

Churchill Road second graders Olivia Liu, Paul Leaprot and Tate Moreau confer with author Laura Murray and one another before coming up with the correct response to their question on the “Gingerbread Man Quiz Show.”

Supervisors Clear the Way For Oakcrest School Relocation

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**WELLBEING**

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## Bulova: 'This Will Be a Challenging Budget'

Fairfax County average homeowner will see tax bill increase \$330 under County Executive's proposed \$7 billion budget.

BY VICTORIA ROSS  
THE CONNECTION

Fairfax County Executive Edward Long, Jr. unveiled a \$7 billion budget proposal Tuesday that reflects his "cautious and deliberative approach to budgeting," a result, Long said, of continuing uncertainty over federal spending and sluggish commercial tax revenues.

While Long's budget does not include an increase in the real estate tax rate from FY 2014, steady gains in the county's residential housing market mean the average homeowner will see a \$330 increase in their tax bill, or a 6.5 percent increase over last year's bill. "The one area that is experiencing an upward tick is the assessed value of residential property in the county," said Board of Supervisors Chairman Sharon Bulova (D-At-Large), which will lead to the increase in homeowner's property taxes even if the tax rate remains steady, as proposed by Long.

Supervisor Pat Herrity (R-Springfield) said "there's a lot of work to be done" before the final budget is approved in April, and the county needs to "eliminate barriers to the growth of our commercial tax base."

"While spending increased by 3 percent, the cost to our taxpayers is increasing over 6.5 percent due primarily to the reduction in our commercial tax base," Herrity said. "I am most concerned that this increase will hurt those in townhomes, condos and apartments the hardest — the citizens that can least afford it."

"This will be a very challenging budget," Bulova said, citing disappointing projected revenues from business taxes.

Among those disappointed with the proposed budget is Fairfax County Public Schools Superintendent Karen Garza, who last month requested supervisors send \$2.5 billion to the schools, an increase of 5.7 percent in annual taxpayer funding and \$98 million more than the schools requested last year.

**SUPERVISORS** have said they were willing to increase their transfer by only 2 percent, which accounts for 52.1 percent of the proposed county budget expenditures.

Garza's request is about \$64 million more than Long's budget recommendation of \$1.93 billion, a 2.07 percent increase (or \$39 million) over the current fiscal year.

Garza's budget proposal would have increased school funding, but also called for \$96 million in cuts, including classroom testing fees for high school students, large class sizes and staffing cuts.

Long's proposal also includes \$72.6 million in additional support for school services including Head Start, school health, resource officers and crossing guards, after-school programming, field maintenance and recreational programs, among others.

To show support for Fairfax County schools and teachers, the Alliance for Fairfax Public Schools held a "Fund Our Schools" rally at the Fairfax County Government Center before Long's budget announcement. The Alliance is a partnership of parents, stu-



PHOTO COURTESY OF FAIRFAX COUNTY

**Sharon Bulova, chairman of the Board of Supervisors and Ed Long, county executive, answer questions during a news briefing held after the proposed budget presentation.**

dents, and civic organizations including the Fairfax Education Association, Fairfax County Council of PTAs, and Fairfax County Federation of Teachers.

"Our schools are bursting at the seams, talented teachers are leaving, and already large class sizes could get even bigger. The supervisors must make our schools the priority," the FCCPTA said in an online petition addressed to the Board of Supervisors.

"It's absolutely stunning that supervisors put forth a budget that shortchanges students," said Kevin Hickerson, an FCPS teacher and parent-advocate who supported the rally. "Two percent is not enough."

To close that gap and fund other priorities, Bulova said she will consider advertising an increase in property tax rates, which would add about \$150 to the average homeowner's tax bill, on top of the \$330 jump resulting from higher assessed values this year.

Bulova said the board will set the advertised real estate tax rate on March 4; the advertised rate represents the maximum potential tax rate for FY2015.

"Through the budget process, the board may adopt a rate lower than the advertised rate, but cannot adopt a higher rate," Bulova said.

According to the County Executive's proposed budget, one penny of the tax rate is equal to roughly \$21.9 million in the general fund and \$50 for the average Fairfax County residential tax bill.

"As the county continues to face fiscal challenges, we must persist in our cautious and deliberative approach to budgeting, only funding items that are sustainable," Long said Tuesday, adding that almost all of the budget increase in his proposal will be earmarked for capital investment and employee compensation.

