

CONNECTION NEWSPAPERS

2011 AWARDS

FROM

VIRGINIA PRESS ASSOCIATION

MARYLAND/DELAWARE/DC PRESS ASSOCIATION

PART 5

Great Falls CONNECTION



ALEX McVEIGH
First Place in In-Depth Or Investigative Reporting

Members of “No to Brightview” picket along Colvin Run Road May 15. The group is trying to stop a 57,000 square foot assisted living facility from being built along Colvin Run Road, citing concerns of lost property value and additional noise and traffic.

PHOTOS BY
ALEX McVEIGH/
THE CONNECTION



Neighbors Say ‘No to Brightview’

Neighbors protest proposed facility, public meeting set for June 1.

BY ALEX McVEIGH
THE CONNECTION

When Suresh Pandellapalli moved to Great Falls in 2008, he thought he knew what he was getting into. He purchased a house that borders a zoned commercial property on the northwest side. But what he didn't count on was a possible 57,000 square foot assisted living facility containing 90 rooms as his new neighbor.

“We knew what was next to us when we came, it was zoned C-8, so we were expecting maybe an office park,” he said. “But this is something that's changing the rules in the middle of the game.”

“When I went to the hearing, I was surprised to hear how far along the whole process was.”

— Suresh Pandellapalli

The proposed Brightview Senior Living building would be located at the site where Thelma's Ice Cream once stood on Colvin Run Road. The 3.6-acre property has only 1.1 acres zoned for commercial development, meaning the developers need to seek a special exception from the county to build the facility. The remaining land is designated residential.

For a special exception to be granted, according to the Fairfax County Zoning Ordinance, there must be a “demonstrated need for the proposed location, in the location, at the time and in the configuration proposed. Such consideration shall take into account alternative facilities and/or services in existence.”

Many residents say that there is no demon-

Community Meeting Set

Supervisor John Foust (D-Dranesville) has called for a community meeting where residents can learn about the special exception process and voice their opinions on the proposed Brightview Facility. The meeting will take place Wednesday, June 1 at 7:30 p.m. at the Great Falls Library.

Members of Brightview will make a presentation and county staff will be on hand to answer questions about other possible uses of the land.

strated need, since the facility will not be subsidized other than the required four percent, and would charge residents between \$4,000 and \$6,000 a month.

“The comprehensive plan says they must demonstrate a need for the facility, but we don't think they've done that,” said Wendell Van Lare, who lives nearby. “There are probably half a dozen of these places within a five mile radius, and we're always getting ads about how they're looking for new residents.”

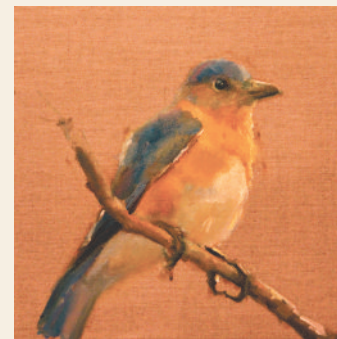
THE FAIRFAX COUNTY PLANNING COMMISSION voted May 11 to recommend approval of the facility. The final decision rests with the Fairfax County Board of Supervisors, and there is a public meeting scheduled for June 1 at the Great Falls Library to allow the community to hear more information and express their opinions.

Many residents who live around the property are against the facility, fearing it will bring down their property values and create noise and more traffic that comes with a facility that's open 24 hours a day, seven days a week.

“It changes the character of the neighborhood,” said Joe Sartiano, a nearby resident who has helped organize efforts to combat the facility. “As much work that is done in this community that is about preserving the rural nature of Great Falls, this seems to fly in the face of what Great Falls is all about.”

Sartiano and others have started a petition against the proposed facility, and they have already gotten more than 250 signatures. Members of the “No to Brightview” group estimate that almost 80 percent of the people they've approached about the facility say they had no idea that the facility was coming.

“I didn't find out about it until I saw a board posted about a public hearing,” Pandellapalli said. “When I went to the hearing, I was surprised to hear how far along the whole process was.”



‘Blue’ is an oil painting on linen by Great Falls Studios painter Jill Banks. It depicts the eastern bluebird, the new bird symbol of Great Falls.



The bluebird is a spring symbol in this painting by painter Linda Wilcox of Great Falls Studios.

Eastern Bluebird Elected Official Great Falls Symbol

Just 10 votes separate the top four candidates in a ‘battle of the birds.’

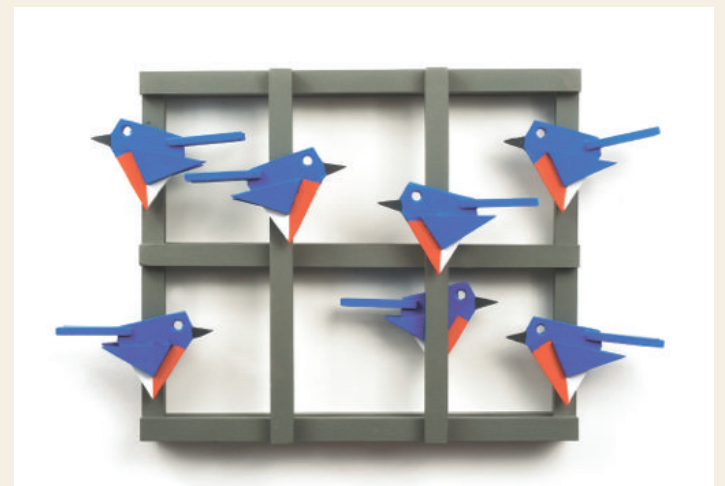
The eastern bluebird, a colorful songbird known for its melodious vocalizations and for its comeback from a disastrous population decline, was voted the official town symbol of Great Falls, narrowly beating out six other avian candidates in an election that concluded May 15. The bluebird won by just one vote.

During more than four months of related art exhibitions and other activities, residents cast almost 1,400 votes online and at Great Falls events as well as at special elections at Forestville and Great Falls elementary schools. The election, known as “Vote 2011: Wings Across Great Falls,” was part of a community-wide celebration of parks, wildlife and human creativity sponsored by the local arts group Great Falls Stu-

dios and the National Audubon Society, together with the two schools and eight other local civic organizations or other groups.

In a surprising photo finish, the bluebird received 256 votes, or 18.5 percent of the total 1,387 votes cast. It squeaked by the second place pileated woodpecker (255 votes) by a single vote and the third place great blue heron (254 votes) by just two votes. The red-shouldered hawk was fourth (246 votes) followed by the American goldfinch (209 votes). Sixth place went to the ruby-throated hummingbird (138 votes), with the wild turkey in last place (27 votes). There were also a handful of write-in votes, with support for the black-capped chickadee and turkey vulture,

SEE BLUEBIRD, PAGE 7



‘Seven bluebirds’ is a wood relief by Jonathan Fisher, a sculptor in the Great Falls group. Many art media were represented in various bird art exhibits during the election.



PHOTO GALLERY!

"Me and My Dad"

To honor dad on Father's Day, send us your favorite snapshots of you with your dad and The Connection will publish them in our Father's Day issue. Be sure to include some information about what's going on in the photo, plus your name and phone number and town of residence. To e-mail digital photos, send to:

greatfalls@connectionnewspapers.com

Or to mail photo prints, send to:

The Great Falls Connection, "Me and My Dad Photo Gallery,"
1606 King St., Alexandria, VA 22314

Photo prints will be returned to you if you include a stamped, self-addressed envelope, but please don't send us anything irreplaceable.

NEWS

Andrew Teeters, development director with Shelter Development, presents information about the proposed Brightview senior assisted living facility on Colvin Run Road during a public meeting at the Great Falls Library June 1.



PHOTO BY ALEX McVEIGH/THE CONNECTION

Brightview Back to Drawing Board?

Proposed senior living facility on Colvin Run Road to undergo redesign after community response.

BY ALEX McVEIGH
THE CONNECTION

The proposed Brightview assisted living facility on Colvin Run Road is back to the drawing board after a June 1 meeting at the Great Falls Library. Dozens of community members came out to voice their opposition, saying the facility would be a poor long-term solution for the former Thelma's Place property.

The facility as originally proposed would have been a 90-unit, 57,000 square foot building on the 3.56-acre property. Since only 1.44 acres of the lot is zoned commercial and the rest residential, a Special Exception from Fairfax County would have been needed.

The Brightview facility was approved by the Great Falls Citizens Association after a year of working with the developers because they said they felt comfortable with the concessions Brightview was making.

"If the facility had been on fully residential property, the chances the GFCA would have approved it is very small," said Dianne Van Volkenburg, chair of the GFCA's Land-Use and Zoning Committee. "But the developer worked with us and met several conditions that we were able to set because of the Special Exception."

The Fairfax County Planning Commission voted May 11 to recommend approval of the exception, but neighbors say the design would reduce property values and ruin the rural nature of Great Falls.

AS A RESULT of the June 1 meeting, Van Volkenburg said she went back to the developers the next day and asked them to look at redesign options for the facility. The goals for the redesign are for the facility to possibly: fit entirely on the commercial portion of the property, reduce the number of beds in the facility and adjust the design of the building so it fits in better with the surroundings.

Van Volkenburg said at this time it is too early to figure out how, if at all, the developers will be able to meet those conditions, but they have agreed to go back to the design phase. The Board of Supervisors originally planned to vote on the Special Exception June 21, but Supervisor John Foust (D-Dranesville) said he has postponed the decision until the developer comes back with a more acceptable design.

Andrew Teeters, development director with Shelter Development, who have built 22 Brightview facilities around the area, said they have already taken steps to mitigate the impact for neighbors.

"We stepped the building down to one story on Colvin Run Road to help preserve the historic view shed," Teeters said. "We've also used multi-layered

screening on the north and west side of the property, which borders the residents, with tall evergreens, a six-foot high fence and deciduous trees that should help shield light and noise from spilling onto adjacent properties."

Shelter has also agreed to make sure all deliveries and trash pickups are done between 7 a.m. and 7 p.m. to reduce disturbance to residents as much as possible. Still, residents say giving an exception for a facility as large as the proposed Brightview is a mistake.

"There seems to be plenty of places around that are more affordable, and this just sets a bad precedent," said Tina Cobb of Great Falls.

OPPONENTS of the facility say the precedent could encourage other developers to seek Special Exceptions.

"Allowing a Special Exception sets a bad precedent, so developers can set their sights on other similar properties, and count on the Special Exception going through," said Joe Sartiano, who lives nearby. "We're trying to maintain the low-density rural character of one small part of Great Falls, but on a macro level, we're trying to prevent it all around Great Falls."

By right, the current property owners can construct a 26,000 square foot building with up to 126 parking spots. Joan Barnes, co-chair of the GFCA's Transportation Committee said it was estimated that an office building would generate three times the traffic of the Brightview facility.

"I think Brightview is the best we can do if we don't know what Plan B is. I think it's in our best interest to get the best looking building we can on that property," said Wayne Foley, a member of the GFCA Board. "This is one of the last large pieces of land in Great Falls that we can have some say over."

Foley said he had been attending meetings about Brightview since April 2010, because of his experience working with split-zoned properties. He said most people who came to the meetings over the past year were in support of the facility, and only recently did the GFCA become aware of the growing discontent.

"Had we had this input back then, the GFCA would have made a different decision," Foley said.

Some feel that with senior facilities located nearby in Herndon and Reston, the Brightview facility is unnecessary.

"There's a dementia facility on Route 7 that is only 20 percent full, and here we're talking about putting in a facility to compete with a building that's only one-fifth full," said Mike Pahner, who lives in the Colvin Run Historic District.

Teeters says neighboring facilities were taken into account when selecting the location of the facility, and that "we've identified what we feel is a significant need for senior living in Fairfax County, particularly in Great Falls."

Foust said that the Board of Supervisors public hearing will be postponed to at least July 26, but that the redesign from Shelter could take longer than that.

Regain Arm Movement Again

Stroke Survivors are Invited to a Free Screening Event

If you have limited use of your arm due to a stroke or other neurological condition, Myomo may be able to help. Myomo's cutting edge neuro-robotic arm brace was developed at MIT. It works with the body's own biological signals to re-teach the brain how to move the arm again and has been clinically proven effective in patients from 2 days to 21 years post stroke. Screenings will be conducted in a private environment with an experienced Myomo Certified Physical Therapist.

Friday, June 17, 2011

Appointments available from 10 am - 3 pm

Hilton Garden Inn
8301 Boone Blvd
Vienna, VA 22182

To reserve a private no-cost, no-obligation screening, contact Micaela at 617 444-9341 or micaela@myomo.com

Myomo mPower 1000 is a neuro-robotic device for restoring movement to impaired arms after stroke. The Myomo system is being used by patients in the home and in leading rehabilitation facilities such as, Colombia and Cornell Hospital, The Cleveland Clinic and Palomar Medical Center.



What some survivors have said about Myomo:

"I have regained arm motion and am able to care for my yard again" Bill

"Myomo has fine tuned my skills enough to be able to write again" Lori

"Before I used Myomo I did not even have the ability to open doors" Maggie

To learn more from these and other survivors visit www.myomo.com

myomo
my own motion

One Broadway, 14th Floor, Cambridge, MA 02142 1-877-736-9666

Myomo is FDA cleared for use in clinical and home settings.
For more information, visit www.myomo.com.

NEWS

Battling Over Brightview

Residents debate merits of proposed assisted living facility.

