Vienna Difference Nonte Carlo Takes Over Vienna

News, Page 7

Guests try their luck at the gaming tables at "Casino Night," sponsored by the ViennaTysons Regional Chamber of Commerce.

Opinion, Page 5 ♦ Entertainment, Page 10 ♦ Sports, Page 12 ♦ Classifieds, Page 14

Vienna Rotary Continues Weekly Check Presentations ENTERTAINMENT, PAGE 3

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РАІD Мактічівикс. Wellbeing

For Children

Page 8

A Voice

NEWS, PAGE 3

Максн 7-13, 2012

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Faith

Christian Ethics Professor at Vienna's Church

Leading Christian ethics professor Sondra Ely Wheeler will be a special Lenten lecturer Sunday, March 18 at The Church of the Good Shepherd, a United Methodist church in Vienna, as part of the church's Champions of the Faith Series.

Wheeler, Wesley Theological Seminary's Martha Ashby Carr Professor of Christian Ethics, will speak to the theme of "Coming Home." Her 9:45 a.m. Sunday School class, "Yes, life in a family is hard," will discuss how our 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.

The Christian season of Lent, leading up to Easter, "is the season when the Father comes down the road to meet us," Wheeler said. "It is important that we make the journey, but really,



Sondra Ely Wheeler

showing up is all we can do, and all we need to do. It is God who makes us alive."

The church is located at 2351 Hunter Mill Rd. in Vienna, and the community is invited to attend this special program.

For more information, visit the church website at www.GoodShepherdVA.com.



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2 S Vienna/Oakton Connection S March 7-13, 2012

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VIENNA/OAKTON CONNECTION EDITOR KEMAL KURSPAHIC 703-778-9414 or vienna@connectionnewspapers.com



NEWS

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.

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, medi-cal 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.

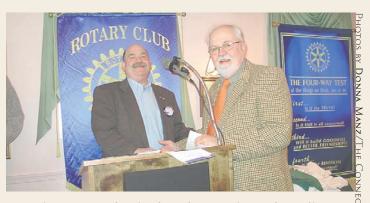
"Every 38 hours, an abused or neglected child in Fairfax County is placed under court protection," Banks said. "These children need advocates to protect their fundamental rights. We are truly grateful to those who choose to give their time to these children."

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 4



Rotarian Howard Svigals, who nominated Healing Waters as a Rotarian donation recipient, presents check to Healing Waters CEO Warren Phillips.

Vienna Rotary Continues **Check Presentations**

Service club donates to local nonprofits the money it raises for humanitarian purposes.

he Rotary Club of Vienna, Inc. one-ups Bill Gates. While Gates gives away most of his fortune, Rotary gives away all its fortune. Throughout the year, the service club donates to area nonprofits all the money it brings in through fundraising events, most notably, through ViVa! Vienna!, the annual threeday Memorial Day weekend festival. The Vienna Rotary is presenting checks of total value of \$149,750 to 69 organizations in 2012, from local schools to program support for wounded veterans.

On Feb. 29 at its weekly luncheon meeting at Marco Polo restaurant, Rotary presented checks to Healing Waters and the Laurie Mitchell Employment Center.

Healing Waters, a fly-fishing therapy program targeting wounded veterans, particularly those afflicted with PTSD, was nominated by Rotarian Howard Svigals. "It's exercise for vets recovering from severe injuries, and is good physical therapy," said Healing Waters CEO Warren Phillips. "These guys need confidence-building, relaxation and recreation. The program teaches them to fly-fish."

The Laurie Mitchell Employment Center [LMEC] in Alexandria, nominated by Rotarian Richard Lukens, gets participants, mainly those with mental disorders, "work ready," said Executive Director Marialice Williams. The center has rolled out a new tech-training program, Microsoft IT. LMEC trains more than 600 people a year.



Marialice Williams, **Executive Director, the** Laurie Mitchell Employment Center, accepts a check from Rotarian **Richard Lukens.**

The Rotary Club of Vienna, Inc. a chapter of Rotary International, meets Wednesdays at Marco Polo restaurant, 235 Maple Ave. West, at 12:15 p.m. Lunch, beginning at 12:15 p.m., is included in cost of membership or as a paid guest. The program includes Rotary business discussion, followed by the weekly presentation. The Rotary Foundation provides humanitarian assistance throughout the world.

