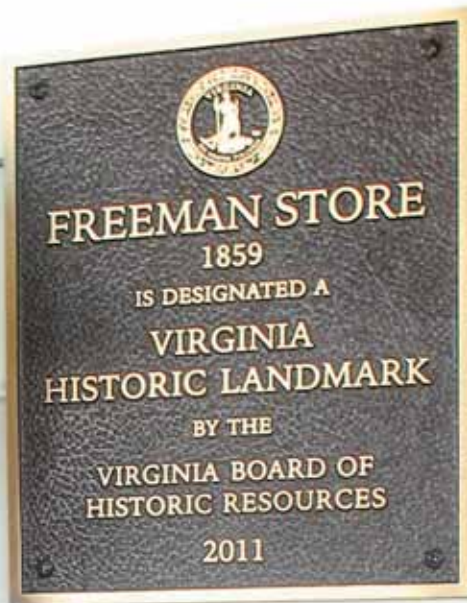


One of the top stories of 2012 in Vienna was the unveiling of a Virginia historical registry plaque on April 21, commemorating Freeman Store's designation as a historic landmark in the Commonwealth of Virginia. Anne Stuntz is pictured with the newly-unveiled plaque.



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Express Lanes Completed, Metrorail Arrives in 2013

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Arrington Properties proposed to build a mixed-use building on Church Street, housing retail, condo residences and a public parking garage. The Town of Vienna held a series of public meetings to gather citizen and business owner input. Project architect Paul Layer describes the site plan at the first public meeting.



DONNA MANZ/THE CONNECTION

U.S. Congressman Gerry Connolly, Delegate to Virginia Assembly Mark Keam of Vienna, Vienna Mayor M. Jane Seeman and State Senator Chap Petersen celebrate the Freeman Store's designation as a Virginia historic landmark at the April 21, 2012, plaque unveiling.

Vienna's Top Stories of 2012

BY DONNA MANZ
THE CONNECTION

From devastating wind storm to parking garage, Vienna saw diversity in its news stories of 2012. Trees toppled on houses and cars during the June 29 derecho that ravaged the region and thousands of Vienna-area residents were without power for days as emergency crews worked to repair downed power lines. Vienna heard business news, as well, with the founding of a new Vienna Business Association and the proposed Church Street parking garage.

Historic Freeman Store was recognized as a Virginia landmark and was named to the National Park Service's Register of Historic Places.

A murder took place in the Vienna-Oakton area at the end of 2012, although neither victim nor suspect had known ties to Vienna.

Here's a summary of Vienna's top news stories of 2012.

MARCH 2012—Arrington Properties LLC offered a proposal to the Town of Vienna, under the Public-Private Education Facilities and Infrastructure Act [PPEA], to build a mixed-use building and parking garage at 120 Church St. NW. The project is still in planning stages and the town, as well as Arrington Properties, has held a series of public meetings to solicit input from the community and business owners. The building is designed to house retail, office and residential condo space.

Modifications, based on feedback from Vienna stakeholders, were made after the initial public meeting, held on Aug. 15 at the proposed building/garage site. While Arrington Properties would



A derecho, a long-lived wind storm, blew through Northern Virginia on June 29, leaving behind a trail of destruction and loss of power.

finance the mixed-use building, the Town of Vienna would finance the construction of the parking garage through its meals-and-lodging tax. Arrington proposed to sell the land for the public parking garage to the Town of Vienna for \$1. The property at 120 Church St. NW has been in the Arrington family since 1940.

Project architect Paul Layer estimates a construction phase of 18 months, includes breaking ground in February 2014.

APRIL 2012—The Freeman Store unveiled a Virginia historical registry plaque on April 21, commemorating Freeman Store's designation as a historic landmark in the Commonwealth of Virginia. More than 100 guests, including elected officials, attended the unveiling program.

Known as Lydecker Store when it was built in 1859, the building was used during the Civil War as

a base for both the Union and Confederate armies, including its use as a hospital.

From its porch, Vienna citizens voted against secession in 1861.

The Lydeckers and Freemans were joined in business through marriage soon after the Civil War ended, and the Freeman family eventually took over the building. Leon Lydecker Freeman was the first president of Vienna's volunteer fire department, and was elected Fairfax County's first Republican Delegate to the Virginia General Assembly since the Civil War.

The National Park Service subsequently named the Freeman Store and Museum to the National Register of Historic Places.

JUNE 2012—On a Friday night, June 29, terrifying high-impact winds blew a new word into the lexicon of people in Northern Virginia. A long-lived windstorm, a derecho, struck the region without

warning, causing widespread destruction, downing power lines and trees, and the loss of power to thousands in Vienna and Oakton alone. Uprooted trees crashed into homes.

Some Vienna/Oakton families were without power for up to five days, and Home Depot ran out of small generators as soon as new shipments arrived.

Some Vienna businesses showed their community spirit by offering free beverages or food.

AUGUST 2012—The local business association previously known as the ViennaTysons Regional Chamber of Commerce, headquartered in Vienna, announced it was changing its name to the Tysons Regional Chamber of Commerce and moving to a new location out of Vienna. The local Vienna business community responded within days of TRCC's announcement, founding a new business association reflecting the needs and purposes of Vienna-area businesses. The newly-established Vienna Business Association meets monthly for open business meetings and social networking mixers and has more than 60 members to-date.

DECEMBER 2012—Vienna's year closed out on a solemn note. On Dec. 29, the body of a 19-year-old college student from the Manassas area was found in a crashed vehicle on Chain Bridge Road, not far from the intersection at Nutley. A 22-year-old Gainesville man was charged with homicide in the victim's death.

The victim and suspect did not know one another until they met up in an arranged meeting in Vienna.

The victim was stabbed.

WEEK IN VIENNA

Police Arrest Homicide Suspect

At around 7 p.m. Friday, Dec. 28, an officer came across a minivan that had crashed into a barrier at the end of a service road off of Chain Bridge Road near Glengyle Drive in the Vienna area. The officer summoned for rescue and it was determined that the driver was deceased.

Police have identified the deceased as Xavier O. Stringfellow, 19, of Gales Court in the Manassas area. Detectives are investigating the death as an apparent homicide. According to the medical examiner, the man died of a trauma wound to the upper body.

Johnny E. Bonilla, 22, 13289 Catharpin Valley Drive, Gainesville was charged with murder at around 4 p.m. on Saturday, Dec. 29. Members of the U.S. Marshals Service were assisted by Prince William County and Fairfax County officers and arrested the suspect at his home.

Police determined that the suspect and victim did not know each other prior to the evening of the incident. They had planned to meet up on the evening of Friday, Dec. 28. Apparently, they met; there was a struggle and the victim was stabbed.

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

Vienna at Your Service Features New Business Association

The next meeting of Vienna at Your Service (VYAS) will be Tuesday, Jan. 8, 2013 at 7:30 p.m. in the Vienna Town Hall Council Chambers, 127 Center Street S.

This meeting will feature members from the newly established Vienna Business

SEE WEEK, PAGE 11

From left—Food Program Manager Chris Garris, with Our Daily Bread, Jim Larson, chairman of The Committee for Helping Others, and the Shepherd's Center Executive Director Michelle Scott are all smiles as Scott presents a donation to the two charitable organizations.



PHOTOS BY
ANDREA WORKER/
THE CONNECTION

Charities Receive Funds At Holiday Celebration

The Shepherd's Center of Oakton-Vienna presents donations to The Committee for Helping Others and Our Daily Bread.

BY ANDREA WORKER
THE CONNECTION

Last month, The Shepherd's Center of Oakton-Vienna (SCOV) pulled off their 14th annual Interfaith Thanksgiving Worship, hosted by Emmanuel Lutheran Church of Vienna. This month, the SCOV was ready to present the funds collected at the well-attended service to representatives of the two charitable organizations chosen by SCOV as this year's recipients of the collection.

The SCOV, an interfaith network of community-based organizations dedicated to enriching the lives of our older citizens and providing for their needs, is housed on the second floor of the Vienna Baptist Church. On Monday, Dec. 17, a meeting room around the corner from their offices was packed with staff and volunteers, and a table full of home baked holiday goodies. After some cheerful mixing and mingling among the attendees, SCOV Executive Director Michelle Scott called for a bit of order and made the presentations.

In light of the less than blooming economic environment, Scott had reason to be proud when she addressed the room. After thanking everyone involved in coordinating the Interfaith Service, Scott announced, "This was our best effort ever. The community continues to be generous with their time and with their money. When the counting was done we had collected over three thousand dollars. I am so pleased to present these checks to such worthy organizations who provide critical services to those around us in need."

Jim Larson, chairman, accepted over \$1,500 for The Committee for Helping Others (CHO). Founded in 1969 by a group of churches and concerned individuals, the all-volunteer CHO serves Vienna, Oakton,



There was a lot of holiday cheer on display as the volunteers from The Shepherd's Center of Oakton-Vienna gathered to present this year's donations to two area organizations providing essential services to those in need within the community.

Merrifield and Dunn Loring, providing emergency financial assistance, transportation, Meal on Wheels and operating a food pantry and clothes closet.

