

Great Falls CONNECTION

Martha Alden and
Katie Kearney enjoy
Martha's final night
shift at The Old
Brogue Irish Pub
in Great Falls.

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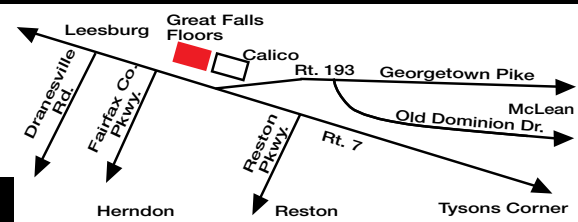




PHOTO BY VICTORIA ROSS/THE CONNECTION

Fairfax County's 16 newly-trained court-appointed special advocate (CASA) volunteers raise their hands to take the CASA oath during a swearing-in ceremony at the Jennings Judicial Center in Fairfax on Feb. 21. From left, Diane Brody, Rebecca Burke, Susan Chibnall, Susan Evans, Lynn Foster, Anne Havlovick, Lauren Janik, Sheila Kinderman, Patricia Larsen, Peggy McGannon, Denise Hall, Alicia Richie, Kitchy Sawets, Ann Sherwood, Joanne Shumpert and Nicki Watts.

A Voice for Children

“Promise-keepers” advocate for Fairfax County’s abused, neglected children.

BY VICTORIA ROSS
THE CONNECTION

Each child who comes before Judge Thomas Mann’s Fairfax courtroom is loveable and vulnerable. There is the precocious three-year-old whose parents are drug-addicted. A seven-year-old boy whose mentally-ill mother left him home alone to care for his infant sibling. A 12-year-old girl whose stepfather sexually abused her.

Last year in Fairfax County, there were 500 similar stories of abuse and neglect so severe they ended up in court. And while each child’s story is different, the one thing they all share is: the adults in their lives broke a sacred promise to take care of them.

“When the Court gets involved when there is abuse, not only have the promises been broken; they’ve been shattered,” said Mann, Chief Judge of Fairfax County’s Juvenile and Domestic Relations Court. “Broken promises are like glass, and [these children] are surrounded by it, 360 degrees of broken glass, and their feet are bare.”

Mann gave his remarks during the Feb. 21 swearing-in ceremony at the Jennings Judicial Center for a group of 16 newly-trained volunteers he calls the “promise keepers:” Court-Appointed Special Advocates (CASA) volunteers who make recommendations to the court on the best interest of the child. Volunteers submit a fact-based report to the judge based on an objective investigation involving social workers, county attorneys, teachers, etc.

CASA VOLUNTEERS are often the only adults who keep their promises, Mann said, and their objective reports are vital in helping him gain insight into the child’s circumstances.

“Imagine going to bed and you wake up on Mars, multiply that times a zillion and add it to infinity, and that’s the quantum of despair. CASA’s make that Mars landing possible for these children,” Mann said.

Lisa Banks, executive director of Fairfax CASA, said

How to Become a CASA Volunteer

“Volunteers listen first, then they act,” said Elisa Kosarin, associate director of recruitment and training. She said volunteers get to know the child by talking with everyone in that child’s life: parents, relatives, foster parents, teachers, medical professionals, attorneys, social workers and others. They use the information they gather to inform judges what the child needs and what will be the best permanent home for that child.

“You don’t have to be a lawyer or social worker to volunteer,” Kosarin said. “We welcome people from all walks of life. We are simply looking for people who care about children and have common sense.”

To get started, Kosarin said prospective volunteers should attend one of CASA’s information sessions. The next information session is Saturday, March 17, 11 a.m. to noon, at Burke Centre Library. For more information about volunteer opportunities, or general information about CASA, go to Fairfax CASA’s website at www.casafairfax.org.

volunteers are the constant and focused voice for abused and neglected children in court, and the only adult working exclusively as the child’s advocate. She said volunteers work to ensure that each child is safe from further abuse and help obtain a safe and permanent home where that child can thrive.

“Every 38 hours, an abused or neglected child in Fairfax County is placed under court protection,” Banks said. “These children need advocates to protect their fundamental rights. We are truly grateful to those who choose to give their time to these children.”

Fairfax CASA, which was named “One of the Best” area nonprofits by Catalogue for Philanthropy 2011-2012, has a reputation for being a critical component of Fairfax County’s abuse and neglect cases.

“They have well-deserved reputation for being rigorous and objective,” said Sen. Dave Marsden (D-37), who served as Superintendent of Fairfax County’s Juvenile Detention Center and Chief Deputy of the Virginia Department of Juvenile Justice. “CASAs are technically volunteers, but these are highly-trained, highly-qualified volunteers who are passionate about what they do.”

According to Banks, many volunteers are well-educated empty-nesters searching for a way to help children.

SEE FAIRFAX CASA, PAGE 16

Fairfax DOT Presents Walker Road Update

Plan calls for crosswalk, new sidewalks, street parking.

BY ALEX MCVEIGH
THE CONNECTION

The Great Falls Citizens Association’s Transportation Committee and the Fairfax County Department of Transportation presented a vision for the future of Walker Road just south of Georgetown Pike.

Walker Road splits the Great Falls commercial center, with the Village Center to the west, and the Safeway center to the east. With lanes of traffic going both directions and no crosswalk except the one at Georgetown Pike, the goal is to make the street easier to cross for pedestrians.

A crosswalk would be put in going across Walker Road, located near the Bank of America. Eric Knudsen, co-chair of the GFCAs Transportation committee, said the crosswalk was the primary goal of the plan.

“The impetus for this whole design was the crosswalk, because everybody in the community wanted it to be safer to cross the street. We’ve talked about being a pedestrian-friendly community, in our 2020 survey, 60-70 percent of the people wanted us to be more pedestrian friendly,” he said.

THE PLAN calls for the build outs to feature several on-street parking spots on both sides of Walker Road, landscaping, reconstructed sidewalks and reduced speed limit, from the current 35 miles per hour to 25 miles per hour.

“Right now there’s a lot of wide pavement out there, it’s only striped for two lanes, so drivers can go almost anywhere,” said Todd Minnix, chief of transportation design for the Fairfax County Department of Transportation. “We’re narrowing the road, getting rid of pavement.”

Knudsen said that the wideness of the road allowed cars to maneuver around stopped cars that might be turning left or waiting for pedestrians to cross.

“The danger of this whole area is people passing on the right when cars are slowing down for someone trying to



PHOTO BY ALEX MCVEIGH/THE CONNECTION

Todd Minnix, chief of transportation design for the Fairfax County Department of Transportation presents plans for changes to Walker Road just south of Georgetown Pike.

walk across the road,” Knudsen said. “There have been accidents and people hit over the years.”

Since there is no traffic signal at the crosswalk, it is what’s called a “mid-block crosswalk” there cannot be a walk-don’t walk sign.

Eleanor Anderson, who was involved in a traffic calming study in 1999, which eventually evolved into part of the current plan, says some problems have increased since the study she was a part of.

“Since 1999, there’s a great deal more traffic cutting through from Route 7 to Georgetown Pike using this route,” she said.

Minnix said the main sticking point would be getting permanent and temporary easements from property owners on both sides of the street, which would make maintaining the sidewalks the responsibility of the Virginia Department of Transportation.

“We’re waiting for final comments from VDOT, once we address those and get input from the community and make changes they’d like to see, we’ll move into the acquisition phase,” Minnix said.

The plan is already funded, and once the easements were obtained, Knudsen estimated the project could begin in late summer or early fall.



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NEWS



PHOTO BY MEREDITH BILLMAN MANI/THE CONNECTION

Martha Alden waits tables at The Old Brogue Irish Pub in Great Falls under a picture of herself as a child.

