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Chocolate Lovers Gather In Fairfax

News, PAGE 2

The annual Chocolate Lovers Festival in Old Town Fairfax featured a number of chocolate deserts from area bakers and chocolatiers from around the region, including: cupcakes, chocolate covered strawberries and much more.

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NEWS

Brittaney Grant-Manning and her sister, Georgia, both enjoy some chocolate covered cotton candy while attending the annual Chocolate Lovers Festival in Old Town Fairfax on Saturday.



Chocolate Lovers Gather in Fairfax



Lyndsey Andray, Megan Cockrell and Ben Culler represent Fairtrade Winds while making chocolate cotton candy during the annual Chocolate Lovers Festival in Old Town Fairfax on Saturday morning.

PHOTOS BY ROBBIE HAMMER/THE CONNECTION

Hundreds of area residents enjoyed the annual two-day Chocolate Lovers Festival in Old Town Fairfax this past weekend, where they had the opportunity to sample some of the best chocolate deserts from area bakers and chocolatiers.



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PHOTO BY BONNIE HOBBS/THE CONNECTION

Members of The Alliance Theatre portray the cast of a summer-repertory company rehearsing for a show.

Alliance Theatre's 'Laughing Stock'

A hilarious look at putting on a show.

BY BONNIE HOBBS
THE CONNECTION

Everything that can go wrong does go wrong in The Alliance Theatre's production of "Laughing Stock." But that's the way it's supposed to be as the local thespians portray members of a theater company putting on three different plays during their summer season.

It's an affectionate glimpse at what it takes to put on a show. And when scenes and characters from "Dracula," "Hamlet" and "Charley's Aunt" accidentally get jumbled together, laugh-out-loud comedy is the result.

"It gives the audience a look into a part of theater they don't get to see," said Director Zina Bleck. "The script is extremely well-written, with wonderful comedy that's absolutely hilarious. The audience will have as much fun as the actors are having on stage."

The cast and crew of nearly 30 have been rehearsing since January, and Bleck says things are going well. "They're a tight-knit team and have gotten to know each other, both on and off stage, and that brings them closer as performers," she explained. "They trust each other enough to take chances on stage, which makes the show more real and interesting for the audience."

And just as art often imitates life, Producer Maggie Swan says the play's about "how the community-theater group

Show Timings
The play will be presented in the Mountain View High School theater, 5775 Spindle Court in Centreville (off

Braddock Road and behind Glory Days Grill). Show times are Friday-Saturday, March 16-17, at 7:30 p.m.; Sunday, March 18, at 2 p.m.; Friday-Saturday, March 23-24, at 7:30 p.m.; and Sunday, March 25, at 2 p.m. Tickets are \$16, adults; \$14, children 12 and under, and senior citizens 65 and over. Go to boxoffice@thealliancetheatre.org/.

you're working with becomes your family. It has all the different personality types – and we can relate to people in our own theater group in this show."

Fair Oaks resident Michelle Ballard plays Kate Conlan, the managing director of The Playhouse in New England, where the summer-repertory shows are being staged. "She's a bit of a theater geek and a numbers cruncher," said Ballard. "She cares less about the personalities that tread the boards than about how well the machinery of the theater troupe functions."

"She makes sure there are enough pencils, the Coke machines are filled, etc.," said Ballard. "But all these logistics become the bane of her existence, and she doesn't miss an opportunity to tell the others how important the minutiae are."

Ballard said the play has "great zingers and one-liners" and will be fun for the audience to watch. "They'll enjoy the debacle of the wannabe actors falling all over themselves," she said. "They'll also like getting a peek behind the scenes at repertory actors – and the comedy that ensues when things go wrong."



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,

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.

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 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-

SEE FAIRFAX CASA. PAGE 5



PHOTO COURTESY OF FAIRFAX COUNTY

Board of Supervisors Chairman Sharon Bulova (center), accepts a \$280,000 check from Bill Hanbury (next to the chairman, on her left), President of the United Way of the National Capital Area. Front row, from: Marcia DiTrapani, Herndon-Reston FISH, Inc.; Krista Osterthaler, The National Capital Poison Center; Jaime Farrant, Ayuda; Carol Loftur-Thun, The Women’s Center; Joel Bedknoski, Alzheimer’s Family Day Center; Kimberly Jappell, NOVAM; Elizabeth Doherty, KEEN Greater DC; United Way Fairfax Regional Council Co-Chair Paul Taffe of Wells Fargo; United Way Regional Council member Jeff Lear of Lear Communications; and Jim Shelton of Orange Panda.

Nonprofits Awarded United Way Grants

23 local organizations receive more than \$280K to continue work.

The United Way of the National Capital Area (United Way NCA) awarded 27 grants totaling \$288,013 to 23 local nonprofits during the Fairfax County Board of Supervisors meeting Tuesday, March 6.

The funds were raised through designations to the Fairfax/Falls Church Community Impact Fund in United Way NCA’s annual workplace giving campaign. Each of the grants directly addresses United Way NCA’s focus areas of education, health and financial stability.

“United Way’s Community Impact Fund has served thousands of Fairfax County residents by helping to provide essential services to those fighting to survive,” said Paul Taffe, United Way NCA’s Fairfax Regional Council Co-Chair. “As the region continues to struggle with slow economic recovery, there are an unprecedented number of people and families facing hunger, homelessness and the most difficult of life challenges.”

David Hunn, President and CEO of The SkillSource Group, said the Vienna workforce development company will use its grant to expand the Ticket to Work program by hiring a part-time job-developer who will serve as an advocate and employment placement coordinator for disabled job-seekers enrolled in the program.