Chris Garris, food program manager and volunteer coordinator for Our Daily Bread of Fairfax (ODB) was next up to accept her organization's half of the donation. "Every penny is needed," said Garris. "We assisted 3,000 clients just during the Thanksgiving holidays." ODB serves all of Fairfax County. Many of their clients are referred to them by county agencies. "In fact, once again this year ODB was chosen by the county as the point of coordination and distribution," explained Garris. "We are often the emergency first step for folks who need help and can't wait until the paperwork is complete. We focus on people who often fall between the cracks, those who are just making it and can be left devastated—even homeless—by an unforeseen emergency." In addition to providing and resourcing emergency needs and services, ODB runs financial literacy and other mentoring programs to help people in these situations become more self sufficient and better prepared for the future.

For those who want to help those efforts, or those who may be in need, Executive Director Scott invites a call to the Shepherd's Center at 703-281-0538, or a visit to their website SCOV.org.



PHOTOS BY MIKE SALMON/VIRGINIA MEGACORP

In August, cars are lined up on the Westpark Drive connector in Tysons Corner to test the new 495 Express Lanes.

Express Lanes Completed, Metrorail Arrives in 2013

Something to celebrate for area motorists.

In 2012, the completion of the 495 Express Lanes and progress made on Phase One of the Dulles Metrorail were something to celebrate for area motorists faced with lane closures and detours for the past few years.

The opening of the 495 Express Lanes was the biggest transportation development in 2012. Most of the 50 overpasses were completed in 2011, and in the final year of construction, the Braddock Road and Leesburg Pike (Route 7) access ramps were completed. The Braddock Road ramp is an access point for cars heading north on the express lanes. At Route 7, the ramp provides a southbound access only. Both ramps feature 500-ton box beams that required multiple cranes and full road closures of I-495. Pavement was laid for the new lanes throughout the corridor that are now general purpose lanes. Over the summer, the electronic tolling system was tested and tweaks were ironed out in the control center off Edsall Road in Alexandria. The lanes opened just

before Thanksgiving, earlier than scheduled.

The 23-mile Dulles Corridor Metrorail Project is a two-phased rail project that will give users a one-seat ride from Washington, D.C. to Dulles Airport. Phase One extends Metrorail service through five new stations, four in Tysons Corner and one at Wiehle Avenue on the eastern edge of Reston. Phase Two includes six additional stations from Wiehle Avenue to Route 772 (Ashburn), serving Reston Parkway, Herndon, Dulles Airport and eastern Loudoun County. The Metropolitan Washington Airports Authority (MWAA) is building and managing the project. Phase One is scheduled to open in fall 2013, and Phase Two in the following years.

Also in 2012, the I-66 Pavement Rehabilitation Project was completed. This project reconstructed 6.5 miles of deteriorated pavement between Route 50 and I-495. In Merrifield, Route 29 was widened to three lanes between Merilee Drive and I-495, and Gallows Road was widened to three lanes from Gatehouse Road to Prosperity Avenue. Away from the Tysons Corner area, VDOT was also working to rehabilitate the structurally deficient Beulah Road bridge over Wolftrap Run in Fairfax County.



Rt 29: From the air looking at Lee Highway, the express lanes southbound ramp gives motorists options to Merrifield.

THE COUNTY LINE

Coming in From The Cold



PHOTOS BY VICTORIA ROSS/THE CONNECTION

Musa, Braddock Supervisor John Cook, and Bill Murray at the check-in area for the hypothermia prevention shelter provided by Burke United Methodist Church on Friday, Dec. 21.

A night at Burke United Methodist Church's hypothermia prevention shelter.

BY VICTORIA ROSS
THE CONNECTION

Musa L. gently draped a blanket over his wife, and promised her the new year would be better for both of them. She was sleeping on a foam pallet at the Burke United Methodist Church. Musa and his wife were among nearly 40 homeless adults seeking shelter from the frigid temperatures at the church on Friday, Dec. 21.

An immigrant from Senegal, Musa said he and his wife, who is originally from Florida, are homeless for the first time in their lives. He said both have jobs in Fairfax County, but they fled their apartment in November when a roommate threatened their safety. Since then, they have been staying at The Lamb Center during the day, a daytime drop-in center for the poor and homeless in central Fairfax County.

"We slept in our car the last few nights, but it was just too cold tonight," Musa said. "This church provides a wonderful service. We are able to get a meal and a safe, warm place to sleep. They also give you gift cards for food. They make you feel welcome, like you are still a person."

After his wife went to sleep, Musa

chatted with Supervisor John Cook (R-Braddock) who attends the church and helped organize its hypothermia prevention program.

"No one should have to sleep in the cold and risk hypothermia," Cook said.

EACH YEAR hundreds of individuals living on the streets, in cars, and abandoned buildings in Fairfax County search for shelter from the bitter winter weather, said Amanda Andere, executive director of FACETS, a local nonprofit organization coordinating the county's hypothermia prevention efforts.

Beginning in late November, FACETS works with more than 40 faith communities to offer safe places to sleep and nutritious meals to men and women who are homeless through its Hypothermia Prevention and Response Program. FACETS program is one of five operated across Fairfax and Falls Church in partnership with the Fairfax County government.

Barbara Nowak, a realtor with Long & Foster, was a key organizer of BUMC's program, which provided hypothermia relief from Dec. 16 to Dec. 23.

"I make a living helping people find homes, and I've done pretty well," Nowak said "This is not just about how much money is in your

account. This program has made me more aware of the lack of affordable housing, and the effects of foreclosures and short sales, and how people are suffering as a result of the downturn in the economy."

Nowak and her husband, Gerry Staudt, helped recruit more than 130 church members for the church's program and organized training sessions that helped volunteers learn more about FACETS and ways to help the homeless. "We want to make sure our guests are safe and feel welcomed," Nowak said.

During its program, the church opened its doors at 5:30 p.m., and provided transportation to and from Fair Oaks Mall in the morning and late afternoon. Several volunteers, as well as a FACETS staff person, checked guests in to the shelter, and helped them find bedding, clothes and other necessities, as well as serving a hot meal and dessert. Alcohol, drugs and weapons are prohibited and lights are out at 10 p.m.

Nowak, who has lived in Fairfax County since 1976, said she is grateful for the opportunity to help others. "During the first night, when all the volunteers were getting the church ready for our guests, I truly felt like God was giving us patience, kindness and gentleness... we were physically

How You Can Help

❖During the 2010-2011 winter season, approximately 1,025 residents sought shelter through Fairfax County's Hypothermia Prevention Program, in partnership with other agencies.

❖FACETS' Hypothermia Prevention Season is Nov. 21 through March 17. FACETS served more than 219 clients last season.

❖Volunteers of America Chesapeake (VOA) Baileys Crossroad's Hypothermia Program served more than 442 clients last season and an additional 84 clients in their other winter seasonal programs for a total of 526 clients.

❖Reston Interfaith's Embury Rucker Community Shelter (ERCS) operates three separate winter programs. The ERCS Winter North County Program and winter seasonal programs served over 298 clients last season.

❖The Homeless Healthcare Program (HHP) has four nurse practitioners from the Fairfax County Health Department providing free flu shots during Hypothermia Prevention season.

❖For more information on Fairfax County's Hypothermia Prevention Program, go to <http://www.fairfaxcounty.gov/homeless/partnerupdate/partnership-highlights-hyposeason2011-12.htm>.

❖For FACETS weekly hypothermia prevention shelter updates, go to www.facetcares.org or call FACETS at 703-352-5090 Ext. 302.

❖To learn more about FACETS Hypothermia Prevention and Response Program, or to donate to the program, contact Jerriane Anthony at 703-865-4252 or email at JAnthony@FacetsCares.org.

❖What should you do if you see a homeless person at night?

"If you see an unsheltered person at night, and you think they could be at risk of hypothermia, call the county's non-emergency phone line at 703-691-2131, TTY 711. County emergency personnel will determine which shelter option is best in the situation," said Dean Klein, director of the Fairfax County's Office to Prevent and End Homelessness.



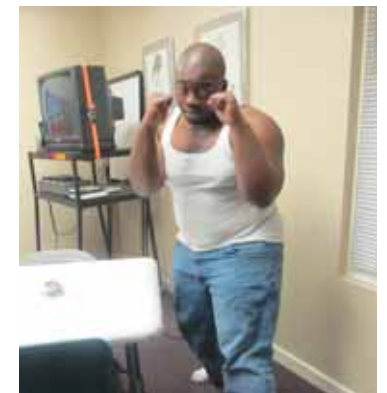
Barbara Nowak, a volunteer organizer for Burke United Methodist Church's Hypothermia Prevention Shelter, sorts sleeping pallets in the church's library on Friday, Dec. 21.

exhausted but mentally exuberant as we transformed the church," she said.

LAST SPRING, Fairfax County Board of Supervisors Chairman Sharon Bulova (D-at-large)—along with non-profit leaders and other county officials—held a series of information sessions to address rumors and concerns that the county would shut down its hypothermia shelters this winter and shut out many homeless residents—because of fire code violations.

Bulova said Fairfax County was "committed to serving the homeless population in a way that is compassionate and ensures their safety."

Cook said only two churches—instead of the rumored 18—were deemed unsafe to host hypother-



Arthur Garret, 29, a client at the hypothermia prevention shelter provided by Burke United Methodist Church on Friday, Dec. 21, said his goal is to become a boxer. "I have goals. I want to make the Olympic boxing team... It's never too late."

mia prevention programs.

