vienna Vienna ONNECLION Blessing Pets In Vienna

FAITH, PAGE 10

Wellbeing

Celebrating Women's Rights News, Page 3

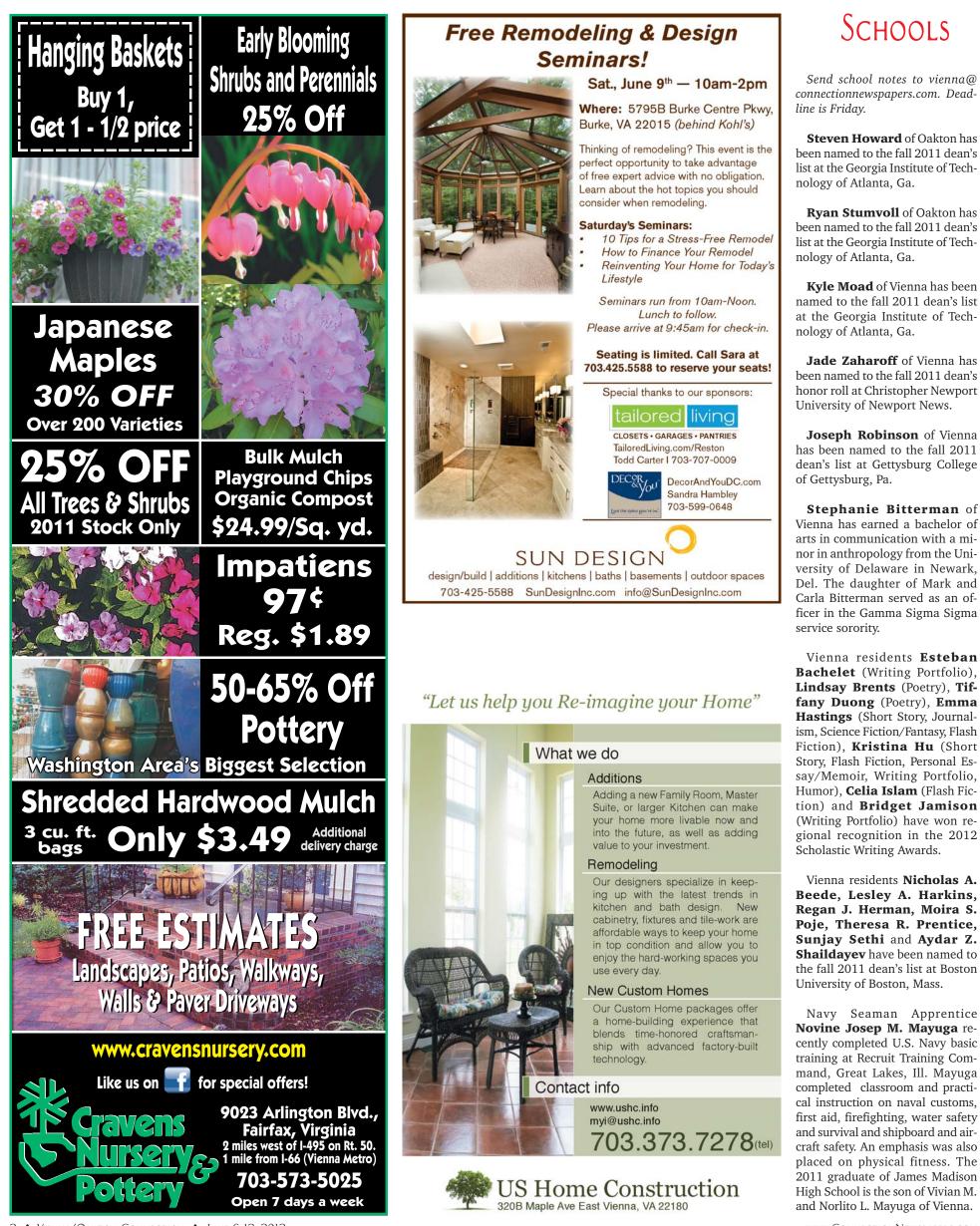
Boone Boulevard **Extension** Questioned



Antioch Christian **Church** pastor

Randy Beeman blesses Diva, a young Sheltie likely facing leg amputation in the coming week.

JUNE 6-12, 2012



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NEWS

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

Standing Up for Women's **Rights - Anne Stuntz,** president of Historic Vienna, Inc.; Leigh Kitcher, treasurer of Historic Vienna, Inc.; and Paula Elsey stand with the Silent Sentinels reenacting a picket at the 2012 Turning **Point Suffragist Memorial** award ceremony held at **Meadowlark Botanical** Gardens in Vienna on Wednesday, May 30.



Celebrating Women's **Rights**

Ann Dexter Gordon receives 2012 Silent Sentinel Award in Vienna.

> By Victoria Ross The Connection

omen's history was front and center in Vienna last week at a gala reception announcing the 2012 recipient of the Turning Point Suffragist Memorial Silent Sentinel Award.

More than 200 people, from local politicians to nationally-known journalists, attended the event held at Meadowlark Botanical Gardens on May 30.

Award-winning political reporter Eleanor Clift of McLean, a panelist for "The McLaughlin Group" and a contributing editor for "Newsweek," was the event's keynote speaker.

"It's great to be able to speak without being interrupted," Clift said to the crowd before announcing scholar Ann Dexter Gordon as the 2012 Silent Sentinel Award winner. "Her work will inform feminist scholarship for decades," Clift said.

