

Springfield CONNECTION

Franconia ♦ Kingstowne ♦ Newington

Regatta at Accotink

The students at Centre Ridge Elementary School Age Child Care built a juice box boat for the 23rd Cardboard Boat Regatta at Lake Accotink Park on June 3. The popular event, part of Springfield Days, drew 50 teams and hundreds of observers.

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Keene Mill
Elementary
Celebrates
50th Birthday

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Celebrate Fairfax
Honors 2012
'Lords and Ladies'

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PHOTOS BY CAROLINE PAXTON/THE CONNECTION

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.



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.

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



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



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

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 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 University 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 Vir

SEE VOLUNTEERS, PAGE 4

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News

Keene Mill Elementary Celebrates 50th Birthday

Keene Mill Kangaroos marks half century milestone.

Keene Mill Elementary School welcomed more than 300 students, parents, teachers and guests for its 50th “birthday” celebration Monday, June 4.

“The memories started flooding back the minute I walked down the halls,” said Peggy Fox, a KMES alum, who went on to become a three-time Emmy award winning multi-media journalist who reports and anchors the news for WUSA 9 TV.

During a formal recognition ceremony, Fox entertained the crowd with stories of KMES when she attended the school, from 1969 to 1976.

“Listen, when I attended school here, Springfield was in the boonies. This was country. There was no Springfield Mall, no mixing bowl, no way,” she said. She said Springfield was “so country” that her father bought her chickens as pets when she was in 5th grade. “But I have great memories of this school. I can remember every single teacher I had here, and I’m going to tell you.”

Pat Nalitz, a former third-grade teacher who is known as the school’s poet laureate, read a special poem she wrote for the 50th birthday celebration:

“Listen my friends and you shall hear, of Keene Mill’s ride thru 50 years.

Remember when: P.E. didn’t have its unique space,

Music and Library in no special place.

Art just roamed about on a cart, Computers hadn’t even been given a start!”

Nalitz, who taught at the school from 1987 to 2007, said the “camaraderie and spirit” of the school is something she will always remember. “People wanted to transfer here because it was so great,” Nalitz said.

The Keene Mill Kangaroo, the school’s mascot, roamed the celebration, giving hugs and kisses to guests. The event featured a moon bounce, bowling, and a dunk tank where longtime P.E. teacher Stan Bragg and principal Renee Miller took turns getting dunked by stu-



From left, Supervisor John Cook (R-Braddock), Carol Millar, instructional assistant; Cluster 6 Superintendent Leslie Butz; Pat Nalitz, poet and former teacher; Peggy Ryan, WUSA 9 TV anchor and former KMES student; and Principal Renee Miller, kneeling.

Splashdown! The highlight of the 50th anniversary celebration of Keene Mill Elementary School was the chance to dunk Principal Renee Miller, who was dropped in the water tank about a dozen times before the night was over. “These kids have great aim,” Miller said.



dents. Former principal Nick Rousos, who served from 2008 to 2011, said KMES will always be a special place for him.

“The kids here are so sweet and

eager to learn. The parents weren’t just involved. They were involved and supportive. It doesn’t get any better than Keene Mill,” Rousos said.

—VICTORIA ROSS

VIEWPOINTS

What’s Cool About Keene Mill Elementary?

PHOTOS BY VICTORIA ROSS/THE CONNECTION



From left, sixth-graders Madison Brey and Juri Candelaria get front-row seats for Keene Mill Elementary School’s 50th “Happy Birthday” celebration Monday, June 4 at the school.

“The best thing about our school is all the cool events, like this festival and the Kanga Carnival.”
— Juri Candelaria

Debbie Geiger holds up a 50th anniversary t-shirt for Keene Mill Elementary School’s “Happy Birthday” celebration Monday, June 4.

“We’ve been here for six years, and my kids love this school. It’s a real community school where everyone gets involved.”
— Debbie Geiger



Mary Alice Shiflette, who has been teaching at Keene Mill Elementary School for 28 years, gets a hug from first-grade student C.J. Perkins.

“What’s so cool about the school is the teachers. She’s the best teacher ever!”
— C.J. Perkins

“What’s so great is seeing the children I’ve taught evolve into happy, successful young men and women. It’s a very supportive environment here.”

