

Wellbeing

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Brandon Castle and daughter Kaylee of Fairfax row their boat ashore during the Cardboard Boat Regatta on June 3 at Lake Accotink Park. The popular event, part of Springfield Days, drew 50 teams and hundreds of observers.

Celebrate Fairfax Honors 2012 'Lords And Ladies'

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JUNE 7-13, 2012

Celebrate Fairfax Honors 2012 'Lords and Ladies'

Honorees saluted for community volunteerism.

By VICTORIA ROSS
THE CONNECTION

Celebrate Fairfax kicked off its 30th anniversary with a salute to the 2012 Lord and Lady Fairfax Honorees during a dinner and awards ceremony at the Fairfax County Government Center Tuesday, June 5.

"The tradition of honoring Lords and Ladies Fairfax began in 1984 as a unique way to recognize exceptional citizens of Fairfax County," said Lynne Strobel, chair of Celebrate Fairfax Board of Directors.

Each year, the Fairfax County Board of Supervisors selects two people from their district who have demonstrated superior volunteer service, heroism, or other special accomplishments to receive the award.

"Volunteerism is what sets Fairfax County apart," said Tessie Wilson, a former Fairfax County School Board member and the Braddock District honoree. "I'm very honored. Celebrate Fairfax recognizes the extra value of volunteerism in our society."

The event drew several hundred people, including community and business leaders as well as state and local elected officials.

"Tonight, we are honoring the stars of each district who make our communities strong," said Pete Murphy, a Celebrate Fairfax board member and the event's master of ceremonies. "John Quincy Adams said it best: 'If your actions inspire others to dream more, learn more, do more and become more, you are a leader.'"

2012 Lord and Lady Fairfax Honorees

**Profiles provided by Celebrate Fairfax*

Nominated by Chairman Sharon Bulova (D- At-large) :

* **Kathy Albarado**, President and CEO of Helios HR, an award-winning Human Resource firm based in Reston. She has volunteered her time and resources with Reston Interfaith, leading a winter coat drive; food drives and walks for the homeless. In 2009



The Brown family (from left) Josh, Mary Beth, Liza, Ava, Jack, Craig and "Lord" Robert Brown with Supervisor Pat Herrity (R-Springfield) at the 30th anniversary of Celebrate Fairfax.



"Lady" Martha Lloyd and "Lord" Don Hinman stand with Supervisor Jeff McKay (D-Lee), center, at the award ceremony.

Kathy was honored by the Washington Business Journal for her dedication to Community and Philanthropy. Helios was also recognized by the Reston Chamber as the "Best of Reston, corporate category." Albarado is an enthusiastic member of the Governing Board to Prevent and End Homelessness. In an opinion piece in The Connection Newspapers, Albarado wrote, "I am fortunate to now be in a position to support and give back to my community and I view it as a privilege to do so. Community outreach can and should become a part of an organization's culture."

"On the Fairfax County seal are the Latin words 'Fare Fac,' roughly translated as 'speak and act.' Kathy is a real example of backing up her words with action," Bulova said.

* **Delbert (Bill) Sheads**, born in 1921, is a lifelong resident of Fairfax County. As a child, Sheads, whose father Cam operated a portable saw mill in the area, helped out by hauling logs, sand and gravel. During high school (1938-

1941), he left home at 3:30 a.m. every Monday to pick up saw mill workers in Page and Fauquier County. At 18, Sheads joined the volunteer fire department, later becoming its Chief. He was at Ossian Hall, one of the grand Fitzhugh manor homes in Annandale, when it was burned as training exercise, and he remembers the fire fighters shedding tears as the magnificent home burned. For years, Sheads has been documenting his life story - which is also the community's story - with extraordinary detail. He draws detailed maps and pictures to preserve the past.

"Bill has led a fascinating life and is gifted with amazing recall," Bulova said. "He has generously shared his memories through his writings, oral histories and work with the Burke Historical Society and the A Look Back at Braddock History Project."

Braddock District - Nominated by Supervisor John Cook:

* **Tessie Wilson** came to the area as a student at American Univer-



Bill Wilson, "Lady" Tessie Wilson, and Superintendent of Fairfax County Public Schools Jack Dale at the 30th anniversary of Celebrate Fairfax honoring the 2012 Lord and Lady Fairfax nominees. The event was held at the Fairfax County Government Center Tuesday, June 6.



From left - Carly Coho, Petre Snegireff, Supervisor Pat Herrity (R-Springfield), "Lady" Breeana Bornhorst, Linda Aikey and Rhonda VanLowe at the event.

sity and earned a degree in Overseas Business. As the mother of a son and daughter, she naturally gravitated toward activities involving her children. She has been active in both the Girls Scouts and Boy Scouts, served as an officer on the PTA of both Bonnie Brae Elementary School and Robinson Secondary School, served as the treasurer of the Education Foundation for Fairfax County Public Schools. This led her to serve as the Braddock district representative to the Fairfax County School Board from 1999-2011. She is the Chairman and Founder of College Access Fairfax, a non-profit organization that assists parents and students in completing the FAFSA (Free Application for Federal Student Aid). She currently serves on the board of the Woodbury Woods Civic Association, and runs her own business, CW Accounting. She and her husband live in Fairfax.

* **Doug Brammer** serves as Verizon's Government Affairs Manager in Northern Virginia. In his current position, Brammer is responsible for representing Verizon at the local and state government level as well as managing corporate philanthropy. He currently serves in leadership positions with a number of community organizations, including the Northern Virginia Community College Education Foundation, the Fairfax Chamber of Commerce, the Arlington Chamber of Commerce, Leadership Arlington, and the Boy Scouts of America. He also currently serves as Chairman of the Board of the Fairfax County Chamber of Commerce VALOR Foundation. The Valor Awards ceremony was established in 1979 to honor and recognize Fairfax County's First Responders for their heroic acts. The Valor Scholarship Fund was established in 1989. The Scholar

SEE VOLUNTEERS, PAGE 4

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‘Whatever I Do Will Only Make Me Stronger’

Robinson student wins Hispanic Leadership Alliance scholarship.

BY BONNIE HOBBS
THE CONNECTION

Born in Bolivia, Lucia Maldonado came to the U.S. at age 7 with her mother and younger sister. Now 18, she’s about to graduate from Robinson Secondary School and is the recipient of a Hispanic Leadership Alliance (HLA) scholarship.

“I was surprised and happy,” she said. “It was a huge blessing. I’ve had a wonderful experience at Robinson because of all the opportunities and extracurricular activities at this school.”

Maldonado’s president of the National Art Honor Society and an IB diploma candidate. “IB classes allow you to challenge yourself academically and as a thinker and become more well-rounded,” she said.

But her favorite thing at Robinson has been participating this year in the school’s reopened Latin American Student Association (LASA). “It encourages leadership in Latino students and giving back to their communities so students coming in won’t have to face the same challenges I did,” she said. “I was one of the only Hispanic students or Hispanic girls in upper-level classes.”

AS A RESULT, Maldonado felt intimidated by her classmates’ intelligence. But, she said, “That challenged me even more to



Lucia Maldonado (center) with LASA co-sponsors Enrique Fernandez and Ruth Azimi.

prove to myself and others that I could do it.” To win the \$1,000 HLA scholarship, she had to write about the person who inspired her most.

“I wrote about my mom – she’s the best example of strength and humility I know,” she said. “She’s a single mom and she’s worked really hard to come to this country and raise my sister and I. Sometimes, she had to work three jobs to get us through.”

Maldonado said her mother taught her how to be strong in tough times and always be thankful for what she has. “But the most important thing I’ve learned from her is

“Someday, I hope to provide for my mom the way she provided for me.” — Lucia Maldonado

never giving up on my dreams,” she said. “Sometimes, the things we want most take longer to attain. But what matters is the destination and not the path you take to get there. My mom’s always taught me that, as long as you try your hardest, the right doors will always open.”

Maldonado’s mother didn’t know her daughter was writing about her until she won the scholarship. “She was honored that I think of her that way,” said Maldonado. “She was also thankful because it’s not easy to have a good relationship with your parents as a teenager.”