“The job developer will work to match the skills and interest of our adult job seekers with private sector employees throughout Fairfax County,” Hunn said.

Another grantee was the Northern Virginia Dental Clinic, which provides oral health care to low-income residents age 18 or older.

Oral health care for adults is not a mandated service under the Virginia Medicaid program, so a significant number of the adult population who are very close to the poverty level do not typically have access to dental care.

“Being awarded a Community Impact Fund grant assists the clinic with operating expenses, such as materials and staffing,” said Thomas Wilson, the clinic’s executive director.

“The contributions from the Fairfax/Falls Church community demonstrate a commitment to joining together to ensure that programs in education, health and financial stability can continue their essential work,” said Bill Hanbury, President and CEO of United Way NCA. “Each of the Community Impact Fund grants will have an immediate and positive impact on each of these vital organizations.”

For more information about United Way of the National Capital Area, visit www.unitedwaynca.org.

— VICTORIA ROSS

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AREA ROUNDUPS

Students Robbed Inside Fairfax Townhouse

Police responded to a burglary of an occupied dwelling around 11 p.m. Tuesday, March 6 in the 4800 block of Carriage Park Road. Five GMU students were studying, playing video games and chatting when they saw two men with guns yelling at them and demanding their money and valuables.

The suspects ran throughout the home; the victims complied with demands and no one was injured. The thieves stole electronics and other items.

Police were called and arrived within minutes of the report. A K9 and the FCPD helicopter responded to the area as well but no apprehensions were made.

The suspects are described as black, around 20 years old and 6 feet tall. Both wore masks and dark clothing.

Anyone with information is asked to contact Crime Solvers by phone at 1-866-411-TIPS/8477, e-mail at www.fairfaxcrimesolvers.org or text "TIP187" plus your message to CRIMES/274637 or call Fairfax County Police at 703-691-2131.

Smoke Alarms, Escape Plans

This Saturday, March 10, from 9 a.m. to noon, firefighters will canvass homes in selected neighborhoods throughout Fairfax County, checking for working smoke alarms. They'll also provide family escape plans in case of a fire. It's part of the nationwide "Install. Inspect. Protect" campaign

that emphasizes that smoke alarms save lives. According to authorities, more than 3,000 people in the U.S. die in home fires each year; most of these fatalities occur in homes without a working smoke alarm.

Green Breakfast Is Saturday

The 55th annual Green Breakfast will be held Saturday, March 10, from 8:30-10 a.m., at Brion's Grille in Fairfax. Residents may learn about the Fairfax County Public Schools' Get2 Green program, spearheaded by Elaine Tholen, an FCPS environmental educator. She's helping the school system act on the concept of "no child left inside" and the importance of connecting children with the outdoors and promoting environmental stewardship. She also co-founded NoVA Outside, a regional network of environmental educators.

Spring Forward One Hour

Daylight Saving Time starts this Sunday, March 11, at 2 a.m. So before going to bed, Saturday night, be sure to turn those clocks, recording devices and watches ahead one hour. (And don't forget) those clocks on the microwave and in the car.

Park Authority to Meet

The Fairfax County Park Authority will meet Wednesday, March 14, at 7:30 p.m., in the Herrity
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MARCH 2ND – MARCH 18TH, 2012

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Fairfax CASA Helps Children

FROM PAGE 3

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.

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.



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.



From left, Pam Jones of Fairfax and Pat Casciato of Reston are longtime CASA volunteers and often recruit friends to volunteer. Both agree tenacity and a thick skin are essential for successful volunteers.

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.

"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 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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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 inva-

sive 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,

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Why We Voted Against the Budgets

BY DAVID MARSDEN
STATE SENATOR (D-41)



David Marsden

There has been much written this past week about Democrats voting down the Senate and House budgets. The Washington Post and other writers seem to think that this is the end of the world as we know it. Under both Mark Warner and Time Kaine we had budgets that were not completed until June and May respectively. Why? Because those budgets did not accomplish what many members of the General Assembly, both Republican and Democrat, wanted for the people they represent.

So why did we vote against the budgets at this stage of the process? The answer is twofold.

First, Virginia chose an evenly split Senate, 20 Democrats and 20 Republicans. The Senate budget is better than the House budget for

my constituents, but better does not mean good. I was elected to fight for things that my constituents elected me to stand for. To this end I have used the only leverage I have, which is the budget, to do that which I was hired to do. Did you want someone to go to Richmond and roll over and play dead? This is our state and I will not stop fighting for a budget that will strengthen our economy, create jobs and take care of our most vulnerable citizens. These budgets fall short.

I have worked closely and productively with Republicans on a myriad of issues this year. But a budget that takes 4500 seniors off of Medicaid, gives \$25 million in private school vouchers to families making 70K per year, or transfers

general funds from schools to transportation. What upsets me even more is that the Governor reneged on a promise to introduce a sustainable source of transportation funding into the budget. I was told that if I voted for his transportation bond acceleration package last year he would solve our long term transportation funding problem. He did zero. (By the way, when his representative asked what transportation earmark I wanted for my district to get my vote I told him no! I am not going to circumvent the lawful role of the Commonwealth Transportation Board in distributing transportation funds. Politics should not enter into those decisions. Earmarks are wrong!)

Second, if Republicans had observed the existing Rules of the Senate when we convened this session they would have been in charge and we would have had some level of parity with them as we are evenly split. They are in

charge because the Lieutenant Governor can break the tie votes. I understand that. But with parity, we would have been in position on committees to kill the right wing bills that have made Virginia a national laughingstock and severely damaged our image. Best State for business? Not for long. Best managed State? That's heading south. Best State to raise a child for future success and happiness? A soon to be memory if we keep pulling resources out of schools. Yes, it was hard to be taken off of committees as parity was written out of the rules that we honored when we were in charge. But to think we are killing the budget out of petulance is ridiculous. Everyone uses the rules to fight for what they believe in. That is all we are doing.