A graduate of Smith College and history professor at Rutgers University, Gordon was recognized for her work editing the papers of well-known suffragists and early women's rights activists Elizabeth Cady Stanton and Susan B. Anthony. Gordon has authored a number of other books about the history of the women's suffrage movement, and served as a consultant to Ken Burns' PBS documentary, "Not For Ourselves Alone: The Elizabeth Cady Stanton and Susan B. Anthony Story." Burns was unable to attend, but he served as the Honorary Patron of the event and sent a letter of congratulations. Gordon joined previous honorees Congresswoman Eleanor Holmes Norton and award-winning journalist and author Helen Thomas.

"The award honors women who exemplify the traits of women suffragists," said Jane Barker, chair of the TPSM Association.

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"Here's to Ann (Gordon), a not-so-silent Sentinel

See Silent Revolution. Page 5

Jane Barker of Clifton, chair of the TPSM Association, stands with Nancy Lyons Sargeant of Lorton, marketing chair of the TPSM and 2012 award recipient Dr. Ann Gordon. Gordon was honored at the event, held at Meadowlark Botanical Gardens in Vienna on Wednesday, May 30, for her decades of research on suffragists Elizabeth Cady Stanton and Susan B. Anthony.

About The Turning Point Suffragist Memorial

The Turning Point Suffragist Memorial (TPSM) Association is currently fundraising for the creation of a \$9 million memorial at Occoquan Regional Park in Lorton. The group is working with the Northern Virginia Regional Park Authority to see the memorial built before 2020, the 100th anniversary of the ratification of the 19th Amendment. Architect Robert Beach said the memorial will be located directly across from the former Occoquan workhouse. For more information, go to www.suffragistmemorial.org

Some of the design features for the Turning Point Suffragist Memorial include:

* A memorial wall with 120 plaques for the women incarcerated for the cause.

- Entrance plaza gates duplicating the White House gates where suffragists stood as "silent sentinels" in protest.
 A footbridge into a memorial garden symbolizing the
- advancement of the movement.

For more information about the Turning Point Suffragist Memorial Association, go to www.suffragistmemorial.org.



The teachers behind the success of Oakton High School's Performing Arts Department. From left Debra Myers, Orchestra teacher; middle Tiffany Powell, chorus teacher; Cheryl Newton, band teacher.

Oakton High Receives Blue Ribbon Award Performing Arts Department recognized for performing at superior level.

By Annelise Jensen The Connection

akton High School's Performing Arts Department is the recipient of a Virginia Music Educators Association Blue Ribbon School Award for 2011-2012. This award is also known as Performing "the Arts Department's Standardized Test" according to Oakton's Orchestra teacher Debra Myers.

Back in February a panel of judges at the District Festival assessed the performance of Oakton's band, chorus and orchestra. On May 11, Oakton was honored with a Blue Ribbon Award.

The award recognizes schools

throughout Virginia with superior performing ensembles. The award is given to the top performing schools in the district after reviewing each school's band, chorus and orchestra. To receive the Blue Ribbon every ensemble needed to perform at a superior level. Oakton's Symphonic band, Symphonic orchestra, and Madrigals chorus were given superior ratings.

In the past decade, Oakton's Performing Art Department have achieved several awards for their superior talents among

their ensembles, including the Virginia Honor Band 19 times since 1990.

"We want our ensembles to perform at the highest standard, that is our goal," says Tiffany Powell, Oakton chorus teacher. But the Oakton's Performing Arts teachers say that it's not just trophies they are concerned about. "We do set high expectations, but it's the students that matter," said Cheryl Newton, Oakton band teacher: Nearly 600 students enrolled in the department are encouraged to achieve excellence.

The department is an extracurricular activity that is incorporated into the student's regular academic schedule.



Oakton's advance orchestra students taught by Debra Myers.

News

Vienna Farmers Market Gearing Up for Summer

Spring stock giving way to hot-weather favorites.

he Vienna Farmers Market is boasting a colorful palette of produce now, from spring-like floral pastels to the richer hues of red strawberries and deep-green kale. In between are local meats, freshly-made breads, sweets, herb mixes and granola to hot-off-the-stove prepared small dishes.

There were families, parents and their babies, couples and bicyclists stopping from their W & OD ride. Dogs are prohibited from the farmers' market by order of the County Department of Health.

The Optimists of Greater Vienna operate the Vienna market, as well as the caboose straddling market grounds on Church Street. Young kids, breaking from shopping, climbed aboard the caboose. Twice a month, a nonprofit mans a booth, compliments of the farmers market.

Ground Angus beef, from livestock raised in Gainesville, sells for \$6.25 a pound, slightly less than current neighbor grocery stores are selling it. Produce stands were selling plump strawberries for \$6 a quart. Everona sheep's milk cheeses, some of which are awardwinning start at about \$20 a pound and go up from there. Pure Guatemala coffee sells for \$14.95

Clemson student Allison Gropper and her mom Gayle with apples and peasant bread.

to \$16.95 for a one-pound package.

If your waistline can stand it, you can sample Savagely Food Fudge, made by a McLean fudge master. From Vienna is Annette's Amazing Granola, Gypsy Hill herbs and spice mixes and Ol' Pioneer Sausages.

By the end of June, the early tomatoes will be coming in, produce sellers said.

