



John Horejsi of Vienna, coordinator of Social Action Linking Together (SALT), testifies in front of a public hearing of the Fairfax Delegation to the Virginia General Assembly on Saturday at the Fairfax County Board of Supervisors.

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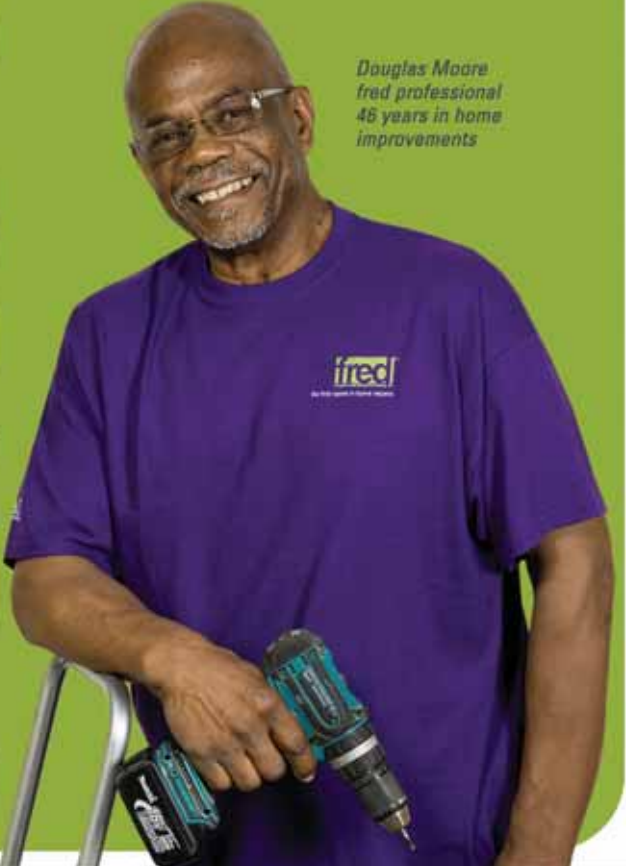
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## Aging With a Digital Connection

Local specialist guides seniors through the social network maze.

BY DONNA MANZ  
THE CONNECTION

There's a digital revolution blowing through Fairfax County and Vienna resident Cherie Lejeune is fanning it. And it's not the tech-savvy young ones Lejeune is reaching out to now... it is the aging population who will use social media and networking software to maintain social networks and family relationships. From "seeing" the grandchildren living a distance away or checking in with community supporters, Lejeune said that Facebook and tools such as Skype open lifetime opportunities.

"In today's world, what is available via the Internet enriches a life on every level you can imagine."

Older people, Lejeune said, usually have grown children and grandchildren. Skype, or facetime, opens a visual world to participants. Family and friends can see each other and communicate with them through facetime.

**TO REACH** her target audience, seniors, Lejeune fine-tuned her brand of instruction and direction, calling it High Performance Aging (HPA), the child of DigiBoom and a nod to enhancing and making the most of senior years.

"I'm never going to be an old lady," said Lejeune. "The truth is that aging is an attitude."

"Your attitude, your outlook, is at the core of high performance aging."

Addressing a "full-on" digital revolution, Lejeune says her goals for 2013 are three-fold. She hopes to create total digital access for older adults, means of access to tools such as recycled computers and tablets, and training for individuals who commit time to make the digital experience easier for "special" older adults.

She characterizes HPA as an intergenerational approach to aging in an honest way.

"The core is education and motivation," said Lejeune. "You continue to learn and be motivated because you have access to information through your fingertips, 24/7." She emphasized the inclusion of nutrition and exercise as essential elements of high performance aging.

As part of her new branding, Lejeune specializes in one-to-one hands-on training. She goes to the home of her trainee—and family members or caregivers are welcome to learn along—and, first, assesses the trainee's computer and its Internet connections. Once the computer is camera-ready, Lejeune helps download Skype or a similar program, all of which are free of charge. Alternative devices include Apple's Facetime and Android-compatible software tools.

Lejeune said she brings all her "toys"—iPad, netbook, smartphone and laptop with her to show her trainees all the platforms that are available to



Cherie Lejeune brings seniors into digital age.

make digital living reality.

"The next thing I do is ask, 'who would you like to communicate with?'"

She takes her senior clients shopping for equipment, if they like, showing them what is available from laptops to tablets and smartphones.

**VIENNA RESIDENT** Michael Amouri is concerned about the social isolation of his elderly aunt, living in Washington, D.C. He appreciates the value of tools such as Skype offer. His aunt, a 93-year-old who was still on a dance floor at 89, is slowing down, losing contact with her peers. Amouri drives into Washington, D.C. to bring her to Vienna for social interaction, but wishes she had social media at her disposal. Something easy for her to master. He is looking into digital equipment and software for her.

"I just think it would allow her to have the social contact she wouldn't have, such as family time."

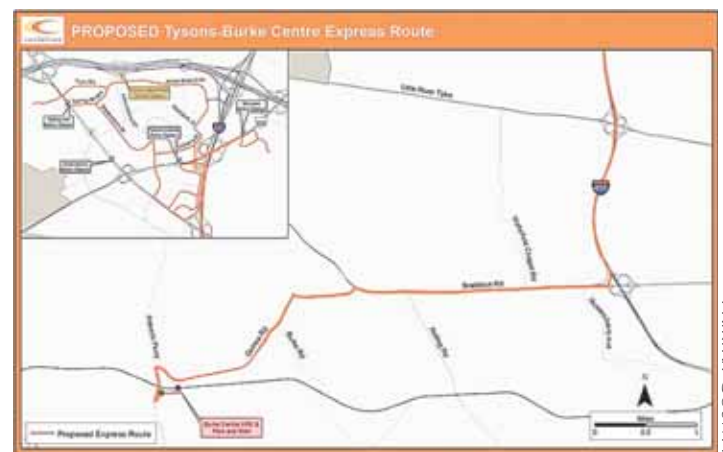
Ever since she was a young girl, her mother used to bring her to nursing homes to visit relatives living there. She always felt at-ease communicating with the elderly, and has translated that facility to working with them in multiple arenas.

"I stay connected so I don't get disconnected," said Lejeune.

Lejeune has been active in the Vienna-Oakton community since moving to the area eight years ago. She delivers Meals on Wheels, volunteers with the Shepherd Center of Oakton-Vienna, and organizes community events, particularly events and projects focusing on the senior population.

"Every time I'm with people, I can measure my success," Lejeune said.

For more details on High Performance Aging and its instructional one-on-one workshops, e-mail Cherie Lejeune at [ctlejeune@highperformanceaging.com](mailto:ctlejeune@highperformanceaging.com). See [www.facebook.com/ClubDigiBoom](http://www.facebook.com/ClubDigiBoom) to learn more about the inspiration for High Performance Aging.



Route from Burke to Tysons. The trip is expected to take about one hour.

## Express Buses From Burke to Tysons

Fairfax County to launch Express Connector bus service.

BY VICTORIA ROSS  
THE CONNECTION

Get ready to ride the 495 Express Lanes. For free. Really.

Beginning Monday, Jan. 14, the Fairfax County Department of Transportation (FCDOT) launches Express Connector bus service from Burke to Tysons.

Bus routes will use the 495 Express Lanes to provide limited-stop services between the Burke Centre VRE station and Tysons. The buses also will circulate through Tysons, stopping at the office locations for major employers.

The ride is free from Jan. 14 to Jan. 25.

"We invite you to learn more about this convenient way for Burke community residents and commuters to enjoy a stress-free ride to work, take a tour of the new bus and climb aboard to experience the comfortable ride," said Tom Biesiadny, director of FCDOT. "By introducing this new, viable public transportation, we are helping to reduce traffic and connect areas of Fairfax County to each other

like never before."

Starting weekday mornings on Jan. 14, buses will depart from the Burke Centre VRE station for Tysons from 6:30 to 9 a.m., serving select Fairfax Connector stops before entering the 495 Express Lanes.

Buses will depart from Tysons for Burke weekday afternoons from 4:15 to 7 p.m. The service will also offer midday buses departing from Tysons at 11:30 a.m. and 1:30 p.m. to meet the commuting needs and schedules of riders.

The trip, according to Biesiadny, will take about one hour, with one-way fares set at \$3.65 if paid by SmarTrip card and \$4 if paid in cash.

Additional bus services to Tysons will be launching from Springfield and Lorton in the following months.

The new express bus routes support the county's plans to turn Tysons into a walkable, green, transit-oriented urban center. Called "Fairfax County's downtown," by local officials, Tysons is expected to be home to 200,000 and up to 100,000 jobs by 2050.



Express Connector



# THE COUNTY LINE



PHOTOS BY ROBBIE HAMMER/THE CONNECTION

State Sen. Barbara Favola (D-31) and delegates Tom Rust (R-86), Ken Plum (D-36) and Scott Surovell (D-44) listen as Northern Virginia residents share their concerns, ideas and personal stories for what the Virginia General Assembly should take up in the next session.