We will get a budget this year. But I will not vote for it until we fix the problems and the ill advised process that Republicans have created. We have the time and I have the resolve. Let's get it right.

OBITUARY

Larry Schuster Sr., Sharon Bulova's Father, Dies

Lawrence "Larry" K. Schuster Sr. was born in Baltimore on May 24, 1922. During World War II he served as a Marine Corps Tech Sgt. in the Pacific Theatre, where he fought on Okinawa, Saipan and Iwo Jima. In 1946 he married Mary Suzanne "Sue" Knox.

The Larry Schuster family lived in Pikesville, Md., until his retirement from Champion Paper Company in the 1980s. Before settling in Dumfries, Va., he spent several years exploring the country with his wife in an RV he called "The Hog" and then enjoying a home on a canal in South Bethany Beach, Del.

Schuster, who passed away on March 1, 2012, at Mary Washington Hospital in Fredericksburg, loved the ocean and

spent many years of his life at Ocean City, Md., and Bethany Beach, Del.

He is survived by his four children: Sharon Bulova, Marmie Schuster-Walker, Georgeanne Koss, and Larry Schuster Jr., who all reside in Northern Virginia, six grandchildren and six great grandchildren.

A service was planned for 8:30 a.m. on Monday, March 5 at Mountcastle Funeral Home in Dale City, to be followed by a 10 a.m. gravesite service at Quantico National Cemetery.

Schuster's favorite charity was the Marine Corps Toys for Tots program. Donations can be made on their website at www.toysfortots.org.

A Great Dad Dies

Sharon Bulova's eulogy for her father.

Our dad, Lawrence K. Schuster Sr., was known by a number of names. When we were children we called him "Daddy," and later "Dad" or "Pops." To some of his grandchildren he was known as "PePa."

But the name I think is sweetest is the name he was called by my brother Larry's children, Joyce and "Little Larry." They called him Grandfather Ocean.

So many of our favorite family memories revolve around Dad and our experiences at the Atlantic Ocean: Manasquan, Long Branch and Asbury Park in New Jersey; Ocean City, Md.; Bethany Beach and Fenwick Island in Delaware. Vintage family photos feature us splayed out across beach blankets trying to get a tan on our freckled skin, eating mom's baked chicken from a picnic basket, or romping in the surf.

Marmie and I remember racing excitedly across the sand to show Dad the jellyfish we had caught, thinking it was something that could be cooked up and eaten later.

We all have fond memories of Dad, of PePa, of Grandfather Ocean, taking us out into the "deep water" clinging to his arms and shoulders while he showed us how to ride the waves. He was tall and strong and powerfully built and he could maneuver us through the water like a tugboat.

Dad was a great swimmer and some of his best stories were about his teen age years when he tended bar (sub-legally) at his uncle's boardwalk saloon in Ocean City at night and worked as a lifeguard during the days. He once described being out with his friends and trying to ride the waves during a hurricane. He paddled out into the surf to catch a "big one," only to look down from atop the crest to see nothing below him but sand. Somehow Dad survived intact, although

with sand wedged in every imaginable crevice.

DAD'S OTHER BEST STORIES were about the years he served in the Marine Corps. During World War II, Dad served in the Pacific Theatre. It's a miracle that any of us even exist because as a young Marine, Dad survived the deadly engagements of Okinawa, Saipan and Iwo Jima. Unlike some veterans, Dad liked to recount stories about his years as a Marine.

My favorite was about his coming ashore in Okinawa. When night fell after a day of heavy fire, Dad and his buddies had not had time to dig a fox hole, so they found a mound to curl up on. They sat up for most of the night talking quietly, smoking and flicking their cigarette butts out onto the sand. When they woke up the next morning, they discovered to their horror that mound was a pile of napalm.

It wasn't until I was an adult that I learned I was named after a town on the Island of Saipan called "Charon" or "Charon Konoa." Dad thought the name was beautiful and vowed that if he "ever got out of this alive and had a daughter", he would name her (me) Charon – or, as it turned out "Sharon".

Dad first met mom just after the war ended. My grandmother operated the first pre-school and private kindergarten in Baltimore and mom was a pre-school teacher there. Dad was dating mom's friend, Janet. Mom described standing at an upstairs window with her mother, "Gammy." They both looked down in time to see Dad – all dressed up in his Marine Corps uniform – arrive on the playground to greet Janet. Gammy was smitten, and gasped "Oh my god, Sue! Look at that!"

They were married on Thanksgiving Day 1946 and began their family the next year.

Our father was a great Dad. Just a few favorite memories:

Every Christmas Eve and into the morning he would stay up all night long putting up the tree and trimming it – every ball and piece

of tinsel JUST RIGHT – so that we could be treated to a magical scene as we raced down to the club cellar to open our presents.

Georgie remembers going skiing with her friends in Pennsylvania when their car broke down. It was late at night and no one dared to call their parents except for Georgie. Dad drove all the way from Baltimore into the hills of Pennsylvania to bring everyone home safely and then went back to have the car fixed.

Marmie remembers putting a book in her underpants to cushion the spanking Dad was about to give her after the two of us almost set fire to the basement of our house on Milford Mill Road in Pikesville. He laughed so hard he was unable to complete the punishment.