"These are two critical elements of our continued success," Long said.

But members of the County's Government Employees Union — SEUI Virginia 512 — called Long's proposed budget disappointing.

"We are disappointed that the county executive's proposed budget fails to meet the needs of our community, and we call on the Board of Supervisors to do more to invest in our future success," SEUI Virginia 512 Secretary-Treasurer Karen Conchar said.



PHOTO CONTRIBUTED

**To show support for Fairfax County schools and teachers, the Alliance for Fairfax Public Schools held a "Fund Our Schools" rally at the Fairfax County Government Center before Long's budget announcement.**

### Average Homeowner's Taxes, 2008-2015

#### ❖ FISCAL YEAR 2008

Assessed Value of Residential Property - \$542,409  
Real Estate Tax Rate Per \$100 - \$0.89  
Tax Per Household - \$4,827.44

#### ❖ FISCAL YEAR 2009

Assessed Value of Residential Property - \$525,132  
Real Estate Tax Rate Per \$100 - \$0.92  
Tax Per Household - \$4,831.21

#### ❖ FISCAL YEAR 2010

Assessed Value of Residential Property - \$457,898  
Real Estate Tax Per \$100 - \$1.04  
Tax Per Household - \$4,762.14

#### ❖ FISCAL YEAR 2011

Assessed Value of Residential Property - \$433,409  
Real Estate Tax Per \$100 - \$1.09  
Tax Per Household - \$4,724.16

#### ❖ FISCAL YEAR 2012

Assessed Value of Residential Property - \$445,533  
Real Estate Tax Per \$100 - \$1.07  
Tax Per Household - \$4,767.20

#### ❖ FISCAL YEAR 2013

Assessed Value of Residential Property - \$449,964  
Real Estate Tax Per \$100 - \$1.075  
Tax Per Household - \$4,837.11

#### ❖ FISCAL YEAR 2014

Assessed Value of Residential Property - \$467,394  
Real Estate Tax Per \$100 - \$1.085  
Tax Per Household - \$5,071.22

#### ❖ FISCAL YEAR 2015

Assessed Value of Residential Property - \$497,962  
Real Estate Tax Per \$100 - \$1.085  
Tax Per Household - \$5,402.89

\* Source - Fairfax County Department of Management and Budget

### Budget Event Schedule

#### FEB. 25

Release of the County Executive's FY 2015 Advertised Budget Plan (including Multi-Year Budget: FY 2015 and FY 2016) - 10:40 a.m.

#### FEB. 28

Ask Fairfax: Online Chat with County Executive - 2 - 3 p.m.

#### MARCH 4

Board of Supervisors' Meeting: Advertisement for FY 2015 Tax Rate and FY 2015 Third Quarter - 10:30 a.m.

#### MARCH 18

Budget Committee Meeting - Govt. Center (CR 9/10) - 1 - 3 p.m.

#### APRIL 1

Budget Committee Meeting - Govt. Center (CR 9/10)

#### APRIL 8

Effective Tax Rate Hearing (FY 2015 Budget) - Board Auditorium - Govt. Center - 3 p.m. \*

#### APRIL 8

Public Hearing on FY 2015 Budget - Board Auditorium - Govt. Center - 6 p.m. \*

#### APRIL 9

Public Hearing on FY 2015 Budget - Board Auditorium - Govt. Center - 3 p.m. \*

#### APRIL 10

Public Hearing on FY 2015 Budget - Board Auditorium - Govt. Center - 3 p.m. \*

#### APRIL 18

Budget Committee Meeting - pre-Mark-Up on FY 2015 Budget - Govt. Center (CR 9/10) - 1 p.m.

#### APRIL 22

FY 2015 Board Budget Mark-up and Approval of FY 2015 Third Quarter - 10 a.m.

#### APRIL 29

Formal Adoption of the FY 2015 Budget Plan - 10:30 a.m.

#### JULY 1

Beginning of FY 2015

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\* Opportunities for public comment

# Supervisors Clear the Way for Oakcrest School Relocation

The Fairfax County Board of Supervisors approves a special exception amendment Feb. 25.

BY ETHAN MCLEOD  
THE CONNECTION



A rendering of the front of Oakcrest School's new campus on Hunter Mill Road, which officials hope will open in Fall of 2015.



