.nvcwda.org or 703-860-4941.

26th Annual Fairfax Jazz & Tap Dance Festival. 8 p.m. Northern Virginia Community College Annandale Campus Theatre, 8333 Little River Turnpike, Annandale. With performances by the Dancin' Unlimited Jazz Dance Company, Encore Performers, Center Stage Dance, Capitol Movement, Impulse and MYTE. Supported and funded in part by the Arts Council of Fairfax County. \$20 in advance, \$22 at the door. www.dujdc.org.

SUNDAY/MARCH 4

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

Fairfax Chocolate Lovers Festival. Various locations in Old Town Fairfax. The Taste of Chocolate,

featuring chocolate vendors selling their wares; the Chocolate Challenge, an arts extravaganza where the medium is chocolate; the Kiwanis Pancake Breakfast featuring chocolate chip pancakes, historic re-enactments, children's activities, open houses at historic buildings and more. www.chocolatefestival.net.

"Three Bears." 12 p.m. 1st Stage, 1524 Spring Hill Road, Tysons Corner. A brand-new play with a comedic twist on the classic fairy tale sends the Three Bears and a golden-haired friend on an a cappella musical adventure. Fast-paced fun for age 5 and up. Tickets \$15 at www.1ststageyson.org or 703-854-1856.

Glen Phillips. 7:30 p.m. The Barns at Wolftrap, 1551 Trap Road, Vienna. Formerly of Toad the Wet Sprocket. \$20. www.wolftrap.org.

Vienna Community Band Spring Concert. 7 p.m. Vienna Community Center, 120 Cherry St. SE. Selections include "The Magic of Andrew Lloyd Webber", "Lerner and Loewe in Concert" and "L'Arlesienne/Farandole". Free. www.viennacommunityband.org.

Maple Syrup Boil-Down. 12-2 p.m. Colvin Run Mill Historic Site, 10017 Colvin Run Road, Great Falls. Watch and learn as sap from maple trees is boiled down into sweet syrup over an open fire. Sample maple syrup and cornbread. \$3. 703-631-0013.

26th Annual Fairfax Jazz & Tap Dance Festival. 4 p.m. Northern Virginia Community College Annandale Campus Theatre, 8333 Little River Turnpike, Annandale. With performances by the Dancin' Unlimited Jazz Dance Company, Encore Performers, Center Stage Dance, Capitol Movement, Impulse

and MYTE. Supported and funded in part by the Arts Council of Fairfax County. \$20 in advance, \$22 at the door. www.dujdc.org.

McLean Symphony Spotlight on Youth. 3 p.m. Alden Theatre, McLean Community Center, 1234 Ingleside Ave., McLean. With Brendan Conway playing the Violin Concerto No. 5 in A Minor Op. 37 "Le Gretry" by Henri Francois Vieuxtemp, student compositions by area youth, Michael Ream's Fanfare for Forty No. 3, Leonard Bernstein's Overture to "Candide", Duke Ellington's Harlem and Howard Hanson's Symphony No 2 (Romantic). joandonmorton@verizon.net.

MONDAY/MARCH 5

The Milk Carton Kids. 7:30 p.m. Jammin' Java, 227 Maple Ave E Vienna. www.jamminjava.com.

Introduction to Modern Dance Workshop. 8 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. For age 14 and up. Conducted by Christopher K. Morgan. \$10-\$15. sabrina.anwah@fairfaxcounty.gov.

Ocean Acidification. 7 p.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Join the Great Falls Group of the Sierra Club for the movie "Acid Test," narrated by Sigourney Weaver. Discussion lead by Dr. Schopf, Professor of Oceanography at George Mason University. Free. 703-506-4310 or linda@lburchfiel.com.

TUESDAY/MARCH 6

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.

A Great Big Pile of Leaves, Young Statues and The Baby Grand. 7:30 p.m. Jammin' Java, 227 Maple Ave E Vienna. www.jamminjava.com.