Larry remembers, although it wasn't funny at the time, accidentally jumping through our bay window on Streamwood Drive in Pikesville and running as fast as he could with Dad chasing after him hollering "You have to come home some time!!!"

And of course he did. Larry came home to enjoy the family cookouts in our back yard with hot dogs and hamburgers and later steaks cooked on Dad's barbecue set that doubled for a red and black train engine.

MANY OF OUR MEMORIES involve food and drink. It was Dad who stuffed, cooked and carved the turkey on Thanksgiving and Christmas. It was Dad who made the perfect Whiskey Sour and Bloody Mary. It was Dad and our Uncle Allen who invented one of our family's signature dishes, Madicelli.

We will miss you, Dad. You made us happy. You made us feel safe. Around you we built family traditions and a joyful appreciation for each other and those who have joined and touched our family. Thank you.

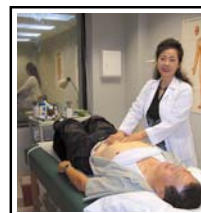
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All listings due by Tuesday at 3 P.M.

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 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."

Watch for hidden sodium. "Deli meat for example, is highly processed and high in sodium," said Paulette Helman, a registered dietician in Potomac, Md. "You're better off baking a chicken breast with a little lemon juice."

Choose whole grains. "Whole grains are healthier than plain, white processed grains," said Jean Glossa, M.D., medical director, Fairfax Community Health Care Network and Molina Healthcare. "The closer the food is to the way that it came out of the ground and the less processed it is the healthier it is. But that doesn't mean than by switching to whole grains you

can eat an unlimited amount of it. Portion size is still important."

When it comes to protein, keep it lean. "Ideally with every meal and snack, you want to have protein," said

"I believe that food is medicine and we can use it as a way to prevent diseases and heal our body. 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."

— Cheryl Mirabella



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

Mirabella. "For example, you might have eggs for breakfast and toss in spinach or broccoli and a little feta cheese. If you have an apple for a snack you might dip it in a little bit of peanut butter so that you get protein and healthy fat along with carbohydrates from the apple. Lean cuts of meat are good, but you want to stay away from saturated fat."

Nutritionists say gradual adjustments work best. "Making small changes is more manageable than overhauling one's diet all at once," 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."

Law Updates. 12 p.m. Fairfax City Hall Meeting Room A & B, 10455 Armstrong St., Fairfax. Bring lunch. Congress has provided several incentives for businesses to receive credits or depreciate equipment at a higher rate. There are many new procedures that businesses should be aware of in order to prepare for the 2012 filing season. 703-591-2450.

SATURDAY/MARCH 24
Empowering Young Men of Color to Prepare For A Successful Future. 8:30 a.m.-3 p.m. Flint Hill School, 10409 Academic Drive, Oakton. A symposium for minority males of middle and high school age sponsored by the Fairfax County Alumnae Chapter of Delta Sigma Theta Sorority, Inc., in support of EMBODI (Empowering Males to Build Opportunities for Developing Independence), designed to address challenges that African-American males regularly encounter. Topics include money management, peer pressure, domestic violence, importance of education, conflict

SATURDAY/MARCH 21
The Mechanics of Alzheimer's Disease. 1:30 p.m. Alzheimer's Family Day Center, 2812 Old Lee Highway, Suite 210, Fairfax. Discussion will include the disease process and tests that can diagnose and assess progression. Free. Reserve at 703-204-4664.
Central Fairfax Chamber of Commerce Lunch & Learn: Tax

Government Center, rooms 2 & 3, 12000 Government Center Parkway, Fairfax. The new online Fairfax County human resource guide, food security and access to affordable and nutritious food and the online DFS food stamp application process. 703-324-3453 or ekosarin@casafairfax.org.
Fostercare Training Session. 9 a.m.-5 p.m. Special Foster Care Program of Northern Virginia Family Service, 10455 White Granite Drive, Oakton. First of three training sessions for individuals and couples willing to provide nurture and a loving home for children and youth in need of respite or foster care. Register at 571-478-2557 or www.nvfs.org/fostercare.

THURSDAY/MARCH 15
Shepherd's Center of Fairfax-Burke: Lunch N' Life. 12 p.m. Lord of Life Lutheran Church, 5114 Twinbrook Road, Fairfax. For age 50 and up. "Sharks!" with Juliet Eilperin, Washington Post reporter and author of Demon Fish- Travels through the Hidden World of Sharks. \$8. Reserve at 703-323-4788 or www.fairfax-burkesc.org.
Lunch Bunch. 12 p.m. Café Ima, 10645-B Braddock Road, Fairfax. Italian Heritage Lodge (OSIA) members and guests get together monthly for informal social event, no lodge business conducted. Reserve at 703-354-2454 or www.italianheritagelodge.org.

MONDAY/MARCH 12
Breaking into Feature Film Writing. 7 p.m. Truro Church, 10520 Main St., Fairfax. Screenwriter Linda Davis will talk about pitching, networking, and marketing to Hollywood. www.ccwriters.org or 703-803-9447.

WEDNESDAY/MARCH 14
Faith Communities in Action House of Worship Network Meeting. 2 p.m. Fairfax County

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SUNDAY/MARCH 25

Burke Historical Society General Meeting. 4 p.m. Lutheran Church of the Abiding Presence, 6304 Lee Chapel Road, Burke. Irma Clifton will speak about the local history of the women's suffrage movement. slawski_brian@yahoo.com.

Edison Boys Enjoy Wonderful Breakthrough Season

Region runner-up Eagles fall to Petersburg at state quarterfinals.