COURTESY OF OAKCREST SCHOOL

PHOTO BY ETHAN MCLEOD/THE CONNECTION

**The Board vote provided for a stoplight to replace the three-way stop sign at the intersection of Hunter Mill Road and Crowell Road.**

The Fairfax County Board of Supervisors approved a special exception amendment from the Oakcrest School on Tuesday, Feb. 25, providing for a traffic light at the intersection of Hunter Mill Road and Crowell. The decision ended a four-year back-and-forth between the McLean-based Oakcrest School, landowners near the intersection of Hunter Mill and Crowell roads, and the board of supervisors.

With the approval of its special exception amendment, Oakcrest School can now begin building its new facility, which will include a heavily disputed driveway entrance on Crowell Road.

"We've been on hold and in limbo for four years, which has put an incredible strain on our tiny little school," said Miriam Buono, chair of the new-campus committee for Oakcrest's board of directors. "We have been completely tied up in knots up until this vote. It allows us to finally build a campus that fulfills the mission of the school."

**THE OAKCREST SCHOOL**, an

all-female Catholic preparatory school with an enrollment of about 200 students, has been attempting to move from its current location on Balls Hill Road in McLean since first purchasing the property off of Hunter Mill Road in 2010.

According to Buono, Oakcrest's currently facility, vacated by McLean Bible Church in 2007, lacks a gymnasium, athletic fields, and even windows in some rooms. Under the special exception amendment passed Feb. 25, Oakcrest will be able to build their school with a setback front yard, soccer fields and a softball field as long as they provide adequate foliage and rocks for screening.

Oakcrest was originally granted a special exception from the Board of Supervisors in 2010 providing for a roundabout at the intersection of Hunter Mill Road and Crowell Road. The proposed exception also included an extended driveway to the new school on Hunter Mill Road through the Golf Park owned by John Thoburn. Thoburn notably sold the property

to Oakcrest School and agreed to the special exception's conditions.

Six weeks after its passage, however, Hunter Mill East, LLC, representing Thoburn and two other property owners, sued the Board of Supervisors to prevent the implementation of the driveway and the accompanying roundabout, according to a lawsuit filed with the Circuit Court of Fairfax County.

Oakcrest, unable to build their new facility, attempted to work with county staff and Hunter Mill residents for the next three years to gain their approval for an alternate access road on Crowell Road. On Feb. 21, Oakcrest filed a special exception amendment requesting to change from a roundabout at the intersection to a traffic signal, which the board approved in an 8-2 vote four days later.

Though Oakcrest officials are happy with the decision, some residents who live near the intersection, currently a three-way stop sign, feel cheated.

"This was an eleventh hour attempt to involve the community, and the perception is that the decision was already preordained," said Laddie Suk, who served on Supervisor Hudgins' (D-Hunter Mill) outreach committee for this issue. Suk lives about one mile from the often-congested intersection and said that the stoplight will likely make traffic worse on Hunter Mill Road.

"The school has hired traffic engineers, and county staff have done what they believe is an assessment, but anyone with common sense who travels this road every day understands that a stoplight is going to be a failure."

Hunter Mill District residents also feel that this is a case of double jeopardy in which the county voted against the measure at one point and flip-flopped several years later, according to Steve Hull, an executive board member for the Hunter Mill Defense League.

In 2010, the board rejected a proposal for a Crowell Road en-

trance when the property was still in the Dranesville District. In 2011, its redistricting brought the land into Hunter Mill District.

"Our opinion is that they've done this community a great disservice. The Board of Supervisors just voted themselves out of a lawsuit," said Hull.

**MANY ARE CONCERNED** that the passage of Oakcrest's special exception amendment will open the doorway for other future development, a notion that Buono denied was linked to Oakcrest's expansion at their new planned facility.

According to Hull, however, regardless of their intentions, Oakcrest "became a party" to nearby landowners plans for future development. Hull expects Crowell Road residents may pursue litigation as an avenue to fight future development.

Oakcrest School, meanwhile, will aim to open its doors on Hunter Mill Road in Fall 2015, according to Buono.

## WEEK IN MCLEAN

### Six Republicans Will Compete for 10th District Nomination

On March 1, the 10th District Republican Committee released the names of the candidates for their nomination for Congress. Six candidates filed by the deadline, said 10th District GOP Chairman John Whitbeck in a release. "We ... feel like we are in an excellent position to hold the 10th District Congressional seat in November regardless of who the Democrats nominate."