BY ALEX McVEIGH
THE CONNECTION

Supporters and opponents of the proposed Brightview Assisted Living Home turned out to voice their opinions Thursday, July 21, at a public forum at Forestville Elementary School. The Fairfax County Board of Supervisors will vote July 26 on whether or not to grant Shelter, Inc. a special exception for the facility, which would be located on Colvin Run Road, at the site of the former Thelma's.

The 3.56-acre property only has 1.44 acres zoned commercial, meaning the exception would be needed for Brightview to be built on the property. After dozens of residents expressed their concern with the design at a June 1 meeting in Great Falls, Shelter was asked to redesign the building to assuage residents' concerns.

THE REDESIGN includes a reduction of 5,000 square feet on the residentially zoned portion of the property, a 36 percent reduction from the originally proposed 57,000 square feet. The facility would have a maximum of 94 residents.

"We told Brightview to go back, get the facility off the [residential], contain it to the [commercial], make the facility smaller and reduce the number of beds," said Joe Sartiano, a Great Falls resident who spoke at the meeting on behalf of the No To Brightview group. "Brightview told us, 'we heard you loud and clear, we heard the citizens of Great Falls loud and clear.' Based on what they're showing, they only met one of the three conditions, they made it smaller by 5,000 square feet."

Sartiano and his group, which has collected approximately 250 signatures of residents against the facility, say that the facility as currently designed will reduce property values around the facility, doesn't fit with the rural nature of Great Falls and doesn't fill a demonstrated need within the community.

Andrew Teeters, development director with Shelter, said there are "compelling demographics"



Michael Yu, who lives on the property next to the proposed Brightview Assisted Living Facility, shows a photo of the view from his property as it is currently, and what it could look like if the facility goes in. Yu was one of dozens of community members that spoke at a public meeting on Brightview at Forestville Elementary Thursday, July 21.

which led to the company selecting Great Falls.

"The facilities draw people from a radius of about three to five miles," he said. "We focus on the 75-plus age demographic, and our typical market has 5,000 people, there are 5,800 in this area."

John Ulfelder of the Great Falls Citizens Association says that, despite what the No To Brightview group claims, granting a special exception will not violate the Comprehensive Plan. He said Brightview could be compared to facilities like schools and churches that are also built on residential property in Great Falls, and were able to do so via special exception.

"This particular application falls into a category called quasi-public uses.

Also in that category are churches, schools, museums, childcare centers, these are the

private uses that fall in the same category," he said. "All currently operating assisted living facilities in Fairfax County are required to get a special exception."

Dianne Van Volkenburg, co-chair of the GFCA's Land Use and Transportation Committee, said they approved of Brightview because it allowed them to dictate certain conditions in the development that they wouldn't be able to if an exception wasn't needed. She said that the facility's low traffic use will cause much less of an impact than a proposed office park on the property.

"The Fairfax County Department of Transportation and Virginia Department of Transportation were mandating that this road be widened. They were mandating full curb and gutter. They were mandating removal of the trail and

SEE DIVIDED, PAGE 7

PET CONNECTION

Fish Folly

BY MELODEE
BOOS
GREAT FALLS

"We've got a winner," the Carny shouted. And that's how the Boos family became the proud owners of two goldfish. I admit it, I'm a sucker for carnivals, especially the games. We always end up carting home several stuffed animals and schlocky dollar-type toys that never to be seen again. However, at our last carnival my 7-year-old daughters won two goldfish.

I have a history with carnival fish. It's a short one (usually about two days). I figured that our current fish

would follow that same mournful fate. I figured wrong. Here's one of my missteps, I let the girls name the fish (Bubble and Swimmy). Once they had names, it was all over. I think it's the naming process that helps create that special feeling of tenderness. It separates the fish that the girls and I catch at Riverbend Park from the fish that are pets. I mean if we saw a floating fish in the Potomac, there would be no tears or angst, but woe to the parent that must explain the floating fish in a bowl.

Two weeks passed and we still had two very lively fish. Frankly, I hadn't believed it was possible. Maybe it was the fact that the girls included their fish (by name) in their nightly prayers. Whatever the case, the fish were living, and thriving in the free fish bowl that the Carny provided. It's about the size of a half a loaf of bread.

Unfortunately, during the second week, one of the fish started turning black. Normally, I would let nature take its course, but I

felt like I needed to make some effort for little Bubble (there's that name again). So the girls



Gloria Boos, 7, and her fish — Bubble.



Rose Boos, 7, and her fish — Swimmy.

and I headed to the pet store. I planned to buy a snail or a plant, drop it in the bowl and call it a day. But oh no, it's not that easy — it never is! Apparently for every inch of goldfish, you need a certain amount of water; otherwise the fish get bacteria on their scales. Who would have thought? Obviously, I hadn't. So where does that leave the Boos household? With two fish, each of which needed a much bigger environment. Although I was skeptical, we still walked away with two fish tanks (see pictures). Notice how small the fish are compared to the tank.

The story does have a happy ending (so far). Three days after the pet store adventure, Bubble's scales cleared right up. So our girls have been the proud owners of two carnival goldfish for over a month and counting. According to the pet store salesperson, once the fish get larger, we'll need to get larger tanks. At that point, my story could be published in Miraculous Tales.

PHOTOS CONTRIBUTED

FAITH NOTES

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

Laura Romstedt will be a guest vocalist at Antioch Christian Church, 1860 Beulah Road in Vienna, on Sunday, July 31 at 10 a.m.

Romstedt is assistant director of the Mosaic Harmony and a featured soloist. www.antiochdoc.org or 703-938-6753.

The Church of the Good Shepherd, a United Methodist church at 2351 Hunter Mill Road in Vienna, will begin its "Champions of the Faith" series on Sunday, Aug. 28, in the 10 a.m. worship service. The "Champion the Dream" event will be on the anniversary of Dr. Martin Luther King Jr.'s 1963 "I Have a Dream" speech, the same day the Martin Luther King Jr. National Memorial is to be unveiled. Wesley Theological Seminary Professor of Urban Ministry Fred D. Smith, PhD, will

lead the 9 a.m. Sunday school class then deliver a sermon at 10 a.m. on the "Beloved Community," the Biblical theme adopted by the civil rights movement. www.GoodShepherdVA.com.

Epiphany United Methodist Church, 1014 Country Club Drive in Vienna, will celebrate its 50th anniversary with a special worship service on Sunday, Sept. 25 at 11 a.m. www.epiphanyumc.com or 703-938-3494.

Divided Over Brightview

FROM PAGE 3

a concrete sidewalk, things that this community generally does not want," she said. "Fairfax County has determined that this application will not cause noise or light levels that will potentially devalue property."

RESIDENTS WHO SPOKE at the meeting were divided. Wendell Van Lare, vice president of the nearby Colvin Meadows Estates Homeowners Association, says his organization is strongly opposed to the Brightview Facility.

"Great Falls is the only community I know of that does not permit multi-family housing, and my family came here because we wanted this," he said. "They want

to bring in an assisted living facility when there's one right across the street that's in fact called Great Falls Assisted Living. Allowing this to happen is contrary to the community we live in and want to maintain."

Bob Lundegard, who has been volunteering at Colvin Run Mill for more than 10 years and served with the Friends of Colvin Run Mill, says the board has been following the development since its inception, and likes what it will add to the community. He also worked with the GFCA's senior committee to conduct a poll of local seniors and what their needs might be.

"Many of these people are in places that are too large, the lots

are too large, they're unable to take care of them. They're looking for alternatives, both unassisted and assisted alternative housing," he said. "This proposal fits into that need."

Elizabeth Watson, who has lived in Great Falls since 1986, says she is not opposed to the idea of an assisted living facility in Great Falls, but thinks the location would isolate the residents from most of the community.

"Put it down near the library, put it down where there's a school they can walk to, put it down where there's shopping so they're not basically warehoused at the end of Colvin Run," she said. "To me, this is just in the wrong place at the wrong time."

Maplewood Grill

Serving Our Neighbors and Friends for Over 26 Years



Try Our
Pork B&BQue Ribs
Beer-Can Chicken



Next to the New Fresh Market

703-281-0070

132 Branch Road., S.E. • Vienna, VA
Visit www.maplewoodgrill.com for Specials

Open During Mall Construction!



VETERANS OF FOREIGN WARS

McLean VFW Post 8241

"Come Serve Our Veterans with Us"
McLean, Great Falls, Tysons & Vienna

- Veterans Service Programs
- Post & Community Social Events
- Membership Campaign
- Crab&Corn Feast -13 Aug/9 Sep

Hall Rental: 150 Capacity with Full Kitchen and Bar

McLean VFW Post 8241
1051 Spring Hill Road
McLean, VA 22102
703-821-2609
703-883-9250

Visit Our Website at
vfwmclean.webs.com

or email us at
vfwmclean8241@aol.com

Some remodelers give out free pens. We give out something more valuable. Free knowledge.

DON'T REMODEL YOUR HOME UNTIL YOU HAVE ALL THE INFORMATION YOU NEED.

Kitchen and Bath Seminar

Find inspiration for your kitchen or bath remodel. Explore the latest design trends and the three levels of remodeling, see examples of what others are doing, learn how to prepare for your remodel, and gain a better understanding of budgeting.

Saturday August 6th
from 10:30am to 12:30pm

Thos. Somerville Company:
6535 Arlington Boulevard,
Falls Church, VA 22042

and
Case Bethesda Office:
4701 Sangamore Rd.,
North Plaza Suite 40
Bethesda, MD 20816

Saturday August 13th
from 2:00pm to 4:00pm

PNC Bank
4749 Sangamore Road, Bethesda, MD 20816

A catered lunch will be provided, but hurry because space is limited, so reserve your spot today.

The Seminar is FREE. To RSVP please visit
casesdesign.com/seminar or call 703-667-7397.



CASE
DESIGN/REMODELING, INC.

Sponsored in part by:

THE BOLD LOOK
OF KOHLER

STERLING



DENTAL
HEALTH & WELLNESS

Great Falls



Dr. Juan Loza & Dr. Jose Loza

0% Financing

FREE For First 25 New Patients *
Take-Home (A \$550 Value)
Whitening

We File All Insurances for You!

Spring Cleaning? Call to schedule
your appointment today.

Loza Dental 25 years practicing family
and cosmetic Dentistry

WE TREAT YOU LIKE FAMILY
703-759-3011

Open Monday — Friday. Early hours available.
737 Walker Road, Suite 6, Great Falls, VA 22066





PHOTO BY ALEX MCVEIGH/THE CONNECTION

The Fairfax County Board of Supervisors unanimously approved a special exception that allows a 52,000 square foot assisted living facility to be built on this property, located on Colvin Run Road.

Brightview Goes Through

Board of Supervisors grants special exception for 52,000 square foot facility.

BY ALEX MCVEIGH
THE CONNECTION

After more than 18 months of planning, negotiating, protests and public meetings, the Fairfax County Board of Supervisors unanimously approved the special exception for the proposed Brightview Assisted Living facility July 26.

The property, located at the site of the former Thelma's on Colvin Run Road, is split zoned, with 1.44 acres zoned commercial and 2.12 zoned residential. The special exception was needed to build parts of the 52,000 square foot facility on the residential portion.

Supervisor John Foust (D-Dranesville) said he was prepared to defer the decision if any new information came to light at the July 26 public hearing.

"We have worked very, very hard to hear from everyone on this. The bottom line is that there are issues, I understand how strongly people feel about those issues, but we have had a chance to consider and evaluate them," he said. "Even after the Planning Commission unanimously recommended approval, I took the unusual step of scheduling two very well attended public meetings... Since the assisted living facility was first proposed, the applicant has made a significant number of revisions and agreed to numerous development conditions requested by the [Great Falls Citizens Association] and members of the community."

FOUST CALLED the facility an "appropriate transitional use from the Colvin Run/Walker Road area to the residential uses outside that area. The low intensity and visual appearance of the proposed use is

beneficial to this community. I also find that it is in harmony with the general purpose and intent of the applicable zoning district regulations. In fact, this proposal is a vast improvement over the development that could occur on this site by right, with no input from the community, no review by this board and none of the many development conditions that are proposed."

Almost 30 people testified before the board of supervisors, with a little more than half of the comments not in favor of the development.

Kathleen Murphy, president of the Great Falls Historical Society, said it took a "long time to figure out" how she felt about the issue.

"It violates the culture of Great Falls," she said. "Colvin Run as a community is suffering, and actually needs the commercial activity at that site as a contribution."

Suresh Pandellapalli lives in the house that borders the northwest section of the proposed facility's property.

"Before we purchased our property, I was aware that the neighboring property was split zoned... I was confident that the county would keep the trust I bestowed on it, and preserve the [residential] part of the property for residential use, but I was sadly mistaken," he said. "The special exceptions are going to negatively impact my way of life, privacy and value of my property."

Joe Sartiano, who headed the No To Brightview group, which collected hundreds of community signatures from those who are against the facility, says he believes the supervisors' decision was inevitable.

"I think this was a done deal the second it got to the GFCA," Sartiano said. "And now we've got an artificial injection of an almost 53,000 square foot facility in Great Falls."

DIANNE VAN VOLKENBURG, co-chair of the GFCA's Land Use and Zoning committee, says she has worked with the applicant since April 2010, and

SEE SUPERVISORS, PAGE 12



PHOTO BY ROBIN KENT

Art juror Joanne Bauer, a bird authority who is also Exhibitions Manager of the Greater Reston Art Center, poses with the winning artwork she selected in a Great Falls competition to pick a bluebird painting to hang in the library. The winning artist was Jennifer Duncan.

Eastern Bluebirds Judged In Art Contest at Library

Painting of new village symbol wins top honors, will hang in library.