End of an Era at The Old Brogue

Retiring waitress gets celebrity send off.

BY MEREDITH BILLMAN-MANI
THE CONNECTION

When Martha Alden started working as a waitress at The Old Brogue Irish Pub in Great Falls, the area was still considered a rural D.C. suburb. Through her 23 years waiting tables at The Brogue, Alden has seen the village change from a rural middle-class hamlet into a place known for mansions and personal wealth. One thing hasn't changed; the way Alden treats her customers.

"I have really loved it over the years. I've met some wonderful people and made friends. I wasn't just waiting on people, these are friends. It's like waiting on your family. I had a paid social life," said Alden.

It's clearly a mutual relationship. On Thursday, March 1, Alden worked her last shift at the restaurant and had a packed crowd, many bearing gifts, and a waiting list 40 minutes long to get a seat in her section. Customers had her pose for pictures and repeatedly asked her to stay.

"We are really going to miss her. Everyone's going to miss her. She's someone special you can count on to know who you are and treat you like a friend. It won't be the same without her," said long time customer Pete MacVay.

"For those that embrace The Brogue phenomenon and embrace what we do, if you like what we do, they really like it. Martha is a part of it. She's part of the reason this place can't be duplicated. It's because people like Martha can't be replicated," said owner Mike Kearney.

"She will always be remembered. She has left a lasting impression here," Kearney said.

"I love waiting on tables. I really love it, always have," said Alden. "Am I the only one in the world," she asks jokingly.

"My first week, I knew I was going to be here the rest of my life," said Alden. "But, now is the time to go. I'm working four jobs so I decided I want

to take the plunge and shake things up a little," said Alden.

IN ADDITION TO WAITING tables at The Brogue, she has built her own business house and pet sitting and taking care of children. She is also one of the sole east coast marketers of DeMarle, a French baking supply company that makes Silpat, and does cook

"I think I will miss waiting on customers and I love the people who come into The Brogue."

— Martha Alden

SEE LAST CALL, PAGE 5

WWW.CONNECTIONNEWSPAPERS.COM



PHOTO BY MEREDITH BILLMAN MANI/THE CONNECTION

Martha Alden and Pete McVey laugh about the good times they've shared.

Last Call at The Old Brogue

FROM PAGE 4

ing workshops. "I love baking and I'm always bringing in little treats to customers. I never forget a birthday or a special occasion for a customer," Alden said. Kearney agreed, saying that her uncanny memory and attention to customers is one of the features that have made her a unique waitress.

"I'm pretty busy but it's time. The owner is very supportive," said Alden. Kearney adds, "Martha has built her own little enterprise over the years out of the friends and customers she's waited on."

Judging by the crowds and well wishers who turned out to celebrate Alden's shift, she has made quite an impact. When Alden posted on Facebook that last Thursday would be her final day, hundreds of replies were posted and her original message was forwarded all over the world. Rachael O'Reilly, in Ireland, said, "I never thought it would happen. It's an end of an era." Alden said, "Ever since I posted it the

phones have been off the hook but now I can do more things with my other businesses because I'll have more time."

"I think I will miss waiting on customers and I love the people who come into The Brogue. For me, as much as it changes, it remains the same. It was never about the money, although I've made a great living there," said Alden.

"I definitely consider this retiring from waitressing. I'd never wait tables anywhere else. It was a very hard decision and I'll miss it," said Alden.

ONE THING she won't miss is the crazy St. Patrick's Day celebration at The Brogue which pulls in people from all over the metropolitan area and has packed crowds each year. "I carefully gave my notice so I didn't have to do that again," laughs Alden. "Like I said, it's about the people, not the money and that day I wouldn't get to see any of my favorites."

FAITH NOTES

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

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

❖ Sunday, March 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.

❖ 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.

The Church of the Good Shepherd, 2351 Hunter Mill Road in Vienna, will host Christian ethics professor Sondra Ely Wheeler in a special Lenten lecturer Sunday, March 18 as part of the church's Champions of the Faith Series. Her 9:45 a.m. Sunday School class, "Yes, life in a family is hard," will discuss how intimate relationships offer us the deepest joy of human experience, but also the greatest challenges, and the most profound risks. Her 11 a.m. worship sermon, "Afraid of the Light," will focus on the Christian journey. www.GoodShepherdVA.com.

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NEWS

Future of Grange, Schoolhouse

Great Falls, Park Authority sound off on uses for historic resources.

BY ALEX McVEIGH
THE CONNECTION

The Great Falls Citizens Association's Long-Range Planning Committee took the next

step in creating their Long-Range Plan Monday night, with a public meeting to discuss the future of the Grange and the Forestville Schoolhouse.

The Grange, a public assembly hall built in 1929 and the

Forestville Schoolhouse, built in 1889, were both added to the National Register of Historic Places in 2004. Both properties are currently owned and managed by the Fairfax County Park Authority.

"The Grange in 2000 was part of the General Fund, meaning it was supported by taxpayer dollars," said Sara Baldwin, a deputy director with the Park Authority. The Park Authority needed to make some cuts in 2000, and part of those were related to operational expenses at the Grange. To ensure that we were preserving the historic nature of the building, we moved it to the Park Revenue Fund, meaning that revenue from programs and rentals would support the operations of the facility."

According to the Park Authority, the properties saw a profit of \$2,366.67 in 2007 and of \$6,198.28 in 2010. In 2008 they operated at a loss of \$408.05, in 2009 a loss of \$33.07 and 2011 a loss of \$4,805.75.

"In 2010 we saw a net profit, due to staff vacancies at that time," Baldwin said. "In 2011, a year that saw a loss, was due to the initiative to increase programming, we realized that you need to invest something to get something back, so in 2011 we really ramped up the number of programs offered here, in hopes that in the years to follow we would find some that were successful."

One of the other goals from the Park Authority for further development for the Grange would be to make it compliant with the Americans with Disabilities Act. According to the Park Authority, this would include but is not limited to: restroom renovations, exterior access to the lower level, access to the second level and the widening of multiple doorways.

Baldwin estimated the cost for such improvements would cost around \$500,000.

Doug Cobb, co-chair of the Long-Range Planning Committee, said he would like to see some sort of ownership given back to the community from the Park Authority.

"I would like to know, if the Park Authority would have the sense to lease us the buildings for say, five years, what kind of requirements they would want from us as a leasee," he said. "I think they could get rid of a liability for the Park Authority. Someone who loves these buildings and has the money to really do something could fill a lot of needs for students, seniors, youth, this building would be used seven days a week, seven or eight hours a day if it was back in com

SEE GRANGE, PAGE 15



PHOTO BY ALEX McVEIGH/THE CONNECTION

Sara Baldwin, deputy director for the Fairfax County Park Authority, speaks to citizens of Great Falls at the Grange Monday, Feb. 27.

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PHOTO BY DEB COBB/THE CONNECTION

Erika Wu and Lydia Keffer of McLean try out the fox trot during the 17th annual Jon D. Williams Spring Cotillion, March 2, at the Washington Golf & Country Club in Arlington.



PHOTO BY VICTORIA ROSS/THE CONNECTION

Natalie Hirsch, 13, and father, Andrew, of McLean show the rest of the dancers how the merengue is done during the 17th annual Jon D. Williams Spring Cotillion, March 2, at the Washington Golf & Country Club in Arlington.



Shawna Tunnell of McLean poses with son, James, 12, and friend Henry Ross, 11, of Vienna during the 17th annual Jon D. Williams Spring Cotillion, March 2, at the Washington Golf & Country Club in Arlington.



PHOTOS BY VICTORIA ROSS/THE CONNECTION

Matthew Loftus, 11, of McLean twirls his dance partner as Hannah Ford, 10, of Arlington (in white dress) does the fox trot during the 17th annual Jon D. Williams Spring Cotillion, March 2, at the Washington Golf & Country Club in Arlington.