Representing the Northern Virginia Training Center Parents and Associates Board, Robert Anthony of Reston addresses the concerns of NVTC and asks for the General Assembly to address their concerns in the upcoming session.

## Parents Plead for Delay in Training Center Closing

Timeframe for closure puts disabled adults at risk, advocates say.

BY VICTORIA ROSS  
THE CONNECTION

When it was Kenneth Gans' turn to speak to the panel of Virginia state legislators, the 78-year-old father of a severely-disabled son kept his remarks brief.

"This is absolute madness, a bloody disaster," Gans said, shaking his head. "You're going to fix a problem by destroying a perfectly good place," Gans told lawmakers, referring to the closing of the Northern Virginia Training Center, where his son Jeffrey, 53, has lived for more than 40 years.

He was among nearly 25 parents, caregivers and stakeholders to plead with legislators to reconsider the timeline for closing the center, a state-run facility on Braddock Road that houses nearly 200 residents. The center is scheduled to close in 2015.

"We consider NVTC a miracle, a blessing," Gans said. "My son Jeffrey is 53, but he will remain an infant the rest of his life. My greatest fear is that he will not survive for long in a group home," Gans said.

The annual public hearing, held Saturday at the Fairfax County Government Center, gives any constituent the opportunity—in three minutes or less—to lobby Fairfax County's delegation to the General Assembly.

During Saturday's public hearing, 77 residents addressed the panel for nearly four hours on an array of topics. Fairfax County Board of Supervisors Chairman Sharon Bulova, who opened the public hearing, stressed the county's need for additional funding for education and transportation.

"As you know, K-12 and transportation



**Local state delegates and state senators gathered at the Fairfax County Government Building on Saturday for an annual public hearing of the elected state officials in order to hear from their Northern Virginia constituents.**

continue to be key funding issues for Fairfax County," she said, reiterating that Governor Robert McDonnell's proposed \$48 million in transportation funding is "nowhere near enough to solve the commonwealth's transportation problems."

"In Fairfax County alone, we have identified \$300 million in transportation needs annually for the next 10 years," she said.

John Horesji, coordinator for Social Action Linking Together (SALT), asked lawmakers to support a number of social policy reforms to help the state's most vulnerable residents. He said SALT's priorities include the expansion of Medicaid and banning the practice, through legislation, of shackling

pregnant women in Virginia prisons.

Helen Kelly, a representative for the League of Women Voters of the Fairfax Area, pressed lawmakers to consider no-excuse absentee voting and online voter registration.

"Our vote is our voice. Let's make sure Virginia's voices are heard," Kelly said.

But a recurrent topic for nearly half the speakers concerned the closing of the NVTC. They want legislators to slow down the timeline for shuttering the center, and to increase funding for Medicaid disability waivers. The waivers help families pay for medical services and equipment for those with intellectual or developmental disabilities.

The closing of NVTC is not a surprise.

**LAST JANUARY**, the Commonwealth of Virginia and the U.S. Department of Justice reached a settlement to close all but one of the state's training centers for the developmentally and intellectually disabled. At the time, Supervisor John Cook (R-Braddock) and Chairman Bulova released a statement saying the county supports "community-based care," but that it was "critical in this regard that sufficient funding is provided in order to make the transition successful."

The question now, according to parents and stakeholders, is whether the state has sufficient funding to provide that quality community-based care.

"The waivers provide funding for services, but the state does not fund the waivers at a high enough rate to meet costs in the Northern Virginia market..." said Cook, whose district includes the NVTC facility. "We believe that state needs to increase the level of funding for the waivers."

Rikki Epstein, executive director of the ARC of Northern Virginia, echoed Cook's sentiments. She told legislators that while Virginia's settlement agreement with the DOJ "provided us with a historic opportunity to reform the entire disability support

structure in Virginia," funding for disability waivers also needed reform.

Epstein urged the delegation to vote for waiver rate reforms that reflect "real and regional costs of providing services, so families can hire attendants who are able to stay on the job and to allow providers to support individuals with the most complex needs." She said more than 10,000 Virginians will be stuck on waiting lists for the next decade unless the state provides "more waivers than the DOJ settlement requires."

Kymberly DeLoatche, a Falls Church resident, told lawmakers about her family's struggles with Medicaid waivers while standing with her 9-year-old son Charlie, who has Down syndrome. She said the current Medicaid waiver program does not provide consistent, adequate care for her son. She told legislators that in the seven years her family has qualified for Medicaid waivers, Charlie has received just three weeks of the 24-hour daily care he needs.

"It sounds crazy, and it is. My job and my sanity depend on your actions," she told legislators.

Vienna resident Jack Bruggeman told legislators his family is "reluctantly facing a new reality" regarding moving his sister Cathy, an NVTC resident for 30 years, to a new community home.

He gave legislators copies of a December letter from Mark Sites, chair of the Fairfax-Falls Church Community Services Board (CSB), which provides services for 88 individuals living at NVTC, that raises questions about the state's timeline for closing the NVTC.

"I am holding in my hand two letters," he told the delegation. "One I received just last Friday from Heidi Dix, (the state's assistant commissioner of developmental services.) In her three-page letter, Ms. Dix outlines an elaborate placement process for the transition of current residents of NVTC to community placements. This will be done start

SEE CLOSURE, PAGE 7



## PEOPLE

# Documenting Holocaust

## Rachel Blacker of Troop 2359 earns Gold Award.

Girl Scout Rachel Blacker from Girl Scout Troop 2359 has earned her Gold Award, the most prestigious award in Girl Scouting. Blacker, a current 11th grade AP/Honors student at James Madison High School in Vienna, focused her Gold Award Project on local residents' experiences during the Holocaust.

Determined to improve upon the depth of the public schools' teaching of the Holocaust in the seventh grade curriculum, Blacker used interviews with four local Holocaust survivors to develop teaching and learning materials for students at Fairfax County middle schools.

Rachel developed an interactive unit plan that highlights the experiences of current survivors of the Holocaust in order to show students a personal, first person account of the atrocity that they learn about in History class. She then met with seventh grade history department chairs and teachers at Frost, Thoreau, Kilmer, Robinson, and Lake Braddock middle schools, as well as the director of the Fairfax County Public Schools Middle School History database. She presented these teachers with teacher and student packets of the condensed interviews, indexes to the interviews, lesson plans, vocabulary lists, quizzes, activities, a World War II chronology and a list of other Holocaust learning resources. All of these materials are housed now in the FCPS database, available for



**Rachel Blacker earned her Girl Scout Gold Award for research deepening and contributing to Fairfax County's middle school curriculum on the Holocaust.**

teachers throughout the county to use.

At the ceremony honoring the Gold Award recipients in the greater Washington metropolitan area in 2012, Lidia Soto-Harmon, chief executive officer, Girl Scout Council of the Nation's Capital, said, "We are proud of the powerful legacy the Gold Award Girl Scouts are leaving on their community. I am confident that these girls will be powerful agents for progress and change. They are our brightest hope for the future."

The Girl Scout Gold Award is the highest honor earned by a select group of Girl Scouts who have demonstrated superior leadership, organization and a higher commitment to community service. Earning the Gold Award required these girls to create, plan and implement projects that required at least 65 hours of work and created a lasting impact on the lives of others in their community. Since 1916, Girl Scout's highest award has stood for excellence and leadership for girls worldwide.



PHOTO CONTRIBUTED

## Connolly Sworn in to a Third Term

**U.S. Rep. Gerry Connolly (D-11), surrounded by family and friends, is sworn in to a third term in the U.S. House of Representatives (the 113th Congress) by House Speaker John Boehner on Jan. 3, 2013.**

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# OPINION

## More Fodder for Comedy?

### 2013 session of the Virginia General Assembly to tackle serious issues.

**T**he 2013 30-day session of the Virginia General Assembly begins Wednesday, Jan. 9. We can only hope that the various legislative proposals do not provide as much fodder for comedy as last session. The Virginia House of Delegates and the Senate of Virginia will offer live streaming video of the 2013 Legislative Sessions, and it is well worth tuning in once or twice.

The General Assembly typically considers between 2,000 and 3,000 bills during a session. It's like drinking from a firehose. There will be proposals about revenue and lack thereof, transportation and education funding, bills proposing to allow concealed weapons in schools, bills to allow civil penalties against gun owners who fail to secure their guns, bills that would limit access to insurance coverage for contraception, bills to further limit abortion, bills about undocumented immigrants and other bills beyond imagination.

Every resident of Virginia is represented by one delegate and one state senator. You can find out who your representatives are, and look up what they actively propose and how they

vote on the General Assembly website at <http://virginiageneralassembly.gov>.

Here is a sample of bills local legislators have prefiled as chief patron.

**Del. Barbara Comstock (R-34): School calendar.** Makes local school boards responsible for setting the school calendar and determining the opening of the school year and eliminates the post-Labor Day opening requirement and "good cause" scenarios for which the Board of Education may grant waivers of this requirement.