— Mary Alice Shiflette



Immediate past PTA President Lucy Sinkular gives KMES Principal Renee Miller a hug.

“Keene Mill Elementary School is celebrating its wonderful legacy this year. Our school’s greatest accomplishment over the past 50 years is the positive influence it has had on the lives of so many students, families, and community members. I am proud to be the principal of such an excellent school.”
— Renee Miller

“One thing that makes this a wonderful school is the parents. They volunteer for anything and everything. Just ask and they will be there.”
— Lucy Sinkular



“What’s cool is I’m going to start kindergarten here next year, and be with my friends.”
— Helen Alemahyu, 5 1/2

—VICTORIA ROSS

JUNE 12

Vote Jim Moran



"I am honored to represent Virginia's 8th District. I work hard to be deserving of this privilege because I believe deeply in the American dream and in the essential role the Federal Government can serve in the fulfillment of that dream. Well-paying jobs, world-class schools, and a clean, healthy environment are what matter most. That's what motivates me to work for you."

- Congressman Jim Moran

VOTE FOR JIM

Tuesday, June 12

Working for What Matters Most!

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News

Area Volunteers Honored

FROM PAGE 2

ginia. 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 Scholarship 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 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.



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.

Springfield District - Nominated by Supervisor Pat Herrity

* **Breeana Bornhorst** is the Executive Director of the Northern Virginia Therapeutic Riding Program 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.

WEEK IN SPRINGFIELD

Accepting Applications for New Vacancies

The Fairfax County School Board is accepting applications for a new vacancy representing the Sully District on the Facilities Planning Advisory Council (FPAC). The School Board also is seeking applicants for an at-large position and a representative for the Springfield District. The deadline for the three positions has been extended to Friday, June 15.

❖ To be eligible for the Sully position, you must be a resident of the Sully magisterial district.

❖ To be eligible for the at-large position, you must

be a resident of Fairfax County.

❖ To be eligible for the Springfield position, you must be a resident of the Springfield magisterial district.

The School Board established FPAC in 2010 to advise the Board and staff to develop comprehensive, long-term plans for Fairfax County Public Schools (FCPS) facility needs. Among the issues council members will be considering are school program capacity, transportation and operating efficiencies, financing and construction strategies, school renovations and closures, and planning for new build

SEE WEEK, PAGE 8

TWO POOR TEACHERS

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- 10 Tips for a Stress-Free Remodel
- How to Finance Your Remodel
- Reinventing Your Home for Today's Lifestyle

Seminars run from 10am-Noon.
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Please arrive at 9:45am for check-in.

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OPINION

Primary Voting

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>

Statewide primary on Tuesday, June 12.

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

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. This group, from Little Run Elementary School in Fairfax, is working hard to make their way over the finish line before the other competitors.



PHOTOS BY DEB COBB/THE CONNECTION

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 District

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

Fairfax County Board of Supervisors Chairman Sharon Bulova says that the Cardboard Boat Regatta, part of Springfield Days, that took place June 3 at Lake Accotink Park "...is my absolute favorite thing that I do all year round."



ASK THE JOINT REPLACEMENT EXPERTS

Living with the pain of arthritis can be exhausting. Surgical joint replacement can be a solution. That's when the commitment and experience of doctors like William Hamilton, Nitin Goyal and Kevin Fricka can make a life-changing difference.

Doctors from the Inova Joint Replacement Center (IJRC), a Center of Excellence for joint replacement, will hold a FREE community class in your area to discuss osteoarthritis, advances in hip replacement surgery including anterior hip replacement and minimally invasive techniques, knee replacement options such as mini-incision knee replacement, gender knee, partial knee replacement and customized patient specific instruments. IJRC is the largest joint replacement center in the metro-Washington DC area. Physicians practicing at the Center perform over 2,000 joint replacements annually. Patients from 31 countries and all 50 states have been provided joint replacements at IJRC. A true Center of Excellence for joint replacement.

Thanks to new techniques and medical advances, thousands of people are returning to the active lifestyle they deserve. This is your chance to join them.