Sense & A Sense of Civility

Cotillion teaches etiquette and social savvy.

BY VICTORIA ROSS
THE CONNECTION

Ankles demurely crossed, the 5th and 6th grade girls sit posture-perfect in their colorful party dresses, white-gloved hands resting in their laps as they await an offer to dance.

Many of the young men, trying not to slouch in their starched suits, nervously adjust their ties or smooth their hair.

When the music begins in the chandelied ballroom of the Washington Golf & Country Club, Daniel Webb, the polished emcee of the event, gently reminds the young men to be courteous, smile and make polite conversation when asking their partner to dance.

"Gentlemen, do you ever sit down before your partner does? Never," Webb says. "You always wait until the lady is seated first."

As the students pair off to fox trot, Webb encourages the parents to join their children on the ballroom floor for the first of several father-daughter and mother-son dances.

The formal dance was the finale of the 17th annual Jon D. Williams Spring Cotillion, held at the country club on Friday, March 2. The

event capped five weeks of social skills classes, including ballroom dancing, table etiquette and manners, held at Spring Hill Elementary School in McLean.

"This class is so much fun," said Natalie Hirsch of McLean, one of the instructors of the cotillion. "It's really about respect and courtesy, and social dancing is a way to teach that."

For many, the term "cotillion," conjures up an oh-so-proper scene from the Age of Innocence, where only the children of the socially-elite and privileged learn to dance and hold tea cups - pinkies properly raised.

"This misconception is far removed from the program here," said Katherine Mason, vice president of Jon D. Williams Cotillion, Inc., which holds annual classes in more than 50 cities throughout the United States. The Denver-based company, which has been teaching etiquette since 1949, instructs more than 11,000 children across the country each year, and emphasizes good manners and social skills that build confidence and character.

"In addition to utilizing dance as a tool to break down inhibitions and develop confidence, students learn essential social skills that contribute to their character and have a positive influence on their future social and business relationships," Mason said.

UNLIKE COTILLIONS OF THE PAST, the Jon D. Williams Cotil-

lions are open to anyone, regardless of bloodline, and are limited only by class size, Mason said. Scholarships are available for the classes, which cost about \$200 per five-week session, and the company encourages children with disabilities to join the classes.

"It's about knowing how to behave appropriately and feel confident in any social situations," said Suzanne Meyle, who is the instructor for the McLean classes. "Respect for others is increasingly important today, but we also want our students to have fun." The popularity of the classes has grown to the point where Meyle is considering adding classes for the next term. "We had a long waiting list this time," she said.

Social etiquette she said is really about how to be comfortable in social situations and make others comfortable around you. "It's not about being snobby or stuffy at all."

"We had a great time. I was thrilled to dance with my son at the final party," said Arlington mom, Beth Coakley. "He's learning how to be polite, and comb his hair," she said, laughing.

During the formal dance, Webb, who attended Southern Methodist University and was awarded the Dorothy Amann Award for his contribution to social justice at SMU, tells parents what their children have learned during the classes.

"They are learning to make a positive first impression, the art of shaking hands, how to communi-



Will Fernau of McLean looks up to mom, Anna, for help doing the waltz during the 17th annual Jon D. Williams Spring Cotillion, March 2, at the Washington Golf & Country Club in Arlington.

PHOTOS BY DEB COBB/THE CONNECTION



Bill Franke gives daughter Olivia of McLean some last-minute advice before the dancing starts during the 17th annual Jon D. Williams Spring Cotillion, March 2, at the Washington Golf & Country Club in Arlington.

cate better - all these skills will help them when it's time for that first job interview or college admissions interview," he said.

But Matthew Loftus, 11, of McLean, isn't thinking about that first job interview just yet. "I just want to make sure I get the dance

steps of the fox trot right," he said, "and not bump into anyone else." And, he admits, "It's really not so bad dancing with girls."

FOR MORE INFORMATION on Jon D. Williams Cotillion programs, go to www.cotillion.com.

OPINION

Reenacting a Dark History?

Turning back the clock in Richmond.

Who could have anticipated that our elected officials would take African-American History month and Women's History month so seriously that they would literally try to turn back the clock?

First in February, African-American History Month, the assembly voted to make it harder to vote, knowing that the bill would make it less likely that some African-Americans in Virginia would vote.

The bill, which "eliminates the provision that allows a voter to sign a sworn statement that he is the named registered voter he claims to be in lieu of showing identification." There is no evidence that this longstanding provision has been abused.

In an action that reminds many of the poll tax, the General Assembly voted to require specific forms of identification at the polls in order to vote, knowing that this will disproportionately affect minority voters, poor voters and older voters, knowing that 15 percent or more of minority voters and older voters do not have such ID.

In the House of Delegates, the measure passed 69-30, with Northern Virginia delegates Dave Albo, Barbara Comstock, Tim Hugo, Jim LeMunyon and Tom Rust voting in favor; voting against were Robert Brink, David Bulova, David Englin, Eileen Filler-Corn, Mark Herring, Patrick Hope, Mark Keam, Kay Kory, Alfonso Lopez, Ken Plum, Mark Sickles, Scott Surovell and Vivian Watts.

All Fairfax, Arlington and Alexandria senators voted against the bill that forces voters to provide one of a short list of identification in order to vote, but the bill passed 20-to-20. Senators George Barker, Adam Ebbin, Barbara Favola, Mark Herring, Janet Howell, Dave Marsden, Chap Petersen, Toddy Puller and Dick Saslaw voted against.

Now on to Women's History. Northern Virginia holds a special place in women's struggle for the right to vote.

From the Workhouse Museum in Lorton: "In 1917, women began demonstrating in front of the White House for the right to vote. They decided they would rather be imprisoned than be quiet. In response to their outspoken protests during World War I, they were sentenced to fines or imprisonment. They chose imprisonment. Some of those arrested were sentenced to the Women's Workhouse at Lorton. The protestors were held under deplorable conditions. As news of the sentences spread, sympathy for the suffragists was aroused. ... Finally the 19th amendment to the Constitution was ratified in 1919 and for the first time women were allowed to vote in the November 1920 national election."

Women's right to self-determination and equality has not come easily, and the transformation to full equality is not complete.

The Virginia General Assembly nevertheless became the butt of jokes and a source of outrage as it pursued a variety of bills that seek to deny women the right to have control over their own bodies.

We don't need to revisit the many references to "transvaginal ultrasound." The literal invasive parts of this bill were deleted, but still the assembly passed legislation that will require

women to have an ultrasound view of their fetus before having an abortion.

A bill that would provide "that unborn children at every stage of development enjoy all the rights, privileges, and immunities available to other persons, citizens, and residents of the Commonwealth," passed the House of Delegates 66-32. Local delegates Dave Albo, Barbara Comstock, Tim Hugo, Jim LeMunyon voted in favor; and voting against, Robert Brink, David Bulova, David Englin, Eileen Filler-Corn, Mark Herring, Patrick Hope, Mark Keam, Kay Kory, Alfonso Lopez, Ken Plum, Tom Rust, Jim Scott, Mark Sickles, Scott Surovell, and Vivian Watts.

This bill died in the Senate at least for this year. Northern Virginia senators voting to kill this bill were George Barker, Adam Ebbin, Barbara Favola, Mark Herring, Janet Howell, David Marsden, Chap Petersen, Toddy Puller and Dick Saslaw. No senator from Fairfax, Arlington or Alexandria voted to keep the bill alive.

Outrage over these bills, assaults on women's rights, sparked demonstrations over the weekend.