The committee listed the candidates in alphabetical order: Del. Barbara Comstock, Stephen Hollingshead, Howie Lind, Del. Bob Marshall, Marc Savitt, Rob

Wasinger. The Republican nominee will be decided in a party canvass on Saturday, April 26 with voting at 10 different locations, including Langley High School and Centreville High School.

### Faith and Public Policy Breakfast in McLean

Everyone is invited Saturday, March 15 to hear a panel of Fairfax County leaders discuss issues around the theme "Caring for the Vulnerable in an Affluent County - Policy and Program Challenges."

The session will be moderated by Jane Edmondson, Chief of Staff for Dranesville Supervisor John Faust, and will include

Kerrie Wilson, CEO of Cornerstones, which supports Northern Virginia people in need; Nannette Bowler, Director of the Fairfax County Department of Family Services; and Dr. Gerald Poje, Vice-Chair of the Fairfax County Human Services Council. The free continental breakfast begins at 8:30 with the discussion addressing how faith communities can have an impact ending at 10:30. It will be held at Lewinsville Presbyterian Church, 1724 Chain Bridge Road in McLean. Contact Ray Martin for details, email martinrs@aol.com, phone 703-556-0123.

### Discussion on Tree Planting

The McLean Citizens Association (MCA),

the Greater McLean Chamber of Commerce (GMCC), McLean Trees Foundation (MTF), and Fairfax County Tree Stewards will host a March 13, community discussion titled "Best Trees for Homeowners and Small Businesses."

"Trees influence housing prices, reduce heating and cooling costs, enhance economic development, and make consumers more comfortable in a shopping environment.

In short, trees enhance the character, quality, and beauty of our community," said Joyce Harris, chairman of the McLean Trees Foundation.

Dr. Jim McGlone, Urban Forest Conservationist with the Department of Forestry in Northern Virginia, will lead the

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# WEEK

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presentation, which will run from 7:30 until 9 p.m. at the McLean Community Center (1234 Ingleside Avenue, McLean). Participants are encouraged to come early or stay late to meet with county and non-profit representatives who can provide additional guidance and information on tree selection and maintenance.

The talk is free and door prizes will be given away.

For more information, call 703-216-5605.

## Fundraiser Supporting Children's Center

A fundraiser for the Falls Church-McLean Children's Center has been announced by HBC Realty Group's (Keller Williams Realty) Community Charity Champions.

Come to dinner on Tuesday, March 11, from 5 to 8 p.m. at Pulcinella Italian Host in McLean to support the Falls Church-McLean Children's Center. Enjoy dinner and know that approximately 70 percent of the proceeds from food and drink will go to the organization, as long as the diner brings the flyer for the event.

Contact HBC Realty Group at 703-734-0192 or visit [www.HBCRealtyGroup.com](http://www.HBCRealtyGroup.com) to receive a flyer.

Sponsors of the event are: Karen Briscoe and Lizzy Conroy with the HBC Realty Group of Keller Williams Realty, Betty Sparkman and Chris Lara of Reveal Remodel, Marcus Simon with EKKO Title, Kevin Dougherty of Pillar to Post, The Simmons Team of George Mason Mortgage, and Moe Jebali with Pulcinella Italian Host.

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**Open House Dates**  
 Saturdays, March 8<sup>th</sup> & 15<sup>th</sup> (10am-12pm)  
 Sundays, March 9<sup>th</sup> & 16<sup>th</sup> (12pm-2pm)  
 Self guided tours welcome at your leisure.

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## Take the Money

No downside to gaining health care for 200,000 or more; 30,000 jobs and millions of dollars for hospitals from expansion of Medicaid.

**G**ov. Terry McAuliffe is right to make expansion of health coverage part of the budget process. Any measure that would create 30,000 jobs, that could save \$1 billion in the state budget over 12 years, that could provide health insurance for 35,000 people who don't have it in Fairfax County alone, that is supported overwhelmingly by the business community and hospitals, actually deserves to be a part of the budget. As many as 400,000 people in Virginia currently without health insurance could be covered.