BY RICH SANDERS
THE CONNECTION

In the end, it proved to be one of the best seasons in the history of the Edison High boys' basketball program. The Eagles, part of the less-heralded National District, were not one of the teams most Northern Region hoops followers were taking seriously at the start of the 16-team regional playoffs.

Perhaps coaches and players within the National District saw it coming, but others throughout the region did not necessarily consider Edison to be one of the teams which would make a strong run at the region title. But that is exactly what happened.

EDISON'S IMPROBABLE breakthrough season came to an end last Friday night at the Siegel Center in Richmond where the Eagles, under head coach Terry Henderson, lost their Virginia State AAA quarterfinals round playoff game to Petersburg High (Central Region), 68-61. With the loss, Edison concluded the season with a 19-10 record.

Edison, at the recent region tournament, had reached the championship game before losing to Westfield, 62-49, on Feb. 27 at Robinson Secondary. Even so, the Eagles, by having made it to the region title game, qualified for the eight-team state tournament field. The fact that Edison lost its final two games of the season - to Westfield and then to Petersburg - hardly diminishes what the team accomplished over the course of the winter season.

IN THE REGION FINALS, Westfield was going up against a red-hot Edison squad which had struggled early in the season with records of 1-3 and 4-5 before turning it on and ultimately capturing its district tournament title with a 63-54 finals win over Washington-Lee on Feb. 16. The Eagles had reached the district tournament finals with wins over Falls Church, 72-47, and Yorktown, 64-52.

In the district title game win over the Generals, Edison's Tyrone Mackall scored 24 points and teammate Matt Murphy contributed 14 in a game in which W-L nearly came back from a 43-23 deficit after three quarters. Despite being outscored by 11 points in the final quarter, the Eagles held on to capture the district crown, giving them plenty of momentum going into the following week's region tournament.

At regionals, the high flying Eagles defeated Herndon, Langley, and Fairfax, the latter win over the Rebels coming in overtime, to reach the meeting with Westfield. Edison, going into the championship, was carrying an eight-game win streak.

BUT WHILE THE UNDERDOG Edison team had proven its merit by reaching the region championship, the Eagles were not able to defeat a defensive-minded Westfield squad known for its strength both inside and outside of the paint.

In the championship game, Edison trailed Westfield, 22-21, at the intermission. But the Bulldogs, leading 24-23 early in the third quarter, then broke the game open with a game-defining 18-4 stretch over the final six-and-a-half minutes of the quarter.

Westfield senior forward Quentin Basil was the Bulldogs' key player in the quarter. After Edison got within 30-25 on a steal and breakaway layup by Mackall, Basil began a 10-0 Westfield spurt by nailing consecutive three-point shots from the left corner.



PHOTOS BY CRAIG STERBUTZEL/CENTRE VIEW

Edison High sophomore guard Chief Amoah goes up for two of his seven points in the Eagles' Northern Region tournament finals game versus Westfield on Feb. 27 at Robinson Secondary.

"Quentin hit some big shots," said Westfield center Zach Elcano, of the back-to-back treys which gave Westfield momentum it never lost.

Edison trailed 42-27 going into the final quarter and was never seriously in the game after that. The Eagles did get as close as 50-43 on a free throw by Marcus Brunsey with 2:18 left to play. But Westfield baskets by senior guard Mark Gibson and Basil, the latter score by Basil - a two-handed dunk shot off a drive from the left side - making the score 54-43 and bringing the loudest roar of the night from the Westfield faithful on hand. The game was well in hand at that point.

EDISON HAD TWO players named to All-Northern Region Tournament Team - big

man Murphy and guard/forward Mackall, who led Edison with 17 points in the championship. Edison, as a team, earned the region tournament Sportsmanship Award.

Westfield's Elcano, the 6-foot-11 inch pivot player, scored 17 points in the title game and earned tournament MVP honors. Basil (16 points, 7 rebounds) and Gibson (10 points) also made the seven-member All-Tournament Team.

In Edison's state playoff game against Petersburg on Friday, three Edison players - Mackall (19 points, 11 rebounds), Chief Amoah (16 points), and Murphy (10 points, 8 rebounds) - scored in double figures. Brunsey added eight points for the Eagles, who led 19-16 after one quarter, trailed 34-29 at halftime, and were behind 50-42 after three quarters.



Edison head coach Terry Henderson, talking to his squad during the region title game, led the Eagles to the National District crown, the region finals, and a trip to the state AAA playoffs this season.

AREA ROUNDUPS

FROM PAGE 4

Building, 12055 Government Center Parkway, Suite 900 in Fairfax. Call Judy Pedersen at 703-324-8662.

Race and Help Save Lives

On Saturday, March 24, at the Fairfax Corner Shopping Center, Rogue Racers and Rev3 Adventures will hold the Rev3 Run Rogue 5K, with proceeds going to Life with Cancer [www.http://lifewithcancer.org/](http://lifewithcancer.org/) and the National Brain Tumor Society <http://www.braintumor.org/>.

It's a fun, family-oriented event where participants may walk or run a USATF-certified 5K course at 8:30 a.m., or participate in a 1K kids' fun run at 8 a.m., before the main event. Cash prizes will be given to the top three male and female finishers, and the first-place winners will also receive coupons for a free pair of Brooks shoes. There'll also be age-group awards and over-40 cash prizes. Sign up at http://www.runrogue5k.com/Run_Rogue_5K/Race_Info.html.

Free Cab Rides on St. Patrick's Day

Free cab rides will be offered to would-be drunk drivers throughout Fairfax County on Saturday, March 17, St. Patrick's Day.