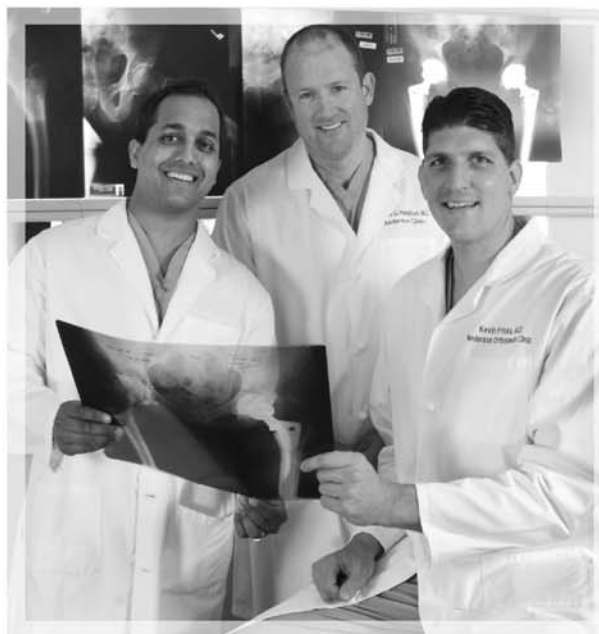
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FROM PAGE 5

ings and boundaries.

The application form and more information about FPAC and member responsibilities are available at <http://www.fcps.edu/fts/planning/fpac/index.shtml>.

More Classes Start at NOVA

Northern Virginia Community College's second six-week summer session starts June 27 and ends Aug. 8.

This session is a convenient time for college students home for the summer to complete courses that may be transferred to their four-year residential colleges.

High school and home schooled students may be eligible to enroll at NOVA to get a head start on college. Interested students can learn more on NOVA's website (search "high school") or by contacting a Student Services Center at the nearest campus.

NOVA has campuses in Alexandria, Annandale, Loudoun, Manassas, Springfield and Woodbridge.

Students may apply and register 24 hours a day at www.nvcc.edu. To learn more, call 703-323-3000.

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

New Trends in Green Development.

9 a.m. Carl Sandburg Middle School, 8428 Fort Hunt Road, Alexandria. Presented by Southeast Fairfax Development Corporation, with presentations from public and private sector experts in several fields representing a diverse set of perspectives. info@sfdc.org.

Workhouse Farmer's Market. 3:30-7 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. Locally grown fruits, vegetables, meats and poultry, and local foods. Every Thursday through Oct. 25. www.WorkhouseArts.org.

WEDNESDAY/JUNE 13

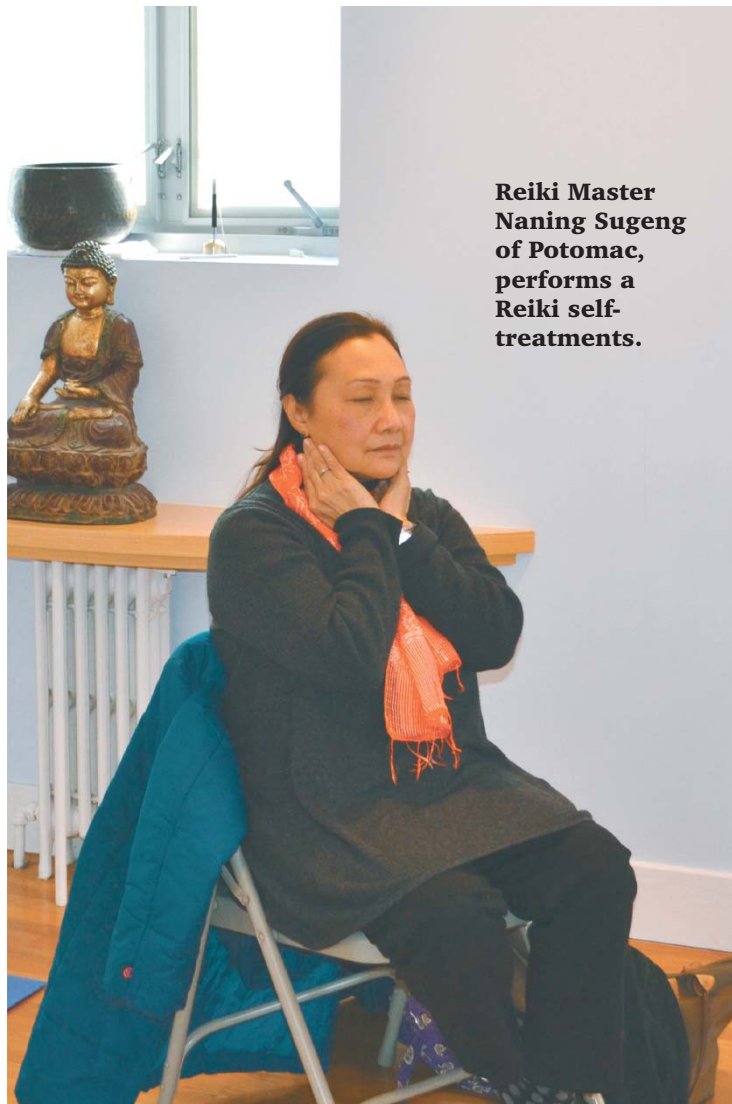
Evolution of Fairfax Series. 7:30 p.m. The Mason Inn and Conference Center, George Mason University, Fairfax. A three part series on where we were, where we are, and where we want to be, to be continued on June 20 and June 27. Presented by Chairman Sharon Bulova in partnership with the Fairfax County Chamber of Commerce and Fairfax County Federation of Citizens Associations. Free and open to the public. Reserve at 703-324-2321 or chairman@fairfaxcounty.gov.