Ruth Azimi is the co-sponsor of LASA at Robinson and had the honor of presenting Maldonado’s scholarship at the recent HLA awards banquet. “I was very proud because I encouraged Lucia to apply for this scholarship,” said Azimi. “She needed it and deserved it. I was so excited to learn she’d won, after all her hard work, commitment, dedication and challenges.”

Maldonado has had several, serious medical problems the past two years, including a fractured ankle requiring surgery. And after graduation, she’ll have surgery on her adenoids to relieve her severe headaches. “The doctors are also concerned about my liver, but I don’t want to sulk about it,” she said. “Instead, I want to stay positive.”

“I won a scholarship, I’m graduating and going to college – something my parents never did,” continued Maldonado. “It proves that all my mom’s efforts, late nights working and physical and emotional difficulties were worth it. Someday, I hope to provide for my mom the way she provided for me.”

THIS FALL, she’ll attend NOVA in Alexandria, and she’s already started taking online classes. “I want to study film and, hopefully, one day be a director,” she said. “I plan to move to Argentina in two years because college is cheaper there and I’ll graduate as a creative director – which will allow me to enter any directing field I want.”

Maldonado said her biggest reward is making her mother proud of her and seeing her smile. “I feel like whatever I do will only make me stronger,” she said. “Whatever I go through will help me learn and God will get me through.”

Planning for the Future

BY BONNIE HOBBS
THE CONNECTION

To encourage leadership among Robinson Secondary School’s Hispanic population, Ruth Azimi and Enrique Fernandez co-sponsor LASA, the Latin American Students Association. It’s helping the students’ parents, as well.

Azimi holds monthly meetings for the parents to inform them about opportunities for themselves and their children. She lets them know what’s going on at school and provides them with information about scholarships.

“The parents feel included in their kids’ lives,” said senior Lucia Maldonado. “One of Hispanic parents’ fears is that

they won’t be able to guide their children through the college-application process.”

Now, though, Robinson’s Hispanic parents learn how to advocate for their children at school. And when NOVA’s Hispanic Student Union recently visited Robinson, its members spoke in Spanish and told parents ways they could get involved in school.

All these things delight Robinson parent liaison Azimi. “I’ve been working here for eight years, and I always wanted a club for Spanish students,” she said. “They don’t always participate in clubs, but we do have a lot of Hispanic leaders.”

Last year, Azimi went to the Hispanic Leadership Alliance (HLA) awards banquet and saw teachers present Hispanic

Robinson’s Latin American Student Association is growing.

students with scholarships. “I wanted to do that at Robinson, too,” she said. “So I talked to HLA President Idi Duncan about establishing a partnership with them for a club here.”

She then discussed the idea with several students, including Maldonado, then a junior. Azimi wanted to revive LASA, which was once active at Robinson, but had disappeared the past three years.

So when Fernandez joined Robinson in January as a counselor, she recruited him to help. Since then, said Azimi, “He’s been our right hand in every aspect of LASA. And the fact that he’s fluent in Spanish helped the kids.”

“I like LASA,” said Fernandez. “The members are really passionate about the group and want to

do lots of things. So we’re deciding what we want LASA to be and to do for the community. We worked on an international talent show in March, with all the cultures here. It included a fashion show and food from different countries.”

LASA’s leadership board has already presented activity ideas to Fernandez for the next school year. “We want it to be mostly student-run,” he said. “We’d like it to be more than social – a support system for all ESOL students and students new to the middle and high school. We’d also like to set up a tutoring system for students needing help with their schoolwork. We want to make them all feel like they belong here at Robinson.”

BULLETIN BOARD

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. Deadline is Friday. Dated announcements should be submitted at least two weeks prior to the event.

SATURDAY/JUNE 9

Fairfax County Women in the NAACP Meeting. 10 a.m. Kings Park Library, 9000 Burke Lake Road, Burke. Help plan for upcoming events. New members welcome. 703-470-2137 or www.fairfaxvawin.org.

Dog Adoptions. 1-4 p.m. PetSmart, 12971 Fair Lakes Center, Fairfax. Every Saturday. Sponsored by Lost Dog & Cat Rescue Foundation. www.lostdogrescue.org.

Divorce Workshop. 9 a.m. Fair Oaks Courtyard Marriott, 11220 Lee Jackson Memorial Highway, Fairfax. The legal, financial, family, property and personal issues of divorce. Free. www.secondsaturdayfairfax.com.

MONDAY/JUNE 11

Senior Fall Prevention Classes. 2 p.m. The Woodlands Retirement Community, 4320 Forest Hill Drive, Fairfax. Classes designed to work on balance and core muscles to prevent injuries and falls; Instructor certified in back and hip rehab. Every Monday and Friday in a heated indoor pool. \$10. Registration required at 703-667-9800.

Area Volunteers Honored

FROM PAGE 2

ship Fund provides post-secondary educational scholarships to the children of our community's Medal of Valor recipients. He is also the immediate past Chairman of the Board for the Arts Council of Fairfax County. He and his family have lived in Fairfax for 11 years.

Lee District - Nominated by Supervisor Jeff McKay
*** Martha Lloyd** has served on the Fairfax-Falls Church Community Services Board for more than five years. In that capacity, she has been the chair of the Government and Community Relations Committee and served on the Executive Committee and has chaired the Community Services Board for two one-year terms—the maximum allowed. Lloyd has also been in the New Horizons Neighborhood Advisory Board since 2007, on the Laurel Grove School Association Board since 2009, and a member of The Links, Inc. since 2011. She has served on the Lee District Citizen Budget Advisory Board during our most difficult budget years and on the Workforce Committee for the Fairfax County Executive Strategic Plan. Martha also finds time to work with organizations that support our troops and provide mentoring, scholarships, and holiday fundraising.

*** Don Hinman** has been president of the Huntington Grove HOA since 2002. An active board member of the Lee District Association of Civic Organizations since 2009, Hinman also represents Lee District on the Board of the Fairfax County Federation of Citizens Associations. He was vice



PHOTO BY CAROLINE PAXTON/THE CONNECTION

Fairfax County Board of Supervisors Chairman Sharon Bulova (D-At-large) gives "Lord" Delbert "Bill" Sheads a congratulatory kiss after Lynne Strobel, chair of Celebrate Fairfax Board of Directors, recognizes Sheads at the 30th anniversary of Celebrate Fairfax.

president of the Federation for two years and now chairs its Citizen Association Services Committee. He is also in his third year on the statewide board of the Virginia Legislative Action Committee of the Community Associations Institute. As HOA president, he advocates for increased use of native plants in landscaping and has helped obtain a county NEPP grant and coordinated installation of native plants in his townhouse community. Additionally, for almost every election since 2005, Hinman has served as Chief Election Officer in Lee District precincts. More recently, he represented HOA on the Penn Daw Special Study Task Force.

Springfield District - Nominated by Supervisor Pat Herry

*** Breeana Bornhorst** is the Executive Director of the Northern Virginia Therapeutic Riding Pro-

gram located in Clifton. During the past 11 years, Bornhorst's skills have served to energize and grow a program with two horses, 15 riders, one instructor, and limited volunteers to one with 14 horses, more than 100 riders per week, nine instructors, three therapists, and a database of 700-plus volunteers. NVTRP offers therapeutic riding and hippotherapy to children and adults with disabilities, youth-at-risk, and military service personnel and their families in an inclusive community setting. NVTRP also offers therapeutic riding and community lessons through the Fairfax County Partakes. In 2011, NVTRP provided more than 3,100 lessons to 262 riders with more than 20,000 volunteer hours. As Chairman of the County's Equestrian Task Force, Bornhorst has become a champion for the equestrian community by identifying opportunities for horses and their riders.

*** Robert Scott Brown**, owner of Cardinal Plaza Shell and former West Springfield High School graduate, is a hero for the community. Whether it's through his station's elaborate seasonal décor, enjoyed by the young and old, or providing the water and space for fundraising car washes, or giving his time and money to the local Little League, Brown loves to give back to his neighbors. Additionally, he has worked with local organizations such as the Springfield Youth Club, First Responders of Springfield, and West Springfield High School. He has also raised money for national and international charities, which include Fisher House, Operation Starfish, and St. Jude's Children's Hospital. By upholding the long-held values and traditions of our area, he has continued to make West Springfield a wonderful place to live.