Under the Affordable Care Act, if states opt in to the expansion of Medicaid, Federal dollars would pay the costs for five years to cover people with incomes up to 138 percent of pov-

erty, \$15,856 for an individual or \$26,951 for a family of three in 2013. After five years, federal dollars would still cover 90 percent.

Under the Affordable Care Act, people with incomes 100 - 400 percent of poverty qualify for subsidies on their health insurance premiums when they purchase coverage through a Marketplace. The amount of the subsidy, provided via tax credit, is based on income and the cost of insurance, and are only available to people who are not eligible for other coverage, such as Medicaid/CHIP, Medicare, or employer coverage, and who are citizens or lawfully-present immigrants. Because the Affordable Care Act envisioned low-income people receiving coverage through Medicaid, people below poverty are

not eligible for Marketplace subsidies. At least 190,000, and as many as 400,000 adults in Virginia fall into the coverage gap because they don't qualify for Medicaid under Virginia's rules, among the most stringent in the nation, but earn less than the poverty rate, so not enough to qualify for subsidies. [Source: Kaiser Family Foundation]

Elections have consequences. McAuliffe made expansion of Medicaid a key element of his campaign, and Virginia voters chose McAuliffe. The Virginia Senate approved a plan to expand health coverage using Medicaid dollars to purchase private health insurance.

There must be a way forward that doesn't involve stifling economic growth and the health of poor Virginians.

EDITORIAL

## Assembly Passes 'Bailey's Law'

BY STATE SEN. CHAP PETERSEN (D-34)

**A**woman walked into a pet shop in Fairfax City. She went there often, sometimes just to pet the animals. But that day she finally saw the puppy she wanted. It was one of the smallest dogs, white with brown spots. She took it home and named it Bailey.

But soon, Bailey started coughing and sneezing. She wouldn't drink water, wouldn't eat. Days after the purchase, Bailey's owner took her to the vet clinic, which informed her that Bailey had pneumonia, parvovirus, and a congenital heart defect. None of this had been disclosed prior to sale.

"Bailey might not make it," they said, "do you want us to try to save her life?"

Today Bailey has fully recovered. She came down to Richmond and sat quietly in her owner's lap in a Senate Committee meeting. Thanks to a loving owner, she survived. And now she is the face of successful legislation I sponsored (SB 228), which will greatly strengthen regulations of pet stores in Virginia:

"Bailey's law" has two parts: one is a disclosure, the other is a guaranty.

In regard to disclosure, pet shops starting on July 1, 2014 will be required to disclose the origin of any companion animal, the USDA breeder's license number, and the name of the breeder. This

allows the consumer to know that the dog or cat comes from a registered, licensed breeder, and not from a puppy mill.

The guaranty works like this: if the newly purchased pet becomes sick or diseased within a two week period, the owner has a right to collect a refund.

The owner will provide proof of veterinary costs, and the pet shop will give money back up to the cost of the animal.

Currently pet buyers have a right to return the animal for a full refund, but once people have bonded with an animal, they want to nurse it back to health. This is especially true since "give backs" to the pet store will typically result in the returned pet being euthanized. And that's not what we want.

Like most legislation, "Bailey's Law" is a compromise between all of the parties involved. We worked with the Humane Society, the Virginia Veterinary Association, pet owners, and small business owners to craft a bill that satisfied the concerns of all parties. The bill passed unanimously out of the Senate and by a large margin in the House.

"Bailey's Law" is an example of a bill that occurs in response to a constituent concern. I'm actually not a pet owner.

But I appreciate citizens who do the right thing and seek to protect all creatures, great or small. For that reason, I was happy to sponsor SB 228.

### LETTERS TO THE EDITOR

#### Race to Watch

To the Editor:

Thanks for the well-documented article on the political trends in Virginia's 10th Congressional District ("How Red is the 10th District?" February 19-25, 2014). The conventional wisdom among political prognosticators is that the District leans Republican. However, recent voting patterns suggest that a strong Democratic candidate could be well within striking

distance for a win. Consider the following: first, in the past two gubernatorial elections, the Republican nominee won the 10th District by only 1 percent. Second, the seat is now open, and retiring Congressman Frank Wolf's name recognition and constituent service record are not in play.