Irish band Altan. 8 p.m. The Barns at Wolftrap, 1551 Trap Road, Vienna. \$25. www.wolftrap.org.

Woman's Club of McLean Monthly Meeting. 1 p.m. Trinity United Methodist Church, 1205 Dolley Madison Blvd., McLean. Lecture by Paul Polski, engineer and retired executive of the U.S. Transportation Security Administration's Office of Security Technology, which has deployed \$1 billion worth of technology each year since the 9/11 terrorist attacks. Free and open to the public. 703-556-0197.

WEDNESDAY/MARCH 7

2012 Run The Show Tour: Tribal Seeds, Fortunate Youth and Bimini Rd. 8 p.m. Jammin' Java, 227 Maple Ave E Vienna. www.jamminjava.com.

Vienna Photographic Society Meeting. 7:30 p.m. Thoreau Middle School, 2505 Cedar Lane, Vienna. Chuck Veatch, nature photographer and Chairman of Nature's Best Publishing, will show and discuss winning images from this year's Windland Smith Rice International Photography Contest. 703-451-7298.

Great Falls TrailBlazers. 7:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. How your neighborhood can be connected to the community via trails. Learn about trail easements, understand why some trails don't go anywhere and how trails can benefit a neighborhood. 703-757-8560.

Bat White-nose Syndrome: There is a New Fungus Among Us. 7 p.m. USGS Headquarters, 12201 Sunrise Valley Drive, Reston. Dr. David Blehert will discuss the profound impacts white-nose

syndrome may have in the 21st century. Since first discovered in 2007 in New York, white-nose syndrome has spread to 16 states and four Canadian provinces. The disease is estimated to have killed over five million hibernating bats. Federal facility, photo Id required. Free and open to the public. Follow this event live @USGSLive. 703-648-7770.

Friends of the Fairfax County Animal Shelter Fundraiser. 6-8:30 p.m. Whole Foods Market, 143 Maple Ave., Vienna. 5% of all sales from the Café Bar will be donated to FFCAS. www.facebook.com/events/27398201933851/?context=create

THURSDAY/MARCH 8

"The Phantom Tollbooth." 7:30 p.m. The Langley School, 1411 Balls Hill Road McLean. Based on Norton Juster's classic children's book. \$8. www.langleyschool.org.

Guest Bartender Night. 6-11 p.m. Brix American Bistro, 1025-I Seneca Road, Great Falls. With live music by DC Traffic starting at 8:30 p.m. Ten percent of all proceeds donated to Childhelp DC. Sponsored by Childhelp DC and Brix American Bistro. info@childhelpdc.org.

Dangermuffin and Cris Jacobs Band. 8 p.m. Jammin' Java, 227 Maple Ave E Vienna. www.jamminjava.com.

Karl Scully. 8 p.m. The Barns at Wolftrap, 1551 Trap Road, Vienna. Classical and Irish music. \$25. www.wolftrap.org.

McLean Historical Society. 7:30 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. A lecture on Civil War medicine by Patrick O'Neill. All welcome, refreshments provided. 703-980-0885 or PaulKohl@msn.com.

FRIDAY/MARCH 9

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

Sing Me Insomnia and Foreverisforever (acoustic) at 7 p.m.; **SNRG** at 10 p.m. Jammin' Java, 227 Maple Ave E Vienna. www.jamminjava.com.

The Amazing Kreskin. 8 p.m. The Barns at Wolftrap, 1551 Trap Road, Vienna. Illusions and comedy with audience participation.\$25. www.wolftrap.org.

"The Phantom Tollbooth." 7:30 p.m. The Langley School, 1411 Balls Hill Road McLean. Based on Norton Juster's classic children's book. \$8. www.langleyschool.org.

SATURDAY/MARCH 10

Titanic Tea and Fashion Show. 2 p.m. Falls Church Presbyterian Church Fellowship Hall, 225 E. Broad St., Falls Church. Join the Victorian Society at Falls Church in a commemoration of the 100th anniversary of the sailing of the RMS Titanic. Full sit-down tea, entertainment and fashion show. \$35. Reservations required. www.victoriansocietyatfallschurch.com or 703-534-8394.