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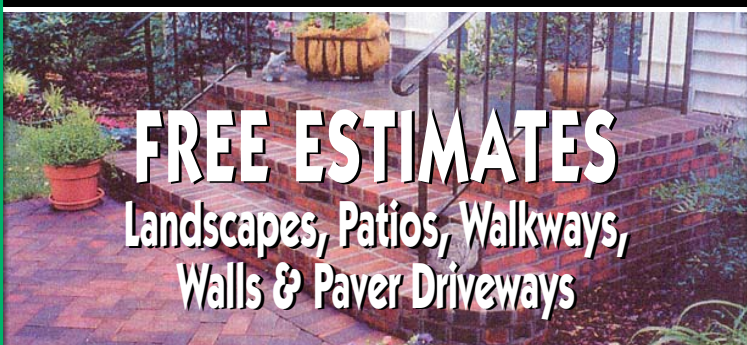
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NEWS

"I Got You Babe." State Sen. Chap Petersen (D-34) brought the house down Thursday, May 31, at his "Young Lawyers" bash when he and his family performed the Sonny & Cher's hit at ICONS in downtown Fairfax. (From left) Band members: Ida Petersen, Eva Petersen (holding baby Ida), Sharon Petersen, Mary Walton Petersen, Thomas Petersen and Sen. Chap Petersen, who loosened his trademark bow tie for the performance.



PHOTO BY VICTORIA ROSS/THE CONNECTION

Democrats Gather for Petersen's Fundraiser

They weren't all young, and they weren't all lawyers, but they were most definitely all democrats at State Sen. Chap Petersen's annual "Young Lawyers" party held at ICONS in downtown Fairfax on Thursday, March 31.

Attended by Democratic power players, including likely gubernatorial candidate Terry McAuliffe, the yearly gathering is Petersen's primary fundraiser, thank you and entertainment for his supporters. McAuliffe, the former chairman of the Democratic National Committee who lives in McLean, introduced

Petersen along with Petersen's law partner Del. Scott Surovell (D-44) and Del. David Bulova (D-37).

McAuliffe, who has said he will run for the Democrat nomination for Virginia next governor, as long as Sen. Mark Warner doesn't decide to run, hinted that Petersen should try again for the Lt. Governor's spot the last minute. Earlier this year, there was speculation that Petersen would run for governor in 2013. He said he seriously considered it, but ultimately voted no for many reasons.

SEE FUNDRAISER, PAGE 7

Free Remodeling & Design Seminars!

Sat., June 9th — 10am-2pm

Where: 5795B Burke Centre Pkwy, Burke, VA 22015 (behind Kohl's)

Thinking of remodeling? This event is the perfect opportunity to take advantage of free expert advice with no obligation. Learn about the hot topics you should consider when remodeling.

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- Reinventing Your Home for Today's Lifestyle

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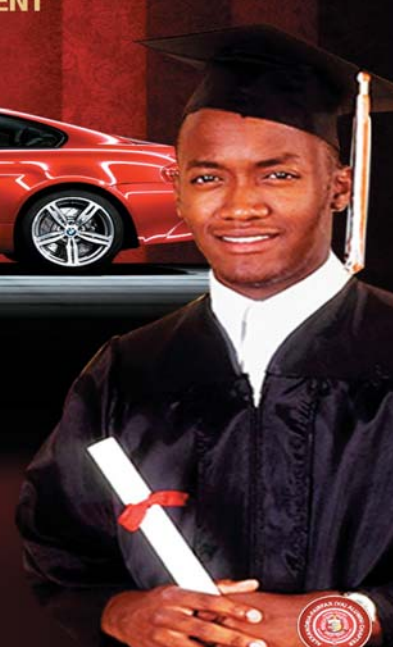


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OPINION

Primary Voting

Statewide primary on
Tuesday, June 12.

On Tuesday, June 12, Virginia will hold a statewide Republican primary for U.S. Senate, plus numerous more local primaries for U.S. House of Representatives and localities.

In the City of Alexandria, there is a critical and hotly contested contest for City Council, which has been chronicled by Alexandria Gazette Packet reporter Mike Pope. You can read the coverage online here: <http://www.alexandriagazette.com/news/Election/Alexandria>

Alexandria, Arlington and parts of Fairfax County are affected by the Democratic primary for the 8th district of U.S. House of Representatives, with U.S. Rep. Jim Moran facing former Navy pilot Bruce Shuttleworth. The winner will face Republican Patrick Murray of Arlington in November.

Reston and some other parts of Fairfax County, represented by Moran for the past 10 years, will now be in District 11; incumbent Gerry Connolly will face the winner of next week's Republican primary in November. Voters in the Republican primary in district 11 will choose between Ken Vaughn and Chris Perkins.

There is no primary for either party in the 10th Congressional District. U.S. Rep. Frank Wolf (R) will face Democrat Kristin Cabral in November.

Mount Vernon, Lorton and Mason Neck voters who were previously in District 11 (Connolly) are now in District 8 (Moran).

For maps that show the old and new congressional district boundaries:

District 8: <http://www.vpap.org/elections/district/31>
District 11: <http://www.vpap.org/elections/district/43>
District 10: <http://www.vpap.org/elections/district/39>

In the U.S. Senate Republican Primary, George Allen faces Bob Marshall, Jaime Radtke and E.W. Jackson. The winner will face Democrat Tim Kaine in November.

Connection coverage of the Senate and Congressional races so far is available at <http://www.connectionnewspapers.com/news/Election/National/>

Upcoming Elections and Voter Information

- ♦ Virginia State Board of Elections website at www.sbe.virginia.gov/
- ♦ Fairfax County Office of Elections website at www.fairfaxcounty.gov/elections or contact the Office of Elections at 703-222-0776, TTY 711.
- ♦ Arlington County Office of Voter Registration, 2100 Clarendon Blvd., Suite 320, Arlington, 703.228.3456, TTY 703.228.4611. <http://www.arlingtonva.us/departments/voterregistration/voterregistrationmain.aspx>
- ♦ Alexandria Board of Elections, 132 North Royal Street, Alexandria; 703.746.4050. <http://alexandriava.gov/Elections>.

LETTERS TO THE EDITOR

Running for U.S. Senate

To the Editor:

I am a 21-year member of Virginia's General Assembly who never voted for a tax increase. I would like to ask your readers to vote for me in the June 12 Republican U.S. Senate primary.

I wrote the 2010 law challenging Obamacare which gave Attorney General Cuccinelli legal sanding to sue the Obama Administration. I voted against adding "stimulus" money to Virginia's Budget in 2009, and against "borrowing" \$620 million from the Virginia Retirement Fund to pay general obligations, and I oppose Congress shifting Social Security funds.

This year my bill passed to prevent Virginia from participating in a 2011 federal law, which allowed "detaining" American citizens without proof, trial, legal counsel or ability to face an accuser on mere suspicion of supporting terrorism. Japanese Americans heavily supported my bill. I oppose America moving toward a police surveillance state.

In 2006 I devised the one-man, one-woman Marriage Amendment to Virginia's Constitution, approved by voters. I recently led the effort to block the appointment of a social liberal activist who wanted to be a Virginia judge.

In 1976, I devised the Hyde Amendment blocking federal taxes for abortion. I support protecting the lives of all children before birth.

In 2007, I was the only cur-

rent state legislator to sue Richmond's entire political establishment: Democrat Governor Tim Kaine, the Republican Attorney General and the Republican Speaker, for supporting a law establishing unelected taxing authorities. In 2008, the Virginia Supreme Court unanimously struck down the 14 new taxes imposed by these appointed bodies.

Without my successful suit Virginians would have likely seen more unelected taxing bodies violating the principle of "no taxation without representation."