Apparently the protest that ensued, with hundreds descending on Richmond, was darn scary; scary enough to turn out the riot squad and to prompt police to arrest protesters for sitting on the Capitol steps.

"Our state Capitol is becoming an armed garrison," said state Sen. Janet Howell. "Not since the massive resistance days in the '60s have I seen such a disgraceful display of excessive police presence in my state."

— MARY KIMM.

MKIMM@CONNECTIONNEWSPAPERS.COM

COMMENTARY

A Raw Deal for Northern Virginia

BY STEWART SCHWARTZ
EXECUTIVE DIRECTOR
COALITION FOR SMARTER GROWTH

Northern Virginia is getting a raw deal from Governor McDonnell. While we need transportation investment to support this economic engine of the state, at least \$1.5 billion in transportation funds are being diverted to wasteful and unnecessary projects in rural areas. Meanwhile, the state refuses to adequately fund Dulles Rail, leaving Northern Virginia taxpayers and toll payers to foot the lion's share of the bill. And, when it comes to making decisions about Northern Virginia's most critical transportation needs, the Governor and Secretary of Transportation Connaughton want to shut-out our elected officials.

First, Dulles Rail. Northern Virginians and the federal government are paying about 90 percent of Phase 1. For Phase 2, the Gov-

ernor belatedly proposed contributing \$150 million but has held up the funds to stop a Project Labor Agreement and to gain other leverage. Even with the \$150 million, Northern Virginia tax payers and toll payers would have to pick up about 95 percent of the cost of Phase 2, with tolls set at ever-higher rates because of the state's failure to invest in this critical project. In contrast, the state routinely pays 100 percent of highway project costs using a combination of federal and state funds.

Last year, the Governor won approval for a record infusion of funds into transportation. Where is he spending it? The Governor has promised \$750 million in grants and about \$500 million in low-interest loans to the private toll-road proposal for Route 460 between Suffolk and Petersburg. Even Hampton Roads officials don't see that project as a priority. Secretary Connaughton personally spearheaded the diversion of \$200

million to the controversial and poorly conceived Charlottesville/Albemarle Bypass, a project which VDOT's own engineers say could cost up to \$400 million. Millions more are going to the remote Coalfields Expressway, which could ultimately cost \$1.8 billion.

Unrecognized during the 2011 session, the Governor's proposals ensured that much of the \$3 billion in borrowed money and other funds was routed outside the state's longstanding formulas. A particularly bad deal for Northern Virginia, this meant that transit didn't receive its usual 14.7 percent, while also diminishing the pool of funding for primary, secondary and urban roads. Northern Virginia typically receives about 70 percent of the state's transit funds and greatly depends on primary, secondary and urban road funding.

The Governor's 2012 transportation initiative (HB1248) has generated new concerns among Northern Virginia officials. By si-

phoning a portion of the state sales tax and general fund surpluses to transportation, his plan takes funding from education and public safety. At the same time, while Northern Virginia generates 34 percent of state sales tax revenues, the Governor's plan would only allocate about 6.8 percent of the additional transportation funding to Northern Virginia, according to Del. Vivian Watts.

Meanwhile, the Governor and Secretary seem bent on pushing out our elected officials from key transportation decisions. In both 2011 and 2012 (HB601 and HB1291), the Governor has sought to control the Virginia seats on the Metro Board, even though Northern Virginians provide about 70 percent of Virginia's share of Metro costs. The Governor's push (HB1291) to combine two Northern Virginia transportation agencies would particularly disenfran-

SEE A RAW DEAL, PAGE 9

Great Falls CONNECTION

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LETTERS

More In-state Opportunities

To the Editor:

Virginia has the best schools in the country. Regrettably the admissions process at schools like Virginia Tech, James Madison University, or University of Virginia have become so competitive for in-state students that these top tier schools seem unattainable. As students, we want to earn a phenomenal education from these well renowned schools in order to succeed in the Virginia workforce. To get to where we need to go to be successful, we need degrees from schools like University of Virginia. When we are forced to go to private colleges or out of state universities instead, the costs to obtain our degrees can double or even triple what an in-state college would cost.

Barbara Comstock is in favor of helping us obtain these goals; she is cosponsoring House Bill 1083, More In-State Students in our Virginia Schools. It is exciting to hear that Delegate Comstock is working hard to ensure Virginians succeed in the working world.

Macy Anderson

Senior at Langley High School
McLean

A Raw Deal

FROM PAGE 8

chise Fairfax and voters and would enable the state to dominate the voting in the new agency. A separate bill (HB599) pushed by a highway lobbying group, would take power from Northern Virginia elected officials to select transportation priorities and hand it to the appointed and unaccountable Commonwealth Transportation Board on which we have only three seats out of 17.

To make things worse, the Governor's 2012 transportation bill (HB1248) would make VDOT a superagency with the power to deny a local land use plan or project. A separate provision would grant VDOT the power to force a highway project onto a community no matter the legitimate objections and concerns of local citizens.

Before this session ends, we need Northern Virginia's state legislators, both Republican and Democrat, to unite. They should fight to protect our role in transportation decision-making and stop the centralization of power in VDOT. They should challenge the undermining of state transportation formulas and the diversion of funds from our critical needs including Dulles Rail.

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THE CONNECTION
NEWSPAPERS

WELLBEING

Cleaning Up One’s Plate

Local nutrition experts encourage healthy eating during National Nutrition Month and always.

BY MARILYN CAMPBELL
THE CONNECTION

When it comes to healthy eating, Alexandria wellness educator Cheryl Mirabella encourages her clients to load up during meals, but she offers a caveat. “Crowd out your plate with good stuff,” said Mirabella who has offices in Alexandria and Warrenton. “If you’re eating nutrient and fiber rich foods, you’re naturally going to be more full and more satisfied and therefore you might not be reaching for the junk food as often.”

In observance of National Nutrition Month, Mirabella is offering suggestions for making wise food choices. She and other health experts say that while trading in salt-laden potato chips for potassium-packed baked spuds might be challenging, making positive dietary changes is easier than one might think, and is worth the effort.

“I believe that food is medicine and we can use it as a way to prevent diseases and heal our body,” said Mirabella “If we eat foods that are full of nutrients we’re going to give our body everything it needs to do what it does naturally. Food can be a very powerful medicine in terms of disease prevention and reversal.”

Begin by simplifying food choices. “The first step is focusing on what isn’t food and then finding cleaner options,” said Nina Elliot, an Arlington-based personal trainer. “All the additives ... that are in many of our favorite foods can contribute to obesity and health challenges. Replacing processed foods with whole foods may take a bit more work in the kitchen and a little more grocery money, but the health benefits are tremendous.”

Add fresh fruits and vegetables to each meal. “Vegetables are high in antioxidants,” said Mirabella. “Frozen fruits and vegetables are an excellent choice too. They are affordable and they’re nutrient rich because they’ve been picked at the peak of their freshness. They went from the field to the freezer, so the nutrients are locked-in.”



Alexandria-based wellness educator Cheryl Mirabella grows vibrantly colored, vitamin-packed vegetables in her garden. She believes that nutrient-rich food is medicine for the body.

said Elliot. “[They are] more likely to lead to the next positive change ... which means people are [more] likely to want to continue improving ... their diet.”

Plan ahead. “Try to eat three

meals and two healthy snacks each day,” said Mirabella. “That is a great way to keep your blood sugar in balance so you can make healthier food choices all day long.”

Health Services Coalition Receives \$10,000 Grant

Funding will help provide specialty health care to low income residents.

BY MARILYN CAMPBELL
THE CONNECTION

Northern Virginia Health Services Coalition’s (NOVAHSC) Specialty Access program received a \$10,000 grant to help provide low-income, uninsured patients with access to specialty medical care through a regional network of providers.