School Boy Humor, Rookie of the Year and Fourth Quarter Comeback at 6 p.m.; **Unity - a 311 Day Tribute** at 10 p.m. Jammin' Java, 227 Maple Ave E Vienna. www.jamminjava.com.

Kids' Clothing, Toy, and Equipment Sale. 9 a.m.-1 p.m. Luther Jackson Middle School, 3020 Gallows Road, Falls Church. Sponsored by Northern Virginia Parents of Multiples. www.nvpom.org or sale@nvpom.com.



Fairfax County Public Schools: Food and Nutrition News

Coming in March: Go Inside the Classroom with Teachers

Recognized for Food Safety

Food safety and sanitation are critical processes that require strict procedures and training. All FCPS food service managers have successfully completed the Fairfax County Sanitation Certification requirements and a manager training course. As a second safety measure, all FCPS schools have implemented a Hazard Analysis Critical Control Point (HACCP) program, which requires managers to follow a purchased food product from the moment the food is received to the time it is served to ensure proper handling and temperature control. The Fairfax County Board of Supervisors recognized the Office of Food and Nutrition Services for maintaining the highest levels of food safety and cleanliness in its food preparation areas.

Learn the 9-5-2-1-0 Zip Code for Your Health

- 9** Get 9 hours of sleep each night
- 5** Eat 5 servings of fruits and vegetables each day
- 2** Limit screen time to no more than 2 hours each day
- 1** Get at least 1 hour of exercise each day
- 0** No sugary drinks

Right: First Lady Michelle Obama visited Parklawn Elementary School in Alexandria recently to unveil new federal standards for school meals which will require reducing sodium and fat levels, and increasing fruits, vegetables, whole grains, and legumes in school lunches and breakfasts.

Healthy School Environment Starts with Nutritious Meals and Exercise

What are your memories of school lunches? Today's students look forward to lunch not just because they're hungry, but because of the variety of foods offered: baked chicken, fish tacos, pork egg rolls, spaghetti, hummus, whole wheat pretzels and yogurt, chef's salad with tuna, assorted fruits and vegetables, and much more.

Fairfax County Public Schools (FCPS) is recognized as a leader in creating a healthy school environment by teaching children about the importance of eating a variety of healthy foods and getting regular exercise.

The U.S. Department of Agriculture established the HealthierUS School Challenge (HUSC) award to recognize schools that have created healthier school environments through promotion of nutrition and physical activity. This year 160, or more than 80 percent, of FCPS schools will receive the HUSC award for enhancing the quality of school meals, increasing physical activity, and providing nutrition education to students.

"FCPS school meals exceed the HUSC standards and offer students a variety of daily options including fresh fruits and vegetables, whole grain products, fat free milk, and foods with zero trans fats,"

said Penny McConnell, RD, Director of Food and Nutrition Services.

"We value the important role we play in our students' nutritional well-being and contribution to the reduction of childhood obesity," she said.