Great Falls artists submitted 17 paintings or photographs of the eastern bluebird last week as part of an art competition associated with the election of the species as the new bird symbol of Great Falls. The winning artist was Jennifer Duncan.

Duncan's painting, called "Backyard Blues," is acrylic mixed-media on paper and depicts two of the birds near a nest box. "Mixed media" refers to non-paint components in the work, including collage, graphite and a wax crayon called coran d'ache. "I wanted to create a colorful rendition of bluebirds in the backyard," she said.

As the winner, Duncan receives a prize of \$500 from the arts group Great Falls Studios. Framing of the piece will be provided as a donation by Turner Framing, a frame shop at 125-J Seneca Road at Georgetown Pike. The piece will be presented to the library by Great Falls Studios in a ceremony in September. After going on display for a month at Turner Framing, it will hang permanently in the library.

The competition was judged by Joanne Bauer, Exhibitions Manager of the Greater Reston Arts Center (GRACE). Bauer was an ideal juror because she

knows both birds and art. In addition to her key role at one of the region's better-known arts groups, Bauer leads bird walks and monitors bluebird trails in Reston for a Virginia-based bluebird society. She picked Duncan's painting in part because of the joy and exuberance of the work, qualities she associates with bluebirds.

The election of a village symbol took place on line and was accompanied by various art and photo exhibitions earlier this year. This celebration of art, wildlife and parks in the village was organized by Great Falls Studios in partnership with the National Audubon Society, plus eight other local organizations and Forestville and Great Falls elementary schools.

In the election, the bluebird edged out the pileated woodpecker by a single vote. The other candidates were the American goldfinch, great blue heron, red shouldered hawk, ruby-throated hummingbird and wild turkey.

Duncan is one of 100 artist members of Great Falls Studios and paints in the Artists' Atelier, a group studio of 15 artists located near Dante Restaurant. Her works have been shown widely across the DC area.

BULLETIN BOARD

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

MONDAY/AUG. 8

Concussion Prevention Workshop.

1 p.m. Inova Fairfax Hospital, 3300 Gallows Road, Falls Church. With former WWE wrestler Chris Nowinski, known in the wrestling world as "Chris Harvard," co-founder of the Sports Legacy Institute. This free workshop is geared toward coaches, healthcare personnel, athletic trainers and parents, and will

help participants gain information and learn skills in the detection, management and prevention of concussions. Register at www.surveymonkey.com/s/QT6SV53. 804-864-7738.

WEDNESDAY/AUG. 10

Virginia Chronic Pain Support

Group Meeting. 1:30 p.m. at Kaplan Center for Integrative Medicine, 6829 Elm St., Suite 300, McLean. Group leader, Jodi Brayton, LCSW. 703-532-4892.

Pauline Shirley Toastmasters Club Meeting. 6:45 p.m. McLean

Community Center, 1234 Ingleside Ave., McLean. Meets second and fourth Wednesdays of the month. 703-893-5506 or paulineshirley.freetoasthost.info.

Multiple Sclerosis Support Group.

7 p.m. Vienna Presbyterian Church, 124 Park St., NE, Vienna, VA. A group for anyone with multiple sclerosis, their family and friends. Sponsored by the National Capital Chapter of the MS Society. The group meets the 2nd Wednesday of every month. Free. 703-768-4841.

The Smart Split: Legal Aspects of Separation and Divorce.

10 a.m. McLean Government Center, 1437 Balls Hill Road, McLean. Learn the rights and responsibilities in separation and divorce, how the legal process works in the Virginia courts and how to work with your lawyer. Support group available. \$45-\$55. Register at www.thewomenscenter.org.

MONDAY/AUG. 15

Workshop Registration Deadline.

Vienna Art Center, 115 Pleasant St., N.W., Vienna. Register for a two-day

still life oil painting workshop with Jonathan Linton, to be held Friday and Saturday, Aug. 26-27. \$125 Vienna Arts Society members, \$160 non-members. Reserve at 703-938-8539 or 703-319-3971. www.jonathanlinton.com.



Correction

In the report titled "Career Day at Langley High" [Great Falls Connection, July 27-Aug. 2, 2011, Page 13] the caption under this photo should have read: Tom Klein, M.D. talking about careers in Orthopedic Surgery.

Supervisors Approve Brightview Exception

FROM PAGE 3

was pleased with their level of commitment to maintaining the nature of Great Falls.

"This applicant, unlike so many others, has been what we call a good neighbor. Many applicants provide lip service, they seek our input, only to implement the minimum requirements set by the county. This applicant has sought community input and has written that input into enforceable development conditions.

Van Volkenburg recalled visiting the Brightview facility in Catonsville, Md., which is the same size of the proposed Great Falls facility, and located in a historic district.

"Brightview did a terrific job in constructing a facility that was in keeping with the surrounding historic buildings. It was a contentious application,"

she said. "Today Brightview is warmly received by the community. Local schools perform community service hours there, young dance studios perform their dress rehearsals for the residents, this is just to name a few. We envision the same kinds of community outreach once this is built in Great Falls."

Robin Rentsch, who has lived in Great Falls since 1971, and is currently the co-chair of the GFCA's Environmental committee, says she is glad to have the option of such a facility in this community.

"I am vested in this community. I have spent years of my life working for things that I can value in this community," she said. "I'm 73, my husband is 83, and we want the option of remaining in Great Falls."

Sartiano says he's not sure what the No To Brightview group's next move is, he said they plan to consult with their legal council to determine their appropriate next step.

Visit These Houses of Worship

Join A Club, Make New Friends, or Expand Your Horizons...

SMITH CHAPEL UMC CHURCH

11321 Beach Mill Road
Great Falls, VA 20165

It's like coming home

smithchapel@verizon.net
www.SmithChapelUMC.com

Rev. D. J. Zuchelli, Pastor



WORSHIP HOURS SUNDAY: 11:00 AM



LivingFaith A.M.E. Church

"Serving the People of God"

SHERATON RESTON HOTEL

SUNDAY SCHOOL 9 A.M.

SUNDAY WORSHIP 10 A.M.

LET US WORSHIP GOD TOGETHER

Rev. Dr. Peter G. Taylor, Pastor

703-899-8378

LivingFaith4U.org

FIRST BAPTIST CHURCH OF VIENNA

450 ORCHARD STREET
VIENNA, VA
703-938-8525
fbcvoffice@verizon.net
www.fbcv.org

Dr. KENNY SMITH,
PASTOR



SUNDAY WORSHIP, 7:45 AM & 11:00 AM
MIDWEEK SERVICES, WED. 7:00 PM

Progressive & Welcoming

**ST. ANNE'S
EPISCOPAL
CHURCH • Reston**



8:00 a.m. Holy Eucharist Rite I

10:00 a.m. Holy Eucharist Rite II
Children's Chapel July 10 through Aug 28

5:00 p.m. Come as You Are Contemporary Service

Nursery care provided at 10:00 a.m. Service

The Rev. James Papile, Rector
The Rev. Jacqueline Thomson
The Rev. Denise Trogon

703-437-6530
www.stannes-reston.org
1700 Wainwright Dr., Reston



Church of the
Holy
Comforter
(Episcopal)

The Rev. Richard A. Lord, Rector, *Welcomes you to worship, learn & enjoy fellowship with us!*

SUMMER SERVICE SCHEDULE

Saturday - 5:00 p.m. Holy Eucharist

Sunday - 8:30 a.m., 10:00 a.m. Holy Eucharist

543 Beulah Road, NE Vienna, VA 22180
703-938-6521 www.holycomforter.com

Assembly of God

Vienna Assembly of God ... 703-938-7736

Washington Christian Church

...703-938-7720

Cristo Es Mi Refugio...703-938-7727

Baha'i

Baha'i Faith for Northern Virginia ... 703-821-3345

Baptist

Global Mission Church ... 703-757-0877

Peace Baptist Church ... 703-560-8462



**GOOD SHEPHERD
LUTHERAN CHURCH**

1133 Reston Avenue, Herndon, VA 20170
Summer Worship Hours: 8:30 am and 10:30 am

Rev. Dr. William H. Flammann, Pastor
Church Office: 703.437.5020
Preschool: 703.437.4511
www.gslcva.org

Child care
available at
all services



Bethel Primitive Baptist Church ... 703-757-8134

Cartersville Baptist Church ... 703-255-7075

Fellowship Baptist Church ... 703-385-8516

First Baptist Church ... 703-938-8525

The Light Mission Church ... 703-757-0877

Vienna Baptist Church ... 703-281-4400

New Union Baptist Church... 703-281-2556

Buddhist

Vajrayogini Buddhist Center... 202-331-2122

To Highlight Your Faith Community call Karen at 703- 917-6468

Great Falls CONNECTION



MARILYN CAMPBELL

Second Place in Personal Service Writing:

Beating the Holiday Blues, Great American Smokeout,
Getting into 'Right Fit' Private School

Judges comments: Trio of strong entries.

Beating the Holiday Blues

Area experts offer advice on keeping money woes, family conflict and loneliness from ruining your holiday season.

BY MARILYN CAMPBELL
THE CONNECTION

Ask the average person what feelings come to mind as they enter the month of December and you're likely to get responses that range from joy and excitement to grief and dread.

"Overwhelmed," said a Burke mother of two whose husband is deployed overseas.

"Nervous," replied an Arlington father of four who recently lost his job.

For many, what is often billed as the most joyous time of the year can bring anxiety, loneliness and depression.

"The media portrays the holidays as this never ending blissful time," said Lisa Calusic, MD, a psychiatrist at Inova Mount Vernon Hospital and Inova Behavioral Health Services in Alexandria. "People [often say] 'I should have a loving, warm family. I should have the perfect holiday season. We should be merry 24-7.' Those expectations are going to lead to depression and feeling anxious because there is no such thing as the perfect anything much less the perfect holiday season."

"Do everything you can not to buy into what the culture or anyone else says your life should look like during this time of year."

— Dr. Jeffrey W. Pollard,
Counseling and Psychological Services,
George Mason University

Mental health experts say that holiday blues are caused most often by family conflicts, over-commercialization, grief, stress, fatigue, unrealistic expectations, financial limitations and an inability to be with family and friends. Local therapists offer suggestions for minimizing Yuletide stress and depression.

DEVELOP A HOLIDAY STRATEGY

From shopping for presents to dealing with difficult relatives, it is important to think ahead about how you will deal with challenging scenarios.

"Plan strategies for how you're going to cope with situations," said Dr. Robert Hedaya, M.D., D.F.A.P.A., Clinical Professor of Psychiatry at



Toni Coleman of McLean prepares to celebrate both Hanukkah and Christmas. Religious differences can create family conflict, a leading cause of stress and depression during the holidays.

Georgetown University School of Medicine and founder of the National Center for Whole Psychiatry in Chevy Chase, Md. "Maybe it is limiting your time with a family or maybe it is getting away for the holiday if you don't have family."

BE REALISTIC

"Do everything you can not to buy into what the culture or anyone else says your life should look like during this time of year," said Dr. Jeffrey W. Pollard, Executive Director of Counseling and Psychological Services at George Mason University. "There is nothing wrong with having the life that you had three months ago."

STICK TO A BUDGET

Trying to buy happiness or holiday cheer with an abundance of gifts is setting the stage for anxiety and depression.

"One of the other things that happens is that people will put themselves in a financial bind in order to...make sure everything is perfect or is happening the way that others want it to happen," said Pollard.

Decide how much money you can afford to spend, create a budget and stick to it.

KEEPING THE FAITH

Religious differences can be one of the thorniest issues to negotiate during the holidays.

The home of McLean-based psychotherapist Toni Coleman will sparkle with Hanukkah blue and Christmas red this holiday season, as it does every year. Coleman, who is Catholic, and her husband who is Jewish, have been navigating their way through

the fusion of Christian and Jewish customs since they were first married nearly 25 years ago.

"When you start out getting married and you're of different faiths, there is a lot of stress if you've got families of origin with agendas who want you to celebrate their way," said Coleman who is the mother of four children. "We negotiated it extremely well."

Coleman and her family celebrate both Hanukkah and Christmas. She encourages others who face the same challenge to keep a positive attitude about both religions, find ways to compromise and start their own traditions.

ACKNOWLEDGE FEELINGS; ASK FOR HELP

Feelings of sadness and grief over the loss of a loved one or an inability to be with family and friends can intensify during the holidays. Experts say it is important to acknowledge and express these feelings and ask for help.

"Reach out to your sources of support like friends who know you well and won't make judgments," said Calusic, who lives in Arlington and has a private practice in Falls Church. "It is useful to lean on the people who know you on a day-to-day basis."

Support and companionship can be found through community or religious activities.

MORE EXERCISE, LESS SUGAR AND ALCOHOL

Don't allow the holidays to become a free-for-all when it comes to wellness.

"You want to ensure that you're function-

ing as well as you can mentally and physically as you go into this time of stress," said Hedaya. "If you are going into a rough time you need to have better reserves. You need to limit your use of alcohol or stimulants."

Making an effort to practice healthy habits is a tool in battling holiday blues.

"Exercise is a huge part of it. Go for walks, hit the gym, or any kind of outlet that you can find to release nervous energy and depression," said Calusic. "Everyone loves their cookies and cakes and holiday favorites. But constantly eating sugary and fattening foods definitely has an impact on mood and anxiety levels."

HELP OTHERS

Benevolence is a mood booster.

"Is there any opportunity to do some volunteer work," said Pollard, of George Mason. "If you find yourself in a funk and you want to get out of it, help somebody, volunteer somewhere. You'll be surprised how good that can make you feel."