"Most of the issues were simple ones that could be easily remedied, like installing smoke detectors," Cook said. "Everyone had to take deep breath. There's a significant commitment on the county's part to work through these issues."

Last year, there were no hypothermia-related deaths in Fairfax County. But as temperatures continued to drop below freezing during the last week of 2012, the first cold weather-related death of the winter season was reported by Maryland state health officials. On Dec. 24, an elderly homeless man in Frederick County, Md., died of hypothermia.

"It's a tragedy when it happens anywhere. That's what Fairfax County, our faith communities and non-profit partners are working hard to prevent," Cook said.

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VIEWPOINTS

What are your plans for 2013?

—DONNA MANZ

Jerry Ferguson, director of development, Fairfax Public Access television, Vienna

"2013 is shaping up to be an incredible year for Fairfax Public Access. The launch of our newest cable channel 36 this coming spring, devoted to spiritual and religious programming, along with international channel 30, Radio Fairfax channel 37 and our flagship channel 10, offers the public even more options to engage in locally-produced programming, or to get involved and share their own ideas, interests and perspectives with other county residents. As director of development, I'm looking forward to helping spread the word about the resources we offer everyone as Fairfax County's community television and radio station.

We're also excited to take the lead in the 2013 Video Fairfax competition, a chance for K-12 students of Fairfax County Public schools to create their own videos to be judged by professionals in the field, with



cash prizes awarded to the winners in four different grade categories, and airings on Cox's On Demand and on Fairfax Public Access channel 10. This partnership with Cox Communications, the Arts Council of Fairfax, Fairfax County Public Schools and Fairfax Spotlight for the Arts is a natural fit, as our mission is to provide the tools, training and technology for anyone to learn video and/or radio

production as well as a platform for disseminating whatever they create with that knowledge.

For my personal hopes in the new year, I hope that Congress starts valuing statesmanship over brinksmanship, that Richmond finally comes to grips with the transportation issues in our region, that we all contribute to seeing that the county's 10-year plan to end homelessness succeeds, and that the NHL quits acting like Congress, get a deal done, and let the Capitals get back to finally winning us a Stanley Cup."

Liza Lara, attorney-at-law, Reston

"My plans for 2013 include resuming the practice of law in Northern Virginia after relocating from the mid-West, spending quality time with my preschooler before he goes to kindergarten in the fall, and biking a 'century' with my husband during the summer."



Anne Stuntz, president of Historic Vienna, Inc., Vienna

"We've got lots of things going forward for the New Year. Our new museum chairman Mike Berger is full of energy and enthusiasm for putting together upcoming exhibits. He and his committee have a long list of possible topics, and I think we'll start out the year with an exhibit on the Alexandria Loudoun and Hampshire Railroad and its descendants, up to the present with the W&OD Bike Trail. The building [Freeman House] is closed in January and February, so this would probably open in March.

The main event of 2013 will be to commemorate the unveiling of the plaque honoring the Freeman Store's inclusion on the National Register of Historic Places. This is scheduled for Saturday, April 6. The Freeman Store is the only building in the Town



of Vienna that is on the National Trust's register. We want the whole town to come out to celebrate this highest honor. After all, the town itself owns this fine building, and we at HVI run the museum and the store and the Little Library. It belongs to the community and we want to have an event that everyone can enjoy and be proud of.

As part of the festivities, Cathy Salgado has secured

a visit from the "history mobile" on April 5 and 6. Look that up at <http://www.virginiacivilwar.org/historymobile.php>. It's been traveling all over Virginia.

There are probably a zillion other things HVI will be doing.

Personally, my main goal, besides maintaining my regular exercise routine is to deal with all the clutter. I might even relent and hire a professional."

Be a part of our **Wellbeing** pages, the first week of every month.

Delight in our **HomeLifeStyle** sections, the second week of every month. Peek at the top real estate sales, glimpse over-the-top remodeling projects, get practical suggestions for your home.

Celebrate students, camps, schools, enrichment programs, colleges and more in our **A-plus: Education, Learning, Fun** pages, the third week of every month.

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THE CONNECTION
NEWSPAPERS

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

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OPINION

Happy New Year, Keep in Touch

Reflecting and reinforcing the sense of community.

As local, weekly newspapers, the Connection's mission is to bring the news you need about your community, to give you the information you need to enjoy the best things in and near your community, to advocate for community good, to call attention to unmet needs, to provide a forum for dialogue on local concerns, and to celebrate and record milestones and events in community and people's lives.

To succeed at any of that, we need your help. If you know of a person or an organization doing important work, something that might make a good feature story, let us know. We want to know if someone in your family or your community published a book, became an Eagle Scout, raised money for a good cause, accomplished a feat like running a marathon or having an art show. Send us a photo and tell us about it.

We publish photos and notes of a variety of personal milestones and community events, including births, engagements, weddings, anniversaries, awards and obituaries.

We are also interested in events at your church, mosque, synagogue, community center, pool, school, club, etc. E-mail us a photo and a note about the event. Be sure to include

the names of all the people who are in a photo, and say when and where the photo was taken.

We also publish notes about news and events from local businesses. Notes about openings, new employees and anniversaries are welcome.

To have an event included in our calendars, we appreciate getting notice at least two weeks ahead of the event, and we encourage photos. Events for our calendars should be free or at nominal cost and open to the public.

In covering the issues, we strive to provide a voice for our readers. We look forward to hearing from you.

The Connection Newspapers are published by Local Media Connection LLC, an independent, locally owned company. The publications and websites include the Alexandria Gazette Packet, the Mount Vernon Gazette, two editions of the Centre View, the Potomac Almanac and individual Connection papers and websites serving McLean, Great Falls, Vienna/Oakton, Oak Hill/Herndon, Reston, Springfield, Burke, Fairfax, Fairfax Station/Clifton/Lorton, Arlington, Centreville, Chantilly/Fair Oaks, Alexandria and Mount Vernon.

The publications and websites have won hundreds of awards for news and community coverage just in the past few years, including

the Virginia Press Association Award for Integrity and Community Service last year.

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— MARY KIMM.

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COMMENTARY

Challenges Facing Dranesville in 2013

Supervisor John W. Foust (D-Dranesville) discusses New Year's expectations.

“What are the most important issues or challenges facing your district and Fairfax County today?”

Supervisor John W. Foust, (D-Dranesville)

“In 2013, we will again confront many challenges, at the county level as well as in the McLean, Great Falls, Herndon, Falls Church and Vienna communities in the Dranesville District. I will continue to address our challenges by seeking input and suggestions from my constituents and by working with my excellent staff to provide leadership. Some of the more significant issues I expect to deal with in 2013 are discussed below.

❖ Challenge: adequately fund essential county services and infrastructure needs.

We are still in a multi-year economic downturn. Our ongoing challenge is to maintain the level of services county residents expect and to make the infrastructure investments we need while protecting county taxpayers.

Since I took office in 2008, we have cut tens of millions of dol-

lars from the county operating budget without serious reductions in the county's support for public schools and other essential services like police, fire and rescue, and programs that serve the members of our community who are most in-need. At the same time we are struggling to maintain services, we are facing the need for substantial investment and re-investment in infrastructure like roads, transit, schools, storm water management and other public facilities.

As vice chairman of the Board's Budget Committee, I will continue to emphasize reducing costs by improving efficiencies and focusing on our core services. And as chairman of the board's Audit Committee, I will continue to work closely with the auditor to the board to review county programs and financial policies to improve their cost effective operation.

I will also continue to work with the community to establish our budget priorities and address our budget challenges. As I have done for the past four budget cycles, I have convened my citizen budget

task force. The members are meeting and hearing presentations by various county and FCPS officials. The task force will prepare a report that will be presented to me early in 2013. I will share the report with my colleagues on the board as we develop and adopt the final budget. I will also convene several public meetings to solicit community input on budget priorities prior to budget adoption.

❖ Challenge: meet the needs of the rapidly increasing segment of our population over the age of 65.

In 1970, only 3 percent of Fairfax County residents were age 65 or older. By 2003, the percentage had increased to 8.4 percent. By 2020, it is projected that there will be more than 136,000 persons age 65 or older living in the county, nearly 12 percent of the total population. To address the special needs of older residents, my staff and I are working closely with community groups in Great Falls, Herndon and McLean. We are exploring concepts and ideas to better understand and meet the needs of seniors in the Dranesville District and to facilitate 'aging in



John W. Foust

place' in our community.

❖ Challenge: provide bus, pedestrian and bicycle access to the Silver Line Metro stations and commuter parking at the Tysons Metro stations.

In 2013, I will continue to work on improving access to the future Tysons Metrorail stations. Through a significant public outreach process, we have identified bus transit, pedestrian and bicycle improvements that are needed to provide improved access to the stations. Significant funding has been

SEE FOUST, PAGE 7

Vienna & Oakton CONNECTION

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OPINION

Shared Responsibility to Protect Poor

To the Editor:

Virginia Attorney General Ken Cuccinelli recently made a public complaint regarding the Catholic church's advocacy for some of the most vulnerable in our society. He did this in his Nov. 29, 2012 speech given at the Christian Life Summit in Ashburn, Va.

I do not question Mr. Cuccinelli's right to express his opinion regarding any matter he wishes to opine upon. However, I do question the honoring of Mr. Cuccinelli by the Catholic church and the omission of the Catholic press in bringing his critique of the church, namely the Catholic bishops in the church, to the attention of the faithful in northern Virginia.