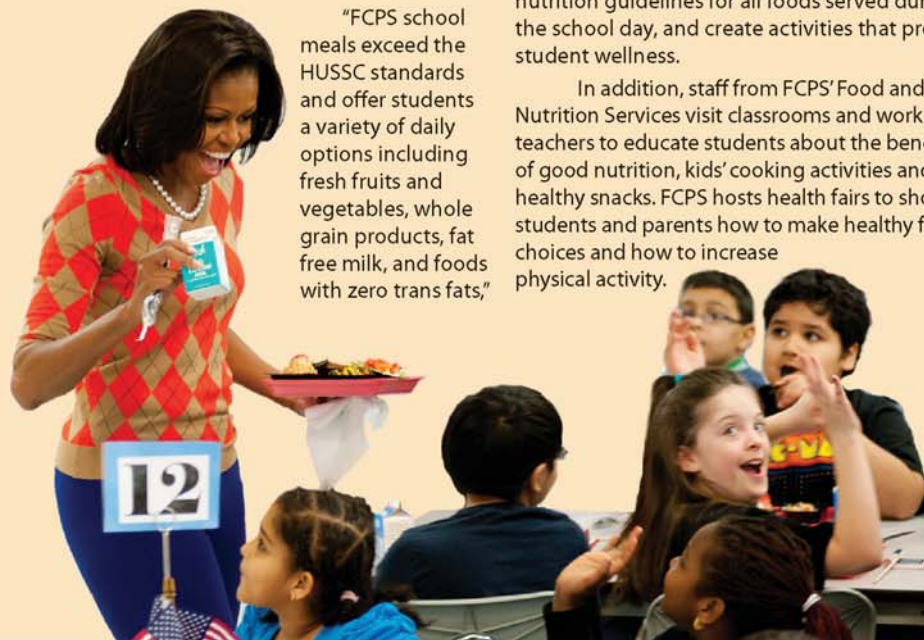
FCPS' Food and Nutrition Services program also places special emphasis on purchasing locally grown seasonal produce and supporting school learning gardens.

"We've talked to different groups within our community and share their desire to offer a wide variety of locally grown foods on our menu," said McConnell.

More than 30 FCPS schools have planted learning gardens that provide spring and fall produce for school lunches as well as a great learning experience for students.

A wellness policy guides FCPS Food and Nutrition staff as they develop programs in nutrition education and physical education, determine nutrition guidelines for all foods served during the school day, and create activities that promote student wellness.

In addition, staff from FCPS' Food and Nutrition Services visit classrooms and work with teachers to educate students about the benefits of good nutrition, kids' cooking activities and healthy snacks. FCPS hosts health fairs to show students and parents how to make healthy food choices and how to increase physical activity.



Getting To Know Us

**FCPS Operations Coordinator,
Food and Nutrition Services
Amy Hubal**

Seeing the smiling faces of students as they go through the lunch line is one of the perks of the job for Amy Hubal, Operations Coordinator in Food and Nutrition Services.

Hubal supervises the eight central distribution centers, or central kitchens, for the school district. The distribution centers prepare and deliver food to more than 200 schools and community organizations on a daily basis.

Her passion for food began at an early age, working in the restaurant business when she was 16.

"I enjoy feeding my family and friends and I am fortunate to be able to work with food for my job as well," she said. "Everyone loves to eat and preparing healthy food is so rewarding."

Hubal is interested in the process of garden-to-table and educating others about how to have a healthy relationship with food.

"Learning to grow and prepare food is a life-long skill that promotes health and wellness," she said.

Hubal serves on the district's menu committee helping to develop new recipes for Food and Nutrition Services.

The one aspect of Hubal's job she enjoys most? Her team of 180 staff, 24 managers, and 32 van drivers.

"I work with a dedicated, hard-working team of nutritional professionals that really care about what they do and the impact they make on a student's school day."

Want to learn more about FCPS school nutrition? Visit www.fcps.edu and click on the A-Z index for Food at School.

Did You Know?
FCPS Office of Food and Nutrition Services is a nonprofit business. The program is self-supporting and receives no local real estate tax dollars.

Providing Nutritious Meals to Students, Community

Food and Nutrition Services employees take pride in preparing and serving more than 140,000 meals each day. Eight distribution centers (central kitchens), two secondary school production kitchens, a vending center, a central warehouse, and elementary, middle, and high school finishing kitchens, under the direction of highly trained managers, provide nutritious meals in all public schools and centers. Free and reduced-price meals are provided to needy students. In addition, food is catered to day care locations, senior citizen programs, Alzheimer centers and Meals on Wheels.

"Meals are planned by registered dietitians to reflect the 2010 Dietary Guidelines for Americans," said McConnell. "But we also make sure that the menus reflect student cultural and personal preferences by conducting monthly student taste parties. Our goal is to plan menus that are affordable and provide students with several nutritious choices that they will select and eat."