Now I am suing UVA for Michael Mann's global warming papers being used by Barack Obama to cripple America's manufacturing and energy production with needless regulations and many hundreds of billions in taxes.

I will fight to develop America's vast Coal, Oil Shale, Oil and Natural Gas resources to stop the flight of almost \$770 billion a year to foreign regimes, many hostile to America, and promote jobs, improve our economy and prevent war.

I know how to play political hardball with the parliamentary rules from my 6 years as a congressional staffer and 21 years in the Assembly.

My website is bobmarshall2012.com. My cell phone, 201-259-3756. Please vote for me at your regular poll June 12 and ask your family and friends around Virginia to do likewise. Thank you.

Del. Bob Marshall
(R - Manassas)

Endorsing Moran

To the Editor:

As someone who is active in the community and the democratic candidate for delegate from Virginia's 42nd district in last year's election, I offer my enthusiastic endorsement of Congressman Jim Moran in the democratic primary on June 12.

In his many years of public service, Congressman Moran has shown that he shares our values and fights for our community. As a senior member of the Defense Appropriation Subcommittee, he is in a unique position to help our community thrive. He secured \$180 million to widen Route 1 through Fort Belvoir and mitigate traffic cause by BRAC relocations. It was Congressman Moran's fast action in securing \$20 million in additional funding for improvements to the area around the MARC Center that staved off a potentially nightmarish traffic situation.

Always a friend of federal workers, Congressman Moran knows that the

economic stability of Northern Virginia is tied to the health of our federal workforce and the private businesses that flock to do business here.

As a progressive champion Congressman Moran has been recognized many times for his work in advocacy for human rights, the abolishment of animal cruelty and as an environmental steward. He understands that in an economic downturn it is the worst time to cut the social safety net on our hard working Americans. He is one of Congress' fiercest warriors against Tea Party extremism.

As a result of congressional redistricting many more citizens in Southern Fairfax County are now part of the VA 8th Congressional District. If you vote at Gunston Elementary, Lorton Library, Lorton Station Elementary, Grace Bible Church or Saratoga Elementary, you are now in the VA 8th district.

I urge you to get out and vote for Congressman Moran on June 12.

Jack Dobbyn
Alexandria

Metro Stations Shape Communities

Part of what makes the metro so beneficial to local communities is its ability to reduce dependence on automobiles – automobiles that cause congestion, pollution, and safety concerns. However, it's impossible to rely solely on a metro stop to reshape a community into a walkable urban living space. There are an innumerable amount of factors that mold the shape and nature of a community – and public transit is only one factor.

However, the placing of metro stops has a significant impact on how transit shapes communities. By having closer metro stations – you give pedestrians more options without having to use a car. That is in part what makes Clarendon, Court House,

Ballston, and Rosslyn so successful. It's also the reason more isolated stops, like Dunn Loring and Vienna, are only surrounded by parking garages. Dense stations allow for greater building density without large amounts of congestion.

This is in-part why the Silver Line will make Tysons a successful walkable community. Providing multiple stops allow pedestrians to move around more quickly than if they had a car. However, this also means that the Silver Line will have a smaller impact on Reston and Herndon in creating walkable urban communities – as their metro stops are more spaced out.

Frank Muraca
Fairfax

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**NEWS DEPARTMENT:
To discuss ideas and concerns,
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Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Amna Rehmatulla
Editorial Assistant
703-778-9410 ext.427
arehmatulla@connectionnewspapers.com

Victoria Ross
Community Reporter
301-502-6027
rosspinning@yahoo.com

Bonnie Hobbs
Community Reporter
703-778-9438
south@connectionnewspapers.com

Jon Roetman
Sports Editor
703-778-9410
jroetman@connectionnewspapers.com
[@jonroetman](https://twitter.com/jonroetman)

**ADVERTISING:
For advertising information
e-mail:
sales@connectionnewspapers.com**

Debbie Funk
Display Advertising/National Sales
703-778-9444
debfunk@connectionnewspapers.com

Karen Washburn
Display Advertising, 703-778-9422
kwashburn@connectionnewspapers.com

Andrea Smith
Classified Advertising, 703-778-9411
classified@connectionnewspapers.com

Editor & Publisher
Mary Kimm
703-778-9433
mkimm@connectionnewspapers.com
[@MaryKimm](https://twitter.com/MaryKimm)

Executive Vice President
Jerry Vernon
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Photography:
Deb Cobb, Louise Krafft,
Craig Sterbutzel
Art/Design:
Laurence Foong, John Heinly,
John Smith
Production Manager:
Jean Card
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
703-778-9436
jtheismann@connectionnewspapers.com
[@TheismannMedia](https://twitter.com/TheismannMedia)

**CIRCULATION: 703-778-9427
Circulation Manager:**
Ann Oliver
circulation@connectionnewspapers.com



PHOTOS BY VICTORIA ROSS/THE CONNECTION

Del. Scott Surovell (D-44), former DNC chair Terry McAuliffe, and Del. David Bulova (D-37) joined Sen. Chap Petersen (D-34) at Petersen's annual "Young Lawyers" fundraiser at ICONS in the City of Fairfax Thursday, May 31.

Fundraiser

FROM PAGE 5

"To run for public office, a lot of pieces must be in place: family, financial, professional and spiritual. A candidate must also have a vision which is congruent with the moment. Timing is everything," Petersen said.

When Petersen took the stage, he thanked his supporters and his family, and he spoke about his fa-



Dan Drummond, who was recently re-elected to the City of Fairfax council, joined political aide Jennifer Robinson at Sen. Chap Petersen's annual "Young Lawyers" bash at ICONS in the City of Fairfax Thursday, May 31.

ther, John Earle Petersen, who died on April 4, 2012.

"My father was my biggest champion. In his office, he kept all of my campaign posters," Petersen told the crowd. "I cannot say thank you enough to all the people who emailed, called or contacted me since the death of my father. He was a great father and, later in life, a great friend."

— VICTORIA ROSS

WEEK IN FAIRFAX

Neighborhood Watch Training

City of Fairfax police will conduct Neighborhood Watch training, Thursday, June 14, at 6:30 p.m. at police headquarters. It will cover the best practices and safety of the volunteers involved in the program.

Phone Scam Targets Elderly

The City of Fairfax Police Department is advising citizens to be aware of an ongoing telephone scam targeting elderly individuals. Citizens responding to fraudulent telephone calls are at risk of significant financial loss.

Police have investigated two incidents within a one month period in which unknown callers have telephoned residents claiming to be police officers or other government officials, informing the residents that their grandson has been arrested. The caller says that, in order for their grandson to be released from jail or prison, they have to pay for their bond.

The callers will say that, to speak with their grandson, they have to wire money to Lima, Peru or to Canada. They request the funds be sent by Western Union and will often call back and request a second payment to secure the grandson's release.

Residents are urged to familiarize themselves with this information, and if a similar telephone call is received, they should hang up and not send money to the caller. Instead, police recommend notifying the phone company to see if the telephone number may be blocked.

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PHOTOS BY DEB COBB/THE CONNECTION

Oak View Elementary School SACC, or School Aged Child Care, build this “Lobster” boat for the Cardboard Boat Regatta held at Lake Accotink Park on June 3. They were awarded the Pride of the Regatta award by the judging panel.

Regatta at Accotink

Cardboard Boat Regatta at Springfield Days attracts hundreds.

On Sunday June 3, 50 boats competed in the 23rd Cardboard Boat Regatta at Lake Accotink Park as part of the Springfield Days Celebration. All shapes and sizes, the boats had to be made entirely of cardboard, only glued or taped at the seams. The judging panel had some notables including Fairfax County Board of Supervisors Chairman Sharon Bulova, Lee District Supervisor Jeff McKay and Braddock Dis-

trict Supervisor John Cook who gave boats special awards: Pride of the Regatta, Best Costume, Team Spirit, Most Likely To Float and the Titanic.

“It is my absolute favorite thing that I do all year round,” Bulova said of the event. “This is a fantastic community event. You can’t buy entertainment this good,” McKay said about the event.”