Coleman, the McLean therapist, has employed this strategy and encourages her clients to do the same. "If a family feels that it is going to be a difficult holiday, and they are grieving or have a loss in their life, they can fill it by trying to celebrate the real spirit of the holidays which is doing for others," she said. "There is a tremendous amount of pleasure and satisfaction in that."

ENVIRONMENT PLAYS A ROLE

Mental health professionals say that some people suffer from seasonal affective disorder (SAD), a condition that results from less exposure to sunlight as days grow shorter.

"The media portrays the holidays as this never-ending blissful time. ... Those expectations are going to lead to depression."

— Lisa Calusic, psychiatrist,
Inova Mount Vernon Hospital,
Arlington resident

"It is a mild variant of depression that falls in line with the shorter days of fall and winter," said Calusic. "It is much more common than people give it credit for."

One of the most popular remedies is phototherapy, a treatment involving exposure to intense light.

SEE LESS IS MORE, PAGE 17

Less Is More to Enjoy Holidays

FROM PAGE 16

“The best thing to do is get a dawn simulator which is a small light box that you keep near your bed and set it to go off three hours before your desired waking time. It recreates the dawn experience. It is the best form of light treatment.”

LEARN TO SAY NO

“In our area people have one or two [holiday activities] every night,” said Linda Berg-Cross, Ph.D. a Potomac, Md.-based clinical psychologist and a professor in the Department of Psychology at Howard University. “[People] want to create merriment, but what they’re creating is stress. The best motto for preventing holiday stress and depression is less is more.”

Making realistic decisions about what you can and cannot do will quell anxiety.

“The key ... is to make a plan that allows you to in-



PHOTO COURTESY OF LINDA BERG-CROSS

Potomac, Maryland-based clinical psychologist Linda Berg-Cross, Ph.D. says that the best motto for preventing holiday stress and depression is ‘less is more.’

“Whatever you decide to do try to be present in it and experience that engagement.”

— Potomac psychologist Linda Berg-Cross

clude the most meaningful [activities] only,” said Coleman. “This involves conscious decisions to forego some things and set limits on others.”

Berg-Cross encourages her clients to focus on connecting with others. “Whatever you decide to do try to be present in it and experience that engagement,” she said. “The top priority [should be] that you had chance to sit down with somebody and breathe and create space for the human encounter because ultimately that is what people most often remember.”

HOLIDAY CALENDAR

EVERY NIGHT, NOV. 23-JAN. 8

Bull Run Festival of Lights & Holiday Village. Bull Run Regional Park, 7700 Bull Run Drive, Centreville.

5:30-9:30 p.m. Monday-Thursday; 5:30-10 p.m. Friday-Sunday and holidays. For more than 12 years the Bull Run Festival of Lights at Bull Run Regional Park has drawn thousands of visitors from hundreds of miles away. The Bull Run Festival of Lights is held each year to celebrate the winter holiday season. Admission \$15-\$55. Carnival fees \$18-\$30. 703-631-0550.

THURSDAY/DEC. 1

Dan Hicks & The Hot Licks. 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. With a twist to holiday classics and original songs, they return with a new album, *Holidaze* in Hicksville, incorporating Western swing, traditional folk, bluegrass, cowboy tunes, Gypsy jazz and bossa nova. www.wolftrap.org.

Steve Solomon’s My Mother’s Italian, My Father’s Jewish & I’m Home for the Holidays! 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Hilarious recount of a chaotic family reunion. \$32. www.wolftrap.org.

The Long Christmas Dinner and Holiday Musical Theater Scenes. 7:30 p.m. McLean High School, 1633 Davidson Road, McLean. Thorton Wilder’s The Long Christmas Dinner and performances by the MHS Choral

and MHS Dance group. \$10-\$20, available at Brownpapertickets.com, event 210144.

FRIDAY/DEC. 2

Steve Solomon’s My Mother’s Italian, My Father’s Jewish & I’m Home for the Holidays! 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Hilarious recount of a chaotic family reunion. \$32. www.wolftrap.org.

“The Nutcracker” with BalletNova. 7:30 p.m. Bishop Ireton High School, 201 Cambridge Road, Alexandria. Adults \$13-\$40, students and seniors \$13-\$32. 703-751-7606 or www.balletnova.org.

The Long Christmas Dinner and Holiday Musical Theater Scenes. 7:30 p.m. McLean High School, 1633 Davidson Road, McLean. Thorton Wilder’s The Long Christmas Dinner and performances by the MHS Choral and MHS Dance group. \$10-\$20, available at Brownpapertickets.com, event 210144.

SATURDAY/DEC. 3

Holiday Wreath-Making Workshops. 10 a.m. Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Court, Vienna. Make an outdoor wreath using greens gathered from the gardens. Beads, bows and more included. \$40. Pre-paid reservations required at 703-255-3631 x 0.

Visit These Houses of Worship

To Highlight Your Faith Community call Karen at 703- 917-6468

SMITH CHAPEL UMC CHURCH

11321 Beach Mill Road
Great Falls, VA 20165

It’s like coming home

smithchapel@verizon.net
www.SmithChapelUMC.com

Rev. D. J. Zuchelli, Pastor



WORSHIP HOURS SUNDAY: 11:00 AM



FIRST BAPTIST CHURCH OF VIENNA

450 ORCHARD STREET
VIENNA, VA
703-938-8525
fbcvoffice@verizon.net
www.fbcv.org

Dr. KENNY SMITH,
PASTOR



SUNDAY WORSHIP, 7:45 AM & 11:00 AM
MIDWEEK SERVICES, WED. 7:00 PM



*Church of the
Holy Comforter*
(Episcopal)

The Rev. Richard A. Lord, Rector, *Welcomes you to
worship, learn & enjoy fellowship with us!*

Saturday - 5:00 p.m. Holy Eucharist

Sunday - 7:45 a.m., 9:00 a.m., 11:00 a.m. Holy Eucharist

**On the first Saturday of the month, please join us for
wine & cheese after the 5:00 p.m. service.**

543 Beulah Road, NE, Vienna, VA 22180
703-938-6521 www.holycomforter.com

Assembly of God

Vienna Assembly of God ... 703-938-7736
Washington Christian Church...703-938-7720
Cristo Es Mi Refugio...703-938-7727

Baha'i

Baha'i Faith for Northern Virginia ... 703-821-3345

Baptist

Global Mission Church ... 703-757-0877
Peace Baptist Church ... 703-560-8462
Bethel Primitive Baptist Church
... 703-757-8134
Cartersville Baptist Church ... 703-255-7075
Fellowship Baptist Church ... 703-385-8516

First Baptist Church ... 703-938-8525
The Light Mission Church ... 703-757-0877
Vienna Baptist Church ... 703-281-4400
New Union Baptist Church... 703-281-2556

Buddhist

Vajrayogini Buddhist Center... 202-331-2122

Church of the Brethren

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

Catholic

Our Lady of Good Counsel ... 703-938-2828
St. Athanasius Catholic Church ... 703-759-4555
St. Mark's Catholic Church ... 703-281-9100

Progressive & Welcoming

**ST. ANNE'S
EPISCOPAL
CHURCH • Reston**



7:45 a.m. Holy Eucharist, Rite I
9:00 a.m. Holy Eucharist, Rite II
Sunday school/Music: preschool - grade 2
10:25 a.m. Sunday school/Music: grades 3 - 12
11:15 a.m. Holy Eucharist, Rite II
5:00 p.m. Come Just as You Are Contemporary Service

Nursery care provided at 9:00 and 11:15 services

The Rev. James Papile, Rector
The Rev. Jacqueline Thomson
The Rev. Denise Trogdon
703-437-6530
www.stannes-reston.org
1700 Wainwright Dr., Reston

Connecting the World with God's Grace



*Christ the King
Lutheran Church*

10550 Georgetown Pike
Great Falls, VA 22066
Office: 703.759.6068
www.gflutheran.org

ADVENT MID-WEEK SERVICES

Join us during Advent on Wednesdays (Nov 30,
Dec 7, 14, 21) at noon and 7:30 pm Advent worship.

CHRISTMAS EVE SERVICES

Children's Service at 5:00 P.M.
Candlelight Services at 7:00 P.M. and 11:00 PM



Nursery available
at all services

Rev. John Bradford
PastorJohn.Bradford@verizon.net



**GOOD SHEPHERD
LUTHERAN CHURCH**

Making more and better disciples of Christ

1133 Reston Avenue, Herndon, VA 20170
Worship: Sunday, 8:00 A.M. and 11:00 A.M.
Sunday School: 9:30 A.M.

Rev. Dr. William H. Flammann, Pastor

Church Office: 703.437.5020
Preschool: 703.437.4511

www.gslcva.org

Child care
available at
all services



Butting Out

‘Great American Smokeout’ gets smokers on the road to quitting for good.

BY MARILYN CAMPBELL
THE CONNECTION

Dean Adams says that he has been smoking for 25 years. The Alexandria-based bartender has only tried to quit once, a cold-turkey attempt that was unsuccessful. “It’s kind of a manic thing for me,” said Adams. “I smoke all the time, probably a pack to a pack and half a day.”

He plans to try again on Nov. 17, a day designated as the Great American Smokeout, a campaign launched by the American Cancer Society to spotlight the dangers of tobacco use and the challenges of quitting.

“Most smokers make three to five serious quit attempts (i.e., for 24 hours or more) before they are finally successful,” said Thomas J. Glynn, Ph.D. Dr. Glynn resides in Great Falls, and is the Director of Cancer and Science Trends for the American Cancer Society. “Deciding to quit smoking seems easy, but actually doing it is where the real challenge begins. That’s why the Great American Smokeout can be so helpful—it gets smokers on the road to being smoke-free.”

ONE OF THE GOALS of the Great American Smokeout is to raise awareness and make smokers aware of the obstacles to smoking cessation and the resources available to deal with those barriers.

“Cigarettes have a strong physiological pull on their users,” said Glynn. “Nicotine maintains their physiological dependence, and the routines of smoking—reaching for the pack, lighting up...the cigarette after a meal, etc., maintains their psychological dependence.”

Medical experts say that before deciding on a cessation method, a smoker must first have a desire to stop. “Most important is for the smoker to want to quit,” said Dr. Jasmine Moghissi, of Fairfax. “It is almost impossible to get your wife/son/mother/cousin to quit if they don’t want to. It has also been my experience that it is extremely difficult for someone to quit for their future health. If the smoker wants to quit because it’s a filthy, smelly, dirty habit — that seems to be most effective.”

Tools for quitting run the gamut from hypnosis and acupuncture to medication and laser therapy. Glynn says that no one method works best.

“Recent studies do suggest that a combination of medications [such as] Varenicline or Chantix and nicotine gum and counseling — either individual, group or by phone — may work best for many people.”

Maureen Meehan, a certified hypnotist with Maryland Hypnosis, is a former substance abuse counselor who found hypnosis to be an effective tool for addressing addiction. “The reason it works so well to help people become non-smokers is because it deals with your subconscious mind which is powerful, alert and awake,” said Meehan. “We talk to the subconscious mind and tell it to cut the cord to bad habits.” Meehan says her method has a high success rate.

VIRGINIA HOSPITAL CENTER in Arlington offers a two-week smoking cessation class several times a year. “We teach smokers how to conquer the three



PHOTO COURTESY OF THOMAS J. GLYNN

Thomas J. Glynn, Ph.D., of Great Falls, the Director of Cancer and Science Trends for the American Cancer Society, says most smokers attempt to quit three to five times before they are successful.

aspects of smoking: addiction, habit and psychological dependency,” said Cathy Turner. Turner resides in Burke and is Virginia Hospital Center’s Director of Health Promotion as well as its smoking cessation instructor.

Psychologist Dr. Gayle K. Porter, Psy.D., of the Gaston and Porter Health Improvement Center in Potomac, has counseled those who have stopped smoking successfully.

“I’ve worked with people who’ve been addicted to a variety of substances, and smoking was the most powerful addiction to give up,” said Porter, a former faculty member in the Department of Psychiatry and Behavioral Sciences at the Johns Hopkins School of Medicine. “It is like a friend that never leaves. If you’re lonely, sad, angry, you can always light up.”

Along with Dr. Marilyn Gaston, Porter wrote “Prime Time: The African American Woman’s Complete Guide to Midlife Health and Wellness.” The book includes an eight-step smoking cessation plan.

“First and foremost is stress reduction,” said Porter. “If you’re stressed, it is going to be hard to stop smoking, and if you’ve already stopped smoking and you’re stressed, it is going to be difficult not to resume. You have to get control over your stress.”

Porter and Gaston also founded Prime Time Sister Circles, a health support group that includes a component designed to help smokers kick the habit. Porter believes a team effort is necessary.

“It is important that people who are trying to quit smoking have support,” she said.

Another smoking cessation tool is tobacco control. A study by Centers for Disease Control and Prevention (CDC) shows a link between strong tobacco control policies and a reduction in the adult smoking rate in the U.S.

“These findings add urgency to the continued need for strong tobacco control laws ...including tobacco tax increases, strong smoke-free laws...and policies that are proven to reduce adult smoking rates and discourage kids from ever starting to use tobacco...” said John R. Seffrin, Ph.D., Chief Executive Officer of the American Cancer Society Cancer Action network.

Maryland’s current cigarette tax is \$2.00 per pack, the 11th highest in the nation, while Virginia’s current cigarette tax is \$0.30 per pack, the second lowest in the nation. Maryland’s smoke-free law requires all of the state’s workplaces, restaurants and bars to be 100 percent smoke-free.