Food and Nutrition Services Revenue Sources



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End of a Remarkable Basketball Season for McLean Boys

Highlanders go 24-4, capture Liberty crown, and reach region Final Four.

BY RICH SANDERS
THE CONNECTION

The McLean High boys' basketball squad, under head coach Kevin Roller, had one of the best teams in school history this season, enjoying an outstanding regular season followed by a postseason in which the Highlanders captured the Liberty District tournament title and ultimately went all the way to the Northern Region tournament semifinals.

McLean's season ended last Saturday night, Feb. 25 when it lost a region tournament final four game to Westfield High, 55-41, at Robinson Secondary School. The game was close through three quarters with the Highlanders, who trailed just 24-22 at halftime, behind by just a 42-39 deficit. But Westfield, which features the region's top big man player in 6-foot-11 inch senior center Zach Elcano, outscored the Highlanders by a 13-2 margin in the final quarter to go on to the playoff victory.

McLean, which reached the 16-team regional semifinals with home victories earlier last week over both Lake Braddock, 54-45, and Centreville, 62-47, finished the season with a pulsating 24-4 overall record.

UP UNTIL THE LAST several years, McLean basketball had, for the most part, been a struggling program in the region back to its days in the old Great Falls District in the 1970s and 80s and on into its time as part of the Liberty. But under coach Roller the Highlanders, in the past couple of seasons in particular, have emerged into one of the better teams across the region.

Last year, McLean finished a solid 13-9 but lost its first round region playoff game to Yorktown, 74-42. A year before that, the team went 10-11 with a first round region playoff setback to Oakton in February of 2010. In the 2009 region playoffs, the Highlanders lost to T.C. Williams in the first round to conclude an 8-16 season. And in the 2008 postseason, McLean, under Roller, got all the way to the district tournament finals before losing to Langley in the championship game. In the following week's regionals, the Highlanders lost a first round heart-breaker at Mount Vernon High, 54-52, to finish that season 14-12.

So this winter's playoff success, including a district title and a couple of region playoff wins, was an accomplishment which had been elusive for the program.

This year's McLean team, like others un-

der Roller, played together as a unit. But along with that team attribute, the Highlanders were able to become a region force because they were made up of seasoned, determined players on their roster and a handful of stars. Players knew and accepted their roles and played hard from start to finish in games. The result was a season in which wins became the normal outcome and losses were quite few.

An early season 10-game win streak, which began with a 50-48 win at eventual region finalist Westfield on Dec. 9 and also included victories over perennial region force Chantilly (the 2010 region champions) and talented cross-town private school opponent Potomac School (this year's Mid Atlantic Conference champions), got McLean off to a 12-1 start.

The long win streak was snapped by a district home loss to Fairfax, 59-53, on Jan. 13. The Rebels, like McLean, would ultimately go as far as the region semifinals. Following the loss to Fairfax, McLean also fell at local and district rival Langley, the three-time defending district champions who defeated the visiting Highlanders, 55-52, in an overtime affair on Jan. 17.

But McLean did not lose another regular season game thereafter, winning its next seven games and entering the district tournament with a 19-2 record and the No. 2-seed at the district tournament.

In McLean's final two regular season



McLean High frontcourt player John Pascoe (12) made his presence known defensively in the Highlanders' region semifinals game against Westfield on Saturday night.



Gordon Rogo puts up an acrobatic shot over Westfield center Zach Elcano during the boys' basketball Final Four game played at Robinson Secondary.



McLean High head coach Kevin Roller, talking strategy with his team on Saturday, saw his Highlanders reach great heights this season.

games, it defeated Fairfax and Langley to avenge the earlier losses to both.

AT DISTRICTS, McLean continued its red hot play with decisive victories over No. 7-seed Madison, 60-39, and No. 6 Jefferson, 52-38. The Colonials, in their first round game, had upset No. 3 South Lakes.