For information on Rotary International and the Vienna http:// chapter, see viennarotary.org/. To contact the Rotary Club of Vienna, email info@viennarotary.org, their preferred vehicle for correspondence. Prospective members and guests are welcome to join Rotary Club of Vienna at one of its weekly meetings.

— Donna Manz

By Victoria Ross The Connection

ach child who comes before Judge Thomas Mann's Fairfax courtroom is loveable and vulnerable. There is the precocious threeyear-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 12year-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



News Fairfax CASA Helps Abused, Neglected Children

Judge of Fairfax County's

Relations Court, swears in

appointed special advocate

(CASA) volunteers during a

ceremony at the Jennings

Judicial Center in Fairfax

on Feb. 21.

Juvenile and Domestic

the 2012 class of court-

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 nineyear-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



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 website 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 swearingin 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."

4 ♦ Vienna/Oakton Connection ♦ March 7-13, 2012

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OPINION Reenacting a Dark History?

Turning back the clock in Richmond.

ho 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 week-end.

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."

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Protecting Residents in Tax, Road Debates

BY GERALD E. CONNOLLY

U.S. Rep. (D-11)

ongress finally has acted to ensure payroll tax relief for 170 million individuals and families through the rest of 2012. This additional tax relief is critical for maintaining the momentum of the economic recovery, and Northern Virginians will realize an average savings of \$2,000 per household.

As part of that legislation, unemployment benefits will be extended for 2.3 million Americans. That action alone will boost GDP by 1 percent, which is significant in the current economic climate. Though our regional unemployment rate is about half of the national average, we still have thousands of our neighbors who are struggling to find work, and these benefits offer a vital lifeline to keep them and their families afloat during tight times.

In addition, the bill recently passed by Congress will preserve

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Commentary

access to affordable health care for 48 million seniors by preventing a scheduled cut in the Medicare reimbursement rate for their doctors.

As you know, Congress has been debating these issues for the past several months and just before the New Year enacted a short-term extension. While I have consistently supported extending tax relief and benefits for seniors and the unemployed, I have strongly objected to the way in which federal employees have been singled out to pay for certain provisions in this bill.

It will increase the out-of-pocket retirement costs for newly-hired federal employees by 300 percent. It is not fair to ask only one group of Americans to bear the burden of reducing our nation's deficit. Of course, such actions fall disproportionately on our community, which is home to the third largest concentration of federal employees in the nation. Like most Americans, public servants do not object to sharing in the sacrifice, but shared sacrifice should mean shared sacrifice. Already federal employees have contributed \$60 billion to deficit reduction by enduring a 2year pay freeze while no others have been asked to sacrifice.

This is just the latest in a string of assaults on our dedicated public servants. In fact, the major transportation bill now being considered by the House would raise retirement costs on current and future federal employees on top of the increase just adopted. That bill also would reduce their overall retirement benefit by 40 percent. There is no justification for funding portions of our nation's vital transportation infrastructure on the backs of our federal employees, particularly given the fact that the bill will reduce the existing level of federal highway funding for Virginia by \$361 million.

Enough is enough. It is outrageous for the House majority to repeatedly foist a disproportionate burden onto federal employees for funding the very programs and services they provide to our constituents every day. These actions are creating an environment in which few will be interested in public service because the pay and benefits are so far below those in the private sector. Federal pay already lags behind the private sector by 26 percent, according to the Department of Labor, and over the next decade 47 percent of the federal workforce is eligible to retire. How do we expect to protect our borders, our food supply and our seniors, to name just a few, if we continue to hollow out the federal workforce?

Extending tax relief, providing benefits for the unemployed, protecting our seniors and investing in our roads and mass transit systems is the right thing to do, but not at the expense of our neighbors who are being singled out solely because they happen to work for the federal government.

VIENNA/OAKTON CONNECTION & MARCH 7-13, 2012 & 5

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or generations, women throughout the world saved mementos of family passages in humble scrapbooks. Usually, they were photo albums renamed as "scrapbooks." Scrapbooking did not gently morph into the art industry it is today. Rather, it popped out pretty much like a hatchling a decade or so ago. Nowadays, there are aisles in craft stores dedicated to specialty scrapbook paper, stickers, graphics and bindings. There are scrapbooking clubs and events, even a series of murder mysteries cloaked in scrapbooking garb. The Vienna Volunteer Fire Department [VVFD] Auxiliary turns the popular hobby into a semi-annual fundraiser. On Friday and Saturday, March 9 and 10, VVFD's Flame Room hosts scrapbooking workshops and activities, open to the public.