— DEB COBB



Hundreds of spectators cheer on the participants in the 23rd Cardboard Boat Regatta at Lake Accotink Park on June 3. Fifty boats competed in the event, including many built by school age child care groups from Fairfax County Schools.



From the size of their smiles it seems clear that team Centre Ridge SACC (left) and team Lees Corner SACC are having a great time during the 23rd Cardboard Boat Regatta at Lake Accotink Park on June 3.

WELLBEING

Reiki Masters Christine Mosley, of Springfield; Naning Sugeng, of Potomac, and Marion Werner, of Chevy Chase, perform Reiki self-treatments.

PHOTOS BY MARILYN CAMPBELL/THE CONNECTION



The Power of Touch

Reiki masters credit the practice with promoting healing.

BY MARILYN CAMPBELL
THE CONNECTION

“May I touch you?” asks Marion Werner, a willowy woman with shoulder-length blonde hair. Her hands descend lightly on her patient’s chest.

This is Reiki, a decades-old, Japanese mind-body technique used for relaxation and stress relief that is gaining acceptance in the United States. During a session, a client lies on a massage table, fully clothed. Practitioners rest their hands on or just above the client’s body, palms down. They use a set of eight to 12 hand positions, each held for about two to five minutes.

While some healthcare professionals dismiss the practice as quackery, major medical centers including those at the National Institutes of Health (NIH) and George Washington Hospital’s Center for Integrative Medicine now offer it to patients, and medical schools have integrated mind-body courses into their curriculum.

Reiki is credited with promoting healing and addressing a host of ailments from post-traumatic stress disorder (PTSD), depression and anxiety to infertility, heart disease and the side effects of cancer treatment.

“A relaxed body and mind gives us a foundation for healing,” said Springfield, resident Christine Mosley, a Reiki master who also practices in Fairfax Station.

However, practitioners don’t claim to be healers. “It’s like when you get a cut, the body responds and heals the cut. You might get stitches to help the healing, but your body is actually doing the healing,” said Werner, a Reiki master in Chevy Chase. “It

is a capacity that we’re all born with but, stress can make it difficult for the natural healing process to work. Reiki treatment encourages relaxation and balance in the system.”

SOME PRACTITIONERS believe that Reiki is a mechanism for tapping into a universal energy that supports the body’s natural ability to heal itself, but this notion is not commonly accepted among physicians in the United States.

“In China and Japan they know it works and they don’t care how it works,” said Dr. David Rosenthal, medical director of the Leonard P. Zakim Center for Integrative Therapies at Dana-Farber Cancer Institute in Boston and a professor of medicine at Harvard Medical School. “In this country we have to show not only that it works, but how it works. ... I think the evidence is getting there, but I don’t think it is totally there yet.”

Reiki can be given to those who are dying and to their families. “It can help impart a sense of peace and acceptance,” said Naning Sugeng, a practitioner in Potomac, who, along with Werner and Mosley, offers free services to cancer patients and wounded veterans.

Comfort for America’s Uniformed Services (CAUSE), a non-profit organization that offers respite to wounded members of the military, provides free Reiki treatments to battle-weary soldiers and their family members and caretakers. “It is so gentle that it can be used on shrapnel wounds and recent amputations to improve wound healing and relieve phantom pain,” said Mosley who is also the coordinator for CAUSE’s

Reiki program at Fort Belvoir in Virginia.

PRIVATE SESSIONS with a Reiki master can cost between \$75 and \$100 an hour. The profession is not regulated, but traditional Reiki training and certification has three levels of expertise. While classes for the first two levels can be completed in two-day classes, preparation for the third, or master, level can take years.

Locally, Reiki treatments are offered at the Pain and Palliative Care Service at the NIH Clinical Center in Bethesda, Inova Loudoun Hospital’s Life with Cancer program and the Center for Integrative Medicine at George Washington University Hospital in Washington, D.C.

“A relaxed body and mind gives us a foundation for healing.”

— Christine Mosley

Still, doctors say more large-scale studies are needed before Reiki becomes a mainstream practice. “Not only is there not enough research, but a lot of the Reiki research has been criticized for not being rigorous enough compared to the standards that are in place to study other medical interventions,” said Dr. John Pan, founder of the Center for Integrative Medicine at the George Washington University Medical Center in Washington and a faculty member at the George Washington University School of Medicine and Health Sciences.

Researchers at George Mason University conducted a study of patients in Inova’s Life with Cancer program to determine whether yoga, Reiki, or meditation would help alle-

viate symptoms of chemotherapy-induced peripheral neuropathy (CIPN).

“At the conclusion of the study, each group, with the exception of the control group, showed [improvement], but the results were not statistically significant,” said Paul G. Clark, PhD, LCSW, assistant professor of social work. “What we did learn was that these therapies are worth studying on a larger scale.”

In 2011, Rosenthal co-authored a study of 18 men with prostate cancer and found that Reiki helped ease their anxiety. “It does relax people, it does decrease stress acutely,” he said, adding that Reiki can be an alternative for patients who have an aversion to relaxation techniques such as massage or acupuncture. “There are some people who do not like their bodies being rubbed and do not like needles being put into their skin.”

Reiki is also credited with calming jittery preoperative patients. Kate Snipes, a 41-year-old wife and mother of two, received Reiki treatments before and after a prophylactic double mastectomy. She recalls feeling tranquil post-treatment, void of the anxiety that had gripped her before the procedure.

“I felt more at peace with [the surgery],” said Snipes. “I felt pain relief, and I felt more comfortable and relaxed in the parts of my body that were kind of tense.”

REIKI IS GENERALLY SAFE and NIH’s National Center for Complementary and Alternative Medicine says that that no serious side effects have been reported.

“It won’t cause harm, but some people may not respond to it,” said Pan. “It is an individualized process. What works for one patient may not work for another.”



Reiki Master Naning Sugeng of Potomac, performs a Reiki self-treatments.

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CALENDAR

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

THURSDAY/JUNE 7

Alvin Youngblood Hart's Muscle Theory. 8 p.m. Jammin' Java, 227 Maple Ave. East, Vienna. www.janmmminjava.com.

Friends of the Library Used Book Sale. 1-9 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. 703-249-1520.

Get the Led Out. 8 p.m. Wolf Trap Center for the Performing Arts, 1551 Trap Road, Vienna. Rock music. www.wolftrap.org.

Mother Goose. 10:30 a.m. City of Fairfax Regional Library, 10360 North St., Fairfax. Stories, songs and fingerplays. Birth to 23 months with adult. 703-293-6227.

Computer Basics Training. 10 a.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. One-hour session with a technology volunteer for help with basic computer skills and navigating the Internet. Adults. 703-644-7333.

FRIDAY/JUNE 8

30th Celebrate Fairfax! Festival. 6 p.m.-12 a.m. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Live concerts on seven stages, with Legends of Hip-Hop at 8 p.m. More than 300 exhibitors, food vendors, crafters and interactive activities. ExxonMobil Children's Avenue, a petting zoo, the Fairfax County Karaoke Championship, carnival rides, festival foods, the Inova Train Ride to Good Health and nightly fireworks.

fireworks. www.celebratefairfax.com. **Struan Shields CD Release Show and Colin Healy** at 6 p.m.; **SNRG** at 10 p.m. Jammin' Java, 227 Maple Ave. East, Vienna. www.janmmminjava.com.

Friends of the Library Used Book Sale. 10 a.m.-6 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. 703-249-1520.

"Seussical The Musical." 8 p.m. Church of the Good Shepherd, 9350 Braddock Road, Burke. Practice your classic works by Dr. Seuss. \$15 adult, \$10 student, age 4 and under free. 703-323-5400 or www.goodshepherdplayers.com.

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

SATURDAY/JUNE 9

30th Celebrate Fairfax! Festival. 10 a.m.-12 a.m. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Live concerts on seven stages, with Pat Benatar & Neil Giraldo at 8 p.m. More than 300 exhibitors, food vendors, crafters and interactive activities. ExxonMobil Children's Avenue, a petting zoo, the Fairfax County Karaoke Championship, carnival rides, festival foods, the Inova Train Ride to Good Health and nightly fireworks. www.celebratefairfax.com.