In the district finals, McLean faced an upstart Fairfax team under first year coach Mike Barbee which had upset top seed Langley, 56-49, in a district semifinals game.

The Rebels and Highlanders, in one of the most exciting games in the Northern Region this winter, played a thrilling double overtime affair won by McLean, 60-57. McLean senior point guard Gordon Rogo earned tournament MVP honors and teammate Thomas Van Wazer, a senior forward, also made the six-member All-Tourney squad.

With the three district tournament wins, McLean was riding another 10-game win streak going into last week's region tournament. The Highlanders, who for so long had been looking to finally attain a breakthrough first round region playoff win, got it when they defeated an always tough Lake Braddock squad, 54-45, at home last Monday, Feb. 20.

In front of its vocal, fired-up student body, McLean overcame a slow start in which it fell behind 8-2 after one quarter and trailed 25-20 at halftime to the underdog Bruins (14-10), the Patriot District team under highly regarded head coach Brian Mettress. But the Highlanders were dominant in the second half, outscoring their guests 34-20, on way to the comeback win.

Van Wazer (22 points) and senior guard Sango Amolo (16) led the Highlanders, while Rogo was also in double figures with 10 points.

McLean, two days later, won a quarterfinals round contest over guest Centreville High (Concorde District), 62-47. In that game, it was the Highlanders who took early control, grabbing a 19-7 lead after one quarter and holding a 28-18 advantage at the half. The Highlanders effectively put the game away in the third quarter when they outscored the Wildcats (11-14), 20-9. Van Wazer and Rogo, both First Team All-Liberty District selections this season, scored 19 and 17 points, respectively, and John Pascoe, a junior center, contributed 12 points.

The win advanced McLean into the Region Final Four where it faced Westfield last Saturday. McLean's leading scorers in the season-ending loss were Rogo (16 points), Amolo (10), and senior forward Kevin Lastova (9). Westfield (23-4), the Concorde District champions who advanced to a region title game meeting with Edison, had big games from point guard Julius Rosa (14 points), big man Elcano (13), and Chauncey Beckett (11).

The loss prevented McLean from reaching the finals and qualifying for the upcoming eight-team state AAA playoffs. Nevertheless, it was a remarkable breakout season for the Highlanders who will always be looked upon as one of the best McLean High teams ever.

Oakcrest School Presents Seussical

Oakcrest School, an independent school for girls grades 6-12 in McLean, is showcasing its Upper School Show, *Seussical, the Musical*, in the G. Lloyd Bunting, Sr. Theatre at Oakcrest on

Friday, March 2, at 7:30 p.m. and Saturday, March 3, at 11 a.m. and 7:30 p.m.

Celebrating its 35th Anniversary this year, Oakcrest continues its tradition of promoting fine arts and creativity among its students and performing shows for the entire community, year after year. Oakcrest students are involved in the show as actresses, singers, dancers, set designers, lighting and sound crew, stage crew, and student mentors assisting with character development, dance captaining, and musical direction.

This show captures the spirit of imagination, while teaching lessons about the powers of friendship, loyalty, family, and community. *Seussical, the Musical*,

is directed by Oakcrest theatre arts director, Jessica Erin Carey, and Oakcrest musical director, Anne Miller, with choreography by Kendra Slatt.

Seussical brings to life all of favorite Dr. Seuss characters, including Horton the Elephant, The Cat in the Hat, Gertrude McFuzz, Lazy Mayzie, and Jojo, a little boy with a big imagination.

Tickets for Friday and Saturday night are \$10 adult, \$5 student. For the Saturday matinee only, there will be a Family Special Rate of \$30 per family. Join the cast and crew for a talk-back after the Saturday matinee. Box office opens an hour before performances begin.

Oakcrest is located at 850 Balls Hill Road, McLean, VA 22101.

For more information about the school, contact the Admission Office at 703-790-5450.

Eminent Domain Goes for Vote

FROM PAGE 7

amendment is now aimed squarely at cases that involve actual condemnation. Because existing law is already clear on how that works, some have interpreted the implementing legislation unveiling the effort as

a naked attempt to capitalize on a politically popular issue.