"This is a good opportunity for a mom to focus on creating her album for her family or her children without interruption," said scrabooking chair Lisa Emerson. "For a couple of times a year, these women get to see one another because they've made friends who have the same interests. They're excited to get together and talk about their families and their lives."

Local businesses help support the event, now in its 12th reincarnation, Emerson said. Three vendors, Close to my Heart, Stampin' up and Creative Memories, will sell supplies and give demonstrations throughout the days. Newcomers to the craft are welcome to come and learn techniques.

Every paid participant receives a "goody bag" provided by vendors and local businesses. Each ticket gives the guest a chance to win a door prize valued between \$50 and \$100. Local businesses donated gift cards as raffle prizes.

"The most important thing about this, is that we're raising money for the Vienna Volunteer Fire Department," said Emerson. Last fall, the scrapbooking event raised \$2,000 for VVFD.

The Friday night activities run from 6 p.m. to midnight, and the day-long Saturday workshop runs from 9 a.m. to 9 p.m. The Vienna Volunteer Fire Department station is at the corner of Center and Cherry streets, opposite Waters Field. Free parking available at the fire house.

Early-bird registration is closed but registration fees of \$55 for both days is still open. Fee includes lunch on Saturday.

For more information, see vvfd.org.

— Donna Manz www.ConnectionNewspapers.com



Rotarian Howard Svigals deals at a blackjack table.



Рнотоѕ в Donna Manz The Connectic

Monte Carlo Takes Over Vienna

Chamber of Commerce casino night draws hundreds to Westwood Country Club.

he "glitterati" of the Vienna area and their out-of-town friends came out for Monte Carlo-style fun at Westwood Country Club on March 3. Sponsored by the ViennaTysons Regional Chamber of Commerce, the gala event was the Chamber's annual casino night and taste-of-the-town community party. Tickets included gambling "money," drink coupons, samples from 15 local restaurants, raffle prizes, music, and the opportunity to bid on classy silent auction items. An all-inclusive tour to Costa Rica and a safari in Africa were among the silent auction items.

A gamer's winnings were turned into raffle tickets. The more chips you earned, the greater the number of raffle tickets. Raffle tickets were placed into numbered raffle bags corresponding to the hopedfor wins.

As casino night guest Maris Angolia said, "you can't beat the incredible restaurants, fun gambling, great prizes and, of course, all the wonderful friends we've met across the years."

In honor of Monte Carlo, guests were invited to dress up in their most chi-chi 007-type of clothes. There were gowns, lots of bling, and tuxedos among the guests.

Vienna Town Council members joined the fun, as did Vienna Mayor M. Jane Seeman, Vienna delegate to the General Assembly Mark Keam and U.S. Congressman Gerry Connolly [D-11].

Several hundred guests mingled and played craps, blackjack and slots throughout the evening. A DJ played upbeat classic rock, and participating restaurants offered signature foods from their restaurants, from ethnic to American contemporary and dessert.

"Casino Night is a very special evening for me," said Angolia, CEO of Karin's Florist. "My hus-



U.S. Rep. Gerry Connolly (D-11) and his wife, Catherine "Smitty" Connolly, socialize with friends and constituents at VTRCC's Monte Carlo night.



Del. [D-35th] Mark Keam took out time Saturday to visit with friends and constituents at Casino Night and Tasteof-the-Town, sponsored by the ViennaTysons Regional Chamber of Commerce. With Keam are Maureen and Mike Loftus of Vienna.

band, Mark, and I met at a VTRCC rest is history. That was 15 years brown bag lunch and I was chairing casino night that year. He around it." asked for information about it, I sent it to him, he came and the

ago. We even plan vacations

– Donna Manz



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Wellbeing

Cleaning Up One's Plate

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

hen it comes to healthy eating, Aleducator Chervl andria and Warrenton. "If you're reversal." eating nutrient and fiber rich foods, you're naturally going to be more the junk food as often."

In observance of National Nutrisuggestions for making wise food contribute to obesity and health salt-laden potato chips for potas- a bit more work in the kitchen and sium-packed baked spuds might be a little more grocery money, but the challenging, making positive di- health benefits are tremendous."