McLean High School and Longfellow Middle School Big Band Jam. 1:30 p.m. Jammin' Java, 227 Maple Ave. East, Vienna. www.janmmminjava.com.

Gospel Program. 6 p.m. Greater Little Zion Baptist Church, 10185 Zion

Drive, Fairfax. Gospel artist Tanya Dallas Lewis, comedienne Simply Shirley and jazz with Rev. Dr. Dred Scott. \$20 in advance, \$25 at the door. 703-764-9111.

Alexandria Harmonizers. 7:30 p.m. George Mason University's Center for the Performing Arts, 4400 University Drive, Fairfax. Spring barbershop concert and show of a 100+ member all-male a capella group. \$29-\$34. cfa.gmu.edu/calendar/1134/ or www.harmonizers.org.

White Elephant Sale. 8 a.m.-6:30 p.m. St. Mary of Sorrows Church, 5222 Sideburn Road, Fairfax. 703-323-0345.

Friends of the Library Used Book Sale. 10 a.m.-5 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. 703-249-1520.

"Seussical The Musical." 3 p.m. Church of the Good Shepherd, 9350 Braddock Road, Burke. Based on classic works by Dr. Seuss. \$15 adult, \$10 student, age 4 and under free. 703-323-5400 or www.goodshepherdplayers.com.

City of Fairfax Band. 7:30 p.m. Mary Louise Jackson Amphitheater, Northern Virginia Community College, 6901 Sudley Road, Manassas. "Springtime Pops," an evening of light classics. 703-530-8298.

"Annie Jr." 7:30 p.m. George Mason University Harris Theater, 4400 University Drive, Fairfax. With almost 60 local students. \$5-\$10. www.stagepresencenow.com.

Family Bingo Fundraiser. 1 p.m. Parish Center Gym, St. Leo the Great Catholic Church, 3700 Old Lee Highway, Fairfax. All proceeds benefit the Shepherd's Center of Fairfax-Burke. Complimentary

SEE CALENDAR, PAGE 11



PHOTO CONTRIBUTED

Celebrate Fairfax! June 8-10

Relax aboard the Inova Trackelss Train and enjoy the view as you tour all that Celebrate Fairfax! has in store for your family.

Performers Cletus and Lori help kick-off the Celebrate Fairfax! Festival at the Acoustic Music Cafe.



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7126 Falcon St.....\$528,888..Sun 1-4.....Bob Dooley....Samson Props..703-581-5758

Burke

9301 Wynyard Pl.....\$479,000..Sun 1-4.....Eloise Neustrand....Long & Foster..703-503-1815
9507 Ashbridge Ct.....\$359,900..Sun 2-4.....Vladimir Gherman.....Belinsky..703-909-5487

Centreville

5153 Woodfield Dr.....\$369,900..Sun 1-4.....Rich Triplett....Samson Props..703-217-1348

Clifton

12406 Shari Hunt Grove..\$1,050,000..Sun 1-4.....Carol Hermandorfer....Long & Foster..703-503-1812
12610 Clifton Hunt Ln.....\$829,900..Sun 1-4.....Ann Grainger....Long & Foster..703-819-5300
13206 Kilby Landing Ct.....\$795,000..Sun 1-4.....Ed Duggan.....Century 21..703-989-7735
6601 Newman Rd.....\$899,990..Sun 2-4.....Pat Fales.....RE/MAX..703-503-4365

Fairfax

10454 Courtney Dr.....\$599,900..Sun 1-4.....Ed Urbamiak.....Weichert..703-217-9063
5544 Ashleigh Rd.....\$572,777..Sun 1-4.....Bev Tull.....RE/MAX..703-963-0163

Fairfax Station

10817 Windermere Ln.....\$1,398,000..Sun 1-4.....Carol Hermandorfer....Long & Foster..703-503-1812
11125 Henderson Rd.....\$850,000..Sun 2-4.....Pat Fales.....RE/MAX..703-503-4365
6008 Stonecrest Ln.....\$899,999..Sun 1-4.....Marsha Wolber....Long & Foster..703-618-4397
7809 South Valley Dr.....\$775,000..Sun 1-4.....Barb White Adkins.....RE/MAX..703-609-8950

Kingstowne/Alexandria

6921 Mary Caroline Cir.....\$189,900..Sun 1-4.....Susan Gurny.....Weichert..703-609-6393
5972 Norham Dr.....\$519,950..Sun 1-4.....Tom & Cindy & Assoc....Long & Foster..703-822-0207

Lorton

10508 Belmont Blvd.....\$759,900..Sun 1-4.....Susan Borrelli.....RE/MAX..703-652-5760
9301 Elk Horn Rd.....\$599,000..Sun 1-4.....Matt White..Coldwell Banker..202-547-3525

Springfield

8238 Taunton Pl.....\$449,900..Sun 1-4.....Carol Hermandorfer....Long & Foster..703-503-1812
7582 Woodstown Dr.....\$469,900..Sun 1-4.....Paul Kaepfel.....Weichert..703-924-7115
7822 Attleboro Dr.....\$449,900..Sat 1-4..Tracy Jones/Dee Dee Phillips....Acquire..703-690-1174
8558 Gwynedd Way.....\$319,900..Sun 1-4.....Barbara Nowak....Long & Foster..703-473-1803

To add your Realtor represented Open House to these weekly listings, please call Karen Washburn at 703-778-9422 or E-Mail the info to: kwashburn@connectionnewspapers.com All listings due by Tuesday at 3 P.M.

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 photos, send to:

fairfax@connectionnewsletters.com

CALENDAR

FROM PAGE 10

beverages and snacks. \$10. 703-426-2824 or www.fairfax-burkesc.org.
Master Gardeners. 10 a.m. City of Fairfax Regional Library, 10360 North St., Fairfax. Horticultural tips, information, techniques and advice for home gardeners. Adults. 703-293-6227.
Microsoft Word. 2:30 p.m. City of Fairfax Regional Library, 10360 North St., Fairfax. Learn the basics of word processing with Microsoft Word. Adults. 703-293-6227.
Master Gardeners. 10 a.m. Kings Park Library, 9000 Burke Lake Road, Burke. Plant clinics to answer your gardening questions. Adults. 703-978-5600.
eBook clinic. 11 a.m. Kings Park Library, 9000 Burke Lake Road, Burke. Learn to use the library's eBook collection and compatible e-book readers with a one-on-one technology volunteer. Registration required. Adults. 703-978-5600.

SUNDAY/JUNE 10

30th Celebrate Fairfax! Festival. 11 a.m. - 7 p.m. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Live concerts on seven stages, with the Legwarmers at 4:30 p.m. More than 300 exhibitors, food vendors,

crafters and interactive activities. ExxonMobil Children's Avenue, a petting zoo, the Fairfax County Karaoke Championship, carnival rides, festival foods, the Inova Train Ride to Good Health and nightly fireworks. www.celebratefairfax.com.

Fairfax County's Agricultural Roots. 2 p.m. Fairfax Museum and Visitor Center, 10029 Main St., Fairfax. Historian Yvonne Johnson from Fairfax County Park Authority's Frying Pan Park in Herndon on various phases of Fairfax's agricultural history, from tobacco to dairy farming. Free. 703-385-8414.
Rachel Platten and Madi Diaz. 8 p.m. Jammin' Java, 227 Maple Ave. East, Vienna. www.jamminjava.com.

White Elephant Sale. 8 a.m.-12 p.m. St. Mary of Sorrows Church, 5222 Sideburn Road, Fairfax. 703-323-0345.
"Annie Jr." 3 p.m. George Mason University Harris Theater, 4400 University Drive, Fairfax. With almost 60 local students. \$5-\$10. www.stagepresencenow.com.

Fairfax County Watershed Friendly Garden Tour. 1-5 p.m. Visit gardens throughout Fairfax County featuring vegetated roofs, rain barrels, backyard wildlife habitat, composting, native plant species and more. Free. 703-324-1423, TTY 711.