**Del. Tom Rust (R-86): In-state tuition; undocumented persons.** Establishes that an undocumented person who is unlawfully present in the United States shall not be eligible for in-state tuition unless he (i) entered and began residing in the United States prior to his 16th birthday; (ii) has graduated from a public or private high school in the commonwealth...; (iii) has registered as an entering student in a public institution of higher education in the commonwealth; (iv) has resided in the commonwealth for at least five years immediately preceding...; (v) has provided an affidavit to the institution stating that he has filed an application to become a permanent resident of the United States... or will do so as soon as he is eligible, and that no grounds exist for the denial...; and (vi) has submitted evidence that he or, in the case of a dependent student, at least one parent, guardian, or person standing in loco parentis, has filed, unless exempted by state law, Virginia income tax returns for at least

one year prior to the date of enrollment.

**Sen. Barbara Favola (D-31): Eligibility for TANF; drug-related felonies.** Provides that a person who is otherwise eligible to receive Temporary Assistance for Needy Families assistance shall not be denied assistance solely because he has been convicted of a felony offense of possession of a controlled substance, provided that he complies with all obligations imposed by the court and the Department of Social Services, is actively engaged in or has completed substance abuse treatment, and participates in drug screenings.

**Sen. Janet Howell (D-32): Elections; absentee voting.** Provides that qualified voters may vote absentee in person without providing an excuse or reason for not being able to vote in person on election day. The bill retains the present statutory list of specific reasons entitling a voter to cast an absentee ballot for those persons who vote absentee by mail.

**Sen. Chap Petersen (D-34): Fuels taxes; indexing of tax rates.** Increases or decreases each year the rates of Virginia's fuels taxes using a fuel efficiency index. The bill defines the fuel efficiency index as the quotient that is obtained when using as the numerator the total annual vehicle miles traveled in the commonwealth for the relevant year and using as the denominator the total gallons of motor fuel consumed for highway use in the commonwealth for the relevant year, as published by the Federal Highway Administration of the U.S. Department of Transportation.

— MARY KIMM,

[MKIMM@CONNECTIONNEWSPAPERS.COM](mailto:MKIMM@CONNECTIONNEWSPAPERS.COM)

### LETTERS TO THE EDITOR

## Seeing the Spirit of Giving

To the Editor:

I would like to share with you about the St. Joseph School Onesight eyeglass collection drive. It was held by the eighth grade students at St. Joseph's school and was headed up by Great Falls resident Abigail DiOrio. In the spirit of giving, the school managed to deliver 100 pairs of glasses. It was a rewarding exchange. We were told about how Onesight has refurbished and distributed over 8 million glasses since it started. Two of the employees from Sterling actually go on the mission to South America to help screen and re-distribute. The organization was set up by The Luxottica

eyewear group to help needy people all over the world.

They were all so grateful! Did you know they provide free glasses to our local needy families also? It really motivates the kids when they recognize their efforts in their local community. The more people that know about Onesight, the bigger the circle gets. If people want to continue to donate, we will keep a box in the front Lobby of St Joseph's School. We encourage everyone to rummage through their cluttered drawers and find a new use for those old glasses!

**Niamh DiOrio**  
Great Falls



**Abigail DiOrio donating 100 pairs of glasses on behalf of St. Joseph's School.**

## Increasing Slots for Virginia Students

To the Editor:

It's January and with January brings the most common concern of high school seniors, that's college acceptance! Are you in? Are you out? Where are you going? How will we pay? This is all high school seniors are thinking about right now, as I was right there with them last year applying to Virginia colleges. With many of my high school classmates having their eyes set on William & Mary as their first choice, I did a little research and found out how fortunate I was to have gotten into William &

Mary. William & Mary provides 32 percent of our college spots to out of state students. That makes it very difficult for many of our best and brightest Virginia students, including my classmates, to get in.

That is why I was pleased to hear Delegate Comstock discuss her bill for more in state college spots when I attended the McLean Community Association Town hall last week. This bill will increase the in-state slots guaranteed for Virginia's students to 75 percent—a reasonable and a modest goal. This increase will allow more

qualified Virginia students to attend Virginia's schools and will provide these students and their parents with more reasonable tuition bills than they would face at a private college. I appreciate the work Delegate Comstock has done to get us more in state college spots at Virginia colleges and universities and I hope all of our local delegates and senators will join her and do the right thing for Virginia students and families.

**Kyle McCauley**  
McLean

## Write

The Connection welcomes views on any public issue.

The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors.  
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# Closure Timeline Questioned

FROM PAGE 4

ing July 1 of this year and continue into 2015...”  
 “I also have another letter,” Bruggeman continued “addressed to Governor McDonnell in which [CSB Chair Mark Sites] says there is not enough funding or enough time to develop adequate capacity and services for the transitioned resident of NVTC. So which of these two letters do I trust?”

He has a point, said Del. David Bulova (D-37).

“There is a lot of concern and discomfort among legislators about plans to close NVTC, especially on a very tight deadline,” Bulova said after Saturday’s session. “While I strongly support increasing community-based services, we also do everyone a great disservice if we close NVTC without the proper support and oversight to make sure that the level of care is equal, if not greater, than what is received at NVTC.”

Bulova said that he has been working on a resolution with Sen. Barbara Favola (D-31) and Del. Eileen Filler-Corn (D-41) that would provide more General Assembly oversight for the transition process, including establishing some benchmarks for what would make families comfortable with moving forward.

**“You’re going to fix a problem by destroying a perfectly good place. This is absolute madness, a bloody disaster.”**

**Kenneth Gans, a McLean resident whose son, Jeffrey, has been an NVTC resident for more than 40 years.**

“If those benchmarks aren’t being met, and adequate funding hasn’t been dedicated, we really have an obligation to also re-examine the timeline for closure...No artificial deadline is important enough to put any NVTC resident at risk. The purpose behind the DOJ settlement was for Virginia to make much needed investments in our community-based services, not to take away choices.”

**ANOTHER CRITICAL ISSUE**, according to Cook, is that the community group homes for NVTC residents simply do not exist.

“The state has not developed a plan for creating them,” Cook said. “It takes \$1 to \$1.5 million to convert a regular house to a group home that is fully accessible and has all the necessary equipment to serve this population.”

“Our system ought to be designed to provide a continuum of care that is appropriate to each individual. That definitely means change,” Bulova said. “I believe that there is room for common ground—and that is what I am aiming for during the General Assembly session.”

The General Assembly’s 2013 session begins Wednesday in Richmond.

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 11:15 a.m. Holy Eucharist, Rite II  
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**Assembly of God**  
 Vienna Assembly of God ... 703-938-7736  
 Washington Christian Church...703-938-7720  
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**Baha'i**  
 Baha'i Faith for Northern Virginia ...  
 703-821-3345

**Baptist**  
 Global Mission Church ... 703-757-0877  
 Peace Baptist Church ... 703-560-8462  
 Bethel Primitive Baptist Church  
 ... 703-757-8134  
 Cartersville Baptist Church ... 703-255-7075  
 Fellowship Baptist Church ... 703-385-8516  
 First Baptist Church ... 703-938-8525  
 The Light Mission Church ... 703-757-0877  
 Vienna Baptist Church ... 703-281-4400  
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**Buddhist**  
 Vajrayogini Buddhist Center... 202-331-2122

**Church of the Brethern**  
 Oakton Church of the Brethern ... 703-281-4411

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

**Charismatic**  
 Christian Assembly ... 703-698-9777

**Church of Christ**  
 Berea Church of Christ ... 703-893-7040

**Disciples of Christ**  
 Antioch Christian Church ... 703-938-6753

**Episcopal**  
 Church of the Holy Comforter ... 703-938-6521  
 Church of the Holy Cross ... 703-698-6991  
 St. Francis Episcopal ... 703-759-2082

**Jehovah's Witness**  
 Jehovah's Witnesses ... 703-759-1579

**Lutheran**  
 Emmanuel Lutheran Church...703-938-2119  
 Christ The King Lutheran Church...703-759-6068  
 St. Athanasius Lutheran Church... 703-455-4003

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 The Vine Methodist Church ... 703-573-5336  
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 Great Falls United Methodist... 703-759-3705  
 Oakton United Methodist ... 703-938-1233  
 Vale United Methodist ... 703-620-2594  
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 Wesley United Methodist ... 703-938-8700

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 ... 703-560-2030  
 Christian Assembly Church ... 703-698-9777

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 703-560-6336  
 Korean Central Presbyterian ... 703-698-5577  
 Vienna Presbyterian ... 703-938-9050

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 Langley Hills Friends...703-442-8394

**Seventh-Day Adventist**  
 Northern Virginia Christian Fellowship ...  
 703-242-9001  
 Vienna Seventh Day Adventists ...  
 703-938-8383

**Unitarian Universalist**  
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# Author Reminds Children All Animals Need Sleep

“Animals Need Zzzs, Too” looks at the ways different animals sleep.