PHOTO BY MARILYN CAMPBELL/THE CONNECTION

Dean Adams (right) and Jonathan Bisagni have tried unsuccessfully to stop smoking. Researchers say it often takes several attempts for smokers to quit.

Steps to Quit Smoking

Source: The American Cancer Society (ACS) and Thomas J. Glynn, Ph.D., the ACS Director of Cancer and Science Trends.

- 1) Think of your resolution to stop smoking as a project, a process that will take some time, and not one that is a snap decision or that will take only a few days. Remember, you are starting on a journey to health and greater prosperity, but also undoing a psychological and physiological habit that took many years to develop.
 - 2) Make a list of all the reasons you want to stop smoking — health, cost, family/friends, longer life, etc. —and keep that list in your pocket at all times and take it out and review it whenever you are tempted to smoke.
 - 4) Enlist the help of your family, friends and co-workers. Share your list of reasons for quitting with them — it will help them support you.
 - 5) Decide on a quit date — maybe three or four weeks from the time you decide to become a nonsmoker (so you have time to prepare).
 - 6) Speak with your physician or your pharmacist about your plan. Ask them for their advice and support, and discuss with them whether one of the seven FDA-approved medications for quitting smoking might be useful for you. Science shows that the most successful quitters use a combination of advice and medications.
 - 7) In the days just before your quit date, remove all smoking paraphernalia from your home and workplace.
 - 8) Quit on the big day, and be sure to let your support group know.
 - 9) Be prepared for some of the immediate, and often unpleasant, side effects of quitting, and understand that these are good signs that your body is repairing itself and making adjustments as the toxins from your years of smoking begin to go away.
 - 10) If you slip, as most smokers do, just analyze the situation in which your slip took place (e.g., a cigarette after dinner), and adjust your routine for a couple of months to avoid the situations in which you are in danger of slipping.
 - 11) Start thinking of yourself as a nonsmoker who is on the journey of a lifetime, one that certainly has its unexpected twists and turns, but with great rewards at the end.
- 1-800-Quit-Now is a toll-free tobacco cessation program for adults who want to quit smoking.

Getting into 'Right Fit' Private School

Experts explain how to navigate admissions process for area's most elite schools.

BY MARILYN CAMPBELL
THE CONNECTION

Each year, parents who opt out of their neighborhood public school in favor of an independent school must sift through the long list of the Washington area's independent schools to find one that meets the needs of their child.

They must then navigate the lengthy application required by most schools, and hope that their efforts are deft enough to gain acceptance in a competitive environment. Some schools report receiving as many as nine applications for each available slot.

Even for prospective pre-kindergarten students, the independent school admissions process often includes a written application, admissions tests, parent statements, student interviews, parent interviews, playdates, school visits, transcripts and teacher recommendations.

"What we're trying to do is get a whole picture of a child and look at information from a variety of different sources," said Christina Tait, director of admission and financial aid at The Langley School in McLean.

THE APPLICATION PACKETS provide insight for both the school and the applicants. "We have a fairly detailed process so that we get to know the girls and they get to know us," said Pilar Cabeza de Vaca, head of the Madeira School in McLean. "Our goal is to find girls who are the right fit for our school and for whom our school is the right fit."

The role of each component of the application varies depending on the age of the applicant. "The admission [process] for young children is especially complex and difficult because we have to use both explicit and intuitive measures because we have less data," said Diane Dunning, director of admission and financial aid at St. Stephen's & St. Agnes School in Alexandria. "If you were looking at a ninth grade [admissions] folder, you would have eight years of report cards and maybe four years of standardized testing. You are also able to interview [older applicants] in a different way than when you are interacting with the young children."

Why is so much probing necessary?

"Schools are looking for consis-



PHOTO COURTESY OF THE MADEIRA SCHOOL

The Madeira volleyball team recently won the Independent Student League title.

tency in grades, attitude, testing and recommendations," said Lindsay White, educational consultant with the School Counseling Group in Washington, D.C. "[For example] If there is a huge difference between a [teacher] recommendation and what they are seeing on the grades, that is going to be a red flag."

Most schools want prospective applicants to spend time on campus. "The [school] visit is important to us. It gives the boy and his family a chance to experience the Heights first hand," said Richard Moss, director of admission at the Heights School in Potomac, Md. "On the flip side, it gives us a chance to really get to know the boy. How is he interacting with his peers? Is he friendly? Is he courteous? Does he have a good, firm handshake? Does he look the teachers in the eye when he greets them in the morning?"

Most applications ask parents to answer questions describing their children. Here are two questions from the Langley School's application: What do you believe is your role as a parent in your child's education? What qualities do you consider to be most

"Our goal is to find girls who are the right fit for our school and for whom our school is the right fit."

— Pilar Cabeza de Vaca, head of the Madeira School in McLean

important for your child's education?

Consultants say schools look at the way parents answer questions. "There are a lot of parents who regurgitate the school's mission statement and all the language that is used on the school's website. Schools can see right through that," said educational consultant Clare Anderson, of Chevy Chase, Md. "They want to know that the family is in line with how [the school] works with students and [their] approach to education."

Schools also pay attention to a parent's evaluation of their child. "Red flags go up when everything is just perfect and they've never encountered a setback or difficulty," said Anderson. "[Schools] are looking for honest, candid responses. Obviously parents are going to frame it in a positive light, as they should."

Most schools require admissions tests. Depending on the age and grade of the child, these tests include the Wechsler Preschool and Primary Scale of Intelligence (WPPSI-III), Wechsler Intelligence Scale for Children (WISC) and the Secondary School Admission Test for (SSAT).

"Testing often creates the most anxiety," said Dunning, of St. Stephen's & St. Agnes.

THE TESTS are used differently depending on the age of the applicant. "Tests for [young children] are used as standardized tools to give an overall picture of a child's learning profile. These are not predictors for academic

success. They give broad overviews of how a child learns," said Anderson. Tests given to middle and high school applicants are more meaningful. "Those tests measure how well your child has done with the information he or she has learned in school. If they see an eighth grader who has only average grades, but remarkable SSATs, they are going to ask, 'Is this an underachiever? Why is this child not excelling in the classroom?'"

Should children prepare for tests? When it comes to young children, most consultants say no. "It is unethical and makes your test scores invalid," said Anderson. "You are going to shoot yourself in the foot [if you prep your young child]. Your child will be the first to announce it either in the tester's office or at the school on the playdate. Then the scores are invalid."

The scenario is different for those applying for slots in middle and upper school. "I've had students who've taken [admissions tests] without prep, and then I worked with them and their scores [went] up considerably," said Christa Abbott, an Arlington-based independent test prep tutor.

Anderson agrees. "Just like you preheat your oven, you've got to get your child ready for the test. Just knowing the format of the test can really help," said Anderson. "But I caution parents about [taking expensive test prep classes]. There has to be a primary concern that something is going to get in the way of your child being able to show what he or she knows."

Some parents hire educational consultants like White or Anderson, hoping to get a competitive advantage. Consultants say their role is to guide families through the process. "The number one mistake that I think parents make is thinking that hiring an educational consultant is going to give them an advantage at a very competitive school," said Mark Sklarow, executive director of the Independent Educational Consultants Association in Fairfax. "That is just not the way the system works. Consultants don't have a secret handshake that they can use with an admissions director to help get a student in. The reason you hire an educational consultant is to find a good fit between a student's needs and a school's strengths. A consultant's role is to [identify] a school where a child is going to thrive."

So what can parents do to make sure their child's application shines in a pool overflowing with many attractive applicants?

"It is always nice to think about what is special about your child," said White. "What is the one special strength or talent your child might have, whether it be academics or an extracurricular interest? What is the potential for your child to contribute to the school?"

Anderson says she encourages parents to view admissions procedures as multi-pronged. "My hope is to help parents understand the process and see that there really is a method and [schools] are looking to get the best from your child."



St. Stephen's & St. Agnes Upper School students Isabella Norton, Leah Joseph, and Ulises Giacomani with Upper School Science Teacher Julie Krane.

Fairfax Station ❖ Clifton ❖ Lorton
CONNECTION



VICTORIA ROSS
Second Place in In-Depth Or Investigative Reporting

Break Out the Read, White and Blue

Communities around the area will gather on July 4 to carry on traditions, create new ones.

BY ANAGHA SRIKANTH
THE CONNECTION

Anticipating this year's Independence Day celebrations, Leslie Herman can almost hear the announcement from the speakers saying, "Parents, do you know where your children are? The light show is about to begin."

Herman is the executive secretary of the City of Fairfax Independence Day Celebration Committee. The City of Fairfax parade theme, "Golden past, brighter future" honors the 50th anniversary of the city, she said. Donald Lederer, whose cousin was Fairfax Mayor Robert Lederer's father, was chosen as co-grand marshal to represent the golden past of the city. He was chosen by the committee from the Young at Heart senior center, where he is an active member.

Lederer remembered July 4 celebrations in his past.

"We used to have a lot more fireworks," he said. "It was fireworks and a happy time, a time to eat watermelons and hamburgers. We used to decorate our bikes and they'd have us march in the back of the parade. Then they'd give us a Dixie cup, full of vanilla and chocolate ice cream."

Robbie Ashton, a senior at Fairfax High School, was chosen as co-marshal to represent the "brighter future" of the city after being voted student body president this April,

said Herman.

The two co-marshals met at Fairfax High School and shared their stories.

"You have to learn from the past to appreciate the future," said Ashton.

Both co-marshals said they were honored and looking forward to the parade and celebrations.

"It's going to be interesting, riding in a convertible" Lederer said. "People have said, 'We'll wave to you' and 'We'll be there,' so I'm going to look for them and wave to them."

Ashton said no matter the size of the role, it is the feeling of being part of something that is important to him.

"It's the experience, waking up in the morning and realizing I'm a grand marshal for the city parade," he said. "It's an opportunity to meet new people and celebrate together."

Preparations for the parade began in early September and continued year-round, said Herman. This year the city is sponsoring a new attraction, a family carnival running from July 2 to 4. The event consists of typical carnival games, rides and concessions and will be held in the SunTrust Bank Parking lot at 4020 University Drive.

With many families out of town, business is typically quiet around July 4 for local stores.

"The idea is to bring folks into the downtown area to help economic development,"



FILE PHOTO

From left: Jenny Della Santina, Sydney Bryant, Lily Howell, William Bryant and Brylan Noonan dressed up and decorated their bikes (and scooter) for the Town of Clifton's 2010 Fourth of July parade.

said Herman. "Hopefully, having the carnival in the SunTrust Parking Lot will generate more business to shop owners."

The City of Fairfax celebration consists of a grand parade, multiple open houses, a fireman's day, evening show and fireworks. Many other local celebrations, however, are smaller and more tightly knit.

Jim Sobecke, third vice president of the Kings Park Civic Association (KPCA), said that the KPCA Independence Day celebration in Springfield is a back to the basics affair. "Others get more commercial or political, we keep it down to the grass roots, just the local community getting together

to celebrate," he said.

Winston Knolls Civic Association (WKCA) and the Orange Hunt Estates Civic Association (OHECA) conduct a similar celebration in Springfield less than five miles away, with a parade from Hunt Valley Elementary School to Orange Hunt Elementary School. These community parades feature children with their home-decorated bicycles and wagons, local swim teams, boy and girl scouts, antique vehicles and Harley Davidsons, local politicians and members of the fire and police forces.

SEE JULY FOURTH, PAGE 12

Luxury Housing or Affordable Housing?

Supervisor Pat Herrity (R-Springfield) says Fairfax County wrong to 'subsidize luxury.'

BY VICTORIA ROSS
THE CONNECTION

The news conference on "subsidized luxury housing" at the Fairfax County Government Center on Tuesday, June 28, provoked affordable housing advocates and critics to take political swipes at each other and inspired a flurry of reports, statements, documents and news releases in a 36-hour span.

On Monday, June 27, Michael Thompson, president of the Thomas Jefferson Institute (TJI), got the ball rolling when he called a press conference with Fairfax County Supervisor Pat Herrity (R-Springfield) to release a paper he authored called "Subsidized Luxury in Fairfax County."

Later on Monday, Herrity released his monthly newsletter "The Herrity Report" with the headline "Taxpayer Subsidized Housing No Place for Luxury."

The Herrity Report stated that "homes worth close to \$1 million and luxury amenities ('resort-style swimming pools with fountain and heated spa,' billiards room, granite counter tops, ceramic tile, indoor basketball courts, stainless steel appliances) have no place in taxpayer-subsidized housing."

He called the county's purchase of 75 affordable dwelling units (ADUs) "misguided and wasteful. ... Our housing policy is counterproductive and should be changed."

During the 30-minute news conference, Thompson said he was "alerted" to a "gold-plated" problem in the area of affordable

housing and released the 30-page analysis to reporters.

In the report, Thompson reviewed three developments that include county-subsidized housing. The first, Stockwell Manor in Falls Church, is a 100-home development consisting of 29 single-family homes and 71 townhomes, eight of which are subsidized.

Thompson pointed out similarities between the market-priced homes, which sell for \$850,000 to more than \$1 million, and the subsidized townhomes around the corner.

"These subsidized homes on Burke Farm Lane are brick and siding just like the full priced homes. The sidewalks and driveways are brick, just as the full-priced townhomes. The backyards are similar in both cases and from the backyards on Burke Farm Lane you can easily see the market-priced all-brick single-family homes in the

next book of this development," Thompson said.

However, a review of the same properties in Fairfax County tax records, as well as photos on Google Earth, show marked distinctions.