Kids' resources, such as the balloon artist, bring family-friendly activities to the marketplace. New

Kristin Cox and son Dylan,

"I think the produce tastes better here

than at the grocery store, and I like to

support local farmers and businesses.'

Fairfax



Nine-month-old Brooke Schiffer can't get enough of the Savagely Good Fudge handcrafted sea-salted caramels. With Brooke are her parents Dan and Jenny Schiffer.

this year are tables and chairs for eating.

For many of the shoppers at the Vienna Farmers Market, the fresh local produce is just part of the draw. Seeing neighbors and strolling in the sunny, warm weather round out the market's appeal.

— Donna Manz

VIEWPOINTS Carol

Campbell, Oakton

here because the answer to our food supply is supporting local farmers. We know where our food

"I choose to come

comes from. We're supporting our local farmers. And I love to bring my children here."

Dan Gropper, Vienna

'This is a great part of what the Town of Vienna is, the community interacting, shopping

together, lots of children, supporting local farmers and businesses, and, lastly, it's just fun."



Marvin Hovley, Vienna "I come here to get fresh vegetables,

support local farmers. Farmers markets are getting more common. The vendors are very nice."

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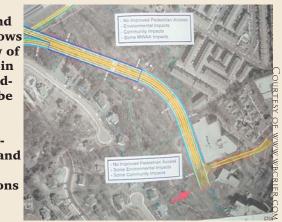
Why Do You Come to the **Farmers Market Here?**



Tammi Wolfort and daughter Phoebe Grace, Vienna "I come to support local farmers. We come every Saturday, walk on the trail. It's fun to feel like part of the community.'

Donna Manz

This map and diagram shows an overview of "option 3," in which a roadway would be cut through the last remaining forested parkland in Tysons **Corner**, Tysons Spring Run.



Boulevard Extension, **Ramps Questioned**

Westbriar-area residents upset over proposals for new exit ramps.

By Donna Manz The Connection

f remarks by residents and applause from the audience were an indication of the emotional climate at the open house meeting hosted by the Fairfax County Department of Transportation on May 31 at Westbriar Elementary School, the consensus was that the plan to extend Boone Boulevard, destroying Tysons' only remaining forest, was a bad proposal that never should have gone to the table. That a developer -JGB – supports the position of homeowners, brought two traditionally-adversarial fronts together in a moment of unity.

The Comprehensive Plan for the Tysons Corner Urban Center calls for new roadways and ramps to intersect street grids - not yet finalized - and the Dulles Toll Road. What was clear from residents' comments is that there is no logic in encouraging increased vehicular traffic in order to reduce it, and that the extension of Boone Boulevard, crossing Rt. 123 between Old Courthouse Road and Rt. 7, through the Environmental Quality Corridor [EQC], would result in permanent, sustained ecological damage.

THE THREE-HOUR MEET-

ING drew more than 200 local residents, whose homes and quality of life are impacted by Tysons redevelopment. The construction of new roadways around Tysons seemed counterintuitive to the goal of a more said, pedestrian-friendly Tysons Corner.

"Metro was to help bring in less cars, not encourage more," said one resident whose com-

ments during the question-andanswer period received applause.

Fairfax County Department of transportation [FCDOT] representative Seyed Nabavi, with colleague Dan Rathbone, conducted a presentation, complete with maps, diagrams and Power Point, before opening the floor to questions. Residents questioned the answers given by Nabavi and Rathbone, intimating the answers made no more sense than the proposed options. FCDOT presented to the public meeting three options, including a fly-over bridge around the Tysons Sheraton Premiere, relocation of the electrical substation at Tyco Road, and cutting a swath of roadway through Tysons Spring Run forest, effectively eliminating the woodlands there.

"Our neighborhood opposes any ramp going through our parkland," said Pam Konde', president of the Greater Tysons Green Civic Association, a 350plus member grassroots organization. "That this option is even on the table is disgusting," Konde' said to sustained applause. Referring to children at bus stops and neighborhood walkers, Konde' said to the County representatives, "you are not looking at the safety or the impact on the people.

"The County needs to stop bowing down to the developers and start respecting the homeowners."

Another frustrated resident "we're building throughways in our neighborhoods for people from other areas, like Herndon, to drive

See Residents, Page 7

NEWS Silent Revolution Celebrated

From Page 3

for the 21st century, keeping guard over our history and keeping Stanton and Anthony safe from obscurity or false interpretations," wrote ABC News' Lynn Scherr, who nominated Gordon for the award.

State Sen. Barbara Favola (D-31) said she attended the event as a way to support the legacy of the suffragists. "Women today are standing on the shoulders of the courageous women who fought for the right to vote," Favola said.

Jane Hilder of Springfield, a member of the Fairfax County League of Women Voters, said suffragist history is still not well-known. "When I was in school, the story of suffragists was just a paragraph in the history books, a footnote to history," Hilder said. "I think what surprises people is that key events took place here."

The event was organized by the Turing Point Suffragist Memorial Association, which is planning a \$9 million suffragist memorial in Lorton. "We want to keep history alive so that future generations know that women have done this, have been there," Barker said.

Barker said the memorial will honor the sacrifices of the "silent sentinels," more than 200 women who, in 1917, stood silently in front of The White House for months, carrying signs that read: "Mr. President, what will you do for Woman Suffrage? How Long Must Women Wait for Liberty?"

After months of escalating tension – and after 200 suffragists were jailed, beaten and force-fed at the Occoquan Workhouse – Congress passed the 19th Amendment on Aug. 18, 1920, which gave women the right to vote.