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 Greater Little Zion... 703-764-9111
 Iglesia Bautista La Gran Comiscica... 703-323-5858
 Judah Praise Fellowship Christian... 703-758-1456
 Northern Virginia Primitive Baptist... 703-255-0637

Bible

Bancroft Bible Church... 703-425-3800

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 St. Mary of Sorrows Catholic Church...
 703-978-4141
 St. Paul Catholic Church... 703-968-3010

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St. Mark... 703-591-4444

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Fairfax Christian Church... 703-385-3520

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The Greater Pentecostal Temple... 703-385-9426

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 Fairfax Presbyterian... 703-273-5300
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PHOTOS BY CAROLINE PAXTON/THE CONNECTION

Playing a group of jungle animals, the younger members of the cast gather on stage around Horton the Elephant played by Samuel Conner Sr. (Fairfax) and his infamous clover.

Whoville Hits Fairfax

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BY CAROLINE PAXTON
THE CONNECTION

A group of over 70 performers made up of everything from former Coast Guard members to financial planners, will all take on different roles of characters from some of the most beloved children's literature of all time.

In their upcoming musical production "Seussical," The Good Shepherd Players, a normally grounded troupe of performers aged 4-74, will assume the roles of jungle creatures, Whos, Circus McGurkus members. For Debbi Miller (Fairfax) the show's musical director, "the experience has been fantastic, it's a show full of whimsy and bright colors and nonsense, but added-in are some truly beautiful themes."

Sara Breaux who doubles as the show's Sour Kangaroo said "it's such a good family show with so many really important messages about friendship, loyalty and independent thinking." The family aspect does not only percolate within the show's messages but also within the bond of the entire cast. The cast features over 20 families that have two or more members in the show. "Horton the Elephant is the father of Jojo and my daughter is The Cat in The Hat just to name a few" said Miller. "It creates a fabulous sense of community where we are able to trust one another."

The Good Shepherd Players are all people who love and appreciate community musical theater. "For a lot of the kids



Four-year-old Cosia Herisonships and 6-year-old Kai Henrisonships (Fairfax) wait patiently to be called on stage during their Monday morning rehearsal.

it's their first show experience" said Breaux, "but for all of us it's been an escape from everyday reality to the fantastic land of Dr. Seuss."

In charge of the entire set design process is 18-year-old Maggie Rogers (Fairfax) who has created such elaborate scenes as Whoville, The Jungle of Nool, Jojo's Bedroom and Circus McGurkus. Rogers said of the production, "It's an amazing show and it's a really talented group of people. It's going to be so much fun, especially if you like Dr. Seuss. And who doesn't like Dr. Seuss?"

Two of the show's youngest cast members, 4-year-old Cosia Herisonships and 6-year-old Kai Henrisonships, said their favorite part of the show is "when we get to crawl through the tunnels! It's so fun!" the girls said. The tunnels, created by Rogers, are set pieces in the Jungle of Nool scene, that the jungle animals crawl through as a part of their entrance. Kai added "but sometimes people crowd me and I'm still a little shaky on stage." But with rehearsal schedules that last up to eight hours a week the troupe will be more than ready for their de-



Juliette Dills (Fairfax) confidently sports her "Who Hair" around the Good Shepherd theater during rehearsal.

but Friday, June 8 at 8 p.m. All performances will take place at The Church of the Good Shepherd, in Burke. Tickets can be purchased online at www.goodshepherdplayers.com.

A word of advice to any future audience members from Debbi Miller: "Without giving too much away, sit in the front row. It will be a great time."

West Springfield Upsets Lake Braddock

Senior pitcher Tobin leads Spartans to victory with 8 1/3-inning effort.

BY JON ROETMAN
THE CONNECTION

The Lake Braddock baseball team dominated West Springfield during the teams' first three meetings this season, winning each contest by a combined score of 27-3. After two pitches to Lake Braddock leadoff hitter Jack Owens in the Northern Region final on June 2, the Bruins showed no signs of slowing down.

Owens smashed the second pitch he saw from West Springfield pitcher Tyler Tobin for an opposite-field home run to right-center, giving the Bruins a 1-0 lead in the bottom of the first. Tobin's next delivery sizzled behind Lake Braddock's Garrett Driscoll.

Was there a message behind the pitch?

"There's no message," Tobin said after the game, cracking a smile. "I was a little wild."

While Tobin wouldn't say it, the senior's pitch placement appeared to announce West Springfield wouldn't be pushed around a fourth time. Tobin spent the next 8 1/3 innings making sure the Spartans stood their ground.

Tobin shut down the Lake Braddock lineup in an extra-inning



West Springfield senior Tyler Tobin allowed two runs in 8 1/3 innings, leading the Spartans to a 3-2, nine-inning victory against Lake Braddock in the Northern Region baseball final on June 2 at Madison High School.

affair, leading West Springfield to a 3-2, nine-inning victory and the Northern Region championship at Madison High School. The right-hander allowed two runs and five hits in 8 1/3 innings. He walked six, including one intentional pass,



West Springfield shortstop Taylor Boyd, seen during a state playoff game on June 5 at WSHS, delivered the game-tying hit in the seventh inning of the region final on June 2 against Lake Braddock.

and struck out two. He threw 126 pitches.

"Tyler was phenomenal," West Springfield head coach Jason Olms said. "He gave up a leadoff home run to a heck of a hitter and didn't give anything else up the rest of the game. Tyler just competed."



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

West Springfield catcher Donny Haeuptle earned first-team All-Patriot District honors this season.

West Springfield's season ended three days later with a 6-1 loss to James River in the state quarterfinals on June 5 at WSHS. The Spartans struggled against Rapids pitcher Nathan Kirby, who struck out 15 in six innings. The left-hander received state Gatorade Player of the Year honors and will pitch for the University of Virginia.

"It was fun. It's also tough at the

same time, but you live for that," said Haeuptle, a first-team all-district selection. "You live to face [Division I] pitching and pro prospects. That's what you want to see as a baseball player. You want to see the best, you want to face the best."

Haeuptle said the fondest memory of his Spartan career will be this season's region title. While he was part of West Springfield's 2010 state championship team, the fact this year's Spartan squad accomplished what they did with no Division I athletes makes the region title special.

"No one gave us a chance at winning that [region championship] game," Haeuptle said. "Losing three games [to Lake Braddock] by a combined score of 27-3, no one gave us as shot in the world. Just to upset them like that in nine innings, it was the greatest feeling in the world."

West Springfield finished the season 18-10.

"They accomplished a heck of a lot this year," Olms said. "They weren't one of the preseason favorites and nobody gave these guys a chance, except I think we knew in our locker room. We knew what we could do and we knew if we played baseball the right way and we worked hard that good things could happen."

In Region Soccer Title Game, Robinson Boys Prevail

Yardley's overtime goal lifts Rams past local rival Lake Braddock.

BY RICH SANDERS
THE CONNECTION

In a tense, back and forth championship game last Saturday night at Robinson Secondary, local high school boys' soccer opponents Robinson and Lake Braddock played with emotion, grit, and determination through an entire 80 minutes of regulation play and nearly 10 more minutes of overtime before the region title game's first and only goal was scored.

With 1 minute, 33 seconds remaining in a second five minute overtime session, Robinson midfielder Sam Yardley scored on a follow-up shot off the left side, breaking the scoreless tie and putting his team on the verge of victory. Following the goal, Robinson held off Lake Braddock over the

final 93 seconds of play to clinch the win and give the Rams the region crown.

Robinson students swarmed the field in ecstasy at the final whistle, mobbing the Robinson players in spontaneous celebration.

For the Robinson program, it was the fifth region championship in the Rams' soccer history and first since 2009. Lake Braddock, which has captured eight region championships in its history, was looking to win No. 9 on Saturday night and its second in a row. But the Bruins, despite their best effort, fell just short.

"It felt unreal, like I was in the movies," said Yardley, of his game-winning score and fourth goal of the year. "It was in front of the home fans and the crowd went crazy."

On the goal sequence, Yardley



Robinson goalie Josh Penn.