The subsidized homes all have 1,456 square feet of living area, while the market-priced homes are larger, ranging from 2,252 square feet to 2,546 square feet in size. The subsidized homes have 2-1/2 baths and single-car garages, while the market-priced homes have 3-1/2 baths and two-car garages. The information can be found at Fairfax County's Office of Tax Administration's Real Estate Assessment Information site at <http://icare.fairfaxcounty.gov/Main/Home.aspx>.

The county's assessment information also shows that the market-priced homes have fireplaces, and some of the more expensive units have brick and stone facades. The subsidized townhomes have zero fireplaces and the exterior is vinyl siding and brick. The tax assessor also gives a rating for "Con

SEE AFFORDABLE, PAGE 12

Affordable Housing Amenities Debated

FROM PAGE 3

struction Quality”— the market-priced units get “EXCELLENT 20,” while the subsidized units get “AVERAGE 10.”

During the news conference, Thompson acknowledged that the interior of the subsidized townhomes may be less expensively finished, “but that only means that they are like most of those homes that our taxpayers live in here in Fairfax County.”

“You could get more taxes out of this county and give the money to Habitat [for Humanity] if you change the way the county subsidizes housing,” he said.

Herrity said he had already asked the Board of Supervisors’ auditor to look into the condo/HOA fees and the management of the county’s housing program. “The auditor has begun his review and will be reporting back to the board.” Herrity said the goal of the county’s housing policy should be “focused on getting those truly in need back on their feet.”

“I’m not anti-affordable housing. I’m anti-stupid and pro-common sense,” Herrity said after news conference.

“This is politically-motivated,” said Board of Supervisors Chairman Sharon Bulova (D-At-large). “He’s just wrong. We do not subsidize million-dollar homes. If he’s calling for an audit of the condo fees ...there’s just no ‘there’ there.”

According to its website, TJI offers “non-partisan analysis of public policy issues confronting our Commonwealth, and alternative policy ideas ... based on the Institute’s belief in free markets, limited government and individual responsibility.”

The TJI website bio of Thompson maintains he is an “active leader in the Virginia Republican Party.” Although Thompson would not say who alerted him to the “gold-

plated problem,” he said that he asked Herrity to join him at the news conference because “I have known Pat for 10 years, and he is a government reform ally and my supervisor and a friend.”

After the news conference, Michael O’Reilly, chairman of the Governing Board of the Fairfax-Falls Church Community Partnership to End Homelessness, chided Herrity for moving the news conference into

“This is politically-motivated. ... He’s just wrong. We do not subsidize million-dollar homes.”

— Chairman Sharon Bulova (D-At-large), Fairfax County Board of Supervisors

a board room in the Fairfax County Government Center, instead of holding it outside as originally planned.

“I am extremely disappointed that Supervisor Herrity chose to move his press conference into his conference room, and excluded many engaged and knowledgeable citizens who wanted to attend,” said O’Reilly.

On Tuesday afternoon, Bulova sent out a news release countering some of the arguments Herrity made in his monthly newsletter, including the assertion that “the subsidized units and amenities are nicer than the housing amenities of the majority of taxpayers that are actually paying for it,” including pools, game rooms and exercise rooms.

“In several of the private communities where Fairfax County owns affordable units, we may a monthly fee just as other tenants in those communities do,” Bulova said in her release. “These fees go toward basic services such as maintenance, snow removal

and utilities. They also go to shared amenities.” She noted that 15 of the 41 condo developments in which the county owns affordable units have swimming pools.

“Fairfax County cannot and will not ask private companies to treat tenants differently based on income. If a child in an affordable unit wants to use the swimming pool with his neighbors, he should be allowed to,” she said.

“I think, frankly, we have an outstanding affordable housing program,” said Bulova.

Immediately after the news conference, the debate spilled over into the quarterly meeting of the Financial and Program Audit Committee, chaired by Supervisor John Foust (D-Dranesville). Herrity and Bulova attended the meeting, and the committee reviewed a draft audit of several county programs, including the county’s Department of Tax Administration (DTA) assessment of public housing values.

According to the report, the average DTA assessed value of the 75 housing units owned by the county is \$81,539.

“Did you find any that were valued at a million dollars or more?” Foust asked. When Herrity started to interject, Foust quickly countered that there are “no million-dollar properties in this program.”

Conrad Egan, senior advisor of the Affordable Housing Institute and a member of the Fairfax-Falls Church Community Partnership to Prevent and End Homelessness, struck a conciliatory note in his comments about Herrity after the news conference.

“If Supervisor Herrity was consistent with the comments in his newsletter, I warmly welcome his support for our programs designed to help those most in need. I am hopeful that he will become fully engaged with our Partnership to Prevent and End Homelessness,” Egan said.

Baseball

FROM PAGE 11

going to Durham,” he said. “With the movie [about the Bulls] growing up, I’d heard a lot about the Durham Bulls. You always get a good crowd, and they have the blue monster in left field.”

The “blue monster” is comparable to the ‘green monster’ of Boston’s Fenway Park.

Guyer, who was born in Westchester, Pa. and grew up a Phillies fan, was part of the Herndon High baseball team under coach Al McCulloch that won the Concorde District title in 2002 and finished 19-4 overall.

“Our pitching was huge for us that year,” said Guyer, who played third base for the Hornets. “We came through in clutch situations hitting-wise, but pitching and defense wins championships. I’m glad to have been a part of that team.”

Greg Miller, the current head coach at Herndon, was an assistant coach for Herndon when Guyer was a senior. Herndon baseball went 45-17 during Guyer’s three varsity seasons.

“It was just a great time all-around,” said Guyer, of his varsity baseball career as a Hornet. “I have some great friends from there and it was a great atmosphere to play there. I learned a lot from Al McCulloch and Greg Miller. I learned to go out and have fun, give it your all, and play the game the right way.”

Brandon Snyder a 2005 graduate of Westfield High School, has bided his time in the Baltimore Orioles’ farm system since being the American League East team’s first round pick in 2005. The right-handed hitting first baseman, who made his major league debut last September, has spent most of this season at triple-A Norfolk where he is having a solid campaign. He has had a couple of brief call-ups to the Orioles this season where he was 3-for-13 at the plate (.231 average), and he is hoping to land a permanent spot in Baltimore before season’s end.

Through June 27, Snyder, at Norfolk, was batting .261 with nine home runs and 36 RBI over 59 games for the Tide in the International League. The 6-2 right-handed slugger also had 11 doubles.

Snyder, whose father, Brian, had brief stints in the majors with the Seattle Mariners in 1985 and the Oakland A’s in 1989, made his big league debut last September and, over 10 games, was six-for-20 at the plate for a .300 average. He is a steady, fundamentally sound player who, in the years ahead, will hopefully be a part of the major league Orioles under current skipper Buck Showalter.

July Fourth

FROM PAGE 3

Dwayne Nitz, vice mayor of the Town of Clifton, said that volunteers run Clifton’s parade and celebrations.

“It seems like it comes together on its own,” he said. “People know about it and come out.”

Nitz recalled past experiences with the unexpected.

“One year, during the ‘80s, Channel 9 came out late, so we had to recreate the whole parade for them” he said. “[Another year] there was an old outhouse in the corner [of the square] and a mini tornado lifted it in the air and everyone scattered.”

“One year I noticed that there weren’t many spectators, but then I looked behind me and realized it was because so many people had joined the parade,” said Linda MacKinnon, OHECA events coordinator.

Fourth of July

CITY OF FAIRFAX

Parade begins at 10 a.m. at 4100 Chain Bridge Road, Fairfax. The parade loops around downtown Fairfax, along Chain Bridge Road, Main Street, University Drive and Armstrong Street. Family carnival from 12-8 p.m. in the SunTrust Bank parking lot at 4020 University Drive. Old Fashioned Fireman’s Day runs from 12:30-5 p.m. at Fire Station 3, 4081 University Drive. Several historic properties will be open to the public, including the Fairfax Museum and Visitors Center from 9 a.m.-4 p.m., and Ratcliffe-Allison House from 11:30 a.m.-1 p.m. Evening show, featuring the City of Fairfax Band and Leggz, and fireworks from 7-10:30 p.m. at Fairfax High School. Call 703-385-7858 or visit www.fairfaxva.gov for more details regarding events, as well as busing and transportation.

TOWN OF CLIFTON

Parade begins at 4 p.m. outside of Clifton General Store on Main Street. A flag ceremony will take place and community members are welcome to gather and celebrate.

WKCA/OHECA

Winston Knolls Civic Association and Orange Hunt Estates Civic Association Parade begins at 1 p.m. at Hunt Valley Elementary School and ends at Orange Hunt Elementary School in Springfield, where an old-fashioned ice cream social will take place and water will be served.

KINGS PARK

Parade begins at 12 p.m. at Kings Park Elementary School in Springfield. The parade goes down Clydesdale Road, through Trafalgar Court, and ends at Kings Park. Kings Park Band will perform at the park, where a moon bounce will be set up and hot dogs, snow cones and drinks will be available. The event will wrap up around 2 p.m. Open house at the Kings Park pool will begin at 3 p.m.

LORTON STATION

Parade begins at 11 a.m. up Lorton Station Boulevard, to the Lorton Firehouse and ending at the Lorton Town center. The event then continues at the VRE train station at 8990 Lorton Station Boulevard until 1 p.m.

Fairfax Station ❖ Clifton ❖ Lorton
CONNECTION



JON ROETMAN

Second Place in Sports Writing Portfolio

Judges comments: This entry exhibits solid sports reporting, plain and simple. The completeness of these stories is the name of the game here. The reporter demonstrates versatility, switching from feature to news writing within the articles themselves, giving the reader the whole story.

South County Stymied in State Finals

Averaging more than 10 runs per contest, Stallions manages three in state final.

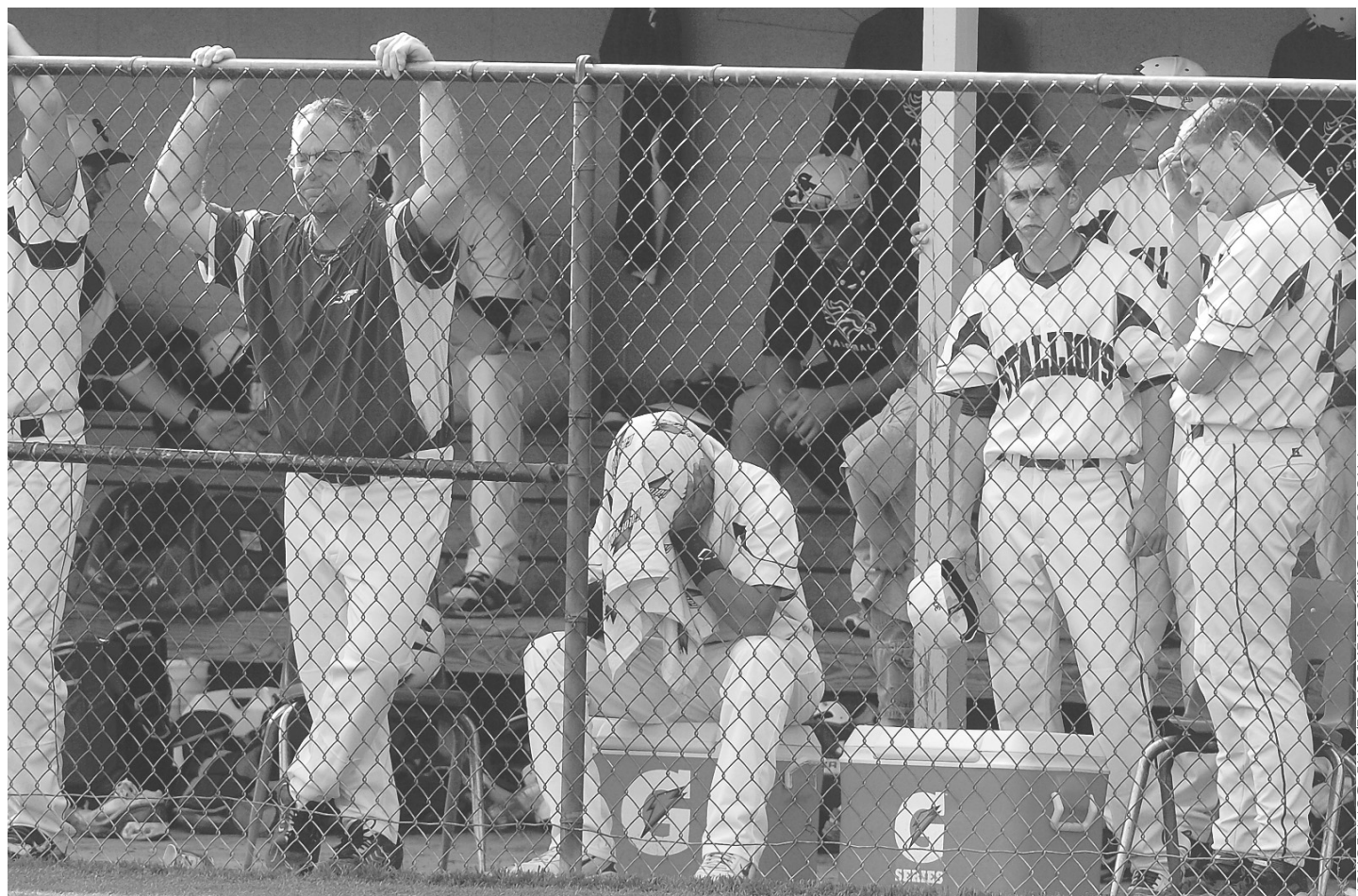
BY JON ROETMAN
THE CONNECTION

South County catcher Mike Perez sat on top of the bench inside the first-base dugout at Westfield High School with his head buried in his hands, trying to hide his pain.