I say this in light of his position in state government and the past honor bestowed on him by the Brent Society, a society that assures Catholics that: "The Brent Society is loyal to the Vicar of Christ, obedient to the authentic teaching magisterium of the church. . . . Our mission is to . . . promote authentic Christian life . . ."

What is the attorney general's complaint against the bishops? He said this: "They've [the Catholic bishops] helped create a culture

of dependency on government, not God." This Catholic politician recently honored by the Brent Society contends that providing a "safety net" for the impoverished and vulnerable in our society is the responsibility of the church, not the state: the church should "be the primary institution in a society that is responsible for service to the poor."

The facts are these: One in six Americans currently lives in poverty, and one in five children. That totals about 46 million people. The household income for a family of four that is less than \$22,314 is considered to be living in poverty.

From a practical perspective, it would be impossible for the Catholic church to provide a "safety net" for that many people, although the church does a stellar job in helping the poor via Catholic Charities. From a faith perspective, the attorney general is articulating a message that is not in agreement with Catholic social teaching and the authentic teachers of the faith.

As Bishop Stephen Blair noted in writing (Nov. 13, 2012) to both the U.S. House of Representatives and the Senate, in the name of the U.S. Catholic bishops:

1. Every budget decision should be assessed by whether it protects or threatens human life and dignity.

2. A central moral measure of any budget proposal is how it affects "the least of these" (Matthew 25:31-46). The needs of those who are hungry and homeless, without work or in poverty should come first.

3. Government and other institutions have a shared responsibility to promote the common good of all, especially ordinary workers and families who struggle to live in a manner worthy of their dignity in difficult economic times.

What Bishop Blair said articulates authentic Catholic teaching. What Attorney General Ken Cuccinelli said is not rooted in the Catholic social teaching tradition of the church. Mr. Cuccinelli should not be receiving recognition in the future by any group (e.g., Brent Society) affiliated with the Catholic church as someone considered "obedient to the authentic teaching magisterium of the church."

John Horejsi
Vienna

Taking Chances on ExpressLanes

To The Editor:

The way the ExpressLanes system is set up at this time, there is no way that we can know the traffic conditions on Route 495 prior to entering the highway. This means that we must make an uninformed decision whether to use the ExpressLanes and pay the toll or take our chance taking the standard route. When one considers how technologically advanced we

are in this area, one would think that having some informative signs prior to the entrances to Route 495 would be obvious. Without signs informing us what the traffic situation is on 495, we are left without a chance to make an informed decision. This is simply wrong. We buy products and services every day for which there is enough information available to us that we can make intelligent and informed

decisions whether to buy the product or service. In the case of the ExpressLanes, we have no information to help us make a decision. We simply must take our chances and sometimes spend money unnecessarily. I urge all readers to voice their concern over this issue to VDOT and your local representatives.

Robert Cox
McLean

Foust

FROM PAGE 6

committed for several of these projects and my staff and I will continue to work to move these projects forward.

Making the Tysons Metro stations accessible for residents who can only get to the stations by driving their cars is also one of my priorities. There were no dedicated public parking garages included in the original Tysons Metro Stations plans. At my request, the Board of Supervisors directed staff to study ways to identify commuter parking possibilities near the Tysons stations. Recently, the board endorsed the Metrorail Interim Parking Request for Interest (RFI). That RFI establishes a streamlined program that allows interested property owners to provide privately-run commuter parking lots near Metro stations in Tysons. Several property owners have already expressed interest in the program and it is my goal that one or more parking lots will be operational by the time Metro service comes to Tysons in December, 2013.

With the approaching construction of Dulles Metrorail Phase Two, I will also be working with the county and the Town of Herndon on plans and funding for bus, pedestrian and bicycle connectivity between the future Herndon area Metrorail stations and surrounding communities.

❖ Challenge: Make Dranesville more accessible and safe for all pedestrians and bicyclists.

Many Dranesville residents want to be able to leave their cars in the garage and walk or bicycle to their destinations. Making Dranesville more pedestrian and bicycle-friendly has been one of my top priorities. My office has worked with citizen groups across the Dranesville District to identify projects, set priorities and obtain funding for sidewalk, trail and bicycle projects. As a result of our collaborative efforts, numerous projects have been completed. In 2013, several more projects will get underway, including trails along Georgetown Pike, pedestrian improvements and traffic-calming on Walker Road, and two new trails on Lewinsville Road that will complete missing links to provide continuous, safe pedestrian access from Dolley Madison Boulevard to the intersection of Lewinsville Road and Spring Hill Road."

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THE CONNECTION
NEWSPAPERS





PHOTOS COURTESY OF FLINT HILL SCHOOL

Robotics Team (from left): Scott Hamal, Malek Zahed, (kneeling), Jonny Howard, Evan Wilcox, Head Coach Michael Snyder (kneeling), Ian Schmidt, Christopher Salmon, Brian Clark, Nick Cerruti, Tanvi Bansal, (in front of Nick), Sky Leonard, Thomas Briggs, Cooper Overholt (lower right corner).

Flint Hill School Robots Dominate Competition

At the FIRST qualifying event held at Sidwell Friends, Flint Hill School took the top two spots. Flint Hill “fielded” three teams at the competition that brought schools from all around Maryland and Virginia. Team 6652, Flint Hill’s team that took top honors, the point spread was a 65 points above any score so far in national competition. They also won the “Inspire” award.

The FIRST Tech Challenge is a competition that is introduced to high school students each year by Segway inventor Dean Kamen. The program is focusing around the idea of engagement and inspiration through science, and especially robotics. They kicked off with the release of an instructional video explaining what a robot must be able to accomplish in a set course. This year it must lift plastic tubes on spindles, detect what tubes weighed more, and also outwit their opponent by placing tubes on both sides of the course.

The challenge is that each team has both an autonomous and a driver-directed part of the competition. In the autonomous play, the robot is programmed to detect and accomplish a specific task all on its own. The driver-directed play includes two students who are charge over the robot via a joystick. In both cases ingenuity and thinking out each step of every movement is critical.

Professor of math and computer science Mike Snyder joined the Flint Hill faculty just two years ago with the goal to launch a stellar robotics pro-

gram, an area he heavily invested in at his previous school. Now, Snyder has brought the students to the point of competing in this year’s FIRST Tech Challenge, an international robotics competition which he helped a student team take third place in three years ago. His work with the students is shared with Professor of Science Alex Lester.

Since Snyder is also working with Flint Hill fourth through sixth graders on a similar FIRST Lego challenge, he is now affectionately called Mr. Roboto.

This kind of teaching and practice is an example of what STEM really can mean in a student’s experience. Snyder would be the first to help students with the definition of a quadratic formula, for example, that it is an equation that contains coefficients and has two solutions or roots. He could chalk it up with “a’s” and “x’s,” equal signs and powers of two. But Snyder wants students to experience the math, see the formula at work and understand its significance.

And the students are responding with passion. “I’m definitely ex-

cited about this class,” says Chris Salmon ’10. “I was accepted to TJ, but I wanted to come to Flint Hill because it’s more individualized. Robotics brings together the best aspects of math and science, and, because you’re part of a team and going for a common goal, friendships extend outside of school.”

Thomas Briggs ’11, part of Build Team 5904 agrees. He says he wants to study mechanical engineering in college and this class allows him to get an active jumpstart on that passion.

In all, 17 Flint Hill students competed on three teams. There were 12 teams in Sunday’s competition. The next step for the Flint Hill Robotics teams is on Jan. 19, where they look to make a strong showing at the Virginia qualifying tournament before they make their appearance at regionals in February.

See a video of the competition at <http://www.youtube.com/watch?v=phm1tRvBMD8>

—ZACH KINCAID



One of Flint Hill’s robots is scrutinized by the judges before the competition begins.

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/JAN. 2

Robert Gilbert Exhibit. 10 a.m.-9 p.m., at the Great Falls Library, 9830 Georgetown Pike, Great Falls. Gilbert’s 30 original paintings of Manhattan on display and for sale. www.robertgilbertsart.com.

Sandy Hook Remembrance Vigil. 6:30-8 p.m., at “the Rock” at James Madison High School, Vienna. Student Kirsten Weisner leads a vigil in memory of the victims of Sandy Hook to honor and pray for families and the community of Newton, CT; the event will also feature a time for discussion for positive actions the community can express in reaction to the tragedy. 703-319-2426.

State Senators and Delegates at Town Hall Forum. 7:30-9:30 p.m. at the McLean Community Center, 1234 Ingleside Ave., McLean. Sen. Favola (D-31), Sen. Howell (D-32), Del. Brink (D-48), Del. Comstock (D-34), Del. Keam (D-35) and Del. Scott (D-53) speak at the McLean Citizens Association meeting on the upcoming legislative session; the officials will also answer questions and hear resident’s concerns in an extended question and answer period. www.mcleancitizens.org.

SATURDAY/JAN. 5

The Capitol Steps. 8 p.m., at the Alden Theatre, 1234 Ingleside Ave., McLean. Bipartisan comedy addressing the question for January following an election year: “What new material will the Steps come up with



Bob Gilbert, Phantom and West Side, oil.