“Increased access to specialty care continues to be a challenge for safety-net health care providers in Northern Virginia as the need in our community steadily grows,” said Meagan Ulrich, program manager of NOVAHSC’s Specialty Access program. “This [grant will] help NOVA Specialty Access to expand our abilities to place more patients from free clinics with the specialty care they need when they need it.”

NOVAHSC is a group of clinics that provides medical services for financially vulnerable people in Northern Virginia. The coalition represents clinics and health care providers in Alexandria City, Fairfax County, Arlington County, Prince William County, Loudoun County, Fairfax City, Falls Church City, Manassas City and Manassas Park. The clinics provide specialty care services such as audiology, podiatry and physical therapy. NOVA Specialty Access takes referrals from participating safety-net clinics and links them with volunteer specialists in the community. Each clinic works with individual specialty care doctors who are willing to see patients in their offices.

The grant was awarded by Molina Healthcare, Inc., which helps state agencies in their administration of the Medicaid program. The company currently manages Fairfax County’s Community Health Care Network.

“Molina Healthcare was involved in this important initiative from the start through its management of the Community Health Care Network, which has three clinics participating as part of the specialty network,” said Jean Glossa, MD, MBA, MPH, medical director of Molina Healthcare of Virginia and the Community Health Care Network in Fairfax County. “As the medical director of these local clinics, I see firsthand the overwhelming need for access to specialty care. It only made sense for us to take it one step farther and demonstrate our strong commitment to help address the unmet needs of such a vulnerable population.”

The NOVA Specialty Access program, which was launched last fall, has recruited 97 specialty medical care providers. Program officials say they plan to recruit 200 providers within the next year.

BULLETIN BOARD

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

THURSDAY/MARCH 8
Improve Conversations about Elder Issues. 7 p.m. The Women’s Center, 127 Park St. N.E., Vienna. Avoid defensiveness and arguments, move toward solutions and overcome resistance to change. \$25-\$35.

SATURDAY/MARCH 10
“Lentils and Pulses” Indian Cooking Class. 10 a.m. Vienna Community Center, 120 Cherry St., S.E., Vienna. Make Spicy Garbanzo Beans, Tomato Kidney Beans, Pigeon

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

Oakton-Vienna. 703-281-0538.

Register at 703-281-4928 or www.thewomenscenter.org.

Peas with Spinach and Whole Grain Lentils. \$40-\$50. Register at 703-255-6360 or www.viennava.gov.

Legal Aspects of Separation and Divorce. 10 a.m. Vienna Presbyterian Church, 124 Park St. N.E., Vienna. The fundamentals of the divorce process in Virginia. \$45-\$55. Register at 703-281-4928 or www.thewomenscenter.org.

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SUNDAY/MARCH 11
Update on America’s Nuclear Future. 12:45 p.m. Fairfax Unitarian Church, 2709 Hunter Mill Road, Oakton. The President’s Blue Ribbon Commission on America’s Nuclear Future nears completion of a comprehensive review of policies for managing the back end of the nuclear fuel cycle and will recommend a new plan.

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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

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.



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.



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Friends of the Fairfax County Animal Shelter Fundraiser. 6-8:30 p.m. Whole Foods Market, 143 Maple Ave., Vienna. 5 percent of all sales from the Caf 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.

Longfellow MS Orchestra. 7:30 p.m. McLean Racquetball and Health Club, 1472 Chain Bridge Road, McLean. Concert proceeds will cover transportation, shipping, room, board, and educational activity costs associated with National Orchestra Festival in Atlanta on March 21-24. 703-533-2612 or sakervick@fcps.edu.

SEE ENTERTAINMENT, PAGE 13

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ENTERTAINMENT

FROM PAGE 12

Vienna Arts Society. 7:30 p.m., Vienna Art Center, 115 Pleasant Street NW, Vienna. Marni Lawson with a slide show describing her “Artist in Residency” for Acadia National Park in Maine. Free. 703-319-3971 or www.ViennaArtsSociety.org.

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.

Shrimp Dinner. 5:30-8 p.m. American Legion Post 180, 330 North Center St., Vienna. Fried shrimp platter, hush puppies, coleslaw. \$8. 703-938-9535.

Friday Afternoon Chess Group. 1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. All ages and skill levels welcome. 703-757-8560.

Music with Ms. Susan. 10 a.m. and 11 a.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls

Church. Songs, instrument play, movement, dance and rhythm activities. Infant - 4 years with adult. 703-790-8088.

SATURDAY/MARCH 10

Grand Opening of Fire and Rescue Station 12, Great Falls. 11 a.m. 9916 Georgetown Pike. The grand opening ceremony of the new station culminates with the traditional “hose uncoupling,” with Sharon Bulova, Chairman of the Board of Supervisors, John Foust, Dranesville Supervisor, Ronald Mastin, Fire Chief, Franklin Smith III, Volunteer Chief, and Joan Bliss, Volunteer President. 703-246-3801.

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.

Singer Paula Cole. 7:30 p.m. The Barns at Wolftrap, 1551 Trap Road, Vienna. \$25. www.wolftrap.org.

“The Phantom Tollbooth.” 1 p.m. and 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 Storytime. 11 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Stories, songs and activities. Age 2-3 with adult. 703-757-8560.

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

SUNDAY/MARCH 11

Vienna Boys Choir. 4 p.m. George Mason University’s Center for the Arts, 4400 University Drive, 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.

An Evening with Paul Kelly. 7:30 p.m. Jammin’ Java, 227 Maple Ave E Vienna. www.jamminjava.com.

Old Dominion Chrysanthemum Society. 2:30 p.m. Falls Church Community Center, 223 Little Falls St., Falls Church. “New Tools, Plant and Animal Control Chemicals, plus Gardening Helpful Hints for the Upcoming 2012 Season” presented by Dan Henneberg. 703-560-8776.

National Men’s Chorus. 4 p.m. First Christian Church, 6165 Leesburg

Pike, Falls Church. “Stouthearted Men,” with pianist Thomas Pandolfi. Adults \$15, students and children free. 202-244-7191 or www.nationalmenschorus.org.

Youth Art Show Reception. 3-5 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. Featuring artwork by McLean area elementary students. 703-790-1953.

Music Friends’ Concerts. 3 p.m. Alden Theatre, McLean Community Center, 1234 Ingleside Ave., McLean. With violinist Hidetaro Suzuki, pianist Zeyda Ruga Suzuki and clarinetist Nancy Genovese. Beethoven’s “Spring” Sonata, Schumann’s Sonata in A minor, Khachaturian’s Trio for violin, piano, and clarinet, and works by Mozart, Debussy, and de Sarasate. Free. 703-620-9535 or 703-324-8344.

Robin Bullock. 4 p.m., 6 p.m. and 8 p.m. The Old Brogue Irish Pub, 760-C Walker Road, Great Falls. Traditional Celtic music on guitar, Celtic bouzouki and mandolin. \$15. 703-759-3309 or www.oldbrogue.com.

Choralis: Byrd and Other B’s. 4 p.m. Falls Church Presbyterian Church, 225 E. Broad St., Falls Church. Vocal chamber ensemble Echos presents Byrd, Bach, Brahms, Britten and more. \$25-\$40, students \$5, age12 and under free. www.choralis.org.

MONDAY/MARCH 12

Ladysmith Black Mambazo. 8 p.m. The Barns at Wolftrap, 1551 Trap Road, Vienna. www.wolftrap.org.

An Evening with Paul Kelly. 7:30 p.m. Jammin’ Java, 227 Maple Ave E Vienna. www.jamminjava.com.

Tiny Tot Time. 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Stories, rhymes and

activities. Age 13-23 months with adult. 703-356-0770.