BY MARILYN CAMPBELL etary changes is easier than one THE CONNECTION might think, and is worth the effort

"I believe that food is medicine and we can use it as a way to preexandria wellness vent diseases and heal our body," said Mirabella "If we eat foods that Mirabella encourages her clients to are full of nutrients we're going to load up during meals, but she of- give our body everything it needs fers a caveat. "Crowd out your to do what it does naturally. Food plate with good stuff," said can be a very powerful medicine Mirabella who has offices in Alex- in terms of disease prevention and

Begin by simplifying food choices. "The first step is focusing full and more satisfied and there- on what isn't food and then findfore you might not be reaching for ing cleaner options," said Nina Elliot, an Arlington-based personal trainer. "All the additives ... that are tion Month, Mirabella is offering in many of our favorite foods can choices. She and other health ex- challenges.ºReplacing processed perts say that that while trading in foods with whole foods may take



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.

Add fresh fruits and vegetables to each meal. "Vegetables are high it lean. "Ideally with every meal in antioxidants," said Mirabella. and snack, you want to have pro-"Frozen fruits and vegetables are tein," said Mirabella. "For example, an excellent choice too. They are you might have eggs for breakfast affordable and they're nutrient rich and toss in spinach or broccoli and because they've been picked at the a little feta cheese. If you have an peak of their freshness. They^owent apple for a snack you might dip it from the field to the freezer, so the in a little bit of peanut butter so nutrients are locked-in."

Watch for hidden sodium. "Deli meat for example, is highly pro- the apple. Lean cuts of meat are cessed and high in sodium," said Paulette Helman, a registered di- from saturated fat. etician in Potomac, Md. "You're better off baking a chicken breast ments work best. "Making small with a little lemon juice."

Choose whole grains. "Whole overhauling one's diet all at once," grains are healthier than plain, white processed grains," said Jean to lead to the next positive change Glossa, M.D., medical director, Fairfax Community Health Care Net- likely to want to continue improvwork and Molina Healthcare. "The ing ... their diet." closer the food is to the way that it Plan ahead. "Try to eat three came out of the ground and the less meals and two healthy snacks each processed it is the healthier it is. But day," said Mirabella. "That is a that doesn't mean than by switch- great way to keep your blood sugar ing to whole grains you can eat an in balance so you can make unlimited amount of it. Portion size healthier food choices all day is still important."

that you get protein and healthy fat along with carbohydrates from good, but you want to stay away Nutritionists say gradual adjustchanges is more manageable than said Elliot. "[They are] more likely

When it comes to protein, keep

... which means people are [more] long."

www.ConnectionNewspapers.com



Alexandria-based wellness educator Cheryl Mirabella creates a nutrient-dense salad with avocados and spinach. Dieticians recommend eating fiber and antioxidant-rich fruits and vegetables with every meal.





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ENTERTAINMENT

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

WEDNESDAY/MARCH 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.
- **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 irequired. 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 percent of all sales from the Café Bar will be donated to FFCAS. www.facebook.com/events/ 27398201933851/?context=create.