When Vienna resident Patricia Britz worked at the National Sleep Foundation, she fielded calls from parents wanting information on sleep needs of their children. Sleep, Britz observed, is not as valued as it deserves to be. Parents recognize their children “need” sleep, but students and many adults boast about how little sleep they get nightly. Britz knew that children develop habits when young, and she set out, a couple of years ago, to reach out to primary-school children about the value of sleep. Her recently published book, “Animals Need Zzzs, Too,” engages the 4 to 8-year-old market with playful interactive descriptions and softly colored illustrations.

“It’s a fun way to appreciate the importance of getting a good night’s sleep,” said Britz. “Children love animals and what they do. Kids will look at the book and say, ‘oh they sleep like that. We sleep like this.’”

While working at the National Sleep Foundation, Britz developed the website’s kids-and-sleep resource. It inspired her to target children themselves at an early age. “The idea is for kids to think about their own need for sleep as a universal requirement for all animals.”

The soft-cover book addresses modes of sleep for humans and other animals, illustrating the differences between diurnal and nocturnal animals, and animals who sleep standing up and those who lie down. Young children and baby animals sleep for up to 14 or 15 hours a day, but the sleep need tapers off as animals mature, the book tells the young readers. What makes the book entertaining to children is the manner in which Britz weaves facts into the book’s illustrations. As she conveys details, she poses questions to the reader, as well.

Britz worked at the National Sleep Foundation for seven years and has worked in the health field, from hospice to public affairs and the brain injury foundation, for most of her adult life. She has master’s degrees in education and in public management, focusing on health.

Britz does readings and interactive presentations

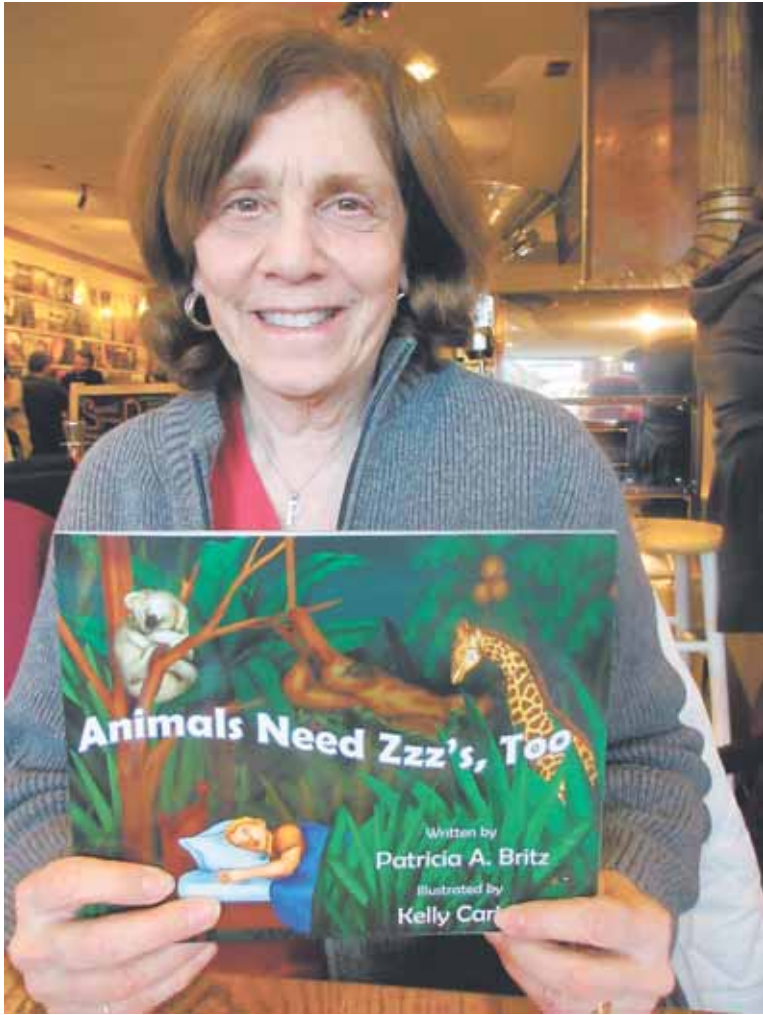


PHOTO BY DONNA MANZ/THE CONNECTION

Vienna author Patricia Britz

“This book offers a new and different perspective on the importance of sleep and will alert both parents and children to basic sleep facts.”

—Meir H. Kryger M.D.

for children in the Northern Virginia area.

The National Sleep Foundation purchased 400 copies of “Animals Need Zzzs, Too.”

“This book offers a new and different perspective on the importance of sleep and will alert both parents and children to basic sleep facts,” said Meir H. Kryger M.D., past chair and current member of the National Sleep Foundation Board of Directors, in a written statement. “Parents are offered tips on how to establish healthy sleep habits for young children that will last a lifetime.”

Britz has sold her book at book fairs and holiday bazaars. Artist Kelly Carter illustrated “Animals Need Zzzs, Too.”

“The whole thrust is to impart to children that all animals need sleep,” Britz said. “It’s a basic drive.”

Contact author Patricia Britz at PBritz12@gmail.com if you would like her to give a presentation to a children’s group or preschool.

—DONNA MANZ

## ENTERTAINMENT

Send announcements to [vienna@connectionnewspapers.com](mailto:vienna@connectionnewspapers.com). Deadline is Thursday for the following week’s paper. Photos/artwork encouraged. For additional listings, visit [www.connectionnewspapers.com](http://www.connectionnewspapers.com)

### 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](http://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](http://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 ELL/LFI ‘13 members. Register by Jan. 3 at [Danielle@leadershipfairfax.org](mailto:Danielle@leadershipfairfax.org).

### SCHOOL NOTES

Send school notes to [vienna@connectionnewspapers.com](mailto:vienna@connectionnewspapers.com) by Friday.

**Kathy Longmire**, of Vienna, received the Gates Millennium Scholarship for outstanding minority students presented by the United Negro College Fund, made possible by a grant from the Bill and Melinda Gates Foundation. She has chosen to go to the College of Charleston where she is a freshman majoring in marine biology. Learn more at [www.gmsp.org](http://www.gmsp.org).

**Kimberly Aikens**, granddaughter of Giselia and Mario Viegas of Vienna and of Elaine and Walter Aikens of Winchester and daughter of Bridget and William Aikens of Winchester, will serve in the Court of Queen Shenandoah LXXXVI on April 26 through May 5 during the Shenandoah Apple Blossom Festival.

**Michael Evans**, 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



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](http://www.robertgilbertsart.com).

### 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](http://www.jodacoolidge.com).

artists who won awards at the 43rd annual Treasury of Art; refreshments included. 703-319-3971 or [www.ViennaArtsSociety.org](http://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](http://www.jamminjava.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

### THURSDAY/JAN. 17

**Opening Reception and Gallery Talk.** 7-9 p.m., at McLean Project for the Arts, 1234 Ingleside Ave., McLean.



PHOTO CONTRIBUTED

Kathy Longmire

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.

The following students were named semifinalists in the 2013 National Achievement® Scholarship Program: **Taylor N. Brown** and **Zakiy S. Gharad** from McLean High School; **Margaret C. Secor** from James Madison High School; **Misa C. Mori** from Oakton High School.

New exhibitions including Small Stories: Paintings by Nora Sturges, Matthew Mann and Gregory Ferrand in the Emerson Gallery; GOLDrushed: Paintings by Thomas Xenakis in the Atrium Gallery; and Altered Terrain: Drawings by Rosemary Luckett in the Ramp Gallery will open. [www.mcleanart.org](http://www.mcleanart.org).

**Perils of the College Drinking Culture Forum.** 7 p.m., at McLean High School, 1633 Davidson Road, McLean. The Unified Prevention Coalition of Fairfax County’s highly acclaimed program prepares families for what students will face at college related to underage and binge drinking. [www.unifiedprevention.org](http://www.unifiedprevention.org) or [deputydirector@unifiedprevention.org](mailto:deputydirector@unifiedprevention.org). **Membership Meeting.** 7:30 p.m., at Neighbor’s Restaurant, 262D Cedar Lane, Vienna. Following a pre-meeting dinner at 6:45 p.m., Paul White speaks on Covert Vietnam Military Operations in Laos and Cambodia. [www.vva227.org](http://www.vva227.org).

### 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](mailto: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](http://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.

**Sea of Galilee Jesus Boat Archaeological Research.** 3 p.m., at Wu’s Garden Chinese Restaurant, 418 Maple Ave., E, Vienna. Marine archaeologist Dr. Alexis Catsambis talks on research conducted in the Sea of Galilee. 888-350-8842 or [www.basonova.org](http://www.basonova.org).