Occoquan Mayor Earnie Porta, a member of the TPSM board, said he frequently tells local visitors the story of the suffragists during tours of the Lorton area. "The memorial will give women today an appreciation of what it means to have a voice," Porta said. "It's a memorial that's long overdue."



Members of the Fairfax County Commission for Women attended the 2012 TPSM award ceremony held at Meadowlark Botanical Gardens in Vienna on Wednesday, May 30. (From left) Lee Ellen Helfrich (vice-chair, Mason District); Cathy Baum (Hunter Mill District); and Jeanie Jew (chair, Springfield District) stand with Jane Barker, chair of the TPSM Association.

"The whole story of the suffragist's contribution to history is mostly invisible," said John Houser, manager of Occoquan Park, and liaison to the TPSM association. "I always say the suffragists are American heroes, not just heroes for women, and they just haven't been given their due in our history books or monuments. We plan to change that. "

Oakton Student Builds Seven Bullpen Pitching Mounds

Oakton High School freshman Evan Heitman completed his Eagle project with more than 50 volunteers by building seven bullpen pitching mounds at the Chantilly Youth Association Little League fields. Heitman was interested in giving back to the community since he'd been playing Little League baseball since he was 5 years old; he also umpired Little League games while he was in middle school. He approached CYA Little League manager Rob Fitzhugh, who was particularly interested in the idea because major improvements were being made to the fields at the same time.

Before the actual day of installation, Heitman met with his advisor to receive approval, prepared blueprints, and cut the wood portions for the mounds. When he and his volunteers met on March 17, they removed the existing mounds, leveled out the ground to make way for the new ones, assembled the wood frames and filed them with dirt. The mounds are better quality and are safer than the original ones; they are also less likely to erode. They will provide a meaningful addition to the fields and will allow the players to hone their pitching skills more effectively for years to come.



Evan Heitman working on his Eagle project.





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OPINION Primary Voting

n 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: Editorial 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.

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 oneman, 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-

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Statewide primary on Tuesday, June 12.

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.

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/

rent state legislator to sue

Richmond's entire political es-

tablishment: Democrat Gover-

nor Tim Kaine, the Republican

Attorney General and the Re-

publican Speaker, for support-

ing a law establishing unelected

taxing authorities. In 2008, the

Virginia Supreme Court unani-

mously struck down the 14 new

taxes imposed by these ap-

Without my successful suit

Virginians would have likely

seen more unelected taxing

bodies violating the principle of

"no taxation without represen-

Now I am suing UVA for

Michael Mann's global warming

papers being used by Barack

Obama to cripple America's

manufacturing and energy pro-

duction with needless regula-

tions and many hundreds of bil-

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 re-

gimes, many hostile to America,

and promote jobs, improve our

I know how to play political

hardball with the parliamentary

rules from my 6 years as a con-

gressional staffer and 21 years

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

Del. Bob Marshall

(R - Manassas)

do likewise. Thank you.

website

is

in the Assembly.

My

economy and prevent war.

pointed bodies.

tation."

lions in taxes.

Vacation Time

By Kenneth R. "Ken" Plum State Delegate (D-36)

ane and I just returned last week from a wonderfully relaxing, ten-day vacation in Italy. It was our first visit to that country. We both love history, and Italy provides plenty of it. From exploring the ruins of the Coliseum and the Forum in Rome to the mercantile capital of its time in Venice and to the beauty of the arts in Florence we could not have had a better time. We discovered while driving along the mountain ridgeline in Tuscany why some call the vistas the most beauti-

For every big vacation we take we go on many mini-vacations, as we call them, for a day, a weekend, or for several days. All are driving trips, and many are right here in Virginia. They are good for couples, families, and grandparents. There is an endless list

based travel blog, started listing its "top ten things for families to do" in each of the 50 states. I found its list for Virginia to be particularly interesting. Two of its top ten recommended attractions for Virginia are Williamsburg and Jamestown, both former Virginia state capitals, and the Frontier Culture Museum near Staunton. Colonial Williamsburg is peerless as a reconstructed town with re-enactors. On nearby Jamestown Island it is now possible to see the outlines of the original fort that for many years was thought to have been lost to erosion of the island. The Archaearium displays the many items the archaeological work has uncovered in the last decade. Nearby Jamestown Settle-

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.

COMMENTARY

outdoor re-creation of the original fort and the three ships that brought the first settlers in 1607. Check www.historyisfun.org.

Another recommendation of Trekaroo is the Frontier Culture Museum (www.frontiermuseum.org) near Staunton. Four different historic farms were moved from their countries of origin including Wales, Germany, and Scotland and reconstructed at the museum. Most recently an Igbo village was constructed to authentically depict the lifestyle of African people who were captured, enslaved, and brought to this country. At all the sites, re-creators in appropriate costume tell the story of adaptation from the country of origin to America. I serve on the boards of the Jamestown-Yorktown Foundation and the Frontier Culture Museum and highly recommend both as impressive and enjoyable destinations for your next mini-vacation.

Trekaroo recommends Shenandoah Caverns near Woodstock (www .shenandoahcaverns.com), but my first choice would be Luray Caverns (www.luraycaverns.com) not because it is in my home county of Page but because it has the most color and stone formations. Certainly visit a Virginia limestone cavern whether it is one of these two or Endless, Skyline, or Natural Bridge Caverns. Speaking of Natural Bridge, Trekaroo recommends a stop there, an arching geological formation carved out of limestone (www.naturalbridgeva.com).