Sam Yardley, who netted the game-winner.

took the ball down the left side of the field before taking a shot on goal from about 20 yards out. The ball was blocked with both hands by Bruin goalie Aaron Fausser. It caromed back towards Yardley who gained possession of the ball, made a dribble or two to position for a shot, then sent a short range chance into the left side of the net.

"I kicked it, the goalie blocked it with both hands and it came back to me," said Yardley. "I got the ball in open space [off the rebound]. I saw the goal in front of me and there was no defender [around me]. But they came in quickly."

Yardley, before the defense converged on him, scored off his left foot.

For Robinson (13-4-2), the finals win capped a region tournament in which the Rams won all four of their games in overtime - wins over Jefferson, Mount Vernon, Langley, and the Bruins.

"We worked our tails off at regionals, playing four overtime games," said Robinson senior goalie Josh Penn, who will play the sport collegiately on scholarship next school year at Virginia Tech. "We had endurance, stamina, and

we pulled through."

Both Robinson and Lake Braddock, by reaching the region title game, qualified for this week's eight-team state tournament. There, Robinson saw its season end with a 1-0 state quarterfinals loss at home to Thomas Dale High (Chester) on Tuesday, June 5. Lake Braddock (11-9-1), meanwhile, won its first round game at Cosby High (Midlothian), 2-1.

It has been an up and down season for the Bruins, who endured a five-game losing streak earlier in the season but have gone 9-2-1 since. At regionals, Lake Braddock reached the finals with wins over Yorktown, South Lakes, and West Springfield.

The Bruins, under head coach Joe Soos, are next slated to meet Albemarle High (Charlottesville) in a state semifinals contest this Friday afternoon, June 8 at 2 p.m. The game will take place at Westfield High School.

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FOR ACTIVE MILITARY PERSONNEL.⁷**

¹INCLUDES TAX, TAGS, FREIGHT, \$399 PROCESSING FEE, ACQUISITION FEE AND \$0 SECURITY DEPOSIT. 36-MONTH LEASE W/12K MILES PER YEAR. EXAMPLE CAMRY L. ²BASED ON KELLEY BLUE BOOK FAIR TRADE VALUE MINUS EXCESS MILEAGE AND RECONDITIONING. ³0% APR FOR A LIMITED TIME ON SELECT NEW TOYOTAS WITH APPROVED TIER1+ CREDIT THROUGH TFS. EXCLUDES \$379 DEALER DOC FEE. ⁴WHICHEVER COMES FIRST FROM DATE OF TCUV PURCHASE. ⁵FROM DATE OF TCUV PURCHASE. ⁶WITH APPROVED CREDIT ON SELECT MODELS THRU TFS. SEE DEALER FOR COMPLETE FINANCING DETAILS. ⁷WITH PURCHASE OF A NEW VEHICLE. COVERS NORMAL FACTORY SCHEDULED SERVICE. PLAN IS FOR 2 YEARS OR 25K MILES, WHICHEVER COMES FIRST. THE NEW TOYOTA VEHICLE CANNOT BE PART OF A RENTAL OR COMMERCIAL FLEET, OR A DELIVERY OR TAXI VEHICLE. SEE PARTICIPATING TOYOTA DEALER FOR DETAILS. ⁸TOYOTA FINANCIAL SERVICES COLLEGE GRADUATE PROGRAM IS AVAILABLE ON APPROVED CREDIT THROUGH A PARTICIPATING TOYOTA DEALER AND TOYOTA FINANCIAL SERVICES. NOT ALL APPLICANTS WILL QUALIFY. REBATE OFFERED BY TOYOTA MOTOR SALES, U.S.A., INC. REBATE WILL BE APPLIED ON LEASE CONTRACTS, FIRST TOWARD THE AMOUNTS DUE AT LEASE SIGNING OR DELIVERY, WITH ANY REMAINDER TO THE CAPITALIZED COST REDUCTION OR TOWARD THE DOWN PAYMENT ON FINANCE CONTRACTS. ONE REBATE PER LEASE OR FINANCE TRANSACTION. ⁹REBATE OFFERED BY TOYOTA MOTOR SALES, U.S.A., INC. REBATE WILL BE APPLIED ON LEASE CONTRACTS, FIRST TOWARD DUE AT SIGNING OR DELIVERY, WITH ANY REMAINDER TO THE CAPITALIZED COST REDUCTION, OR TOWARD THE DOWN PAYMENT ON FINANCE CONTRACTS. ONE REBATE PER FINANCE OR LEASE TRANSACTION. NOT COMPATIBLE WITH THE TOYOTA COLLEGE GRADUATE REBATE PROGRAM. SEE DEALER FOR COMPLETE DETAILS. ¹⁰BONUS CASH FROM TOYOTA MOTOR SALES USA, INC ON QUALIFIED TFS LEASE CONTRACTS ONLY. MUST BE APPLIED TO THE TRANSACTION. NO CASH PAYMENT WILL BE MADE TO CONSUMER. ¹¹ELIGIBLE CUSTOMERS MUST BE IN CURRENT ACTIVE DUTY STATUS IN THE U.S. MILITARY. VERIFIABLE PROOF OF MILITARY STATUS OR PROOF OF ACTIVE SERVICE IS REQUIRED AT TIME OF PURCHASE. CANNOT BE COMBINED WITH OTHER REBATES. ALL OFFERS EXPIRE 7/2/12.

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Fairfax Station
\$749,900
New Price!

This 3 BR, 2.5 BA brick colonial with 3 finished levels is surrounded by beautiful landscaping. A

stately entrance, updated gourmet Kit, remodeled MBA & sparkling in-ground pool are just some of the highlights. The MBR sitting room can be returned to a 4th BR.



Clifton **\$1,928,000**

Stunning Antebellum estate sited on park-like 5 acres offers 6 BRs, 6.5 BAs, 4 fireplaces, and a luxurious main level MBR and MBA. A private guest suite complete with Kit, BA and laundry on the walk-out lower level and a sparkling pool complete this home.

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Herndon **\$465,000**

Great location! Minutes to future metro station! 3 bedrooms, 2 full baths, hardwood floors on the main level & new carpet on lower level. Recreation room/bedroom/den & exercise room on lower level with walk-out to rear yard. Large country kitchen. Cozy living room fireplace. Relax on the enclosed porch or patio. Beautiful landscaping with decorative fish pond. Minutes to Fairfax County Parkway or Dulles Toll Rd.



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Burke **\$579,900**

Beautifully upgraded 4 finished level home featuring 4 bdrms & 3.5 baths * Gourmet eat-in kitchen * Formal living & dining rms * Family rm with fpl * Gleaming wood floors * Deck in fenced back yard * Neutral color palette * Gorgeous!!

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BURKE **\$569,900**

Fantastic 5 bedroom home! Private yard backing to wooded common area and trails. Gorgeous brazilian cherry hardwood floors on main level. Large, updated eat-in kitchen with granite countertops, 2 pantries & butler's pantry. Full, finished walk out basement with wet bar.

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Craftmark Oakton model with 6,500 + SF of refined living space! 3 car garage, 5 big BRs, 4.5 baths,. Sun room extension, 4 fireplaces, banquet size formal dining room,. Cherry kitchen with island, huge master bedroom suite, finished basement. Premium cul-de- sac lot backs to woods. Call 703-690-1795.



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Fairfax **\$983,500**

GREAT HOME/PRIME LOCATION

Large 5BR/3.5BA*Within 1 mile to Vienna Metro*.5 acre*Great Rm* Cozy Fam Rm*eat-in Kit*Slate/Hrdwds/Carpeting/floors *Partially fin basement with Bedroom/full bath/walkout to patio/2 rec rms*3 car garage* By appointment only.

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Fairfax
\$539,900

Beautiful Home with Soaring Ceiling in LR, DR & Kitchen. Bright sunny Kitchen w/3 Sky Lights, French Doors in DR

opens to a relaxing Screened in Porch, Huge FR w/Gas FP & French Doors opens to Trex Deck & great Fenced in Yard. Gorgeous MBR w/another set of French Doors opening to a private Deck, perfect for your morning coffee, Large updated Master Bath, 3 BR's, 2 1/2 Baths.

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