Offered by the nonprofit Washington Regional Alcohol Program (WRAP), the St. Patty's Day SoberRide program will be in operation beginning at 6 p.m. on Saturday, March 17 and continue until 6 a.m. the following day as a way to keep local roads safe from impaired drivers during this traditionally high-risk holiday.

During this 12-hour period, area residents celebrating with alcohol may call the toll-free SoberRide phone number 1 - 800 - 200 - TAXI and be afforded a no-cost (up to a \$ 30 fare), safe way home.

AT&T wireless customers can dial # - TAXI for the same service. Local taxicab companies throughout the Washington-metropolitan area provide this no-cost service to local residents age 21 and older who otherwise may have attempted to drive home after drinking.

For more information, visit www.soberride.com.

Our Daily Bread Sponsors Art Contest

Fairfax-based charity Our Daily Bread is sponsoring an art contest to create the design for its 2012 Complete the Circle Community Event and Food Drive this October. Artists of all ages are invited to create an image that will be turned into a "living picture" by community members and photographed by Art for the Sky artist Daniel Dancer to raise awareness about hunger and need in the Fairfax County area. The artwork should convey Our Daily Bread's mission to "empower the community to help our neighbors maintain self-sufficiency." There is a \$10 submission fee and the artist who creates the winning design will receive a \$200 cash prize. Submissions are due to Our Daily Bread by March 30. For contest rules and to view the 2011 Complete the Circle design and resulting photo, visit www.odbfairfax.org.

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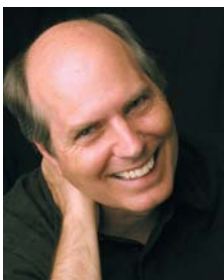
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CALENDAR

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

THURSDAY/MARCH 8

Fairfax Art League Reception. 7-9 p.m. Old Town Hall, Second Floor Gallery, 3999 University Drive, Fairfax. Fine art photographs, paintings and works by members of the Fairfax Art League, on exhibit March 2-April 4. www.FairfaxArtLeague.net.

FRIDAY/MARCH 9

Bonita Lestina Performance Series: Irish Breakfast Band. 8 p.m. Old Town Hall, 3999 University Drive, Fairfax. Traditional Celtic music. Free admission. 703-352-2787 or www.fairfaxarts.org. www.irishbreakfastband.com.

Sing Me Insomnia and Foreversforever (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.

Friends of the Library Book Sale. 10 a.m. Burke Centre Library, 5935 Freds Oak Road, Burke. 703-249-1520.

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

SATURDAY/MARCH 10

Concerts from Kirkwood: Gypsy Soul. 3 p.m. Kirkwood Presbyterian Church 8336 Carrleigh Parkway, Springfield. Spanish popular songs harmonized by Federico Garcia Lorca. With mezzosoprano Ada Lis Jimena and pianist Fabian Faccio. Free, donations accepted. 703-451-5320 or www.kirkwoodpres.com.

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.

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

Friends of the Library Book Sale. 10 a.m. Burke Centre Library, 5935 Freds Oak Road, Burke. 703-249-1520.

Children's Book Sale. 10 a.m.-5 p.m. City of Fairfax Regional Library, 10360 North St., Fairfax. 703-293-6227.

All You Can Eat Spaghetti Dinner & Silent Auction. 5-8 p.m. Clifton Presbyterian Church, 12748 Richards Lane, Clifton. Spaghetti, Caesar salad, garlic bread, antipasto bar, tiramisu and cannoli. Silent auction. \$6.50-\$9. gina.david@verizon.net.

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

Books: The Magic Is Real! 1:30 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. Magician Joe Romano brings books to life through the art of magic and illusion. All ages. 703-978-5600.

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.

Arlington Rose Foundation Expert David Maxwell. 2 p.m. Merrifield Garden Center at Fair Oaks, 12101 Lee Highway Fairfax. "Spring into Big, Beautiful, Bountiful Blooms". Free. Light refreshments. Door prize. 703-371-9351.

Fairfax Symphony Orchestra 49th Annual Dorothy Farnham Feuer String Competition Finals. 2 p.m. Providence Presbyterian Church, 9019 Little River Turnpike, Fairfax. Featuring 11 finalists in grades 8 through 12 from Northern Virginia. Free, reception to follow. 703-563-1990 or www.fairfaxsymphony.org.

Domestic Service in the Gilded Age South. 2 p.m. Fairfax Museum and Visitor Center, 10209 Main St., Fairfax. Kathy Alcaine, Manager of Historical Tours and Interpretation for Maymont Foundation in Richmond, will discuss the lives of a predominantly African American labor corps that worked as cooks, maids, laundresses, nursemaids, butlers, and chauffeurs. Free. 703-385-8414.

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.

Springtime Tales. 10:30 a.m. Kings Park Library, 9000 Burke Lake Road, Burke. Stories and fun about spring. Age 3-5 with adult. 703-978-5600.

If Pigs Could Fly. 2:30 p.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Blue Sky Puppet Theatre. All ages. Register each family member that will attend. 703-644-7333.

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.

Paws to Read. 4 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. Practice reading with Ralph, a

The 5th Annual Positive Aging Fair: Tools for Creative Aging will be on Thursday, March 22 from 8:30 a.m.-3:30 p.m. at the Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. The keynote speaker will be Judith Martin (Miss Manners), and the event will include workshops, vendors, lunch, door prizes and more. \$18. All welcome. www.jccnv.org.

trained therapy dog. Register for a 15-minute session. Age 6-12 with adult. 703-978-5600.

Let's Hear It For The Girls. 7 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. All girls book discussion group. Moon Over Manifest by Clare Vanderpool. Age 9-12 with adult female. 703-978-5600.