To Perez's right sat pitcher Evan Beal, who vented emotion with a towel around his head. Between the two Stallions seniors sat head coach Mark Luther, hat off and fingers interlocked, looking as though he was trying to figure out how a team that averaged more than 10 runs per contest managed just three in the biggest game of the year.

The South County baseball team lost to Great Bridge, 5-3, on Saturday, June 11, in the AAA Virginia state championship game. The Stallions entered Saturday as an undefeated run-scoring machine. After defeating Lake Braddock, 9-5, in the Northern Region championship game on June 3, Luther said, "I think I've said it before: we eventually figure you out. You're not going to get [our lineup] for seven innings. If you do, we tip our hat to you."

For 5-1/3 innings, Great Bridge starting pitcher Connor Jones shut down the South County lineup. Other than Perez, who belted a solo home run and a double high off the center field fence, none of the Stallions consistently solved Jones, who allowed three runs — two earned — on six hits. Cooper Jones pitched the final 1-2/3 innings



Members of the South County baseball team react after losing the state championship game to Great Bridge on June 11 at Westfield High School.

to earn the save.

"He didn't change anything, he didn't do anything different," Luther said of Connor Jones. "We just didn't mentally make the change like we've been doing all year. He did a great job, give him credit. He kept dumping change ups in and we kept beating them into the ground. ... The fact that we only scored three runs I think was more the disbelief part of it. Obviously, in base-

ball, you can run up against a guy who is just better than you that day, but even if he is better than us we feel like we're going to be able to score more than three."

Trailing 5-2, South County started to rally in the bottom of the sixth, but managed just one run. Alex Carrington led off with a single and reached second on a wild pitch, but was later thrown out at third on a Luke Bondurant chopper to the shortstop. Perez just missed a home run, doubling high off the wall in center field, but his courtesy runner was stranded at third. Bondurant scored on a wild pitch, but it wasn't enough.

"He was locating his pitches well, keeping it down, making us chase a little bit," Bondurant said of Connor Jones. "It felt like we were just trying a little bit too hard, trying to do too much with the ball. It just didn't come out the way we wanted it to."

South County standout pitcher Tyler Frazier suffered an injury to his throwing shoulder while playing shortstop during the semifinals on June 10 and wasn't able to pitch in Saturday's championship game. With Beal having pitched Friday, junior left-hander Jake Josephs got the start and pitched a complete game. He allowed five runs in the first three innings, but settled down and surrendered just one hit during the final four frames.

"He did a great job," Luther said. "We were expecting four [innings] out of him, just going to try to steal four and then go to another left hander and finish with Mike. He was phenomenal. He just bore

"The fact that we only scored three runs I think was more the disbelief part of it."

— Mark Luther

down. He's competitive. He did way more than what we anticipated he would."

Trailing 5-1, Perez cut the South County deficit to three with a solo home run to left-center in the fourth. The senior finished 2 for 3 in his final game in a Stallions uniform.

"He's a great player," Luther said. "We feel like he's one of the best players in the state Virginia and he kept proving it today. He was good behind the dish. He was awesome at the plate again. He's just a great player and he loves playing the game. He plays it every day and he plays it hard every day."

South County finished the season with a 28-1 record, a Northern Region championship and a Patriot District title.

"They had a great season," Luther said. "It's one of the better seasons in the history of the Northern Region. You can't really say anything to them. They're beating themselves up and hurt more than what I can say to help it out. I just thanked them for everything that they've done [and I'm] thankful to be a part of it. ... It certainly helps going through this experience, to know that you've been there and you know what it's like. You have a taste for it and you want to try to get back."



South County senior Luke Bondurant reacts after scoring on a wild pitch in the sixth inning during the state championship game against Great Bridge on June 11 at Westfield High School.

South County Girls Win in Epic Effort

Freshman throws 12-inning, one-hit shutout in district championship game.

BY JON ROETMAN
THE CONNECTION

When South County pitcher Rebecca Martin hurled her 178th delivery of the evening past West Potomac's Elani Gonzalez for strike three and the final out of the Patriot District championship game, the freshman right-hander casually turned, walked to the back of the pitching circle and picked up her rosin bag.

Her teammates weren't so calm.

The Stallions swarmed Martin after her 17th strikeout ended a 12-inning marathon, clinching a 2-0 South County victory on Monday, May 23 and the program's fifth consecutive district title.

Martin and West Potomac's Morgan Maniglia traded zeros during an epic pitching-duel at West Springfield High School. Both pitchers shut out the opposing lineup for 11 innings before South County freshman third baseman Caitlin Maglich delivered a two-out, two-run single off Maniglia in the 12th. Martin retired the Wolverines in order in the bottom half, striking out the



"To go 12 innings against this great hitting team and under these circumstances, I'm speechless."

— South County head softball coach Gary Dillow

SEE AFTER 12 INNINGS, PAGE 13

The South County softball team captured its fifth consecutive district championship.



Dive In

Fairfax Station Swim, Tennis Club opens for summer.

Clear sky and cool breezes made for a perfect day on the pool deck or tennis courts as the Fairfax Station Swim and Tennis Club opened its doors for the 2011 season. The club's swim team and dive team, the Fairfax Station Flyers, are both competing in Division 2 of the NVSL.

The tennis program, under the direction of Jeff Jones and Bobbie Buck from RJ Tennis, provided free tennis clinics for all ages during the day. Face painting, hot dogs and burgers and an early dip in the pool rounded out the festivities. The season will officially start on Memorial Day weekend.

Rob Carvajal, sitting, answers questions about the tennis programs offered at the club during the spring and summer.

Too Little, Too Late

Lake Braddock strands nine runners in semifinal loss to West Potomac

During a late-season battle for first place in the Patriot District on May 10, the Lake Braddock softball team trailed Woodson by three runs entering the seventh inning.

The Bruins' bats came alive with the game on the line, adding a pair or runs, but their rally fell short, leaving them with the No. 2 seed entering the district tournament.

On May 21, Lake Braddock again faced a late-game deficit, this time trailing West Potomac 6-1 entering the bottom of the sixth in the district semifinals. Again, the Bruins chipped away at their deficit, scoring two runs in the sixth. West Potomac countered with a run in the seventh, but Lake Braddock came right back with two in the bottom half and put the tying runs in scoring position.

Unfortunately for the Bruins, their resiliency was again too little, too late.

Third-seeded West Potomac defeated Lake

Braddock 7-5 on Saturday at West Springfield High School, giving the Bruins the Patriot District's No. 4 seed heading into the regional tournament, beginning May 27.

Trailing 7-3 in the bottom of the seventh, Lake Braddock opened the frame with four consecutive hits. Singles by Anna Delaney, Kathryn Jaquish, Ashley Flesch and Kelly Plescow produced a run and loaded the bases. Nicole May hit a sacrifice fly to center field, cutting the Bruins deficit to 7-5, but the game ended two batters later with two runners stranded in scoring position. For the game, Lake Braddock left nine runners on base.

"We didn't get that hit when we needed it. That's it, that's the game."

— Lake Braddock head coach
George Rumore

"The bottom line is we stranded [nine] runners," Lake Braddock head coach George Rumore said. "We didn't get that hit when we needed it. That's it, that's the game. You just can't strand [nine] runners. ... We gave ourselves an opportunity. ... We came back; there's no quit in them."

Plescow finished with three hits for Lake Braddock. May, Delaney, Flesch and Lauren Schwartz each

had two hits and Jaquish had one. Flesch threw a complete game but suffered the loss in the circle.

— JON ROETMAN

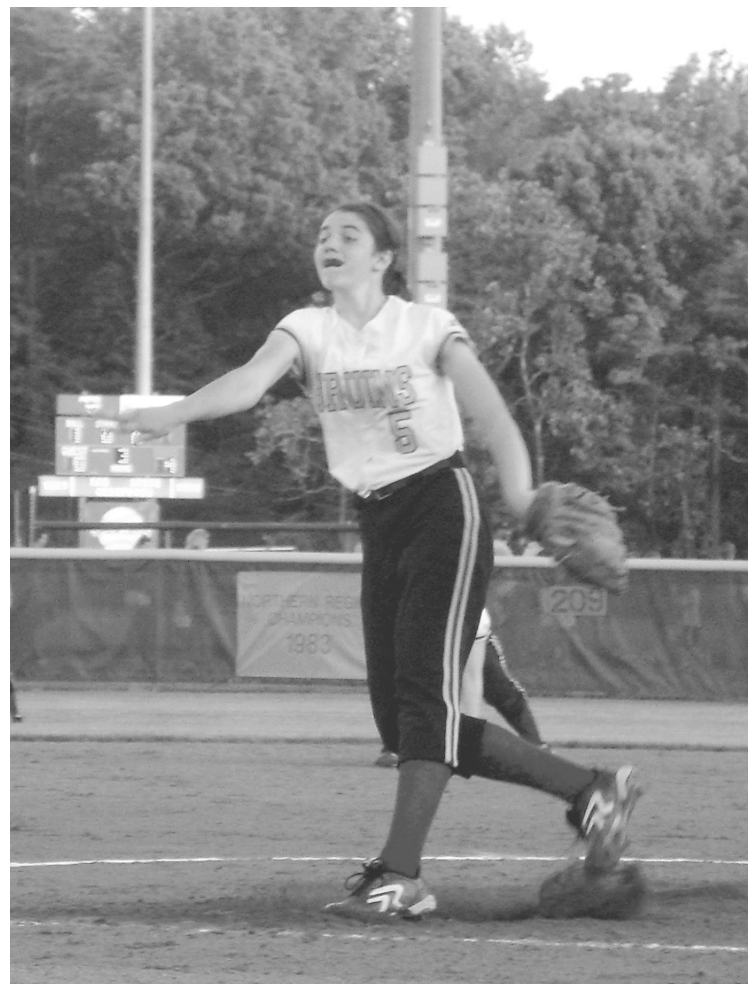


PHOTO BY JON ROETMAN/THE CONNECTION

Lake Braddock freshman Ashley Flesch threw a complete game but suffered the loss against West Potomac in the Patriot District Tournament semifinals on May 21.

After 12 Innings, South County Brings Home Title

FROM PAGE 3

final two batters.

Martin allowed just one hit, a leadoff single in the first inning. She walked six, hit three batters and struck out 17. She worked her way out of several jams with the poise of a senior, and even looked subdued after the final out while her ecstatic teammates celebrated.

"She just seems very low key," first-year head coach Gary Dillow said. "She's a freshman. Maybe part of it is she doesn't totally understand the whole thing. All year she's just been kind of very laid back, very mellow, the perfect demeanor you want to have for a pitcher, especially in this kind of situation, 12 innings for the district title."

Dillow said he considered taking Martin out of the game when she struggled with her control in the middle innings, but she worked her way out of trouble thanks in part to several clutch defensive plays.

MARTIN THREW nine consecutive balls to start the bottom of the fourth inning, but got out of the frame with a strikeout and a double play. She also walked two in the fifth inning, but prevented any damage with three strikeouts. Two walks and an error loaded the bases for West Potomac in the ninth, but freshman shortstop Whitney Burks saved the game for the Stallions when she fielded a slow groundball and threw to first in time for an out.



PHOTO BY JON ROETMAN/THE CONNECTION

Senior center fielder Julia Kastner had two hits for South County during the district championship game.

"I'm just really proud because my team was making a lot of plays behind me in some tough situations and really were working together to hit the ball," Martin said. "I just kind of stepped back and took a few deep breaths [when I got into trouble] and I trusted that my team would make plays for me and they did."

Martin split time in the circle this season with freshman Kyra Ketch. The duo took

over for 2010 Virginia Softball Gatorade Player of the Year Chelsey Dunham, who tallied more than 1,000 strikeouts during her four-year career with the Stallions and now pitches at Yale. Dunham was a spectator at Monday's game and called Martin's performance "fantastic."

Dillow was an assistant coach during the program's first five seasons and witnessed many a dominant performance by Dunham. After Monday's game, Dillow placed Martin's effort near the top of his list.

"This ranks right up there because it is so unexpected," he said. "To go 12 innings against this great hitting team and under these circumstances, I'm speechless. It's beyond me. It's one of the best pitching performances I've ever seen."

Martin said she used five pitches — fastball, change up, rise ball, curve and slow curve — during the championship game, a repertoire that left the Wolverines befuddled.

"She had a crazy backspin," Maniglia said the day after the game. "Something was going on [and] we couldn't pick up on it. We've never hit off something like that."

Martin threw 115 of 178 pitches for strikes and wracked up a big strikeout total despite throwing with less-than-blazing velocity.

"It's not about velocity with her," Dillow said. "It's all about movement, changing speeds, changing levels and changing locations. She just keeps the hitters off balance."

Offensively, South County managed just two hits, both by center fielder Julia Kastner, prior to the 12th inning, when Maglich delivered a clutch two-run single to center.

"I couldn't get anxious," Maglich said. "I had to wait on the ball, wait for mine. I haven't been hitting very well lately. When I saw that pitch, I knew it was it. The feeling of it coming off the bat was just unreal. It's the best feeling in softball. I was about to cry when I got on base. It's just so incredible. I was so happy."