### 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/>. **Chihuly Talk.** 7 p.m., at McLean Project for the Arts, 1234 Ingleside Ave., McLean. Chihuly Exhibition Educator Courtney Morano of the Virginia Museum of Fine Arts gives a slide show lecture about Dale Chihuly and his VMFA exhibition. RSVP. [info@mpaart.org](mailto:info@mpaart.org).

### WEDNESDAY/JAN. 23

**Coffee & Conversation With Unified Prevention Coalition.** 8:30 a.m., at the UPC Offices, 2970-B Chain Bridge Road, Oakton. The Fairfax County Parent Teacher Student Association and Parent Teacher Student Organization coalition leaders gather. [www.unifiedprevention.org](http://www.unifiedprevention.org).

**i2B Business Mixer.** 5:30-8 p.m., at Clyde’s of Tysons Corner, 8332 Leesburg Pike, Vienna. McLean Orchestra presents its third business mixer to expand circles, enjoy presentations from the McLean Chamber of Commerce and Leadership Fairfax. \$38 pre-registration or \$45 at the door (valet parking, appetizers and two drinks included). [www.mclean-orchestra.org](http://www.mclean-orchestra.org).

### BULLETIN BOARD

To have community events listed in the Connection, send to [mclean@connectionnewspapers.com](mailto:mclean@connectionnewspapers.com). Deadline is Friday.

### SATURDAY/JAN. 12

**The Smart Split: Legal Aspects of Separation and Divorce.** 10 a.m.-1 p.m., at the Women’s Center, 127 Park St. NE, Vienna. An overview of the fundamentals of the divorce process in Virginia with summary from an experienced law attorney on fault and no-fault grounds, child custody, spousal and retirement asset division, health insurance and attorney and mediator considerations. Register. \$55; \$45 for members. 703-281-2657 ext. 276 or [www.thewomenscenter.org](http://www.thewomenscenter.org).

### TUESDAY/JAN. 15

**Lifetime Leadership Program Info Session.** 11 a.m., at Leadership Fairfax Offices, 8320 Old Courthouse Road, Suite 350, Vienna. Those who seek to share their lifetime of accumulated skills to make a difference in the community can learn about how to do so through Leadership Fairfax. RSVP. 703-752-7504 or [Moniek@leadershipfairfax.org](mailto:Moniek@leadershipfairfax.org).

**The Woman’s Guide to Investing.** 7-9 p.m., at The Women’s Center, 127 Park St. NE, Vienna. A course designed for women who want to learn the basics of investing and the knowledge is takes to make smart financial decisions for themselves

and their families. \$25 for members; \$35. Register. 703-281-2657 ext. 276 or [www.thewomenscenter.org](http://www.thewomenscenter.org).

### THURSDAY/JAN. 17

**eBook User Workshop.** 7 p.m., at Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Fairfax County Public Libraries offer free workshops and one-on-one clinics to show members how to access free eBooks in the county. 703-356-0770.

### SATURDAY/JAN. 19

**Oratorical Contest.** 10 a.m., at the American Legion Post 180, 330 Center Street N., Vienna. Students who wish to compete should submit their names by Jan. 11, 2013 to [ronp555@yahoo.com](mailto:ronp555@yahoo.com). 703-867-1285 or <http://legion180.net/forms.htm>.

### THURSDAY/JAN. 24

**Riverbend Park Master Plan Revision Public Meeting.** 7 p.m., at the Great Falls Grange, 9818 Georgetown Pike, Great Falls. A meeting to discuss revisions to the master plan for Riverbend Park in order to update the current master plan, approved in 1975. [www.fairfaxcounty.gov/parks/plandev/riverbend.htm](http://www.fairfaxcounty.gov/parks/plandev/riverbend.htm).

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THE CONNECTION NEWSPAPERS

10th Annual Martin Luther King Jr. Day Celebration

An Evening with **DICK GREGORY** SATURDAY, JAN. 19, 8 P.M.



A man totally committed to non-violent social change, Gregory is one of the few surviving leaders of the 1960s Civil Rights Movement. In “An Evening with Dick Gregory,” he will bring his renowned humor and tell-it-like-it-is style to tales of his work with Dr. King, and his thoughts on what we still have to accomplish.

Please join Mr. Gregory for a post-performance reception hosted by the Friends of the McLean Community Center.

**Tickets:** \*20/10 MCC district residents



The Alden at McLean Community Center 1234 Ingleside Ave., McLean, VA [www.aldentheatre.org](http://www.aldentheatre.org) 703-790-9223







Flint Hill junior Britton Anderson scored a team-high 16 points against Bishop Ireton.



Flint Hill sophomore Greg Harris shoots a jumper against Bishop Ireton on Jan. 5.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

## Flint Hill Boys' Basketball 'Trying to Find an Identity'

Huskies force overtime against Bishop Ireton but fall short.

BY JON ROETMAN  
THE CONNECTION

The Flint Hill boys' basketball team trailed the Bishop Ireton Cardinals by 13 points at halftime on Jan. 5. With some clutch plays, a determined effort and a 9-1 run to close regulation, the Huskies forced overtime against their opponent from the mighty Washington Catholic Athletic Conference. Despite a valiant Flint Hill comeback, Bishop Ireton dominated the extra period, leaving the 3-8 Huskies with the consolation prize of a moral victory.

The Cardinals defeated the Huskies, 70-56, in overtime at Flint Hill School. Bishop Ireton outscored Flint Hill, 16-2, during the overtime period, limiting the Huskies to a pair of free throws. While Flint Hill ran out of gas late, the Huskies' performance is something on which head coach Rico Reed said the team can build.

"I feel that our kids battled and competed," he said. "I'm really proud of our effort. I think that right now, we're going through some growing pains. We've got some young guys who don't have a lot of varsity experience and it shows. I thought what we did defensively disrupted their scheme. . . . We kind of turned it into an ugly game, which I think for us is something that we're pretty comfortable with."

After trailing, 30-17, at halftime, Flint Hill outscored Bishop Ireton, 19-9, in the third quarter. The Huskies cut the Cardinal lead to one with an 11-2 run, capped by a three-point play by junior Britton Anderson. Flint Hill tied the score on multiple occasions in the fourth quarter, including a jumper by junior Matt Kennedy to force overtime.

Kennedy's 3-pointer with 6:36 remaining in the fourth quarter tied the score at 43-all, the game's first tie since the 3:21 mark of the opening quarter. He finished with five points.



Flint Hill boys' basketball coach Rico Reed speaks to the Huskies during a Jan. 5 contest against Bishop Ireton.

Reed said Flint Hill also got solid efforts from junior Cole Herdman (six points) and sophomore Damien Jones (10 points).

Anderson is the Huskies' leading scorer. He finished with a team-high 16 points against the Cardinals, 12 of which came in the second half and overtime.

"Britton Anderson is a very talented kid," Reed said. "We want to get the ball in his hands as often as possible, but I think that there are times when, as a team, we need to run our sets completely through and trust the system. Britton Anderson is . . . a guy we need to have play well in order for us to be successful."

Sophomore Greg Harris scored six points for Flint Hill. Junior John Whitaker had five.

Flint Hill has victories against Trinity Christian, Woodberry Forest and Sewickley Academy. The Huskies faced MAC opponent St. Andrew's on Tuesday, after The Connection's deadline. Flint Hill will host Middleburg Academy at 6:15 p.m. on Thursday, Jan. 10.

"Right now, we're still trying to find an identity," Reed said. "We recognized the fact that Bishop Ireton is going to be a solid team this year; we're just trying to figure out how to make Flint Hill a solid team. . . . I love how hard we played [and] the fact that our guys refused to quit. We just want to continue to build on that. That has to be something we do every day, not just on game days."



CONTRIBUTED PHOTO

Langley assistant captain Kevin Diner scores one of his two goals in an earlier game this season while assistant captain Logan Pontell (43) and captain Evan Sterling (54) look on.

## Langley Hockey Rolls To Another Win

Langley's club hockey team started 2013 with a bang, beating up on a depleted Centreville/Fairfax squad, 10-0, despite missing some of its better players. Junior Drew Schneider had his second hat trick of the season and added two assists for a five-point night. Not to be outdone, senior Derick Paxton also had a five-point night with two goals. Defensemen Peter Nam, Logan Pontell and Will Clemson each had a goal and an assist while freshman Jason Guidi scored his first goal of his high school career to go along with an assist. Sophomores Sam LaFuria and Conor Maddry both registered two assists.

This win came on the heels of a successful 2012 start, which included a 7-1 win before the holiday break against cross-town rival McLean.

## Langley Boys' Basketball Falls to 9-3

The Langley boys' basketball team suffered back-to-back losses for the first time this season, losing to Stone Bridge, 64-52, on Jan. 4 after losing to Theodore Roosevelt in the championship game of the Wakefield holiday tournament on Dec. 28. The Saxons fell to 9-3 overall and 2-2 in the Liberty District.

Langley faced Madison on Tuesday, after The Connection's deadline. The Saxons will host Marshall at 7:30 p.m. on Friday, Jan. 11.