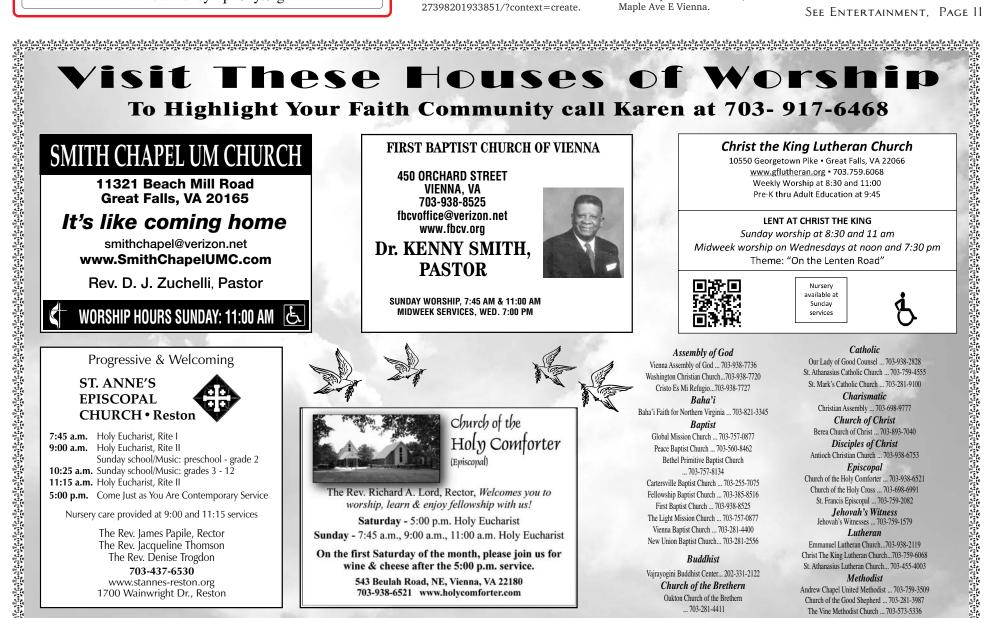


"Echos of the Past," watercolor by Carol Milton. The Vienna Arts Society will mark their fifteenth anniversary with twenty artists "Celebrating the 15th" in the Village Green, 513 Maple Ave. West in Vienna, from March 13 through April 14. 703-319-3220 or www.ViennaArtsSociety.org.

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

See Entertainment, Page II



10 VIENNA/OAKTON CONNECTION & MARCH 7-13, 2012 www.ConnectionNewspapers.com

ENTERTAINMENT

From Page 10

- 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.
- 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. One-on-One Computer Tutoring. 2 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn the basics of the Internet, Word and Excel. Call for an appointment. Adults. 703-242-4020.
- **One-on-One English Practice.** 2 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Call for appointment with an ESL volunteer. Adults. 703-242-4020.
- eBook/eReader Instruction. 7:30 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn about library eBooks and how to access them with your compatible device. Call for appointment. Adults. 703-242-4020.

FRIDAY/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 inline skates (no scooters) and safety equipment. Parents required to stay with their children. 703-255-6360 or www.viennava.
- 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.
- **English Conversation Group.** 10 a.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. English conversation group. Adults. 703-938-0405.
- **Pokemon League.** 3 p.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Learn and play. Age 5-18. 703-938-0405.
- 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

- **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.

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

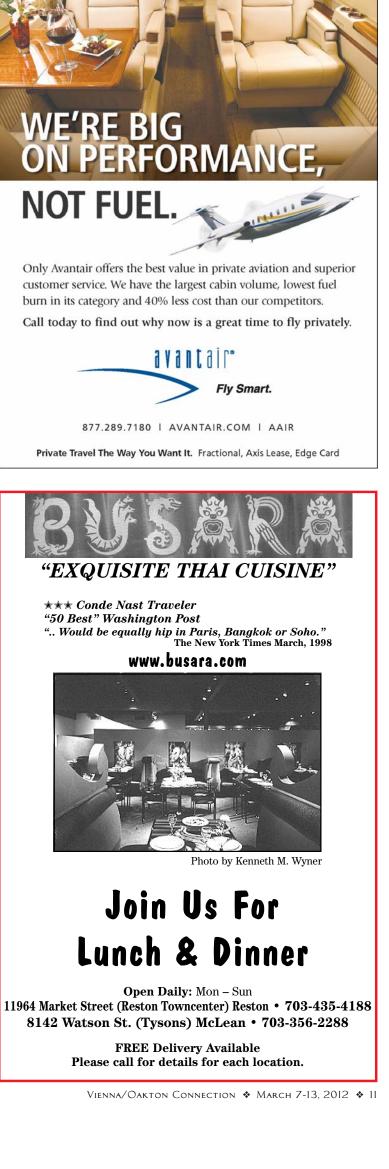
- sale@nvpom.com. **Singer Paula Cole.** 7:30 p.m. The Barns at Wolftrap, 1551 Trap Road, Vienna. \$25. www.wolftrap.org. **Children's Book Sale.** 10 a.m.-5 p.m. City of Fairfax Regional Library, 10360 North St., Fairfax. 703-293-6227.
- "The Phantom Tollbooth." 1 p.m. and 7:30 p.m. The Langley School, 1411 Balls Hill Road McLean. Based on Norton Juster's classic children's book. \$8. www.langleyschool.org. Using Library eBooks and
- eAudioBooks 10 a.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. One-on-one instruction on selecting, checking out and using Fairfax County Public Library eBooks and eAudioBooks available through OverDrive. Call for appointment. Adults. 703-938-0405.
- VITA Tax Assistance. 10 a.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. IRScertified volunteers help taxpayers who earned up to \$50k. Adults. 703-790-8088.