"If this determination is being made, it seems to me that it somewhat negates the need for a constitutional amendment," said Alexandria Vice Mayor Kerry Donley. "Is the constitutional amendment intended to be a

politician's brochure?"

"I'm shocked that anyone would even raise the fact that we might pass a political measure," responded state Sen. Chap Petersen (D-34), who voted in favor of the amendment. "Frankly, I think the impact will be minimal."

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21 Announcements

Public Notice – Environmental Permit

PURPOSE OF NOTICE: To seek public comment on two draft
permits from the Department of Environmental Quality to limit
air pollution emitted by two facilities in Arlington, Virginia.

Public comment period: March 1, 2012 to March 30, 2012

Permit name: Two State Operating Permits issued by DEQ,
under the authority of the Air Pollution Control Board

APPLICANT Name, address and registration number: Vornado
Charles E. Smith- 1901 South Bell Street and 1750 Crystal
Drive in Arlington, Virginia 22202 Reg #s 73979 and 71707.

Project description: Vornado Charles E. Smith has applied for
two new permits for two emergency generators one at 1801
South Bell Street, and one at 251 18th Street South in Arling-
ton, Virginia 22202.

The permit would allow the source to operate two engine gen-
erator sets.

HOW TO COMMENT AND/OR REQUEST A PUBLIC HEAR-
ING: DEQ accepts comments and requests for public hearing
by e-mail, fax or postal mail. All comments and requests must
be in writing and be received by DEQ during the comment peri-
od. Submittals must include the names, mailing addresses and
telephone numbers of the commenter/requester and of all per-
sons represented by the commenter/requester. A request for
public hearing must also include: 1) The reason why a public
hearing is requested. 2) A brief, informal statement regarding
the nature and extent of the interest of the requester or of
those represented by the requester, including how and to what
extent such interest would be directly and adversely affected
by the permit. 3) Specific references, where possible, to terms
and conditions of the permit with suggested revisions. A public
hearing may be held, including another comment period, if
public response is significant, based on individual requests for
public hearing, and there are substantial, disputed issues re-
levant to the permit.

Contact for public comments, document requests and addition-
al information: Mr. Thomas Valentour; Northern Regional Of-
fice, 13901 Crown Court, Woodbridge, VA 22193; Phone:
(703) 583-3931; E-mail: thomas.valentour@deq.virginia.gov;
Fax: (703) 583-3821. The public may review the draft permit
and application at the DEQ office named above by appoint-
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NEWSPAPERS

"Battling Cancer"



By KENNETH B. LOURIE

I suppose, as a cancer patient, there's a presumption/understanding that not giving into cancer and its potential ravages is an ongoing battle – to the death, if you will. And I imagine, on many levels, some truer than others, it is. War is indeed waged – so to speak, in hopes of defeating this horrible disease (enemy).

Personally, I don't view what I do – surviving as a cancer patient: following doctor's orders, filling prescriptions, ingesting medications, enduring chemotherapy, scheduling and then being diagnostically scanned, making food and lifestyle changes, adding miscellaneous supplements to my diet; in general, trying to live healthier and be a "compliant" patient, as anything more than common sense. It's not a battle – to me, it's simply what you do. As the South Korean widow said to Hawkeye Pierce on a M*A*S*H episode way back when, responding to his question about how she could walk so far to get water: "Because that's where the water is," she answered.

And so a while back, it struck me as odd that a woman to whom I was introduced – and who knew of my less-than-ideal health circumstances, straight-forwardly and most sincerely (having recently been widowed herself when her husband succumbed to a cancer diagnosis) asked: "I understand you're battling cancer." It was in fact the first time in my nearly three years of being a cancer patient/survivor that I had ever been asked that exact question.