SOUTH COUNTY winning a district championship is nothing new, but this season had a different feel to it for the Stallions, who lost seven senior starters to graduation. South County started five freshmen (Martin, Maglich, Burks, catcher Haylea Geer and right fielder Courtney Ward) and the two returning starters, seniors Kastner and Alex Brown, changed positions this season. The Stallions entered the district tournament as the No. 4 seed rather than a dominant force, but still managed to get the job done.

"It's unfathomable to me to start five freshmen and win districts," Dillow said. "It's just unbelievable that we've been able to do that."

South County will host Langley at 7 p.m. on May 27 in the first round of the regional tournament.

"No one other than us," Martin said, "really expected us to get this far."



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION



South County's Jeremy Haynes (23) and Oren Burks (21) help wrap up Yorktown fullback Austin Browne during the Division 5 Northern Region final on Nov. 25 in Arlington.

South County running back Andrew Rector scored a touchdown during the Stallions' 37-13 win against Yorktown.

Vandyke Propels South County to Region Championship

Stallions defense, special teams make big plays.

BY JON ROETMAN
THE CONNECTION

South County senior Devin Vandyke observed weakness in Yorktown's special teams blocking as he rushed the Patriots punter early in the region championship game on Nov. 25. The Stallions linebacker made a mental note and let his Division I talent do the rest.

"The first time I rushed, I realized they weren't really blocking too hard," Vandyke would later say. "I was just trying to get a feel for them."

The Virginia Tech-bound Vandyke blocked two punts, tallied three sacks and recovered a fumble as South County defeated Yorktown 37-13 in the Division 5 Northern Region final at Greenbrier Stadium in Arlington, giving the Stallions their first region title in program history. Led by Vandyke, South County stymied a Yorktown team that entered the contest undefeated, having beaten every foe by at least 14 points.

"I feel like a champion," Vandyke said. "We worked so hard to get here since our sophomore year — everybody worked hard."

Vandyke's first punt block came in the final minute of the first half, giving South County possession at the Yorktown 18-yard line. Two plays later, a 3-yard touchdown run by Peter Basnight gave the Stallions a 17-0 lead headed into halftime.

With South County leading by 24 early in the fourth quarter, Vandyke blocked another punt. This time, junior Oren Burks recovered the ball in the end zone for a touchdown and a 37-7 Stallions advantage.

"[Vandyke] had been sick all week and I don't think he had a great week of practice to be honest," South County head coach Gerry Pannoni said, "but when the game is on the line and you need somebody to perform, there are kids you know you can count on and he's one of those kids."

Along with big plays on special teams, Vandyke and the South County defense stifled a Yorktown team that entered the contest averaging more than 40 points per game. The Stallions limited the Patriots to one offensive touchdown and less than 200 yards from scrimmage.

Vandyke wasn't the only Stallion making plays. Senior linebacker Timmy Hunt snagged a pair of interceptions for South County, the second of which he returned 65 yards for a touchdown to give the Stallions a 31-7 lead early in the fourth quarter.

"The first one, I wasn't expecting at all. It hit me right in the chest as soon as I looked up and I just reached out and grabbed it," Hunt said. "The second one, I read it perfectly and I just grabbed it and took it home. I was straight to the end zone."

"We expected everything that South County gave us," Yorktown sophomore running back M.J. Stewart said. "We just thought we could handle it."

OPPONENTS RARELY TESTED Yorktown during the 2011 season. The Patriots' average margin of victory approached 30 points and five times they beat an opponent by at least 34. Head coach Bruce Hanson said a close loss to a tough opponent might have helped the Patriots better handle adversity against South County.

Vandyke said he noticed the impact South County's defense had on the Patriots.

"I knew they were kind of shocked," he said. "They were kind of fussing with each other, trying to fuss with us, too. We weren't surprised because we knew this would happen if we just played our defense. I feel like we are a dominant defense in this whole state, not even just the region, and if we played our game, we could definitely take them out of theirs."

Defense and special teams helped South County win the field position battle. The Stallions' average starting field position during their eight first-half possessions was the 50-yard line, including five drives that started at their own 42 or better.

Offensively, quarterback Shane Foley and running back Andrew Rector scored touchdowns for South County.

Hanover is Next Up for South County

Hawks enter state football playoffs after garnering their third Central Region title in five years.

BY RICH SANDERS
THE CONNECTION

South County's opponent in this Saturday's Div. 5 state semifinals football playoff game will be Hanover High (Mechanicsville), a member of the Central Region and Capital District. Game time is 4 p.m. at South County Secondary.

The Hanover Hawks (10-2), who sport forest green, colonial blue and white team colors, defeated Atlee in last Friday night's Central Region title game, 31-12. It marks the third time in five years that Hanover has captured the region crown. The Hawks were also region champs in 2007 and 2009. They have now played in five straight region finals.

The Hanover team is coached by Josh Just, who is completing his seventh year at the helm of the program. One of the Hawks' losses this season came to Atlee, 21-14, in a regular season game played on Oct. 7. Of course, Hanover avenged that setback to the Raiders (9-3) by beating them in last week's finals.

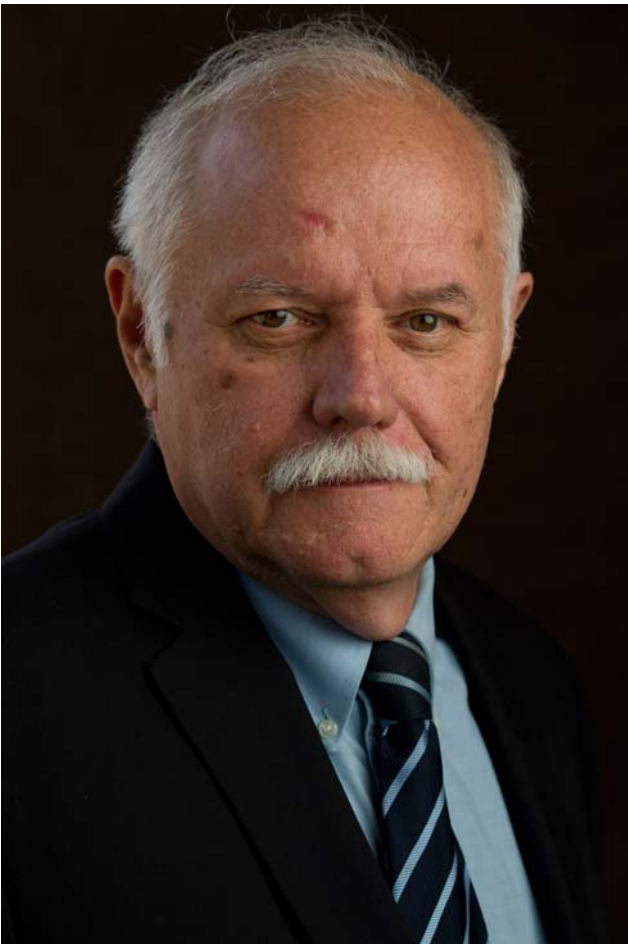
Hanover's best player is Sam Rogers, who was the Hawks'

quarterback over the first half of the season before an injury to his right arm resulted in his role being changed. Now, he is being utilized as a versatile running back/receiver. While playing quarterback, Rogers was looked upon by opponents as a dangerous double threat with his ability to throw the football as well as being a tenacious, physical runner.

In the Hawks' win over Atlee last week, Rogers, from his flanker type position out of the backfield, caught three passes for 55 yards, including a 24-yard scoring pass from quarterback Andrew Knizner. Rogers also ran the ball three times for 52 yards, including an 11-yard scoring run. One of his runs came on a fake punt that netted 38 yards. His outstanding play was a big key in Hanover jumping in front of Atlee, 17-0, after one quarter. Defensively, Rogers plays a secondary position.

Hanover's go-to running back is L.J. Jones, who gained 169 yards on 31 carries in the win over Atlee. He also ran for a three-yard touchdown in the third quarter, a score set up by Rogers' fake punt run.

Reston CONNECTION



KEMAL KURSPAHC



LAURENCE FOONG

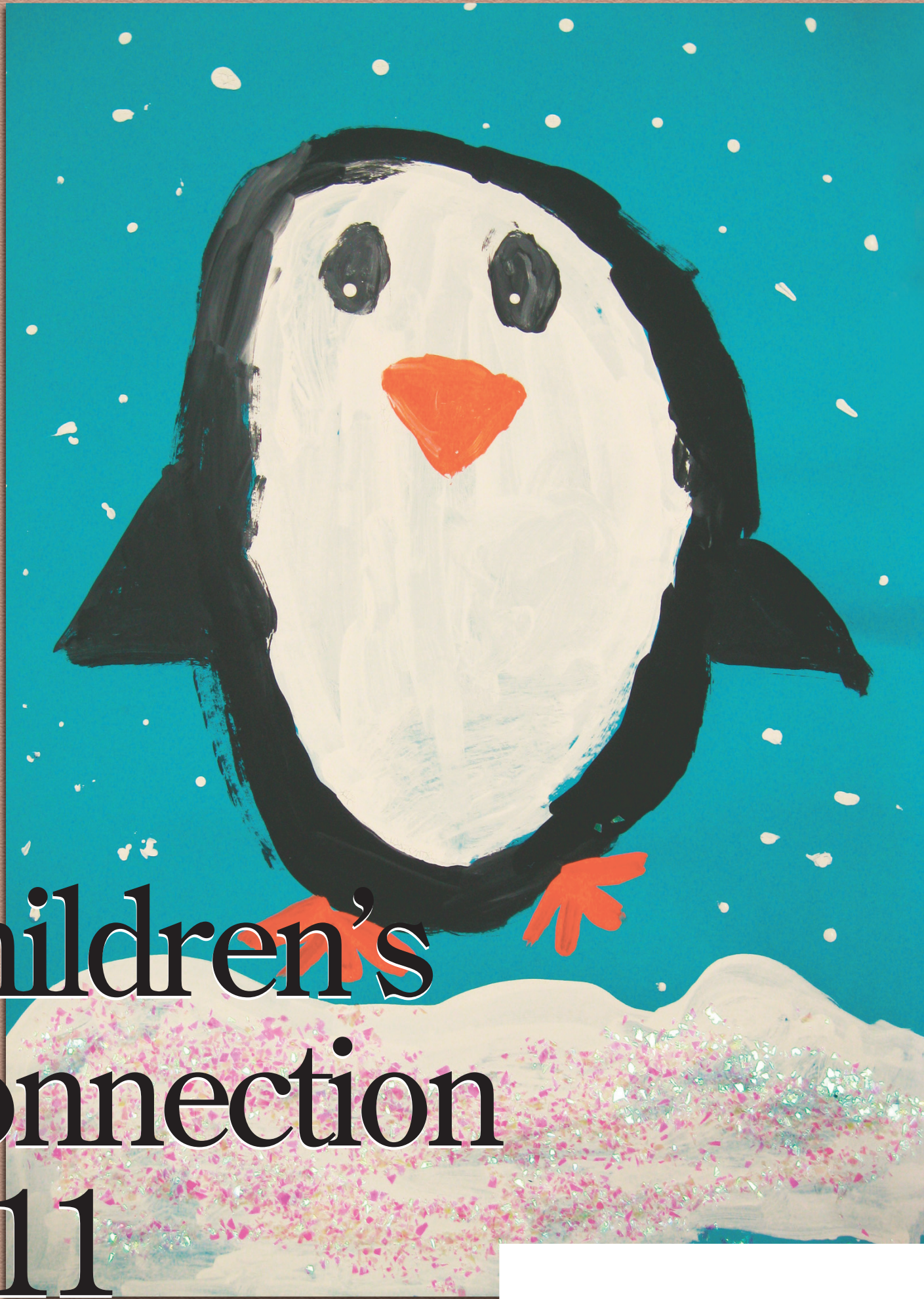


AMNA REHMATULLA

Third Place in Special Sections or Special Editions:
Children's Connection

Judges comments: Simple and elegant idea showcasing children's artwork, a great way to attract young readers!

Reston
CONNECTION



Children's Connection 2011

By Marley Mulvaney,
Sunrise Valley Elementary,
Kindergarten

PRSRRT STD
U.S. POSTAGE
PAID
MARTINSBURG, WV
PERMIT #86

DECEMBER 28-JANUARY 3, 2012

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

CONNECTION NEWSPAPERS 2011 AWARDS

[CLICK HERE FOR "AN END TO HOMELESSNESS?" WHICH WON THE VPA AWARD FOR JOURNALISTIC INTEGRITY AND COMMUNITY SERVICE, AMONG OTHERS. \(PART 1\)](#)

[CLICK HERE FIRST-PLACE VPA AWARDS THE ALEXANDRIA GAZETTE PACKET WON. \(PART 2\)](#)

[CLICK HERE SECOND- AND THIRD-PLACE VPA AWARDS THE ALEXANDRIA GAZETTE PACKET WON. \(PART 3\)](#)

[CLICK HERE VPA AWARDS THE ARLINGTON CONNECTION, BURKE CONNECTION, CENTRE VIEW AND FAIRFAX CONNECTION WON. \(PART 4\)](#)

[CLICK HERE FOR VPA AWARDS THE FAIRFAX STATION/LORTON/CLIFTON, GREAT FALLS AND RESTON CONNECTIONS WON. \(PART 5\)](#)

[CLICK HERE VPA AWARDS THE MOUNT VERNON GAZETTE WON. \(PART 6\)](#)

[CLICK HERE FOR MDDC AWARDS THE POTOMAC ALMANAC WON. \(PART 7\)](#)

[CLICK HERE FOR THE POTOMAC ALMANAC'S AWARD WINNING CONTINUING COVERAGE OF SOCCER FIELD PROPOSALS ON BRICKYARD. \(PART 8\)](#)