SUNDAY/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
- 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.
- C Walker Road, Great Falls. Traditional Celtic music on guitar, Celtic bouzouki and mandolin. \$15. 703-759-3309 or www.oldbrogue.com.





Sports Cougars Claw Their Way to State Tournament Victory

Oakton gets a big late game basket from Caroline Coyer and pulls away from Monacan in state quarterfinals.

> By Rich Sanders THE CONNECTION

here were less than four minutes remaining in last Friday night's Virginia State AAA girls' basketball quarterfinals playoff game between Oakton High and Monacan High of Richmond. A basket by Monacan had just tied the score and Oakton needed to answer. And who better to answer the call than senior guard Caroline Coyer, one of the region's best all-time players, who has made her share of big baskets in leading the Cougars to state playoff appearances in three of her four high school years.

Coyer, poised with her dribble near the top of the key, made a quick move right than pulled up for an 18-footer which went into the basket to give Oakton a two-point lead with 3 minutes, 48 seconds left to play. The clutch field goal began a 9-0 Oakton scoring spell which clinched the game in a 73-65 Cougars' playoff victory which took place at Robinson Secondary.

"When it gets down to crunch time and you're a senior on the floor, you know you have to make a shot like that," said Cover, who followed her go-ahead basket with a deep three-pointer off the right wing a bit later to give her team a commanding 63-56 advantage with just over two minutes remaining. "You have to have confidence because you've been there for four years."

The win improved Oakton's record to an incredible 29-0 on the season. The Cougars, who earlier last week had captured their third Northern Region tournament crown in four years with a victory over West Springfield at Robinson on Feb. 27, were set to play a state semifinals game versus Woodside High (Newport News) on Wednesday night, March 7 of this week at the Siegel Center on the Virginia Commonwealth University campus in Richmond. A win there would put Oakton into Friday night's state title game.

Coyer, in the win over Monacan (Central Region), scored a game-high 27 points, 15 of those coming in the fourth quarter with the game in the balance. Twin sister Katherine, the region tournament MVP, scored 22 points. The Cougars also received solid scoring contributions from junior center Elizabeth Manner (9 points, game-leading 11 rebounds) and freshman shooting guard Karlie Cronin (6 points, 4 rebounds). Helen Roberts, a junior guard, added five points off the bench and sophomore guard Torri Marquis scored four points. Caroline and Katherine Cover both had eight and seven rebounds, respectively.

MONACAN, with two outstanding senior backcourt players in Gabby Harris (22 points) and Raven Williams (18 points),

12 VIENNA/OAKTON CONNECTION & MARCH 7-13, 2012



Oakton's Caroline Coyer protects the ball in front of the Monacan bench as Chiefs head coach Larry Starr takes in the action.



Elizabeth Manner, going up for a close range shot, gave her team a decisive advantage inside the paint during Friday's state AAA quarterfinals contest played at Robinson. Manner, a junior, scored nine points and had 11 boards.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION



Katherine Coyer scored 12 of her 22 points during the third quarter of the Cougars' win over Monacan.

jumped out in front 11-6 five minutes into the game and had its biggest lead, 17-10, following a conventional three-point play by Williams with 29 seconds remaining in the opening quarter.

But one of the game's key baskets came moments later when Oakton's Roberts nailed a three-pointer off the left wing to get the Cougars within 17-13 before the quarter ended.

That basket by Roberts started an 11-0 Oakton streak which saw coach Fred Priester's team run the court in outstanding fashion and make hard, controlled drives to the basket as Oakton moved ahead 21-17 a few minutes into the second quarter. Caroline Coyer, during that stretch, scored consecutive baskets - a driving close range shot off the left side and a medium range pull-up jumper off the fast break - to put her team ahead 19-17.

Monacan would regain the lead later in the quarter, 24-23, before the Cougars scored six of the first half's final eight points to take a 29-26 lead at the intermission. Katherine Coyer converted two free throws with 19 seconds left to finish the first half scoring.