Springfield Christian Women's Connection Luncheon. 11:30 a.m. Springfield Golf & Country Club, 8301 Old Keene Mill Road, Springfield. "Physically Fit At Any Age" with a licensed physical therapist from Patriot Sports Medicine. \$17. 703-590-6562 to SpringWmConn@yahoo.com.

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



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

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."



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:

springfield@connectionnewspapers.com

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 When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit www.ConnectionNewspapers.com and click on the "This Week in Real Estate" link. **Call Specific Agents to Confirm Dates & Times** 

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

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

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

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10817 Windermere Ln.....\$1,398,000..Sun 1-4.....Carol HermendorferLong & 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 WolberLong & 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

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7822 Attleboro Dr.....\$449,900...Sat 1-4..Tracy Jones/Dee Dee Phillips....Acquire..703-690-1174
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To add your Realtor represented Open House to these weekly listings, please call Erin Peck at 703-778-9449 or E-Mail the info to epeck@connectionnewspapers.com All listings due by Tuesday at 3 P.M.

CALENDAR

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.

THURSDAY/JUNE 7

Learning English. 7 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Conversation group for adults learning English. 703-339-4610.

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. www.celebratefairfax.com.
Westmain. 7:30 p.m. Grist Mill Park, 4710 Mount Vernon Memorial Highway, Alexandria. Pop/rock. Free. 703-324-7469 or www.fairfaxcounty.gov/parks/performances.

The Dixie Melody Boys. 7:30 p.m. Mt Calvary Community Church, 8750 Pohick Road, Springfield. A Southern Gospel quartet. 703-971-0165 or www.mtcalvarycc.com.

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.
2nd Saturday Art Walk. 6-9 p.m. Workhouse Art Center, 9601 Ox Road, Lorton. Meet each building's featured artist, a reception in W-16 from 6-7 p.m. and more. www.WorkhouseArts.org.
"Rapunzel." 10 a.m. and 1 p.m. Studio 3 Theatre for Young Audiences, Workhouse Arts Center, 9601 Ox Road, Lorton. A lost prince, a two-headed monster, an unscrupulous baker, a lonely witch and a flaxen-tressed maiden. \$8-\$12. www.WorkhouseArts.org.

Brother Joscephus and the Love Revival Revolution Orchestra. 7 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. New Orleans/party music. Free. 703-324-7469 or www.fairfaxcounty.gov/parks/performances.
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.

Artists' Reception. 2-5 p.m. Artists' Undertaking Gallery, 309 Mill St. in Occoquan. Oil and watercolor paintings by Gail Darnell of Woodbridge and woodturning by Bob Horowitz of Falls Church. 703-494-0584 or www.theartistsundertaking.com.