Manhattan Exhibit Opens at Great Falls Library

Robert Gilbert’s 30 original paintings of Manhattan grace the walls of Great Falls Library from Wednesday, Jan. 2 through Feb. 1 from 10 a.m.-9 p.m. The library is located at 9830 Georgetown Pike, Great Falls. The paintings on display are available for purchase. www.robertgilbertsart.com.

now?” \$45; \$35, McLean district residents. 703-790-0123 or www.aldentheatre.org.

WEDNESDAY/JAN. 9

Silent Film Series. 7:30 p.m., at McLean Community Center, 1234 Ingleside Ave., McLean. A film called W.C. Fields and Will Rogers features comedy and mishaps set at a drugstore; Part of the silent film series at the community center. www.aldentheatre.org.

THURSDAY/JAN. 10

Author Rachel Simmons on Relationships. At the Flint Hill School, 3320 Jermantown Road,

Oakton. The New York Times bestselling author Odd Girl Out: The Hidden Culture of Aggression in Girls and The Curse of the Good Girl: Raising Authentic Girls with Courage and Confidence works with students and parents on Jan. 10 and 11. 703-584-2391.

Michela Mansuino Artist Demonstration. 10 a.m.-noon., at Vienna Art Center, 115 Pleasant St., NW, Vienna. Realist Michela Mansuino, a member of Great Falls Studios considers a painting to be a window through which one sees a beautiful motif. 703-319-3971 or www.ViennaArtsSociety.org.

FRIDAY/JAN. 11

21st Annual Economic Conference. 7:15-11:45 a.m., at McLean Hilton Tysons Corner, 7920 Jones Branch Drive, McLean. Presented by Cardinal Bank and George Mason University. Free for 2012-2013 paid alumni members, LLP ’12 and ELI/LFI ’13 members. Register by Jan. 3 at Danielle@leadershipfairfax.org.

SATURDAY/JAN. 12

Healthy Living Workshop: Taming the Toxins. 9-30 a.m.-noon, at Salud, The Healthy Pantry, 1137 Walker Road, Great Falls. The workshop includes tips on living a healthier life and minimizing your toxic load; free \$5 gift card to Salud, The Healthy Pantry included. \$49; \$88 for two. www.jodacoolidge.com.

SUNDAY/JAN. 13

Winner’s Wall Art Display. 10 a.m.-4 p.m., at Vienna Art Center, 115 Pleasant Street, NW, Vienna. During the month of January, the Vienna Arts Society will feature a wall of pieces by artists who won awards at the 43rd annual Treasury of Art; refreshments included. 703-319-3971 or www.ViennaArtsSociety.org.

WEDNESDAY/JAN. 16

Grace Pettis and Pierce Pettis. 8 p.m., at Jammin Java, 227 Maple Ave. E, Vienna. The father and daughter singer-songwriters, both winners of the New Folk Award, play a show together. www.jamminjava.com.

SATURDAY/JAN. 19

Oratorical Contest. 10 a.m., at the Vienna American Legion, 330 Center St. N., Vienna. High school students can register by Jan. 11 to participate. 703-867-1285 or ronp5555@yahoo.com. **An Evening With Dick Gregory.** 8 p.m., at the Alden Theatre, 1234

Ingleside Ave., McLean. A Movement leader from the 1960s and comedian, civil and human rights activist, author, recording artist, television and film personality, nutritionist and veteran committed to non-violent social change speaks in observance of Martin Luther King, Jr. Day. \$20, \$10, MCC residents. www.aldentheatre.org.

SUNDAY/JAN. 20

Breakfast Buffet. 8 a.m.-noon, at the American Legion, 330 Center St. N., Vienna. Omelets, scrambled eggs, blueberry pancakes, bacon and all the fixings. \$8, adults; \$3, children. 703-938-1379.

TUESDAY/JAN.22

Mike Loulakis Discusses Design-Build Legal Lessons Learned. 11 a.m.-2 p.m., at Wildfire Restaurant in Tysons Corner, 1714 International Drive, McLean. The January DBIA-MAR luncheon meeting will feature Mike Loulakis, Esq., from Capital Project Strategies, LLC with a review and update of the impact of recent legal decisions. Members, \$45; Non-members, \$55; students, free. <http://dbialoulakislegal.eventbrite.com/>

SATURDAY/JAN. 26

Tap Kids. 8 p.m., at the McLean Community Center, 1234 Ingleside Ave., McLean. Eight tap dancers from all over the U.S. dance out the story of a group of teenagers in their last month of high school. \$20, \$15 for residents. www.aldentheatre.org.

FRIDAY/FEB. 1

Next to Normal. 8 p.m., at McLean Community Center’s Alden Theatre, 1234 Ingleside Avenue, McLean. This ground-breaking musical shows how far two parents will go to keep themselves sane and their family’s world intact. \$18; \$20. www.mcleanplayers.org or 866-811-4111.



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The Capitol Steps
Saturday, Jan. 5, 8 p.m.
\$45/\$35 MCC district residents

Concerts @ The Alden
Sunday, Jan. 6, 3 p.m.
Free admission

“Vaudeville Veterans” Silent Film
Wednesday, Jan. 9, 7:30 p.m.
\$10/\$6 MCC district residents



Vital Theatre Company’s
“Angelina Ballerina The Musical”
Saturday, Jan. 12, 1 p.m. and 4 p.m.
\$15/\$10 MCC district residents

Morning Movies
“Sunset Boulevard”
Wednesday, Jan. 16, 10 a.m.
Free admission

Family Fun Bingo
Friday, Jan. 18, 7-8:30 p.m.
\$10/\$5 MCC district residents

The McLean Community Center
www.mcleancenter.org
Home of the Alden Theatre
www.aldentheatre.org
1234 Ingleside Ave.,
McLean, VA 22101
703-790-0123, TTY: 711



The Quest for Youth and Beauty

Spending billions of dollars to improve one's appearance.

BY MARILYN CAMPBELL
THE CONNECTION

Hiba Hakki reclines on an exam table as a physician picks up a syringe with his latex-gloved hand and points it at her face. He inserts the needle into the flesh around her eyes. She cringes slightly. This is a Botox injection, just one of the cosmetic procedures Hakki undergoes for the sake of beauty.

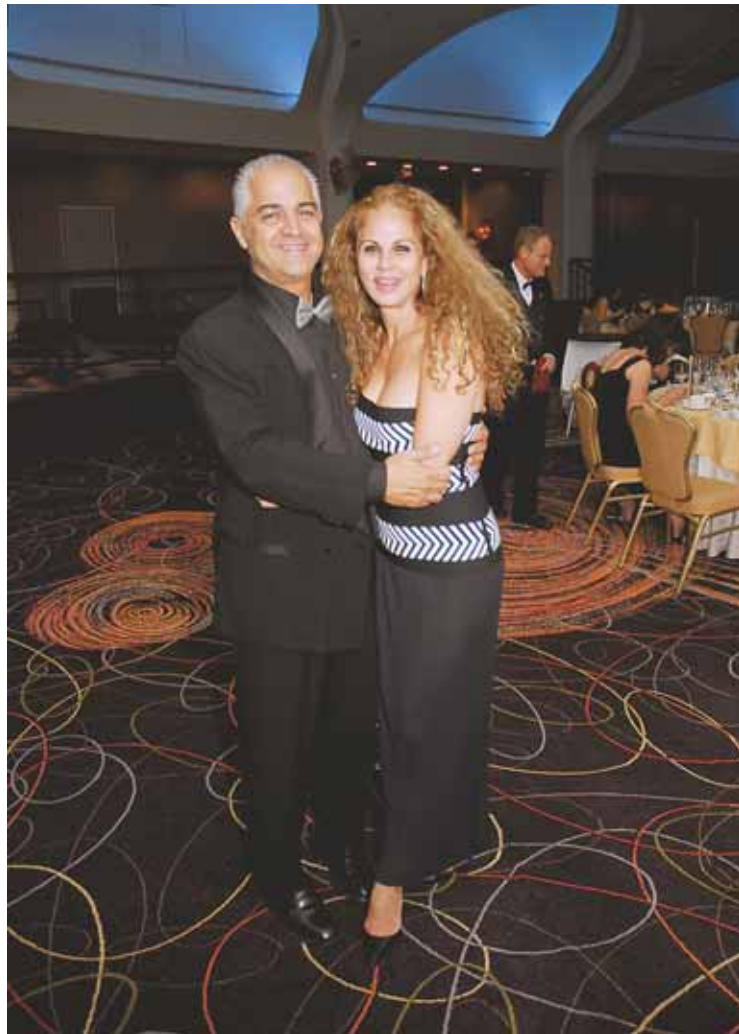
"There is a slight burning sensation," said Hakki, who is 58. "But it's like anything else that we women do for our appearance that we dread. The needles are very fine so it's not too bad."

Hakki is devoted to maintaining a polished appearance, which doesn't include "crow's feet," frown lines, enlarged pores, sagging breasts, discolored teeth or even chipped nail polish. She is not alone in her desire to look her best. A recent survey by the American Society of Aesthetic Plastic Surgery (ASAPS) shows that more than half of all Americans, regardless of income, approve of cosmetic plastic surgery, and spent nearly \$10 billion on cosmetic procedures last year. ASAPS says that Botox (Botulinum Toxin Type A) injections top the list of the most popular non-surgical cosmetic procedures, followed by hyaluronic acid, laser hair removal, microdermabrasion, and IPL (intense pulsed light) laser treatment.