OAKTON'S ADVANTAGE improved to 32-26 early in the third quarter before the upset-minded Chiefs scored the game's next 10 points to go ahead 36-32. A driving basket off the left side by Katherine Coyer followed by two free throws by Caroline Cover tied the game at 36 nearly halfway through the third quarter.

Moments later, after Monacan took a 38-36 lead, Oakton got back-to-back threepoint baskets from Katherine and Caroline to help the Cougars regain the lead at 42-38 and force a Chief's timeout. Manner, when play resumed, scored on a rebound follow-up after her own miss to make it 44-38.

But, in the back and forth contest, Monacan outscored Oakton 10-2 to go ahead 48-46 before Katherine Coyer, came up with a huge play in the final seconds of the third quarter when she scored off the left side in traffic while being fouled. Her ensuing free throw made it 49-48 Oakton with one quarter to play. Katherine Coyer scored 12 third quarter points.

There were a couple more lead changes over the first four minutes of the fourth quarter before Caroline Coyer's important basket with just under four minutes left broke the 56-56 deadlock and gave the Cougars the lead for good.

Over the game's final three-plus minutes, Oakton converted a perfect 12-of-12 from the foul line. For the game, Caroline was 9of-9 from the line and Katherine made all seven of her tries.

"You really have to buckle down the final few minutes and focus," said Katherine Coyer, of the Cougars' ability to hit big shots, both from the field as well as the foul line, in the game's down stretch. "At the end we knew they would foul us. Elizabeth Manner and Karlie [Cronin] hit big foul shots."

Katherine said Oakton beat a quality team in Monacan.

"They have a lot of real good athletes," she said. "Something you don't always see in the Northern Region or the Concorde District is players who drive the ball to the basket and shoot real well."

Caroline Coyer said Oakton handled the late game pressure well.

"I think that's our experience [as a program]," she said. "We've been in state tournaments before and have the experience of knowing what to do."

It's a sweet feeling for Oakton to be playing in the state tournament after missing out last year as a result of a region tournament semifinals loss to West Springfield the first and only defeat for the Cougars all season.

"It's awesome," said Caroline, of Oakton set to play in the final four in Richmond. "You want to go out on a good note as seniors. But no matter what happens we're going out on a good note."

"It's definitely exciting," added Katherine. "Caroline and I have been in two [state final four's]. It's exciting to go back again but also good to have other teammates go with us this time."

Vienna Girl Scout Wins Silver Award

Girl Scout Alison ("Aly") Luckett, of Vienna, an 8th grader at Kilmer Middle School, has earned the Girl Scouts Silver Award, the highest award that a Scouts cadette can earn. Aly's Silver Take-Action project involved organizing and teaching a hands-on Science Workshop at

Stonegate Village Apartments, a community with diverse students from a variety of socio-economic backgrounds. Reston Interfaith referred Aly to Stonegate. Aly's Science Workshop focused on greenhouse gases. Specifically, Aly guided the elementary-aged students in building their own edible models of some of the greenhouse gases, including carbon dioxide, methane, and nitrous oxide. In addition, Aly explained the impact of greenhouse gases on today's society, handed out educational materials, and suggested additional resources for further study. Afterwards, the students were permitted to eat the gumdrop-and-toothpick models of their newly-made greenhouse gases. Aly has been a Girl Scout for five years. Currently, Aly is a member of Cadette Troop 1012. The Girl Scout Leader of Aly's troop is Nalini Khanna.



Alison ("Aly") Luckett

School Notes

Send school notes to vienna@ connectionnewspapers.com. Deadline is Friday.

Allison Pepper of Vienna has been named to the spring 2011 dean's list at Villanova University College of Liberal Arts and Sciences, Villanova, Pa.

Shilpa Darivemula of Vienna has been named to the spring 2011 dean's list at Union College of Schenectady, N.Y. The James Madison High School graduate is majoring in leadership in medicine.

Marine Corps 1st Lt. **P. Heg** of Vienna has graduated from the Combat Engineer Officer Course at Marine Corps Engineer School, Marine Corps Base, Camp Lejeune, N. C. Heg studied operational and planning skills in engineering related subjects pertaining to mobility, survivability, and general engineering. The 2000 graduate of Oakton High School joined the Marine Corps in July 2001.



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14 VIENNA/OAKTON CONNECTION & MARCH 7-13, 2012



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