Lots to see and do in Virginia. I expect to take several mini-vacations this summer. Lots of opportunity to learn and to relax. Maybe I will see you at one of these stops.

Vienna & Oakton ONNECTION

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ful in the world.

of places to go in Virginia. Recently Trekaroo, an Internet-Colonial

ment has a beautiful museum and

News

Residents Oppose Boulevard Extension

From Page 4

through to get to Tysons." If there was a person in Westbriar's cafeteria that supported Option 3 – the destruction of the wooded parkland – that person did not acknowledge his position. Of the more than 20 resident-speakers, not one agreed with cutting through the forest to extend Boone Boulevard.

"How is destroying our last parkland going to improve our quality of life," a resident asked. Tysons Spring Run empties into Difficult Run and the forestland between Westbriar Elementary School and the area abutting Westwood Center Drive abounds with wildlife and flora.

Another speaker described the morning traffic back-ups at Gosnell and Old Courthouse roads, with nowhere to go on Rt. 123. "Add another intersection [Rt. 123 and the proposed extended Boone Boulevard] there, and you'll have absolute gridlock."

A representative of JGB developers agreed with "option 0," no extension of Boone Boulevard with a ramp to the Dulles Toll Road. The extension would cut through the Sheraton's property, owned by JGB.

BUILDINGS ARE GOING UP, said Westbriar area resident Tom Salvetti, before the roads are inplace. "Once the buildings are up, they'll take the path of least resistance. They'll have to go through the EQC by default," Salvetti said.

An elementary school student said, "I might be a little girl, but I was born here and I'm willing to fight for this."

Westbriar resident Judy Lewis expressed what many of the residents attending the meeting said while talking with one another. "It was just so vague, they never gave good reasons for what they wanted to do. It meant nothing.

"We love the area. Part of the appeal is the small-town feel, the neighborhoods.

"It seems like they [Fairfax County planners] think they can do whatever they want until someone tells them they can't."

For a detailed description of the proposed Boone Boulevard extension and exit ramps, courtesy of the Westbriar Crier, see http:// wbcrier.com/exitplans.html, a publication of activists working to protect the interests of Tysons-area residents.



"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:

vienna@connectionnewspapers.com



DESIGN | ADDITIONS | INTERIORS | EXTERIORS | KITCHENS & BATHS

Project Pictured Above - Winner of three prestigious awards for kitchens under \$50,000





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DESIGN | ADDITIONS | INTERIORS | EXTERIORS | KITCHENS & BATHS

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ENTERTAINMENT

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

WEDNESDAY/JUNE 6

- Photography Lecture. 7:30 p.m. Thoreau Middle School, 2505 Cedar Lane, Vienna. Andargé Asfaw will speak about wars and political conflict in "Ethiopia from the Heart." www.ethiopiafromtheheart.com. www.vps-va.org or 703-451-7298. Madison Violet CD Release, Lauren Shera and David Ramirez. 7:30
- p.m. Jammin' Java, 227 Maple Ave. East, Vienna. www.janmm

THURSDAY/JUNE 7

- **Alvin Youngblood Hart's Muscle Theory.** 8 p.m. Jammin' Java, 227 Maple Ave. East, Vienna. java.com
- Get the Led Out. 8 p.m. Wolf Trap Center for the Performing Arts, 1551 Trap Road, Vienna. Rock music. www.wolftrap.org.
- Wagon Ride. 10 a.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. \$5.703-759-9018.
- **One-on-One Computer Tutoring.** 2 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn the basics of the Internet, Word and Excel. Call for appointment. Adults. 703-242-4020
- One-on-One English Practice. 2 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Call for appointment with an ESL volunteer. Adults. 703-242-4020 eBook/eReader Instruction. 7:30
- p.m. Oakton Library, 10304



"Napping", mixed media by Madeline Chen. The Vienna Arts Society's Gallery in the Village Green, 513 Maple Ave. West, Vienna, will display the exhibit "Free and Independent" through July 14. Twenty artists have been encouraged to interpret the words broadly in different styles and media. The gallery is open Tuesdays-Saturdays, 10 a.m.-4 p.m. 703-319-3220 or www.ViennaArtsSociety.org.

Lynnhaven Place, Oakton, Learn about library eBooks and how to access them with your compatible device. Call for an appointment. Adults, 703-242-4020.

FRIDAY/JUNE 8

30th Celebrate Fairfax! Festival. p.m.-12 a.m. Fairfax County ernment 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.

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- **Club Phoenix End of the School** Year Celebration. 5-10 p.m. Vienna Community Center, 120 Cherry St. S.E., Vienna. For grades 6 8. Dodge ball games, large screen TV, game consoles, billiard and ping pong tables and more. Pizza dinner served approximately 7:30 p.m. Students can register to be a member of Club Phoenix at www.viennava.gov or 703-255-5721
- Argentine Tango. 7 p.m. Colvin Run Community Hall, 10201 Colvin Run Road, Great Falls. Every Friday. 703-759-2685 or www.colvinrun.org.
- English Conversation Group. 10 a.m. Patrick Henry Library, 101 Maple Ave. East, Vienna, English conversation group. Adults. 703-938-0405
- Pokemon League. 3 p.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Learn and play. Age 5-18. 703-938-0405.