"There is a societal pressure to look young and beautiful," explained Arlington resident Linda Gulyn, Ph.D., a Marymount University psychologist who teaches about the natural process of aging from a social-psychological perspective. "Some people have a tougher time growing older than others, and they look for ways to slow down the natural change."

Candice Early, a spokesperson for the Arlington and Reston offices of plastic surgeon and McLean resident Dr. Wendy Gottlieb, M.D., says that laser hair removal is one of the treatments most commonly requested by patients in her practice. "The laser focuses on the hair bulb under the skin and kills it so that it will not grow back," said Early. "I did it on my underarms seven years ago and I still don't have underarm hair."

Hakki, whose husband is plastic surgeon Dr. Ayman Hakki, M.D., admits that the procedure is not pain-free. "If you can imagine snapping rubber bands on your



Hiba Hakki, pictured with her husband plastic surgeon Ayman Hakki, M.D., is among those who use cosmetic procedures to help keep the signs of aging at bay.

skin, that is what it feels like," she said. "Laser hair removal is not a one time treatment. Multiple treatments are needed for it to be effective. You need a lot of money and a lot of time."

For those seeking to rid their face of wrinkles, age spots and acne scars, microdermabrasion is an option. During the procedure, an esthetician uses a hand-held device that emits crystals onto the skin's surface and polishes it. "It peels off the top layers of skin to reveal new skin cells," said Early. "It temporarily damages skin and takes about a week to heal. At first, it looks like really bad sunburn on your face."

During an IPL laser treatment, an esthetician uses a hand-held device to administer the bright-light treatment. "It's like laser resurfacing for the face," said Early. "It tightens and rejuvenates the skin, but you need several treatments. It helps with age spots and makes the face firmer and more youthful."

Fillers like Restylane and Hylaform are sought-after weapons for those seeking fuller lips or wrinkle-free skin. Hyaluronic acid,

the key ingredient in these fillers, is produced naturally in the body, but decreases as one gets older.

"I've had fillers distributed all over my face. If you use just a little bit, others will never know it was done," said Hakki. "I have used fillers to plump my lips, but I have to be careful not to get too much because I don't want to look like Donald Duck."

Using cosmetic procedures in moderation is the key, say experts, to maintaining a natural look. "The overuse of Botox, for example, can make a person look like a lion," said Early. "We can spot people who are addicted to cosmetic procedures and we turn those people away. If we look at you and feel that you don't need a procedure, we won't give it to you."

Gulyn adds, "Our society equates youth with beauty, but there is a line between doing things that freshen your appearance and putting yourself at risk. You have to determine whether or not you're putting yourself at physical risk, disrupting your family or preventing yourself from adapting to the natural changes of aging."

PHOTO COURTESY OF GEORGE MASON UNIVERSITY



George Mason University students get a cardiovascular workout on the school's Fairfax campus. Joel Martin, PhD, professor of kinesiology at George Mason University suggests that those embarking on an exercise routine start at a low level of intensity.

Developing a Cardio Workout Plan

Experts say benefits include weight loss and decreased heart disease risk.

BY MARILYN CAMPBELL
THE CONNECTION

During Martin McKay's annual physical examination shortly before the holidays, his doctor suggested that he consider intensifying his cardiovascular exercise routine.

"It was kind of funny because there's nothing to intensify. I don't do cardio workouts," said McKay, who lives in North Potomac, Md. "I don't work out at all for that matter."

The Centers for Disease Control and Prevention recommends that healthy adults get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity each week. The benefits include weight control and a decreased risk of heart disease.

For those like McKay who aren't engaged in cardio exercises, experts say begin slowly. "The person should plan on starting slow, and gradually increasing the number of minutes per week or days per week," said Joel Martin, PhD, professor of kinesiology at George Mason University. "During the initial weeks they should plan on exercising at a low intensity level until their body adapts to the new stress it is being exposed to. Many people make the mistake of pushing themselves way too hard in the beginning and end up getting hurt."

Martin says that those who

are not currently engaged in formal exercise should begin by limiting themselves to walking 20-30 minutes each day for two weeks. "The next step would be to mix in some short jogs with their walking regimen," he said. "After that, they can move on to doing several short runs per week. Once they are able to run two to three miles at least three times per week at an easy pace then they can start worrying about increasing the intensity of their runs."

THIS STRATEGY APPLIES not only to running but also cycling, swimming, and other forms of cardio exercise. In fact, Martin recommends that people not limit themselves to one form of exercise.

"Running two days a week and swimming one day would also be a good idea," said Martin.

Experts acknowledge that getting aerobic exercise might be more challenging during winter months. "You may not be able to go running or swimming during the cold winter season, but you can do other physical activities like dancing [or] ice skating," said Rosa Ganey, Burke resident and nurse health educator for Fairfax County Health Network. "If you're a member of a gym, try taking classes."

Stay motivated by setting small goals. "Once a person reaches [the first] goal they should set a new one," said Martin.

Town Budget Receives Award

For the 19th consecutive year, the Town of Vienna has received the Distinguished Budget Presentation Award from the Government Finance Officers Association (GFOA) of the United States and Canada. This award, for the fiscal year 2012-2013 budget, is the highest form of recognition for governmental budgeting.

In order to receive the award, a jurisdiction must satisfy nationally recognized guidelines for effective budget presentation. These guidelines are designed to assess how well a government's budget serves as a policy document, a financial plan, an operations guide and a communications device. Budget documents must be rated "proficient" in all of these categories to receive the award.

Vienna's recently retired Finance Director Phil Grant and Budget Manager Gwen Riddle accepted



Gwen Riddle, budget manager, and Phil Grant, former finance director, receive the Certificate of Recognition for Budget Presentation at the Dec. 3 Town Council meeting.

the Certificate of Recognition for Budget Presentation as the individuals primarily responsible for achieving the award.

Copies of Vienna's budget are available for public review online at www.viennava.gov or at Town Hall, 127 Center Street S.

PHOTO CONTRIBUTED

Detective Sylmar Graduates From the Leadership in Police Program

Detective Arturo E. Sylmar graduated from the Leadership in Police Organizations program on Dec. 7. The program was held in conjunction with the Fairfax County Criminal Justice Academy.

The Leadership in Police Organizations (LPO) training program is based on a behavioral science approach to leadership. The original course material was developed and taught for many years at the U.S. Military Academy at West Point.

The three-week course is the focus on the systematic development of leaders at all levels of an organization. The concept is "every officer is a leader." The Leadership in Police Organizations program was held at the Fairfax County Criminal Justice Academy in Chantilly. The class included law



Pictured, from left: Detective Arturo E. Sylmar and Deputy Chief Michael R. Miller.

enforcement personnel from a total of 11 agencies in Virginia and North Carolina.

Detective Sylmar has been with

the Vienna Police Department since June of 1998. Detective Sylmar is currently assigned to the Criminal Investigation Section.

PHOTO CONTRIBUTED

WEEK IN VIENNA

FROM PAGE 2

Association (VBA). Interested individuals are invited to attend to learn more about the VBA including its purpose, future plans and how to get involved.

The meeting will also feature a presentation by the Vienna Police Department on recent department happenings and relevant statistics. In addition, representatives from area civic and non-profit organizations will provide updates and information on upcoming events and activities.

Vienna at Your Service is designed to give citizens the opportunity to learn more about their community. This event is free and open to the public; no registration required. For more information, contact the mayor's office at 703-255-6311, at mayor@viennava.gov or visit www.viennava.gov/index.aspx?nid=748.

Nominations Open for Community Service Award

The Vienna Town/Business Liaison Committee invites nominations of businesses and business owners for the 2013 Carole Wolfand Community Service Award. The award is given each year to a town business entity or business owner in recognition of outstanding contributions to the community life and spirit of Vienna.

Anyone may submit a nomination. (No self-nominations will be considered.) The nominee must be a business entity or business owner located within the Vienna town limits. To nominate a business or business owner, submit the following information:

- * Business name of nominee; business address of nominee; business phone number of nominee; description of contribution/action to be considered and why (200 words or less); name, address and phone number of person making the nomination.

Entries should be typed or legible and must be received by Jan. 31 to be considered. Send to: Town/Business Liaison Committee, c/o Emily Goodman, Vienna Town Hall, 127 Center Street S, Vienna, VA 22180. Nominations may also be faxed to 703-255-5722 or e-mailed to tblc@viennava.gov (put "TBLC award" in the subject line).

Christmas Tree Collection in January

Town crews will collect Christmas trees on residents' regular refuse collection days during the month of January.

Prior to placing Christmas trees to the curb for collection, residents should ensure that all decorations are removed. Also, residents should not place trees in bags or wrap in plastic sheeting or other materials. In order to properly recycle the trees, they must be unadorned and free of foreign materials.

For more information, contact the Department of Public Works at 703-255-6380 or e-mail dpw@viennava.gov.

Open Mic Nights at the Community Center

Open Mic Night is scheduled for Saturday, Jan. 12 and Feb. 23, 2013 from 7 to 9:30 p.m. at the Vienna Community Center, 120 Cherry Street SE. Admission is free.

All types of entertainers are welcome including singers, musicians, storytellers, poets and more. Open to all ages and all levels of talent. Pre-registration is required.

Pre-register by calling Jim Dowell at 703-286-3427 (day) or 703-207-0030 (evening). For more information, call the Vienna Parks and Recreation Department at 703-255-6360.