Church Yard Sale and Family Fun Day. 8 a.m.-2 p.m. The Journey, 6427 Franconia Road, Springfield. Bounce houses and games for children begin at 10 a.m., free lunch at 11 a.m. 703-971-0277.
City of Fairfax Band. 7:30 p.m. Mary



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.



PHOTO COURTESY OF ART COLE PHOTOGRAPHY

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.

Flea Market. 8 a.m.-4 p.m. VRE Commuter Rail Parking Lot, 6900 Hechinger Drive, Springfield. Sponsored by Springfield-Franconia Lions Club. Vendor fee \$20 per parking space. Proceeds benefit local charities. 703-569-3074 or <http://sfhostlions.org/fleamkt.html>.

Garden Photography. 8 a.m. Green Spring Gardens, 4603 Green Spring Road, Alexandria. Josh Taylor shares new ways to capture close-ups and control backgrounds, and photographic techniques that translate to a striking image. \$80. Register at www.greenspring.org or 703-642-5173.

Trees of Green Spring. 10 a.m. Green Spring Gardens, 4603 Green Spring Road, Alexandria. Master gardener docents lead a walking tour that explores the secrets of the trees. Step into the Historic House to hear how trees helped pinpoint the year the house was built. Light refreshments. \$12. Register at www.greenspring.org or 703-642-5173.

Friends Book Sale. 10 a.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. All ages. 703-339-4610.

SUNDAY/JUNE 10

Northern Virginia NTRACK Display and N Gauge Trains. 1-4 p.m. Fairfax Station Railroad Museum on Sunday, 11200 Fairfax Station Road, Fairfax Station. \$3 adults, \$1 children. www.fairfax-station.org or 703-425-9225.

"Annie Jr." 3 p.m. George Mason University Harris Theater, 4400 University Drive, Fairfax. With almost

60 local students. \$5-\$10. www.stagepresencenow.com.
The Apiarists' Tale. 1 p.m. Green Spring Gardens, 4603 Green Spring Road, Alexandria. Beekeepers Marian Villaseenor and Bob Becker take the mystery out of beekeeping with pictures of their first year at Green Spring. \$27. Reserve at 703-941-7987.

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.

TUESDAY/JUNE 12

Tuesday Evening Book Group. 7 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. History of Love by Nicole Krauss. Adults. 703-339-4610.

English Conversation Group. 7 p.m. Richard Byrd Library, 7250 Commerce St., Springfield. Practice and improve your English. Adults. 703-451-8055.

WEDNESDAY/JUNE 13

Kinobe and the African Sensation. 7:30 p.m. Lee District Park Amphitheater, 6601 Telegraph Road, Franconia. Traditional African music by Ugandan performers. Free. 703-324-7469.

Science Stories: Bubbling Bubbles. 11 a.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Stories and experiments. Age 3-5 with adult. 703-249-1520.

Learning English. 10:15 a.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Conversation group for adults learning English. 703-339-4610.

VIEWPOINTS

What Did You Like Most About 5k/15k Races at Springfield Days 2012?

— CAROLINE PAXTON

Lauren Geraghty (Springfield) who pushed her 2-year-old son Jack the entire length of the 5K race in his stroller

"My favorite part about Springfield days is doing the race in Springfield because it's a good community event that I want to support. I also like being able to go through the neighborhoods and see different parts of Springfield. It looks like people are having fun and the music is really good."



Chyenne Granahan, 11, of Springfield, handing water to the overall winner of the 15K race, Scott Monroe of Washington D.C.

"My favorite part about Springfield Days is getting to hand out water to all the runners."

Peter Coffey, of Alexandria, overall winner of the 5K race

"My favorite part about Springfield days are the free oranges, and the weather was perfect, it's a pretty good day for a race."



Race Director, Mark Russell of Springfield, left, with three of his 150 volunteers

"This event gets better and better every year. This year we have live music, good food, a moon bounce, and of course everybody loves a track finish."



Robert Gurtler, Mayor of The Plains

"I've run this race all three years and its very well organized and there's always great weather for it."

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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."



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.

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.



Sam Yardley, who netted the game-winner.

"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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