Giants and Leprechauns. 10:30 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Gary Lloyd presents stories about the tall and the small. 703-757-8560

Shamrock Fun. 7 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Decorate treats for St. Patrick’s Day. Ages 6-12. 703-790-8088.

“Legally Blonde the Musical” Auditions. 7 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. Dancers and singers ages 17and up invited to audition. Prepare 16-32 bars from a Broadway musical, an accompanist will be provided, bring sheet music. Karaoke-style accompaniment by CD is acceptable. Performances are weekends July 13-29. www.mcleanplayers.org.

TUESDAY/MARCH 13

Aviation History and Related Museum Exhibits. 9:30 a.m. Ernst Cultural Center, NVCC Annandale Campus, 8333 Little River Turnpike, Annandale. Speakers Forum sponsored by Lifetime Learning Institute of Northern Virginia, with retired Air Force officers Ray Steiger and Scott Willey, docents at the National Air and Space Museum Steven F. Udvar-Hazy Center. For age 55 and up. Free. <http://lli.nova.org> or 703-503-0600.

Literacy Council of Northern Virginia. 1 p.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Tutoring. 703-356-0770.

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Saxon Football Players Make Collegiate Commitments

Harvey, Clemete set to take their game to the next level; underclass lineman Jack Howerton earns All-State recognition.

BY RICH SANDERS
THE CONNECTION

Two Langley High football players - defensive standout Marcus Harvey and two-way lineman Dylan Clemente - recently made commitments to play the sport at the collegiate level.

Both signed letters of intent at the NCAA signing period for high school athletes the first week in February.

Harvey, who played outside linebacker as a senior last fall, will attend school and play football at William & Mary in Williamsburg. The Tribe has enjoyed good success over the years under longtime head coach Jimmie Laycock, who has been at the helm of the football team since 1980.

Laycock visited Langley prior to signing week in early February to meet with Harvey and Langley head coach John Howerton, who believes William & Mary, an NCAA Div. 1A member of the Colonial Athletic Association (CAA), will be a good fit for Harvey, a solid Saxon student-athlete.

"Marcus is a very good student," said Howerton, who said other schools Harvey strongly considered included the University of North Carolina and the University of Massachusetts. "William & Mary will be a good fit for him and Williamsburg is a great area."

Howerton said Harvey, who weighs close to 200 pounds, will work hard to get bigger and stronger over the spring and summer in preparation for the college game.

"That's the case with almost anybody, needing to get bigger, stronger, and faster to go on to the next level," said Howerton. "He's excited about going to William & Mary."

Harvey, who played three varsity seasons at Langley, was a First Team All-Liberty District selection at linebacker following his senior year. He missed a couple of Liberty District games last fall as a result of suffering a concussion. In prior years with Langley, Harvey, the son of former Redskins All-Pro linebacker Ken Harvey, played in the Saxons' defensive backfield as a safety.

At William & Mary, the 6-foot-2 inch, 195-pound Harvey is projected to play at either linebacker or safety.

"He has experience at both," said Howerton. "He gives you speed you don't normally see on the edge [at outside linebacker]. He gives teams lots of trouble. Straight ahead, he can run like no one else and he has good agility."



Jack Howerton, background No. 57, has played a key role in Langley High's success on offense in recent years.



Dylan Clemente (51), pursuing a Yorktown High running back, came to Langley from Gonzaga High during his sophomore year. The senior earned Honorable Mention All-Liberty District honors last season.

CLEMENTE is set to play football on a partial scholarship at Ashland University (Ohio), an NCAA Div. 2 private school program which competes in the Great Lakes Conference. He will have the opportunity to earn a full scholarship with time.

Clemente attended and played high school football at area private school Gonzaga High (Washington, D.C.) his freshmen and half of his sophomore season before transferring to Langley.

As a junior at Langley, Clemente started at a defensive tackle position. His senior season saw him start at both defensive tackle and on offense at right tackle.

"He'll be a good fit for them," said Howerton, of Clemente's college choice. "They really like him and his family is real

connected to the school. They're from Ohio.

"He's a great kid, really hard working and does things the best he can," said the coach. "He'll be a great player for them."

Clemente, who earned All-District Honorable Mention accolades this past season, will likely play at defensive tackle at Ashland.

"He's worked real hard and he's a strong kid," said Howerton, who saw the youngster go from 175-pounds his sophomore season to 270 pounds his senior season, the result of a good weight lifting program. "He benched 230 pounds the other day, which is in the top 10 all time at Langley. He's got a great desire to do what he needs to do to get better and is one of our hardest workers. He has the mentality to be successful

in college."

ONE PLAYER WITH a particularly bright football future is current Langley junior Jack Howerton, a standout left guard for the Saxons last season. Jack, the son of coach Howerton, recently earned Second Team recognition on the Virginia High School Coaches Association All-State Team at guard. Young Howerton was one of eight Northern Region football players named First or Second Team All-State.

Along with his All-State honors, Howerton was both First Team All-Northern Region and First Team All-Liberty District as a junior. He also was named First Team Underclassmen on the Virginia Prep Team.

Along with playing guard, Howerton also played at a defensive tackle position where he earned Second Team All-District status.

A 4.0 student, the 6-2, 315 pound Howerton is being heavily recruited by college programs. He made a recent weekend visit to William & Mary.

Howerton recently benched 410 pounds, an all-time school record at Langley. On the football field, the 11th grader is a fundamentally sound player with outstanding physical strength and exceptional footwork, a mandatory attribute for any lineman. He is also an aggressive player and outstanding in taking on defenders one-on-one.

Langley is renowned for sending offensive lineman on to play college football. In fact, over John Howerton's nine years at the helm of Langley football, 14 offensive linemen have gone on to play at the NCAA Div. 1 level.

Howerton excelled himself as a football lineman at both the old Fort Hunt High School in Alexandria as well as in college at Shepherd University (West Va.), where he is a member of the school's athletic hall of Fame.

Both of Jack's grandfathers, Cig Howerton and the late Jim Ford, also played offensive line positions in college - Jim at Notre Dame and Cig at Randolph Macon, where is in the hall of fame.

Ford, coach Howerton's former father-in-law, was the head football coach at the old George Washington High School in Alexandria. G.W. High was one of the schools which merged to create T.C. Williams.

Both John Howerton and his wife, Nancy, are Fort Hunt High graduates. Howerton's parents still reside in the Mount Vernon area.

In an article on VirginiaPreps.com in January, Jack Howerton talked about his family football roots.

"I have never really felt pressured to follow in my father and grandfathers' footsteps," said Howerton, in the story. "I love football and I want to be an outstanding player on my own. I am motivated by a strong desire to be the best I can be both on the football field and in the classroom. I want to go to a good college and continue to play football."

Young Jack is well on his way to doing just that.



From Left: Erin Cox and Kate Woloshin.

Madeira Students Awarded for Photography

BY MARY GRACE OAKES
THE CONNECTION

Two students of the Madeira School, Junior Erin Cox and Senior Kate Woloshin, recently received regional Scholastic Awards for their photography.

Sponsored by the Alliance for Young Artists and Writers, the Scholastic Art and Writing Awards is an annual competition dating back to 1923, which offers students in grades 7-12 an "important opportunity" to be "recognized for their creative talents...earn scholarships, and have their works exhibited or published"(artandwriting.org). As recipients of Regional Scholastic Awards, Woloshin and Cox join the ranks of notable past winners, who include well-known artists and writers such as Truman Capote, Andy Warhol, and Sylvia Plath, among others.

After being submitted to the Alliance, Cox and Woloshin's photographs were reviewed by a Regional Affiliate panel of "luminaries in the visual and literary arts", who compared their work to that of 200,000 other students on the basis of "originality, technical skill, and the emergence of a personal voice or vision."