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SPORTS



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The McLean girls' basketball team won the 2012 Pohanka Chantilly Basketball Classic on Dec. 29 at Chantilly High School.

McLean Girls' Basketball Wins Chantilly Tournament

Murphy named MVP, Lee makes all-tournament team.

By JON ROETMAN
THE CONNECTION

The McLean girls' basketball team entered Saturday's Pohanka Chantilly Basketball Classic championship contest riding a five-game winning streak.

The Highlanders quickly showed they had no interest in slowing down.

McLean jumped out to a 16-2 lead against George Mason and cruised to a 59-32 victory on Dec. 29 at Chantilly High School, giving the Highlanders their first Pohanka Classic title.

McLean beat Georgetown Visitation, 40-35, in the semifinals on Dec. 28 and defeated Mills Godwin, 41-30, on Dec. 27.

"It feels great to have this big win going into district play," McLean senior Lisa Murphy said, "... and to win this tournament gives us a lot of momentum going into the rest of the season."

MURPHY, a 6-foot-1 forward, was named tournament Most Valuable Player. She scored 13 points and grabbed four rebounds against George Mason, and averaged 14.7 points and 5.3 rebounds per contest for the three-day event.

Murphy and 6-foot-2 junior Maia Lee provide McLean with a formidable duo in the paint. Lee, who was named to the all-tournament team, averaged 9.3 points and 8.3 rebounds per game during the tournament, including a 13-point, eight-rebound effort against George Mason.

"Lisa knows whenever I pass her the ball she'll make it, so I trust her," Lee said. "And then she trusts me to make shots whenever she passes to me, so we're always on the same page."

Murphy and Lee combined for 10 points during



McLean junior Maia Lee was named to the Pohanka Chantilly Basketball Classic all-tournament team.

McLean's 16-2 run to open the game, and scored 20 of the Highlanders' 28 first-half points.

"The tandem of those two working together and starting to learn how to work together was very apparent today," McLean head coach Mike O'Brien said, "and is going to be a foundation of what we build off of."

After falling behind by 14 early, George Mason battled back with an 11-2 run that stretched into the second quarter. McLean answered with an 18-3 run, capped by a Shellie Kaniut bucket in the third quarter, giving the Highlanders a 36-16 lead. McLean led by as many as 29 points in the second half.

Kaniut scored 10 points against the Mustangs. Elena Karakozoff and Melanie Becher each scored five points and Cami Prock added four.

"That's what's great about our team; we have so many threats—we have threats in the post, we have threats in our guards," Murphy said. "Definitely, we always want to try to exploit what we have."

George Mason senior Stephanie Cheney scored 15 points and grabbed 13 rebounds.

MCLEAN WON its season opener against Woodson, 50-40, on Nov. 29, but lost Lee to a left knee injury. With Lee sidelined, the Highlanders dropped their next three contests. With Lee back on the court, McLean has won six in a row and enters 2013 with a 7-3 record, including 1-1 in the Liberty District. The Highlanders will travel to face Madison at 7:30 p.m. on Wednesday, Jan. 2.

"When we lost those three games, I think we were all pretty down," Murphy said. "But we've gone on a winning streak right now and winning this tournament I think brings a lot of confidence to everyone on the team."

Oakton Girls' Basketball Has Winning Streak Snapped

The Oakton girls' basketball team lost to Pinewood Prep on the final day of a tournament in Charleston, S.C., on Dec. 29, snapping the Cougars' seven-game winning streak.

Oakton lost to Pinewood Prep, 52-48. The Cougars started the tournament with a 59-40 win against Bishop England on Dec. 27 and beat Wade-Hampton, 55-44, on Dec. 28.

Oakton, the defending AAA state champion, concluded the 2012 part of its schedule with a 10-2 record.

The Cougars will open Concorde District play on the road against Herndon at 7:30 p.m. on Friday, Jan. 4.

Oakton Boys' Basketball Wins 1 of 3 at Mt. Vernon

The Oakton boys' basketball team enters 2013 with a 6-5 record after winning one of three at the Mount Vernon holiday tournament Dec. 27-29.

Oakton lost to Glenelg, 55-44, on Dec. 27, beat Grace Brethren, 60-43, on Dec. 28 and lost to St. James, 75-55, on Dec. 29.

The Cougars will open Concorde District play at home against Herndon at 7:30 p.m. on Friday, Jan. 4.

Oakton Swim And Dive Conquers Chantilly Chargers

Oakton High School's Varsity Swim and Drive teams went head-to-head with Chantilly High School at Cub Run RECenter.

Both Oakton's boys and girls won for the second week in a row, with the girls' team scoring 195 points over Chantilly girls with 120 points. The boys scored a total of 176 points over Chantilly's 139.

The Cougars started off the meet with consistently solid dives. Freshman Bennett Fagan

took second place for the boys with a region-qualifying score, and Joey Barbaris took third place. On the girls' side, Julia Powell, also a freshman, took first place with Hana Burkly in second.

The meet continued with strong swims from Oakton. In both the boys and girls 200 yard, Medley Relay, Oakton placed first. John Shebat, Nathan Chen, Denny Nguyen and Gregory DeRosa swam for the boys. Megan Byrnes, Melissa Shebat, Gabriela Galvez and Nicki Powell swam for the girls.

Kendall Lawhorn received first place in both of her individual events—200 yard freestyle and 500 yard freestyle. Megan Byrnes also placed first in her two individual events—100 yard Freestyle and 100yd Backstroke.

Gregory DeRosa placed first in 50 yard Freestyle and second in 100 yard Freestyle. Denny Nguyen placed first in 100 yard Butterfly and second in 200 yard Freestyle. John Shebat scored second place in both of his individual events—200 yard Individual Medley and 100 yard Backstroke.

South Lakes Girls' Basketball Wins IAABO Invite

The South Lakes girls' basketball team defeated previously unbeaten West Springfield, 42-34, to win the IAABO Invitational on Dec. 28 at Prince George's Community College. South Lakes junior center Abigail Rendle scored 16 points on 8-of-9 shooting, grabbed eight rebounds, blocked four shots and had two steals against West Springfield, which is ranked No. 18 in the Washington Post's top 20. Caitlin Jensen had nine points, four assists and four steals for the Seahawks. Rendle was named tournament Most Valuable Player and Jensen made the all-tournament team.

After beating Westfield in its season opener, South Lakes lost to West Springfield, 44-43, on Nov. 29. South Lakes responded by winning 10 in a row and posted a 4-0 record in the Liberty District.

The Seahawks (11-1) will travel to face Fairfax at 7:30 p.m. on Friday, Jan. 4.

SCHOOLS



Vienna Elementary School Artist in Residence Tim Gregory, an ethnomusicologist, shares his knowledge of cultures and traditional music with students.

Around the World at Vienna ES

The Vienna Elementary School band, strings orchestra and chorus performed their Winter Concert on Wednesday, Dec. 19, at 7 p.m. in the school gymnasium. The presentation this year featured a guest, Artist in Residence Tim Gregory, an ethnomusicologist. He has spent the last quarter introducing the chorus to different cultures and their traditional music. They focused on Kenya and Bali and presented Kecak, a traditional monkey chant from Bali,

and a medley of Kenyan songs at the concert. Mr. Gregory has travelled to Bali for the past several years to teach music to those students and also to learn their music so he can bring it back to this area. That is what he has done at Vienna ES this fall and the students presented the music to a packed house of parents and friends. Contact the music teacher, Mr. David Reynolds at David.Reynolds@fcps.edu or by phone at 703-937-6000 for additional information.



Students enjoyed themselves while presenting their Winter Concert on Wednesday, Dec. 19, which featured traditional dances from Kenya and Bali learned from the school's resident artist, an ethnomusicologist.

SCHOOL NOTES

Send school notes to vienna@connectionnewspapers.com. Deadline is Friday.

Michael Evans of George C. Marshall has, in addition to starring for the Marshall High School Statesmen in Northern Virginia, excelled as a member of the Northern Virginia Baseball Elite Showcase Stars squad. The team placed third in the 2012 18U World Wood Bat Association (WWBA) national championship and fifth in the 2012 WWBA underclass championship. He was a Second Team All-District selection in the Liberty District.

Oakton High School athletes **Camille Igal** and **Elizabeth Manner** signed national letters of intent on Nov. 16. Camille Igal of the Oakton Crew team signed a letter of intent to Division 1 Alabama of the SEC during the early signing period. Igal chose Alabama from among offers from George Mason and

Minnesota. The senior has been in the Varsity boat since her sophomore year. Elizabeth Manner of the Oakton Girls Basketball AAA State Champion Cougars is signing a letter of intent to Division 1 Stony Brook University of the America East Conference during the early signing period. Manner chose Stony Brook from among offers from Loyola (MD), Hartford, Robert Morris, Davidson, and others.

Isun Malekghassemi of Vienna will play Cinderella's stepmother for the University of Mary Washington production of "Into the Woods." Malekghassemi is the daughter of Chai Lim of Herndon and Abbas Malekghassemi of Vienna and is a 2011 graduate of Oakton High School. A sophomore majoring in music education and English, Malekghassemi is a member of Fredericksburg Singers and the Chamber Choir. In addition, she has been named to the Dean's List.