SATURDAY/JUNE 9

- Used Book Sale. 9 a.m.-4 p.m. Freeman Store, 131 Church Street NE, Vienna. All proceeds of the sale benefit the programs of Historic Vienna, Inc. 703-938-5287 or
- www.historicviennainc.org. "Flora the Red Menace." 2 p.m. and 8 p.m. 1st Stage, 1524 Spring Hill Road, Tyson's Corner. A musical by John Kander and Fred Ebb, set in the Great Depression. \$15-\$30. www.1ststagetysons.org.
- Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Court, Vienna. Learn how to use native plants as a bold accent. \$5. Reservations required at 703-255-3631

the Performing Arts, 4400 University Drive, Fairfax. Spring barbershop ncert and show of a 100+ member all-male a capella group. \$29-\$34. cfa.gmu.edu/calendar/1134/ or ww.harmonizers.org. "Annie Jr." 7:30 p.m. George Mason

- University Harris Theater, 4400 University Drive, Fairfax. With almost 60 local students. \$5-\$10 www.stage West Coast Swing Dances. 7 p.m.
- Colvin Run Community Hall, 10201 Colvin Run Road, Great Falls. Second and third Saturday every month. 703-759-2685 or www.colvinrun.org
- "Las Caperucitas Rojas y El Lobo **Feroz.**" 11 a.m. Epiphany United Methodist Church, 1014 Country Club Drive N.E., Vienna. Children's theater performance with poetry, singing and more, in Spanish. Free. 703-992-8722 or www.childrencenterlanguage.com
- **Used Bicycle Collection to Benefit** Bikes for the World. 10 a.m.-1 p.m. Trinity United Methodist Church 1205 Dolley Madison Parkway, McLean. Each donor is asked to contribute \$10 per bicycle to help defray shipping, processing, and distribution costs. Sponsored by The Potomac School of McLean. 703-873-6128 or www.bikesfortheworld.org Using Library eBooks and
- eAudioBooks. 10 a.m. Patrick Henry Library, 101 Maple Ave. East, Vienna, One-on-one instruction on selecting, checking out and using Fairfax County Public Library eBooks and eAudioBooks available through OverDrive. Call for appointment. Adults. 703-938-0405
- Plant Clinic. 10 a.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike Falls Church. Masters Gardeners from the Fairfax County Cooperative Extension host plant clinics to answe gardening questions. Adults. 703-790-

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Nostalgic Movie Day. 1 p.m. Tysons nit Regional Library, 7584 eesburg Pike, Falls Church. A blockbuster hit from the 80's. Call for title. Adults. 703-790-8088. Master Gardeners Plant Clinic. 10 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Experts available to answer gardening lestions. Adults. 703-242-4020 30th Celebrate Fairfax! Festival. 10 a.m.-12 a.m. Fairfax County nment Center, 12000 ernment 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

www.celebratefairfax.com "The Frog Bride." 8 p.m. Alden Theater, McLean Community Center 1234 Ingleside Ave., McLean. Storvteller David Gonzalez presents an updated version of a classic Russian tale with poetry, artistry and a jazz score. 703-790-0123.

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SUNDAY/JUNE 10

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Handel's Oratorio "Judas Maccabeus." 4 p.m. Vienna byterian Church, 124 Park St. N.E., Vienna. The combined choirs of Northern Va. Hebrew Congregation and Vienna Presbyterian Church with full orchestra. Pre-concert lecture 3:30 p.m. Free, donations accepted

www.viennapres.org/ news and events/events Used Book Sale. Freeman Store, 131



Church St. N.E., Vienna. Sponsored by Historic Vienna, Inc. 703-938-5187 of www.historicy

"Flora the Red Menace." 2 p.m. and 7 p.m. 1st Stage, 1524 Spring Hill ad, Tyson's Corner. A musical by John Kander and Fred Ebb, set in the Great Depression. \$15-\$30. www.1ststagetysons.org. Washington Gardener Magazine

Photo Exhibit Opening Reception. 4-6 p.m. Meadowlark Botanical Gardens, 9750 Meadowlarl Gardens Court, Vienna. Winning photographs from the Washington Gardener Magazine photo contest, or display at Meadowlark through August. Light refreshments. Free. 703-

255-3631. Rachel Platten and Madi Diaz. 8 p.m. Jammin' Java, 227 Maple Ave East, Vienna. www.janmminjava.con "Annie Jr." 3 p.m. George Mason

University Harris Theater, 4400 University Drive, Fairfax. With alm 60 local students. \$5-\$10. www.stagepresencenow.com

Mill Run Dulcimer Band: Final Concert. 2 p.m. Colvin Run Mill, 10017 Colvin Run Road, McLean Conclusion of more than 35 years of performances at Colvin Run. Free. 703-759-2771

Moonshine and Mayhem. 9 a.m. Riverbend Park, 8700 Potomac Hills , Great Falls. Kayak past 1920-era bootlegging sights. \$55. This is not a whitewater tour. 703-759-9018.

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

MONDAY/JUNE 11

Gary Jules CD Release and Mike Bram. 8 p.m. Jammin' Java, 227 Maple Ave. East, Vienna.

Woof, and Paws: Read to a Dog. 4 p.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Sign up to read with a reading therapy dog. Age 6-12. 703-938-0405.