It was not her directness that was off-putting. Nor was it her presuming a familiarity – between us, that did not exist, that such a potentially intrusive, certainly private/personal subject could be so casually raised – by a relative stranger, in the middle of a 27-person Christmas dinner. No. It simply caught me by surprise, and I believe my answer/reaction likewise caught her by surprise and may have even made her a bit uncomfortable and apologetic for having inquired (although it was certainly not my intention). I laughed at her question and said: "I suppose so." To which she replied: "I didn't mean to ..." "No problem," I said, as the commotion of the occasion sort of ended our conversation.

One other time I was present when this "battling cancer" phrase was invoked. Although this time, it was a former female co-worker greeted by another former co-worker at our company Christmas party who asked, innocently enough of her, how she was doing: "I'm battling cancer" came her reply. I snickered then when I heard it, and even commented to our Publisher, Mary Kimm, also a cancer survivor, who was standing alongside me at the time and witnessed the entire exchange: "You know Mary, I've never said that – or felt that." A year later this "battling cancer" answer was questioned to me.

I don't really have any objections to either of these exchanges. I guess if had to summarize my feelings, however, about what I heard answered and what I was asked, I would say it's probably me trying to make light of a very heavy set of circumstances, and on some occasions, the less said about it, the better. It's awkward, sort of. Although, I don't really mind. Still; sometimes, I just don't feel the need.

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

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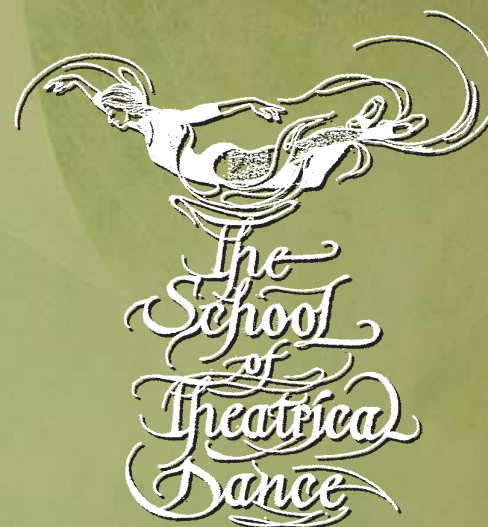
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Summer Company II (Ballet and Contemporary—Age 13 and up) July 23-Aug 27, 5-8
Summer Company III (Ballet and Contemporary—Age 13 and up) July 30-Aug 3, 5-8
Summer Company IV (Broadway—Age 11 and up) Aug 6-10, 5-8
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Ballet Barre and Stretch... Int. Level ballet barre develops strength, balance, posture and shapes lovely long lean muscles(W 10-11)

MOVE-fit... High energy warm-up, stretch, followed by core strengthening, classes may include easy- to- follow fun routines from Broadway to Backstreet (Tues 10:30-11:30)

New! Zumba... Zumba classes are set to high-energy Latin and international music. Calorie-burning dance fitness class with easy-to-follow, Latin-inspired steps like the salsa and merengue. Plus Toning and stretching. (Th 10:30-11:30)

Private Group and Individual Lessons also available



Rebecca Anger



Isabella Clapp

Moms! take some "ME" time with a well-deserved break ~ Teens! Decompress with a soothing, centering and re-energizing yoga class.

6 weeks. Buy 4/\$48 classes, use in 6 weeks; additional classes at discount \$12 rate. Walk-ins \$15. Traditional Hatha Yoga is a holistic yogic path, including moral disciplines, physical postures (asanas), purification procedures, poses, yogic breathing (pranayama), and meditation. It is a stress-reducing practice. (W 3:15)



Gabrielle White,
Dylan Murphy,
Sara Warrington,
Emily Hines

Thora Tolozcko,
Jesse Dennis,
Katie Stewart



Gabrielle White,
Sara Warrington,
Dylan Murphy



Photos by Theresa D'Alessandro

760A Walker Road, Great Falls, VA

(In the Village Center above the Old Brogue)

See our Web site: www.theatricaldance.com

For more information, please contact us at 703-759-5652 or e-mail: tdance.inc@verizon.net

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