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English Skills Open Doors

Students at St. Mark's English as a Second Language Program for adults at the St. Mark Christian Formation Center, 9972 Vale Road, Vienna, benefit from new friendships and improved English skills, which can lead to further job opportunities. Registration for the winter term opens on Tuesday, Jan. 8 and Thursday, Jan. 10 at 7 p.m. for seven proficiency levels from Beginner 1 to Advanced 2. Students will be registered and tested for classes beginning on Tuesday, Jan. 15 to meet on Tuesdays and Thursday from 8-9:30 p.m. for 10 weeks. \$25. 703-626-3585, 703-622-4153 (English or Spanish); 703-505-0123 (Korean); or email st.mark.esl@gmail.com.



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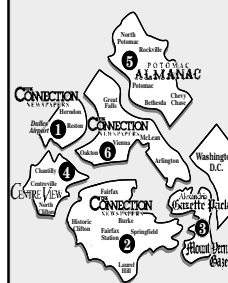
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Lines of My Life



By KENNETH B. LOURIE

Like most people, I have material – so to speak, that I use repeatedly (ad nauseam, some might say). Most are lines from “The Three Stooges,” “M*A*S*H,” “Star Trek” (the original) and “Seinfeld.” As I entered into the cancer world, I continued to use this material – where/when appropriate, as many of you regular readers know. However, as my time in the cancer conundrum has continued (thank God!) and evolved, I have found myself uttering and muttering à la “Popeye the Sailor Man,” amusing myself, mostly, but always with the best of intentions: my survival. A few examples follow. (My answers are in quotes.)

See you again. “Let’s hope so.”

Nice to see you. “Nice to be seen.”

Glad you could be here. “Glad I could be anywhere.”

How are you doing? (#1) “I’d be crazy to complain.”

See you next week. “From your mouth to God’s ears.”

How are you feeling? “Fine. You mean I’m not?”

You look good. “Really? Have you had your eyes checked recently? Chemotherapy doesn’t usually enhance one’s appearance.”

How are you doing? (#2) “I’m holding my own. (“Whose else would I be holding?”)

Happy to have you here. “Nice to be had.”

I’ve been thinking about you lately. “I’ve been thinking about me, too.”

You look in pretty good shape. “I’m in pretty good shape for the shape I’m in.”

Have you seen your doctor lately?

“Yeah. And he’s seen me, too.”

What’s up? “My weight. Thank God!”

Would you like to buy any “Forever” stamps? They’re good for as long as you live. “Um. OK.”

What are you doing here? “I won’t be here tomorrow. I’ll be attending a funeral (hopefully not my own).”

How are you holding up? “I’m holding my own. (“Whose else would I be holding?”)

Occasionally, even when I initiate the conversation, I find myself “cancering” wise. “How are you doing?” Hanging in there. “Tell me about it.”

And finally, a well-meaning greeting to my wife, Dina, from one of her girlfriends: “So nice Kenny is getting to celebrate another birthday.”

Content/words that we couldn’t have imagined finding the least bit problematic pre-cancer diagnosis back in February, 2009, we (mostly I, if truth be told) find as fodder for self-preservation. I see the lightness, not the darkness. I see the best of intentions, not the worst of omissions. Somehow, some way, we have made the best of a bad situation. Whether it’s been friends, family, co-workers; or readers reaching out, health care professionals helping out or my speaking out (in print), our life has gone on and as I’ve said many times before – and once already in this column: “I’d be crazy to complain” (and I’m not crazy, by the way).

I’m not exactly Lou Gehrig – or a Yankee fan for that matter, and I don’t know about the “face of the Earth,” but this Bostonian still feels pretty lucky.

Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.

Vienna in 2013

A look at the new year through the vision of elected officials, citizens.

BY DONNA MANZ
THE CONNECTION

U.S. Rep. Gerry Connolly (D-11)

Q: What issues are important to the people of the Commonwealth of Virginia at the federal level and what are your strategies for resolving these challenges?

A: “Nearly every issue that comes before Congress has some bearing on the lives of Virginians, running the gamut from protecting our seniors and supporting our veterans to reducing the deficit, enhancing educational opportunities and safeguarding women’s rights.

Among my top priorities on behalf of the people of Virginia is maintaining and growing our Northern Virginia economy. This comes in many forms, including my efforts to stop sequestration which could have a serious impact on our Northern Virginia contracting employers and employees, my support for a responsible and balanced approach to resolving the so-called ‘fiscal cliff,’ my work to provide incentives to help small businesses grow, and my bipartisan legislation to reform our



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government’s information technology practices.

Transportation is another key area, particularly since the Virginia General Assembly is unable to provide the money necessary to maintain our roads and bridges, no less fund new transportation and transit projects needed to reduce traffic congestion in our region. I’ve been successful in securing federal funding for the long-

overdue completion of the Fairfax Parkway over I-395 and for other vital transportation projects. Continuing the work I began as chairman of the Fairfax County Board of Supervisors on rail to Dulles, I am working with the U.S. transportation secretary and a bipartisan coalition of Washington-area members of Congress to secure additional funding authority from the federal government to reduce the burden on Dulles Toll Road users.

In the coming months, I will continue to stand up for what is best for the residents of Virginia’s 11th Congressional District, our Northern Virginia economy, and our quality of life. I will work in Congress, on a bipartisan basis, to cut through the rhetoric and find solutions. As always, I welcome thoughts and ideas from 11th CD residents. In addition, my door is always open in my two congressional district offices in Northern Virginia to provide assistance to constituents in dealing with issues involving federal agencies.”

Supervisor Cathy Hudgins (D-Hunter Mill District)

Q: What are the most important issues or challenges facing your district and Fairfax County today?

A: Transit and affordable housing. And it is through transit that we can further develop more affordable housing opportunities.

In 2013, Hunter Mill District can expect to see the beginning of Silver Line Metro operations. With that comes change—most of which will be very exciting and some of which may present a few challenges.

With MetroRail comes greater opportunity for more connections by rail and bus, plus more opportunities for walking, biking and connecting the community.

In Reston, Vienna and Tysons, we expect growth in those areas designated for increased density, a gain in affordable housing, while protecting older neighborhoods. 2013 will see the contracts for Phase Two of the Silver Line to Dulles Airport via Herndon.

The end of the year reminded



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us just how vulnerable the social services safety net really is. Over the last several years, federal, state and local governments have cut these services, such as services for mental illness and schools. Many of our schools are looking at increased student enrollment, as well. While federal and state dollars are diminishing, the demands for social services increase in our

county.

In this year’s county budget discussions, we must prioritize what these services provide in terms of the quality of life for total community.

I believe it is possible to effect the needed positive changes through sustained and comprehensive management.”

Q: What strategies do you propose to mitigate the effects of those challenges?

A: “Engaging the community on these, and all issues, has always been imperative to me. It is important to stay up to date on what is happening in our community and our county.

I urge citizens to stay connected and get involved, and to sign up for all Hunter Mill District communications, by sending an email to huntermill@fairfaxcounty.gov.

Working together, we accomplish more. Citizen input is critical if we are to succeed.”

Del. Mark Keam (D-35) Virginia House of Delegates

Q: What are the most important issues or challenges facing your district and the Commonwealth today?

A: “Since I represent Tysons and surrounding areas such as McLean, Vienna and Oakton, the most important issue or challenge for our region is the traffic congestion and the lack of transportation options beyond driving your car. I’m eager to have the Silver Line Metrorail open up the four stations in Tysons, which should provide residents and workers with a much-needed option for commuting. However, I would like to see the addition of rapid buses, robust bicycle routes and other transit options to help traffic flow easier in that area.”

Q: What strategies do you propose to mitigate the effects of those challenges?

A: “As a state legislator, I have introduced bills and sought budget amendments to provide additional funding from Richmond for the most congested roads to pay for improvements. I have also supported any and all



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transportation proposals that would provide a new stream of revenues dedicated to reducing traffic congestion in Northern Virginia, and I will continue to work on these legislative solutions. I have also worked with Fairfax County and Town of Vienna officials to look for innovative ideas to address our local transportation needs, and I will continue to work with all stakeholders to seek realistic solutions.”

Mike Gadell, Town of Vienna Business Liaison Committee Chair

Q: What are the most important issues or challenges facing Vienna businesses today? What is the Town Business Liaison Committee doing to promote Vienna businesses?

A: “The Metro opening at Tysons Corner, at the end of 2013, will increase the traffic flow through Tysons, coming through Vienna. That’s a double-edged sword. More traffic in town, but more exposure to Vienna businesses, particularly in the food and beverage area.

We don’t know yet how transportation in and around Vienna will be impacted by Tysons Metro.

The mission of the committee is to make the public aware of all the businesses in the Town of Vienna. We’re working with VBA—the new Vienna Business Association, to promote Vienna businesses, their products and services. Together, the TBLC and VBA sponsored Shop Small Business Saturday on Saturday, Nov. 24.

With Metro coming to Tysons Corner, it’s even more important we make people aware of Vienna



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businesses so we’re not overshadowed by Tysons Corner. We can capitalize on the traffic coming to our area.

We promote Vienna businesses with grand opening celebrations, usually with a ribbon-cutting by the mayor and Town Council members. The media is invited.

We recognize businesses with outstanding community service with the Carol Wolfand Award.

TBLC works on giving Vienna businesses the opportunity to be part of the community.”