English Conversation. 10:30 a.m. Oakton Library, 10304 Lynnhaver Place, Oakton. English practice for non-native speakers. Adults. 703-242-4020

TUESDAY/JUNE 12

Historic Vienna, Inc. Lecture. 7:30 p.m. Vienna Town Hall, 127 Center St. South, Vienna. With World War II veteran, NASA program manager Lt. Col. (Ret.) Bernard T. Nolan, author of "Isaiah's Eagles Rising." Free Refreshments served. 703-938-5187 or www.historicviennainc.org. Book Discussion Group. 7 p.m. Dolley Madison Library, 1244 Oak

Ridge Ave., McLean. "Call it Sleep" by Henry Roth. Adults. 703-356-0770. Personalized Internet Training 2:30 p.m. Tysons-Pimmit Regiona Library, 7584 Leesburg Pike, Falls

Church. A 45-minute one-on-o Internet training session with a technology volunteer. Call for appointment. Adults. 703-790-8088. Practice Your English. 6:30 p.m.

Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Conversation group for adults learning English. 703-790-8088

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Faith Blessing Pets in Vienna

Antioch Christian Church holds second pet blessing on June 1.

nder big shade trees on a sunny June 1, Pastor Randy Beeman of Antioch Christian Church blessed pets there in the flesh and those there in spirit. They came from Vienna, Reston and Herndon seeking grace for their pets, part of the family. It was the second annual public pet blessing since Beeman became pastor of the small white church on Beulah Road.

"We're celebrating all God's creatures," said Pastor Beeman, who grew up in rural Kansas surrounded by animals. "Our pets give so much meaning in our lives."

Grace Weitman, Reston, came in memory of Logan, her little dog who died at just four years old. In her hands was a large color photo of Logan. She said she is hoping



Antioch Christian Church held its second annual pet blessing on Sunday, June 1. About ten pets, including those there in spirit only, were blessed and given religious medals.

to find the dog who needs her. dred creatures ... " Weitman was having second thoughts about coming, afraid she would bring attention to herself if she cried. She need not have worried about that. Others were there with tearful eyes, as well.

"The creator of the universe has given you breath and life," said Pastor Beeman as he blessed each pet individually. "You are cherished and treasured. Receive the love of your Creator and your kin-

Marcia Parkinson, Herndon, had Babs on her leash. Babs is having surgery to remove tumors on June 6. Sparky, at home, underwent treatment for cancer but is now in remission. Parkinson wanted both her dogs blessed. "They're both rescued dogs," said Parkinson. "I feel that blessing them will help."

Shirley Elliott of Antioch chaired the pet blessing committee. The church offered silver-toned med-



als, from angel selections to crosses and other religious icons, to each blessed pet.

"We want to thank the Lord for blessing us with our pets," said Elliott, whose own dog died at 17-1/2 years old. "They give us so much joy and unconditional love. "They are family to us. This is also an opportunity to talk about

our pets.' Pet-parent Jan Stanley was vis-

ibly upset. Stanley's gentle Sheltie Diva suffered a bone injury a year ago that will not heal. It is likely Diva will have her leg amputated in the coming week. "I want her to be blessed because I

Babs Parkinson, loved by Marcia **Parkinson of** Herndon, is having surgery on June 6 to remove tumors. She feels the blessing will help Babs and Sparky, in cancer remission.

PHOTOS BY Donna Manz/ HE CONNECTION

think we're seeing her amputation this week.

"If ever a dog needed a blessing, it's Diva."

Puck Mullaney, Reston, was voted "Mr. Congeniality" at the pet blessing. He tried to make friends with all the other dogs and their guardians.

The pet blessing appeared to achieve its goal. Pets were blessed and some people there walked away with a bit more peace than when they arrived.

"I'm glad I came," said Weitman, dabbing her eye.

— Donna Manz



WELLBEING The Power of Touch Reiki masters credit the practice with promoting healing.

By Marilyn Campbell The Connection

ay 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 mindbody 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 and \$100 an hour. The profession tapping into a universal energy is not regulated, but traditional that supports the body's natural Reiki training and certification has 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

www.ConnectionNewspapers.com



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 nonprofit 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 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.

Still, doctors say more largescale 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 alleviate 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 **Reiki Masters** Christine Mosley, of Springfield; Naning Sugeng, of Potomac, and Marion Werner, of Chevy Chase, perform Reiki self-treatments.

Рното ву MARILYN CAMPBELL/ HE CONNECTION

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.'



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VIENNA/OAKTON CONNECTION & JUNE 6-12, 2012 & 11

Sports Davis, Krage Lead Oakton Softball to States

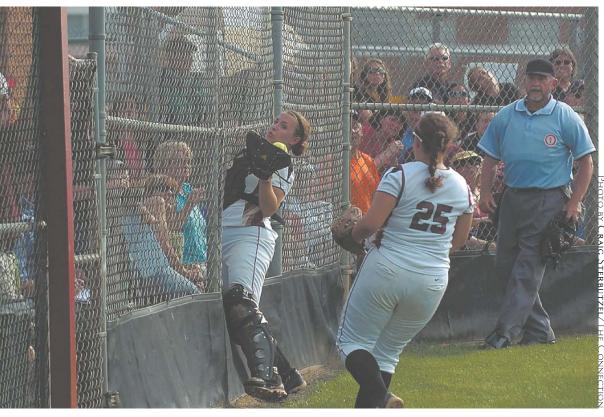
By Jon Roetman THE CONNECTION

ophomore Allison Davis performed like the Northern Region Pitcher of the Year. Senior catcher Mandy Krage came through like a veteran in the clutch. Together, the duo lifted the Oakton softball team to a berth in the state playoffs.