Daytime Book Discussion Group. 1 p.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Sarah's Key by Tatiana de Rosnay. Adults. 703-644-7333.

eBooks: Drop-in Clinic. 7 p.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. How to access eBooks through your public library. Several devices will be demonstrated or bring your own ereader, tablet, or mobile device. Adults. 703-644-7333.

WEDNESDAY/MARCH 14

Drew Holcomb and The Neighbors and Nathan Angelo. 8 p.m. Jammin' Java, 227 Maple Ave E Vienna. www.jamminjava.com.

The Dirty Pints. 6 p.m. The Auld Shebeen Restaurant and Pub, 3971 Chain Bridge Road, Fairfax. Live Irish music. www.theauldshebeenva.com.

The Irish Rovers. 8 p.m. The Barns at Wolftrap, 1551 Trap Road, Vienna. Traditional Celtic folk\$35. www.wolftrap.org.

Science Stories: Rocks, Rock. 11 a.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Stories and experiments about rocks. Bring a favorite rock to share. Age 3-5 with adult. 703-249-1520.

Library and Home Genealogy Resources. 2 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. Learn about online genealogy resources available at your local branch and from home. Adults. 703-978-5600.

Bedtime Stories: By the Light of the Moon. 7 p.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Stories, songs, and activities about the night sky. Age 3-6 with adult. 703-644-7333.

THURSDAY/MARCH 15

Friday Morning Music Club. 11 a.m. Old Town Hall, 3999 University Drive, Fairfax. Free admission. 703-352-2787 or www.fairfaxarts.org.

Darrell Scott and Grace Pettis. 7:30 p.m. Jammin' Java, 227 Maple Ave E Vienna. www.jamminjava.com.

50th Anniversary of the Vietnam War Commemoration. 7:30 p.m. Neighbor's Restaurant, 262D Cedar Lane, Cedar Lane Shopping Center, Vienna. Richard Williams of the USA Vietnam War Commemoration Commission will discuss the nation's program to honor all who served in the Vietnam War at the meeting of Chapter 227, Vietnam Veterans of America Inc. The general public and all veterans are invited. Free admission. 703-255-0353 or www.vva227.org.



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21 Announcements

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Pelican Seafood of Annandale, LLC trading as Pelican Seafood of Annandale, 7327 Little River Turnpike, Annandale, VA 22003. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL for a Wine and Beer on Premises license to sell or manufacture alcoholic beverages. Hua Ouyang, owner; Kuang Li, owner. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

21 Announcements

LEGAL NOTICE

The following store will be holding a public auction on 3/22/12 starting at 12 Noon

Storage Mart 1851
11325 Lee Highway
Fairfax, Va, 22030


Unit 1119 - Eun Ji Kim - tables, night stand, dvd player

I'am a slow walker,
but I never walk back.
-Abraham Lincoln

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26 Antiques

We pay top \$ for antique furniture and mid-century Danish/modern teak furniture, STERLING, MEN'S WATCHES, jewelry and costume jewelry, paintings/art glass/clocks. Schefer Antiques @ 703-241-0790. Email: theschefer@cox.net

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21 Announcements



BRANCH OUT

Reach new customers when you advertise through Virginia Press Services' STATEWIDE DISPLAY AD NETWORK!

Place your business card-size ad in more than 65 statewide newspapers and your message will reach more than 500,000 Virginians.

CONTACT THIS NEWSPAPER or Adriane Long, Virginia Press Services, 804-521-7585 or adriane1@vpa.net.

21 Announcements

Are you 16-24 years old?

Get free training for a new career

Call the Admissions Office in your area:
Richmond 804-340-5540 - Norfolk 757-466-3202 - Alexandria 703-671-5300
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21 Announcements

Help for people with Macular Degeneration

Find out if special glasses can help you see better.

Call for a FREE phone consultation with Dr. Armstrong, Optometrist offices located throughout Virginia.

(866) 321-2030
Dr. David L. Armstrong LowVisionHelp.blogspot.com



28 Yard Sales

MULTI-FAMILY

Fairfax Station - HUGE KIDS' SALE **250+ consignors** Sat March 10 8-2 Quality clothing, toys, infant items, furn & more! Half price sale 12-2 Fast check-out - VISA, MC & checks w/ID. No personal strollers allowed. Christ Church 8285 Glen Eagles Lane, 703-690-3401, www.christchurchva.org

21 Announcements

LEGAL NOTICE

MainStreet Bank, 727 Elden Street, Herndon, VA 20170 intends to apply to the Federal Reserve Board for permission to establish a branch at 10089 Fairfax Boulevard, Fairfax, VA 22030.

The Federal Reserve considers a number of factors in deciding whether to approve the application including the record of performance of applicant banks in helping to meet local credit needs. You are invited to submit comments in writing on this application to the Federal Reserve Bank of Richmond, P.O. Box 27622, Richmond, VA 23261. The comment period will not end before March 29, 2012. The Board's procedures for processing applications may be found at 12 C.F.R. Part 262. Procedures for processing protested applications may be found at 12 C.F.R. 262.25. To obtain a copy of the Federal Reserve Board's procedures, or if you need more information about how to submit your comments on the application, contact Adam M. Drimer, Assistant Vice President, at (804) 697-8980. The Federal Reserve will consider your comments and any request for a public meeting or formal hearing on the application if they are received in writing by the Reserve Bank on or before the last day of the comment period.

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Fairfax Station
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Springfield
\$459,000
Terrific 3 BR, 3 BA brick ramblers on spacious wooded lot with screened porch & patio! Gorgeous remodeled Kitchen and updated MBA & Hall BA! New light fixtures throughout, gorgeous Hardwood floors & w/o LL w rec rm, den & full BA.