## Langley Girls' Basketball Beats Stone Bridge

The Langley girls' basketball team evened its record at 6-6, including 2-2 in the Liberty District, with a 40-34 victory against Stone Bridge on Jan. 4. The Saxons faced Madison on Tuesday, after The Connection's deadline. Langley will travel to face Marshall at 7:30 p.m. on Friday, Jan. 11.

## McLean Girls' Basketball Improves Win Streak to Eight

The McLean girls' basketball team extended its win streak to eight games with victories against Madison (52-46 on Jan. 2) and Marshall (49-25 on Jan. 4). The Highlanders improved to 9-3, including 3-1 in the Liberty District, and are 8-0 since a 1-3 start.

McLean faced Thomas Jefferson on Tuesday, after The Connection's deadline. The Highlanders will host Fairfax at 7:30 p.m. on Friday, Jan. 11.

## Langley Crew Team to Hold Garage Sale

The Langley Crew Team will be holding a team fundraiser garage sale on Saturday, Jan. 12, 9 a.m.-3 p.m. They are also teaming up with the Langley pyramid of schools to fight hunger, so some proceeds will also go to fighting hunger. A multi-family garage sale will be held at 1102 Carper Street in McLean.



# Home LifeStyle

The 2013 Home and Remodeling Show will feature more than 400 contractors, architects, suppliers and others in the remodeling industry, and will showcase the latest products, services and trends in the industry.



PHOTOS COURTESY OF  
JILL COLLINS PUBLIC RELATIONS

## Home and Remodeling Show Comes to D.C. Area

Nationally Syndicated Columnist Heloise and local contractors will educate homeowners.

BY MARILYN CAMPBELL  
THE CONNECTION

Whether you're planning to renovate an entire house, update an antiquated bathroom, create a more functional kitchen or simply add more color to your home, there will be inspiration and ideas aplenty at the 2013 Home and Remodeling Show.

The expo, scheduled for Jan. 18-20 at the Dulles Expo Center in Chantilly, will feature more than 400 remodeling industry experts as well as the trendiest home design products and services.

Some of the biggest names in the home business will attend the show, including Heloise, queen of household hints; nationally syndicated columnist Josh Flagg, the LA real estate mogul and star of Bravo's Million Dollar Listing; and Spike-TV's Mike Baird, who stars in Flip Men. In addition, show-goers will have opportunities to meet with local remodeling experts in one-on-one information sessions.

"Anyone who is thinking about or getting ready to do work on the inside or outside of their home can come to this show and not only talk to experts, but also hear from a pretty interesting slate of headliners," said Jill Collins, of Oak Hill, show spokeswoman.

"There is a big educational component. You can get advice and consulting from the top to the bottom of your house and everywhere in between."

For example, Robert J. Kalmin of RJK Construction, Inc. in Fairfax, who sits on the Board of Directors for the D.C. Metro Chapter of the National Association of the Remodeling Industry (NARI), will provide an information guide and checklist for those considering home remodeling projects.

"I am going to be as informative as possible and relay information about making sure consumers have the proper people involved in their project from the design, planning and budget phase," he said.

Bob Gallagher, president of Sun Design in Burke, will have advice not only on general home design, but also on kitchen trends and design ideas for those who are remodeling a house to accommodate multiple generations.

"We will have pictures of our projects," said Gallagher. "We are pushing more on the kitchen trends and multi-generational design for people who have people are aging have folks in their home."

Guy Semmes of Hopkins & Porter Construction Inc. in Potomac, Md., says the show offers homeowners an opportunity to learn the latest trends in home design. "It is a great thing for someone who is planning a remodel. They will learn a lot."

### Details

#### DULLES EXPO CENTER

4320 Chantilly Shopping Center,  
Chantilly  
Friday, Jan. 18, 10 a.m.-9 p.m.  
Saturday, Jan. 19, 10 a.m.-9 p.m.  
Sunday, Jan. 20, 10 a.m.-6 p.m.  
Adults \$10/\$7 (online)  
Children 6-12 years, \$3  
Children 5 & under, free  
Visit  
[www.homeandremodelingshow.com](http://www.homeandremodelingshow.com).

Homeowners will find many design ideas at the 2013 Home and Remodeling Show.



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2012 TOP SALES IN VIENNA AND OAKTON



3001 Westgurst Court, Oakton — \$1,750,000



3105 Windsong Drive, Oakton — \$1,610,000

Address .....	BR	FB	HB	.....	Postal City .....	Sold Price ....	Type .....	Lot AC ..	PostalCode .....	Subdivision .....	Date Sold
10203 BROWNS MILL RD .....	5	4	2	.....	VIENNA .....	\$2,350,000	Detached .....	2.28	22182	WINDSTONE .....	04/11/12
9836 CORSINI CT .....	5	4	1	.....	VIENNA .....	\$2,076,993	Detached .....	0.47	22182	MAYMONT .....	05/02/12
1775 BROOKSIDE LN .....	3	2	0	.....	VIENNA .....	\$1,900,000	Detached .....	4.09	22182	HOLLY HILLS .....	04/17/12
2029 GEORGE WASHINGTON RD .....	6	6	2	.....	VIENNA .....	\$1,805,000	Detached .....	0.65	22182	MADRILLON FARMS .....	05/15/12
1671 HUNTING CREST WAY .....	5	5	1	.....	VIENNA .....	\$1,786,175	Detached .....	1.81	22182	BACHMAN PROPERTY .....	02/29/12
3001 WESTHURST CT .....	5	5	2	.....	OAKTON .....	\$1,750,000	Detached .....	0.85	22124	WINDSONG .....	08/15/12
3115 WINDSONG DR .....	5	5	2	.....	OAKTON .....	\$1,743,500	Detached .....	2.73	22124	WINDSONG WEST .....	11/30/12
412 GLYNDON ST NE .....	5	5	1	.....	VIENNA .....	\$1,714,300	Detached .....	1.50	22180	ARY HILL CHANCERY .....	08/30/12
3105 WINDSONG DR .....	5	5	1	.....	OAKTON .....	\$1,610,000	Detached .....	1.10	22124	WINDSONG WEST .....	07/13/12
3521 SAINT AUGUSTINE LN .....	6	6	1	.....	OAKTON .....	\$1,601,000	Detached .....	0.84	22124	AVONDALE GLEN .....	07/27/12
9603 THISTLE RIDGE LN .....	5	4	1	.....	VIENNA .....	\$1,566,500	Detached .....	0.88	22182	THISTLE RIDGE .....	06/15/12
207 MCHENRY ST SE .....	5	5	2	.....	VIENNA .....	\$1,550,000	Detached .....	0.46	22180	MC HENRY HEIGHTS .....	02/21/12
3104 WINDSONG DR .....	5	5	1	.....	OAKTON .....	\$1,550,000	Detached .....	0.83	22124	WINDSONG WEST .....	05/29/12
3109 WINDSONG DR .....	5	5	1	.....	OAKTON .....	\$1,550,000	Detached .....	0.98	22124	WINDSONG WEST .....	07/26/12
11104 PRINCE EDWARD CT .....	6	5	1	.....	OAKTON .....	\$1,545,000	Detached .....	2.49	22124	DOGWOOD KNOLLS .....	08/31/12
353 PARK ST NE .....	6	5	1	.....	VIENNA .....	\$1,529,000	Detached .....	0.44	22180	AYR HILL .....	03/09/12
122 KINGSLEY RD NE .....	5	4	1	.....	VIENNA .....	\$1,528,705	Detached .....	0.63	22180	VIENNA ACRES .....	02/28/12
3359 V LN .....	6	5	1	.....	OAKTON .....	\$1,500,000	Detached .....	0.83	22124	WESTOAKS .....	02/19/12
10284 JOHNS HOLLOW RD .....	5	4	1	.....	VIENNA .....	\$1,499,000	Detached .....	1.84	22182	VICTORIA FARMS .....	05/11/12
2629 SLEDDING HILL RD .....	5	4	1	.....	OAKTON .....	\$1,485,000	Detached .....	0.94	22124	OAKTON RETREAT .....	07/25/12
2621 SLEDDING HILL RD .....	5	4	1	.....	OAKTON .....	\$1,480,000	Detached .....	0.84	22124	OAKTON RETREAT .....	06/01/12
3233 FOX MILL RD .....	5	5	1	.....	OAKTON .....	\$1,460,000	Detached .....	1.41	22124	CLARKE PROPERTY .....	06/27/12
2801 MARSHALL LAKE DR .....	5	4	1	.....	OAKTON .....	\$1,440,000	Detached .....	1.05	22124	TIMBER LAKE .....	05/11/12
3184 ARIANA DR .....	5	4	2	.....	OAKTON .....	\$1,420,000	Detached .....	1.25	22124	WINDSONG SOUTH .....	10/01/12
441 ORCHARD ST NW .....	5	4	1	.....	VIENNA .....	\$1,409,000	Detached .....	0.39	22180	WINDOVER HEIGHTS .....	01/03/12
2019 GEORGE WASHINGTON RD .....	6	6	2	.....	VIENNA .....	\$1,406,546	Detached .....	0.65	22182	MADRILLON FARMS .....	03/22/12
1001 GLYNDON ST SE .....	5	4	1	.....	VIENNA .....	\$1,400,000	Detached .....	0.39	22180	ONONDIO .....	07/31/12
2901 DORIAN DR .....	7	7	1	.....	OAKTON .....	\$1,400,000	Detached .....	0.83	22124	MURTHY MANORS .....	08/16/12
11424 MEADOW LAKE CT .....	5	4	1	.....	OAKTON .....	\$1,400,000	Detached .....	0.83	22124	TIMBER LAKE .....	08/31/12
107 HARMONY DR SW .....	5	5	1	.....	VIENNA .....	\$1,395,000	Detached .....	0.40	22180	VIENNA WOODS .....	06/06/12
407 PARK ST SE .....	5	4	1	.....	VIENNA .....	\$1,387,780	Detached .....	0.32	22180	PARK STREET PROPERTIES .....	11/15/12
407 SURREY LANE SE .....	6	5	1	.....	VIENNA .....	\$1,385,000	Detached .....	0.32	22180	SURREY ESTATES .....	03/29/12
1884 BEULAH ROAD #1 .....	5	4	1	.....	VIENNA .....	\$1,376,540	Detached .....	0.94	22182	EMBASSEY COURTS .....	03/19/12
1014 APONI RD SE .....	5	4	1	.....	VIENNA .....	\$1,359,000	Detached .....	0.34	22180	OAK GROVE .....	03/26/12
1882 BEULAH ROAD .....	5	4	1	.....	VIENNA .....	\$1,355,395	Detached .....	1.06	22182	EMBASSY COURT III .....	06/11/12
309 CHARLES ST .....	5	5	2	.....	VIENNA .....	\$1,351,963	Detached .....	0.23	22180	EAST VIENNA WOODS .....	03/15/12
10313 DUNFRIES RD .....	5	4	2	.....	VIENNA .....	\$1,350,000	Detached .....	1.28	22181	HUNTERS CROSSING .....	07/05/12
10312 MYSTIC MEADOW WAY .....	5	4	1	.....	OAKTON .....	\$1,350,000	Detached .....	2.32	22124	HUNTERBROOKE .....	10/12/12