Davis hurled a three-hit shutout and Krage drove in the winning run in extra innings as the Cougars defeated South County, 3-0, in eight innings during a regional semifinal matchup on May 30 at Madison High School.

Davis, recognized as the region's top pitcher, struck out 16 Stallions while walking just two. However, South County pitcher Rebecca Martin matched Davis zero for zero through seven innings. In the top of the eighth, Oakton loaded the bases with one out. After a Cougar strikeout, Krage came to bat and quickly fell

behind 0-2. But the senior co-captain nior Hayley French and sophomore Alana wouldn't be denied, delivering a soft single up the middle to break a scoreless tie. Se-



Oakton senior catcher Mandy Krage makes a catch against the fence in foul territory near the first-base dugout against South County in the Northern Region softball semifinals on May 30 at Madison High School

Peters each added an RBI single to give Oakton a 3-0 advantage.

"Whenever I get down in the count, I know to choke up and take shorter swings," Krage said. "I knew that [Martin] was going to try

to get me out — she wasn't going to give me any balls or walk me. I had my eye on the ball the whole time and our coach always tells us to hit up the middle and that's what I did. ...

"Once I hit first I just saw [Emily Corridon] hit home and I basically knew that we won at that moment."

Davis said she had faith her battery mate would come through when it mattered most.

"She just always comes up in the clutch situations," Davis said, "and she always gets a hit, too.'

Davis allowed just one runner to reach third base. South County loaded the bases with two outs in the third inning, but Krage made a catch against the fence in foul ground near the first-base dugout to end the threat.

"She was on," Krage said of Davis. "She did a phenomenal job. ... She really was hitting her spots well."

Oakton lost to Stone Bridge in the region final, 5-4, on June 2. The Cougars traveled to face

Cosby in the state quarterfinals on June 5. Results were not available prior to The Connection's deadline.

Tough Final Week For Madison Softball

Rams end Warhawks' successful season.

By Rich Sanders The Connection

he Madison High girls' softball team saw its season end in disappointing fashion with a pair of postseason losses. Nevertheless, it was an overall successful and winning campaign for head coach John Schneeberger's Warhawks.

Madison, at the eight-team Liberty District tournament, reached the finals with victories over Fairfax High, 11-0 in the quarterfinals, and McLean High, 7-3 in the semifinals. In the title game, the Warhawks met Stone Bridge on May 22 at McLean High School. There, the Warhawks lost a tough 2-1 contest.

The Bulldogs of Stone Bridge jumped out to a two-run lead in the second inning, getting an unearned run on a single and an earned run on a ground out to second base. Madison got on the scoreboard in its half of the third inning as Tori Lipnicky (1 for 4) led off with a single, Jackie Yahner followed with a sacrifice bunt (moving Lipnicky to second), and Kat Olson (2 for 3, RBI) delivered an RBI single to right field.

That concluded the scoring for both teams as pitchers Kelly McDaniel for Stone Bridge and Kelsey Ross for Madison were able to shut down the offenses from that point on.

Ross pitched a complete game, giving up four hits with three walks (two intentional) and a strikeout. At the plate, she also had one of her team's base hits.

Three days following the district title game setback to Stone Bridge, Madison hosted Robinson (Concorde District) in a first round game of the 16-team Northern Region playoffs. There, the Warhawks lost another one-run affair, this one by a 3-2 score to the Rams, and their season officially came to a close. For the spring, Madison went an im-

pressive 17-7.



Vienna Freedom Girls Win Capital Cup

The Vienna Freedom Red U-11 girls' travel soccer team braved the heat over the Memorial Day weekend to capture the Title of Champions in t under-12 Girls Division of the 2012 Capital Cup in Richmond. The Freedom played outstanding soccer, winning two of their games by shutout and outscoring their opponents, 23-2, over their four games. Pictured on the front row, left to right: Olivia Rice, Lauryn Wu, Whitney Wiley, Izzy Moutinho, Faith Lee, Anna Zelenski. Second row: Sophia Azmi, Julia Leas, Brigid Sullivan, Grace Grill, Peyton Emory and Paige Pilewski.

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.





Democrats Gather for Petersen's Fundraiser

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

hey weren't all young, and they weren't 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.

"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 father, John Earle Petersen, who died on April 4, 2012. "My father was my biggest champion. In his of-

fice, 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



Fairfax County Democratic Committee Chair Cesar del Aguila, former fairfax **County School Board member Janet** Oleszek and Del. Mark Keam (D-35) joined Sen. Chap Petersen and other Democratic power players at Petersen's annual "Young Lawyers" fundraiser at ICONS in the City of Fairfax Thursday, May 31.



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.

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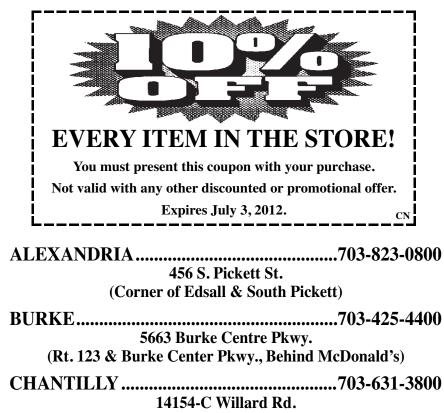




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