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Alexandria/Beverly Hills \$519,900
Terrific buying opportunity in Beverly Hills! Single family home with 2 bedrooms, 1 bath, 3 levels, and one car garage. Hardwood floors. Sunporch. Rear patio. Wonderful deep yard – great for expansion! Fabulous location.



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703-503-1885

judys@longandfoster.com
www.JudysHomeTeam.com



Arlington
\$240,000
Great location near Shirlington, Old Town, DC * 2 levels * 2 bedrms & 1 bath * Fireplace in living rm * Kitchen/dining rm opens to balcony overlooking trees * New neutral paint & carpet.
Call Judy 703.503.1885



Woodbridge \$249,900
Brick ramblers on .74 acre lot * Wood floors * Enclosed porch * 4 bedrms & 3 baths * Fireplace in living rm * Finished walk-out basement * Oversized garage with extra driveway parking
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David Levent

703-338-1388

davidshomes@lnf.com

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Fairfax \$1,300,000
Gorgeous 6 Bedroom, 7 Full, 2 Half Bath Home on .8 acre lot. Everything Top of the Line. Gourmet Kitchen. Each Bedroom has Full Bath & Walk In Closet. Main Level Master BR with Luxury Master Bath. MUCH MORE!

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Rental near Historic Clifton \$3,000/mo.
Beautifully remodeled 4 BR, 2.5 BA on 5 gorgeous acres near historic Clifton. Hardwood floors, gourmet eat-in kitchen with center island, Corian counter tops and tile floor. Custom lighting fixtures. Mud room/laundry room with new front-load washer and dryer on main level. Spacious outdoor deck.



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Woodbridge \$389,900
Excellent location, Fantastic Home! For commute to Ft Belvoir or Quantico or Pentagon, many nearby commuting options including Bus, VRE, Car Pool lots near 395. 4 BR, 2.5 BA, 2 Car gar, Gas cooking, FF etc. The renovations are SPECTACULAR. Come and see the pizzazz bathroom with heated tile floor for starters. Spacious Rooms, Fenced Back Yard on a quiet cul-de-sac. What a beauty!!
Call Kay for a special appointment: 703-503-1860

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Clifton \$574,900
Room to room in this all brick ramblers on 5 of the prettiest acres in Clifton! Four upper level bedrooms, 3 baths, 2 car garage! Refinished hardwoods on main level! NO HOA – 3 outbuildings for your hobbies! Waiting for a new owner to add their special touches – it is priced to sell! Sought after Union Mill ES, Robinson School District. Call Marsha to see!



CRS, Associate Broker
Life Member, NVAR Multi-Million Dollar Sales Club
Life Member, NVAR TOP PRODUCERS
Ann Witherspoon
703-503-1836
ann.witherspoon@longandfoster.com



BURKE CENTRE \$524,900
UPDATED, with side-loading garage in Burke Centre & ready to move into – Close to all amenities – ALL NEW BATHS! New Anderson High Efficiency Windows (2009) – New Roof (2010) – year yard partially fenced – Hardwoods in foyer & family room, new carpet & paint throughout, plus MUCH, MUCH MORE! – Call or Email ANN WITHERSPOON for your private showing.



Sheila Adams

703-503-1895

Life Member, NVAR Multi-Million Dollar Sales Club
Life Member, NVAR TOP PRODUCERS



Fairfax \$559,900
This lovely home welcomes you to beautiful Fairfax Club Estates where quiet neighborhood charm meets treed lined streets and this lovely home awaits you.
Stunning Colonial featuring 4 nice size Bedrooms, 2 1/2 Baths, Hardwood Floors on main level, Updated Kitchen and Baths, New windows, and much more.
Sheila Adams 703-503-1895



Mary Hovland
703-946-1775
Cathy DeLoach
571-276-9421
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Fairfax \$499,000
One level living at its Best! This Ramblers has it all – updated eat-in kitchen with 42" cabinets & silestone, updated baths, hardwood flooring, new carpeting and fabulous family room addition. Freshly painted throughout with decorator touches! Close to VRE, Metrobus & top-tier schools!

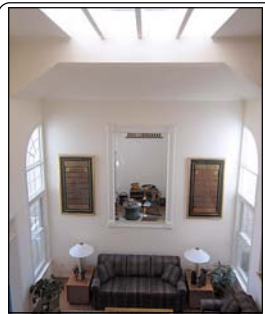
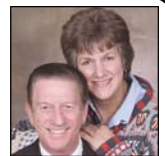
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Vienna \$825,000
Stunning Architectural Elements
Quality construction and decorator inspired updates combine in this 4 BR, 4.5 BA home. Open floor plan with dramatic light from windows and skylights. Kit w/SS appl. and Granite! Finished LL. Call soon!



Richard Esposito

703-503-4035

Richard@LNF.com

Service is the difference I provide



Fairfax Station \$995,000
This stunning colonial has over 5,000 sq. ft on 3 levels. It has 5 BR's 4.5 BA's and sits on 5 wooded acres. The spacious rooms are highlighted by the breath-taking views. One that must be seen!
Richard Esposito 703-503-4035

ELLIE WESTER

703-503-1880

L&F Founder's Club

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ellie.wester@longandfoster.com



Fairfax Station \$795,000
Space, space and more space! Beautiful Berry built home in SOUTH RUN! Updated and renovated throughout, kitchen and bathrooms redone – vaulted ceilings, study/main level bedroom with full bath. In addition to 5 bedrooms and 4 full baths, the walkout basement is fully finished. Multiple decks, treed fenced rear lot, and 2 car garage!

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