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3359 V Lane, Oakton — \$1,500,000



2621 Sledding Hill Road, Oakton — \$1,480,000



9603 Thistle Ridge Lane, Vienna — \$1,566,500



207 McHenry Street South East, Vienna — \$1,550,000



Experts say some flowering plants like dormant hydrangeas can be planted now and bloom in spring.

PHOTO COURTESY OF  
MERRIFIELD GARDEN CENTER



## Preparing for a Spring Wonderland

Experts offer advice on what to do now to create a pleasurable outdoor space in spring.

BY MARILYN CAMPBELL  
THE CONNECTION

PHOTO BY MARILYN CAMPBELL

**C**hilly January temperatures can make spring seem far away. However, it's closer than you think. A recent Residential Landscape Architecture Trends survey from the American Society of Landscape Architects showed that as the weather gets warmer, many want an undemanding outdoor space.

Local landscape designers and builders actually recommend planning now for an outdoor warm-weather wonderland and suggest a few simple tasks that homeowners can perform today to get ready for spring.

If you're planning to build an outdoor living room or patio, this is the time to begin: "It can take anywhere from a couple of weeks to a few months to complete a project, depending on the complexity," said Steve Magill, remodeling consultant for Case Design/Remodeling, Inc., and an Oak Hill, resident. "People who are smart book a contractor in January."

Magill suggests developing a plan as soon as possible. "Do you want a koi pond or fountains? Is the design driving the budget or is the budget driving the design? These decisions should be arranged, finalized and ready to go for spring and then they can enjoy the outdoors."

Begin compiling a spring garden wish list. "Take pictures and bring them in to your local garden center to get ideas and thoughts," said David Watkins of Merrifield Garden Center in Merrifield, Fair Oaks and Gainesville.

"Things are slower at nurseries now and we have a lot more time to spend with you and give you ideas."

There are some flowers that can be planted now to yield bursts of colorful blooms this spring. "If you can find them, you can still plant spring bulbs like tulips or daffodils," said Randy Best of The Behnke Nurseries Company in Potomac and Beltsville, Md. "With caution, you can plant dormant, deciduous trees and shrubs, but you might mulch them heavier than you normally would."

Best added that some evergreen plants like junipers, pines and spruces, as well as flowering varieties like dormant hydrangeas, can be planted now to bloom in spring. "You can plant a maple tree now with no problem," he said.



Experts say pruning now will lead to a healthy spring landscape.

Experts warn homeowners not to overlook maintenance during the frigid winter months. "It would be nice if everybody could make sure that their plants are watered thoroughly throughout the winter, because if the ground freezes and the plants are dry, they will die over the winter," said Watkins. "I would also recommend cutting back any perennials that have died, and add mulch to help protect plants."

Magill says that taking care of routine tasks means one less thing to do this spring. "Make sure your gutters are cleaned and free of fall leaves before snow falls on the gutters," said Magill. "Have roofs and chimneys checked before the snow and have chimneys re-pointed, if necessary."

## HOW TO GET YOUR ORGANIZATION'S SPECIAL EVENTS IN THE CONNECTION

### Calendar Listings

The Connection Newspapers contain a Calendar of Upcoming Events every week. While we cannot guarantee that every event we receive information about will be listed, here is the information we need for your upcoming event to be considered for the Calendar. We welcome photographs of similar events held previously, which sometimes appear with Calendar items.

*Name of Event:*

*Day of the Week, Date and Time:*

*Name of the Place Event will Be Held:*

*Address of the Place Event Will Be Held:*

*Name and Phone Number for More Information:*

*Three Sentences Describing the Event:*

Please submit your calendar information at least two weeks before your event. Clear photographs from similar previous events are always welcome. All events should be open to the public. We give first priority to free events. E-mail listings to:

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## OPEN HOUSES SATURDAY/SUNDAY, JANUARY 12 & 13

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

### Burke

9507 Burning Branch Rd. ....\$489,950.....Sun 1-4...Kathleen Quintarelli.....Weichert...703-862-8808  
9417 Ulysses Ct.....\$414,950.....Sun 1-4...Kathleen Quintarelli.....Weichert...703-862-8808

### Centreville

5637 Sherborne Knolls.....\$349,900.....Sun 1-4.....Olga Aste.....Century 21...703-624-4199

### Chantilly

25989 Rachel Hill Dr.....\$434,999.....Sun 1-4.....Trudy Zenerovitz.....Century 21...703-895-9927

### Fairfax Station

8030 Woodland Hills Ln.....\$1,100,000.....Sun 2-4.....Pat Fales.....RE/MAX...703-503-4365

### Great Falls

521 Clear Spring Rd.....\$1,279,018.....Sun 1-4.....Casey Margenau.....RE/MAX...703-827-5777

### Herndon

12913 Alton Sq #218.....\$259,000.....Sat/Sun 1-4.....Chris Pezzana.....Weichert...703-447-1662  
2204 Westcourt Ln #309.....\$185,000.....Sat/Sun 1-4.....Tahir Nisar.....Weichert...571-243-8093

### Lorton

9529 Peniwill Dr.....\$989,900.....Sun 2-4.....Pat Fales.....RE/MAX...703-503-4365

### McLean

1825 Westmoreland St.....\$599,000.....Sun 1-4.....Kevin Canto...Keller Williams...703-338-9416

### Sterling

11401 Coyote Ct.....\$1,229,000.....Sun 1-4.....Sheila Cooper.....Weichert...703-759-6300

### Vienna

9905 Chappell Ln.....\$1,100,000.....Sun 1-4.....Scott MacDonald.....RE/MAX...703-652-5777  
9811 Oak Valley Ct.....\$875,000.....Sun 1-5.....Robin Butler.....Prudential...703-281-8500

**To add your FREE Realtor represented Open House to these weekly listings, please contact Don Park at 703-778-9420, or [donpark@connectionnewspapers.com](mailto:donpark@connectionnewspapers.com). All listings are due by Monday at 3 P.M.**



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## 21 Announcements

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### NOTICE OF SUBSTITUTE TRUSTEES' SALE OF REAL PROPERTY LOCATED AT

6245 LEESBURG PIKE, FALLS CHURCH, VA

6253 LEESBURG PIKE, FALLS CHURCH, VA

6302 BUFFALO RIDGE ROAD, FALLS CHURCH, VA

6300 BUFFALO RIDGE ROAD, FALLS CHURCH, VA

AND THE FOLLOWING PARCELS OF LAND:

(1) TAX MAP NOS. 051-3-01-0030 AND (2) 051-3-11-0188A (No assigned street address)

SALE TO BE HELD AT THE FAIRFAX COUNTY CIRCUIT COURTHOUSE

Wednesday, January 23, 2013, AT 10:00 A.M.