Woloshin received an honorable mention for her photograph "Voice", which she says was part of a collection that involved "put[ting] text onto everyday items to serve as a label, a some-

what reverse illustration. Choosing just one photo" from the collection "was difficult because I've become so attached to all my pieces," she said.

Cox, who said "it was my first time entering into a photography contest and I was just excited to have the chance to enter," was awarded a Golden Key, the highest level of achievement at a regional level. Cox explained how she created both "light and shadow" and "portray[ed] a lost feeling" in her picture, titled "Lost and Found #1", through the use of a "Holga camera, which is a toy camera that lets in little amounts of light, and exposes some of the film to tweak your photo a little".

As winners at the regional level, both Erin and Kate will be "cele-

brated at local ceremonies and have their work showcased in exhibitions, publications, and at public readings," and as a Golden Key Recipient, Erin Cox's photograph was forwarded to the National Scholastic Art and Writing Awards. If Cox is named a National Medalist she will also have the

opportunity to be celebrated at a Carnegie Hall ceremony and have her photograph "showcased in reputable galleries in New York City."

Woloshin, who will be attending American University next year, said she "plan[s] to visit the dark room" frequently, because "majoring in Graphic Design and Marketing, photography will definitely come in handy".

National Medalists will be named on March 15.

"It was my first time entering into a photography contest and I was just excited to have the chance to enter."

— Junior Erin Cox

Grange, Schoolhouse Discussed

FROM PAGE 6

munity hands."

Baldwin said the "door is open" for discussing such possibilities with the community.

MANY COMMUNITY members at the meeting cited the need for a centralized location for the community to gather in Great Falls, and said the Grange and the Forestville Schoolhouse would be perfect.

"Over my 31 years-plus here, I have found that Great Falls lacks cohesiveness. We don't have a base to meet. We don't have a place to call ours," said Jorge Adeler, owner of Adeler Jewelers in Great Falls. "These are two incredible, beautiful buildings that we have."

Adeler compared Great Falls with McLean, which has a government center and community center, saying Great Falls was lucky to have board space at the local Safeway to post notices, which they do not have any more.

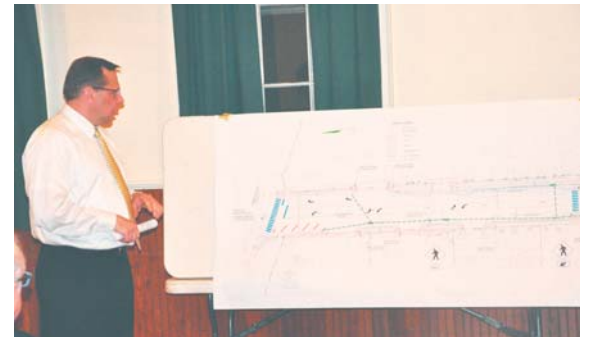
"We need to embellish Great Falls, we need to take pride in Great Falls, we need to start fixing our buildings," he said.

T.R. Cook, president of the Great Falls Optimists said his organization was in the process of determining the need for a possible Youth Center, which could be located at the Grange or the schoolhouse.

"What we're doing at this point is doing a survey with local schools, businesses and residents to see what is needed for a youth center," he said. "There's a lot of kids in the area here that could use one."

Kathleen Murphy, president of the Great Falls Historical Society, cited a need for a community space to help store the materials the society has gathered over the years.

"We're a village with a history. Our history goes back to Lord Fairfax and George Washington, and it descends from there with clear lines of descent and an engrossing and fascinating history," she said. "We



Jorge Adeler, owner of Adeler Jewelers in Great Falls, speaks at the Grange Monday Feb. 27 about the need for a centralized community location.

can't even appreciate the richness of our history because we don't have a space."

SUPERVISOR JOHN FOUST (D-Dranesville) said "it's been obvious for a long time" that more could be done with the community when it comes to running the Grange and schoolhouse.

"In my opinion, this should be available to the citizens of Great Falls," he said. "It doesn't fit with the Park Authority's responsibilities. I would love to see an organization take charge of this facility. We would like to see, if this facility is entrusted to you, that you can pay the costs of maintaining and updating it."

Glen Sjoblom, co-chair of the Long Range Planning committee, said he hoped the meeting would provide the framework of a partnership between Great Falls and the Park Authority.

"My hope is that the community can come together and draft a proposal to the Park Authority and perhaps present it, maybe at a board meeting," he said. "I think something needs to be done, and it will make Great Falls a better place."

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NEWS

Fairfax CASA Helps Abused, Neglected Children

FROM PAGE 3

Pam Jones, a longtime CASA volunteer from Fairfax, who has recruited others into the program, fits the CASA volunteer profile.

"I was a highly involved elementary school parent, and began looking for alternative volunteer opportunities when my son, an only child, moved to middle school," Jones said.

Jones said while volunteering in her son's school, she was often taken aback by children whose parents showed little support of their children's learning beyond getting them to school.

"Many kids had no one reading to them or making a fuss when they brought home good grades. These things are superficial but I realized that children need champions in all aspects of their lives," Jones said.

Jones said CASA volunteers have to be tenacious, and a thick skin is helpful.

"To be blunt, CASA work brings very little obvious reward. There are many hours spent seeking information from often uncooperative or even hostile people...who don't always appreciate why I'm being so nosy," Jones said.

Jones said her most rewarding case was that of a toddler girl whose parents were very loving but emotionally and developmentally incapable of caring for her.

"Finding an appropriate family member to care for her was a challenge, but she eventually joined the loving home of family members in Pennsylvania; and she gained a big sister in the process," Jones said.

Pat Casciato, who worked as a CASA volunteer in Pittsburgh before moving to Reston, said she had always been interested in social work, but ended up as an executive in the business sector.

She said the most rewarding aspect of being a CASA volunteer is realizing how important the CASA report is to a judge facing competing interests.

"Judges rely on our reports for case detail that helps them make decisions that affect the children's wellbeing...I feel that CASA's involvement in this process is key," Casciato said.

She said all of the cases are challenging, but one case was especially rewarding.

"(It involved) the severe physical abuse of a nine-year-old.

AFTER THREE YEARS, several foster homes, and several social workers, the child was adopted into a loving home. The child became successful in school, even making the honor roll many times," she said.

Susan Chibnall of Fairfax, a clinical psychologist and new Fairfax CASA volunteer, said she thought CASA was a worthwhile way to give back.

"I don't have children of my own, and I have a little time to give. I think this will be a good fit."

Ann Sherwood of Great Falls, who recently retired as a pediatric nurse of 45 years, said she wanted



Judge Thomas Mann, Chief Judge of Fairfax County's Juvenile and Domestic Relations Court, swears in the 2012 class of court-appointed special advocate (CASA) volunteers during a ceremony at the Jennings Judicial Center in Fairfax on Feb. 21.



PHOTO BY VICTORIA ROSS/THE CONNECTION

Ann Sherwood (center, front), a former pediatric nurse for 45 years, of Great Falls, celebrates her CASA swearing-in with her daughter, Kathy Brown, son-in-law Chuck Brown, granddaughter Ally Brown and grandson Matt Brown, all of Vienna.

Run for the Children

On April 28, Fairfax CASA will host its second annual Run for the Children. Sponsored by Verizon, the combination 10K race and 3K run/walk offers serious runners as well as families the opportunity to enjoy the charm of the historic City of Fairfax. All funds raised will support Fairfax CASA and the work of CASA volunteers, who advocate for the best interests of over 500 abused and neglected children each year.

"This is our most important awareness-raising event and it brings in much needed funds to support the work of our volunteers," said Lisa Banks, executive director of Fairfax CASA.

Race day start is 8:30 a.m. for 10K runners and 9 a.m. for 3K run/walk participants. Runners and walkers can register before the race at www.fairfaxrunforthechildren.com

To learn more, visit the race website www.fairfaxrunforthechildren.com/sponsors, or contact Lisa Banks at (703) 273-3526 or lbanks@casafairfax.org.

something to do that would allow her to work with children. "I like the fact that I can make a difference, but I know it's going to be difficult working with abused and neglected children."

"I am so proud of her," said daughter, Kathy Brown of Vienna, who brought her family to the swearing-in ceremony. "I didn't realize the level of commitment it takes to be a volunteer, but my mom has what it takes to help these children."

Mann and Banks both stressed that CASA volunteers become their own family unit.

"I don't want to scare you, but you will change," Mann said to the 16 volunteers at the Feb. 21 ceremony who were about to take an oath pledging their allegiance to the "best interest of the child."

"It's going to be hard for you; be prepared," Mann said. "Your CASA family understands. All of these people are here for you," Mann said. "When the tears really start coming and the pain gets hard, you know this is not just work; it can be life and death."

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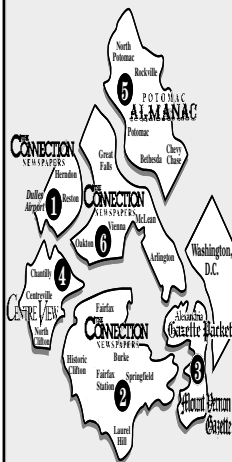
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IN THE SUPERIOR COURT OF THE VIRGIN ISLANDS DIVISION OF ST. THOMAS AND ST. JOHN

VIRGIN GRAND VILLAS – ST. JOHN)CONDOMINIUM OWNERS) ST – 11 – CV – 544 ASSOCIATION,) (Plaintiff,) vs.)

CRYSTAL DENUNZIO,) Defendant,))SUMMONS To:

TO: CRYSTAL A. DENUNZIO
6820 McLean Street
McLean, Virginia 22101

Within the time limited by law (see note below) you are hereby required to appear before this Court and answer to a complaint filed against you in this action and in case of your failure to appear or answer, judgment by default will be taken against you as demanded in the Complaint, for DEBT, FORECLOSURE OF LIEN AND BREACH OF CONTRACT. Witness my hand And the Seal of this Court this 16th day of February, 2012. HON. MICHAEL C. DUNSTON JUDGE OF THE SUPERIOR COURT OF THE U.S. VIRGIN ISLANDS Richard H. Dollison, Esq. Attorney for Plaintiff, Virgin Grand Villas – St. John Condominium Owners Association Duensing, Casner, Dollison & Fitzsimmons Electra House, 5060 Forts Straede P.O. Box 6785 St. Thomas, U.S. Virgin Islands 00804 NOTE: This defendant, if served personally, is required to file his answer or other defenses with the Clerk of this Court, and to serve a copy thereof upon the plaintiff's attorney within twenty (20) days after service of this summons, excluding the date of service. The defendant, if served by publication or by personal service outside of the jurisdiction, is required to file his answer or other defenses with the Clerk of this Court, and to serve a copy thereof upon the attorney for the plaintiff within thirty (30) days after the completion of the period of publication or personal service outside of the jurisdiction.

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TRUSTEE'S SALE OF VALUABLE IMPROVED REAL ESTATE

Improved by the premises known as 1642 Besley Road, Vienna, Virginia

In execution of a Deed of Trust from Sunil Chacko and, dated August 30, 1996, and recorded September 3, 1996, in Deed Book 9797 at page 1951 among the Land Records of Fairfax County, Virginia, the undersigned substitute trustee will offer for sale at public auction at the front entrance of the Judicial Center for Fairfax County, at 4110 Chain Bridge Road, Fairfax, Virginia, on

Monday, July 6, 2009 at 11:00 a.m.

the following property being the property contained in said Deed of Trust, described as follows:

Lot 16, Section 2, Spring Lake, as the same appears duly dedicated, platted and recorded in Deed Book 1734 at page 22, among the Land Records of Fairfax County, Virginia.

Commonly known as 1642 Besley Road, Vienna, Virginia 22182.

TERMS OF SALE: A deposit of \$20,000.00 or ten percent (10%) of the sale price, whichever amount is less, in the form of cash or its equivalent will be required of the purchaser at the time and place of sale; the balance of the purchase money being due and payable within fifteen (15) days after sale, time expressly being of the essence, with interest at the rate of 5.125 percent per annum from date of sale to date of settlement. Provided, however, that if the holder of the secured promissory note is the successful bidder at the sale, no cash deposit shall be required, and part of or the entire indebtedness, including interest and costs, secured by the Deed of Trust, may be set off against the purchase price.

Any defaulting purchaser shall forfeit the deposit and stand the risk and cost of resale.

Sale shall be made subject to all existing easements and restrictive covenants as the same may lawfully affect the real estate. Sale is further subject to mechanic's and/or materialman's liens of record and not of record. The property will be sold subject to all conditions, covenants, restrictions, rights of redemption of federal lienholders or encumbrances, and agreements of record affecting the same, if any.

In the event the undersigned trustee is unable to convey to the purchaser good title, then purchaser's sole and exclusive remedy shall be in the refund of the deposit paid at the time of sale.

The subject property and all improvements thereon will be sold in "as is" condition without warranty of any kind. Purchaser shall be responsible for any and all building and/or zoning code violations whether of record or not of record, as well as for all unpaid and enforceable homeowners' or condominium owners' association dues and assessments, if any. Purchaser also shall be responsible for obtaining possession of the property at his/her expense. Purchaser shall assume the risk of loss and shall be responsible for any damage, vandalism, theft, destruction, or the like, of or to the property occurring after the time of sale. Conveyance will be by special warranty deed. Conveyancing, recording, transfer taxes, notary fees, examination of title, state stamps, and all other costs of conveyance are to be at the expense of purchaser. State and local taxes, public charges, and special or regular assessments, if any, shall be adjusted to the date of sale and thereafter shall be assumed by the purchaser.

The undersigned trustee unconditionally reserves the right: (i) to waive the deposit requirement; (ii) to approve or disapprove the creditworthiness of any bidder and/or purchaser; (iii) to withdraw the property from sale at any time prior to termination of the bidding; (iv) to extend the time for bidding; (v) to reject any or all bids; (vi) to postpone or set over the date or time of sale; and (vii) to extend the period of time for settlement hereunder.

Additional terms and conditions of sale may be announced at the time of sale.

DAVID N. PRENSKY
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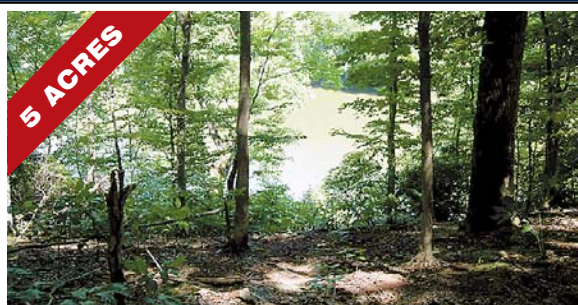
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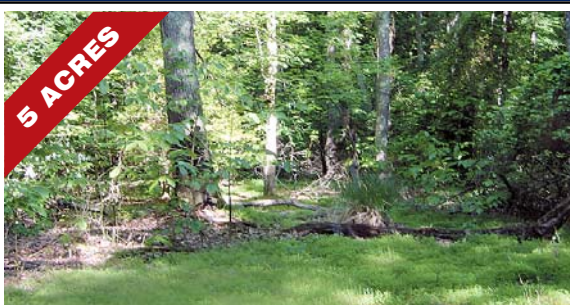
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