In execution of the Deed of Trust, Assignment of Leases of Rents, Security Agreement and Fixture Filing in the original principal amount of \$17,000,000 dated February 1, 2005 and recorded on February 2, 2005 in Deed Book 16944 at page 1191 among the land records of the County of Fairfax, Virginia (collectively, the "Deed of Trust"), securing U.S. Bank National Association, as trustee for the registered holders of Wachovia Bank Commercial Mortgage Trust, Commercial Mortgage Pass-Through Certificates, Series 2005-C17 (the "Noteholder"), as successor in interest to Wells Fargo Bank, N.A., as trustee for the registered holders of Wachovia Bank Commercial Mortgage Trust, Commercial Mortgage Pass-Through Certificates, Series 2005-C17 and Citigroup Global Markets Realty Corp., default having occurred in the payment of the debt secured thereby, and being instructed to do so by the Noteholder, the undersigned Substitute Trustees will offer for sale the property described below at public auction by the main entrance to the Fairfax County Circuit Courthouse, located at 4110 Chain Bridge Road, Fairfax, VA 22030 on Wednesday, January 23, 2013, beginning at 10:00 a.m.

The real property encumbered by the Deed of Trust that will be offered for sale by the Substitute Trustees is commonly known as 6245 Leesburg Pike, Falls Church, VA (Tax Map No. 051-3-01-0031), 6253 Leesburg Pike, Falls Church, VA (Tax Map No. 051-3-13-0005), 6302 Buffalo Ridge Road, Falls Church, VA (Tax Map No. 051-3-13-0010), 6300 Buffalo Ridge Road, Falls Church, VA (Tax Map No. 051-3-13-0011), and Tax Map Nos. 051-3-01-0030 and 051-3-11-0188A, as more particularly described in the Deed of Trust, and all improvements, fixtures, easements and appurtenances thereto (the "Real Property"). The Real Property will be sold together with the interest of the Noteholder, if any, in the following described personal property at the direction of the Noteholder as secured party thereof, as permitted by Section 8.9A of the Code of Virginia of 1950, as amended the ("Personal Property"): equipment, machinery, proceeds and all other personal property as more particularly described in the Deed of Trust (the "Personal Property"). The above described Real Property and Personal Property are collectively referred to as the "Property."

### TERMS OF SALE

ALL CASH. The property will be offered for sale "AS IS, WHERE IS" and will be conveyed by Substitute Trustees' Deed (the "Substitute Trustees' Deed") subject to all encumbrances, rights, reservations, conveyances, conditions, easements, restrictions, and all recorded and unrecorded liens, if any, having priority over the Deed of Trust, as they may lawfully affect the property. Any Personal Property shall be conveyed without warranty by a Secured Party Bill of Sale.

The Substitute Trustees and the Beneficiary disclaim all warranties of any kind, either express or implied for the property, including without limitation, any warranty relating to the zoning, condition of the soil, extent of construction, materials, habitability, environmental condition, compliance with applicable laws, fitness for a particular purpose and merchantability. The risk of loss or damage to the property shall be borne by the successful bidder from and after the date of the time of the sale. Obtaining possession of the property shall be the sole responsibility of the successful bidder (the "Purchaser").

A bidder's deposit of \$50,000.00 (the "Deposit") by certified or cashier's check may be required by the Substitute Trustees for such bid to be accepted. The Substitute Trustees reserve the right to prequalify any bidder prior to the sale and/or waive the requirement of the Deposit. Immediately after the sale, the successful bidder shall execute and deliver a memorandum of sale with the Substitute Trustees, copies of which shall be available for inspection immediately prior to the sale, and shall deliver to the Substitute Trustees the Deposit and the memorandum of sale. The balance of the purchase price shall be paid by the Purchaser. Settlement shall occur within thirty (30) days after the sale date, TIME BEING OF THE ESSENCE with regard to the Purchaser's obligation.

Settlement shall take place at the offices of Venable LLP, 8010 Towers Crescent Drive, Suite 300, Tysons Corner, Virginia 22182 or other mutually agreed location. Purchaser shall pay all past due real estate taxes, rollback taxes, water rents, water permit renewal fees (if any) or other municipal liens, charges and assessments. The Purchaser shall also pay all settlement fees, title examination charges, title charges and title insurance premiums, all recording costs (including the state grantor's tax and all state and county recordation fees, clerk's filing fees and transfer fees and taxes), auctioneer's fees and/or bid premiums, and reasonable attorneys' fees and disbursements incurred in the preparation of the deed of conveyance and other settlement documentation.

The Purchaser shall be required to sign an agreement at settlement waiving any cause of action Purchaser may have against the Substitute Trustees, and/or the Beneficiary for any condition with respect to the property that may not be in compliance with any federal, state or local law, regulation or ruling including, without limitation, any laws, regulation and ruling relating to environmental contamination or hazardous wastes. Such agreement shall also provide that if notwithstanding such agreement, a court of competent jurisdiction should permit such a claim to be made, such agreement shall serve as the overwhelming primary factor in any equitable apportionment of response costs or other liability. Nothing herein shall release, waive or preclude any claims the Purchaser may have against any person in possession or control of the property.

If any Purchaser fails for any reason to complete settlement as provided above, the Deposit shall be forfeited and applied to the costs of the sale, including Trustees' fees, and the balance, if any, shall be delivered to the Beneficiary to be applied by the Beneficiary against the indebtedness secured by and other amounts due under the Deed of Trust in accordance with the Deed of Trust or applicable law or otherwise as the Beneficiary shall elect. There shall be no refunds. Such forfeiture shall not limit any rights or remedies of the Substitute Trustees or the Beneficiary with respect to any such default. If the property is resold, such re-sale shall be at the risk and the cost of the failing bidder, and the failing bidder shall be liable for any deficiency between its bid and the successful bid at the re-sale as well as the costs of conducting such re-sale. Immediately upon conveyance by the Substitute Trustees of the property, all duties, liabilities and obligations of the Substitute Trustees, if any, with respect to the property so conveyed shall be extinguished, except as otherwise provided by applicable law.

/s/ Henry F Brandenstein, Jr., Substitute Trustee  
/s/ Lauren T. Coapstick, Substitute Trustee  
FOR INFORMATION CONTACT:  
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THE  
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## "If It Ain't Broke..."



By KENNETH B. LOURIE

Today is a day I feel like writing – not merely one when I am looking forward to having written, but rather one when I am interested and motivated by the process. The situational gods have been aligned: I have time on my hands, an empty house with peace and quiet, and adult cats who are a sleeping and a kitten who is blissfully asleep (not always the case). Unfortunately, I don't have anything particularly insightful to "prose" about. But I will persevere, as the opportunity with which I've been presented rarely presents itself, and certainly not nearly as often as literary pursuits might require – for me, anyway.

Oddly enough, what I think I've found is, as a writer, prattling on about nothing – as I have in the first paragraph, is sort of an exercise in mind stretching (not futility) – akin to when athletes maneuver themselves into awkward-looking, pre-game warm-ups. The act of writing something, mildly coherent but not necessarily on any particular topic, sort of warms me and my synapses up as well and hopefully gets them firing on enough cylinders so that what words are eventually written are words worth reading. (No comments from the peanut gallery, please?)

I imagine you regular readers are probably wondering how I could possibly relate the content of these initial paragraphs to my stage IV, non-small cell lung cancer diagnosis (a fact with which you all are excruciatingly familiar), or if this week's column might possibly avoid the subject altogether – for once, as perhaps cancer-fatigue may have finally set in. After all, too much of a good thing can be too much, as it has often been said. Moreover, too much of a bad thing then (and being diagnosed with terminal cancer certainly qualifies as a "bad thing") can likewise be way more than "too much;" it can be, as my mother so often said about so many subjects/circumstances: "Enough already!" (I'm almost finished.)

The point of these "cancer columns," as I call them, is not to bring anybody down emotionally/make anybody miserable (least of all, me); in fact, there is no point. I'm simply telling a story – that I'm able to tell in a reasonably intelligent and unflinching way, about the trials and tribulations of being a lung cancer diagnosee, not because of who I am (hardly), but rather because of what I have. Cancer is a killer and since I've been fortunate to still be a "liver," – in spite of the odds, predictions, presumptions, statistics, etc., 45 months post-diagnosis, continuing these cancer columns weekly as I do, seems more like a success story than a failure. Ergo, writing about cancer reinforces to me all the positives – even while occasionally writing about the negatives, and the more positives I can infuse into my own life, the healthier I'll likely be. So please indulge my writing these cancer columns, as they have probably contributed to my above-average, better-than-expected, life expectancy. Given how much longer I've lived than my original prognosis: "13-months to two-years," I don't see any reason to stop now. My future is ahead of me, not behind me.

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



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