The front running Republican nominee, Barbara Comstock, spent \$1.4 to defend her seat in the Virginia House of Delegates last year, winning with less than 52 percent of the vote. Another candidate for the Republican nomination, longtime Delegate Bob Marshall of Loudoun County, won

re-election by about 400 votes. On the other hand, Fairfax Supervisor John Foust, the likely Democratic nominee for the 10th District Congressional seat, carried every precinct in his contested campaign for re-election in 2011, winning more than 60 percent of the vote.

Democrats are gaining ground in northern Virginia because the issues are working in their favor. Polls show strong support for investing in transportation and education as well as for protecting and expanding access to health care for women and low income workers. The eventual Republican candidate may have a hard time moving away from the Tea Party positions necessary to win the Republican nomination. Extreme positions

on economic and social issues will not play well in the suburban areas of Fairfax and Loudoun counties where 70 percent of 10th District voters reside.

In the end, we may find the 10th District to be a toss-up, despite conventional wisdom.

**Sue Rosenberg**  
Vienna

#### Common Sense Law Obstructed

To the Editor:

Keeping guns out of the hands of dangerous people is just common sense – but sadly, in Virginia, our system is backwards and works to protect criminal access to guns.

Recently, some of our lawmakers tried to fix this conundrum with the Women and Family Protection bill, SB510. This bill would

have prohibited individuals convicted of violent misdemeanors including stalking, sexual battery, or assault and battery of a family member, from possessing a firearm for a period of five years following their conviction. It passed out of the Senate with strong bipartisan support – but was killed in the House by a handful of Committee

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# FAITH NOTES

Faith Notes are for announcements and events in the faith community. Send to [mclean@connectionnewspapers.com](mailto:mclean@connectionnewspapers.com). Deadline is Friday.

**Faith and Public Policy Breakfast.** Everyone is invited Saturday, March 15 to hear a panel of Fairfax County leaders discuss issues around the theme "Caring for the Vulnerable in an Affluent County - Policy and Program Challenges." The session will be moderated by Jane Edmondson, Chief of Staff for Dranesville Supervisor John Faust, and will include Kerrie Wilson, CEO of Cornerstones which supports Northern Virginia people in need; Nannette Bowler, Director of the Fairfax County Department of Family Services; and Dr. Gerald Poje, Vice-Chair of the Fairfax County Human Services Council. The free continental breakfast begins at 8:30 with the discussion addressing how faith communities can have an impact ending at 10:30. It will be held at Lewinsville Presbyterian Church, 1724 Chain Bridge Road in McLean. Contact Ray Martin for details, email [martins@aol.com](mailto:martins@aol.com), phone 703-556-0123.

**Great Falls United Methodist Church** is offering "24 Hours That Changed the World," about the last 24 hours of Jesus' life - before the resurrection. The study, written by Adam Hamilton, will be offered during the Sunday school hour (9 to 9:45 a.m.) beginning on Sunday, March 9 through Sunday, April 27 at Great Falls United Methodist Church, 10100 Georgetown Pike, Great Falls. Youth and adults are welcome to participate. The study will also be offered on Wednesday mornings from 10 to 11 a.m. beginning Ash Wednesday, March 5 through Wednesday, April 16. On Sunday morning, the nursery will be staffed for childcare

needs. If you have questions, contact Bertina at [youth@greatfallsumc.org](mailto:youth@greatfallsumc.org) or Pastor Dennis at [atpastordenise@greatfallsumc.org](mailto:atpastordenise@greatfallsumc.org).

**The Jewish Social Services Agency (JSSA)** offers a wide variety of support groups for those with emotional, social, and physical challenges. [www.jssa.org/growth-learning](http://www.jssa.org/growth-learning).

**HAVEN of Northern Virginia** offers a variety of free bereavement support groups, meeting on a weekly basis. 703-941-7000 or [www.havenofnova.org](http://www.havenofnova.org).

**McLean Bible Church Fitness Class at Body & Soul Fitness.** Gain balance, energy and strength at 9:45 a.m. Mondays and Fridays. Free childcare for registered students. [bodyandsoul@mcleanbible.org](mailto:bodyandsoul@mcleanbible.org).

**St. Dunstan's Episcopal Church,** 1830 Kirby Road in McLean, holds a third Sunday service every month at 10:15 a.m. which allows children to play active roles in the music and as greeters and ushers. Traditional services are every Sunday at 8:15 and 10:15 a.m.

**Vienna Christian Healing Rooms** are open, every Saturday, 1-5 p.m., at 8200 Bell Lane. A team of Christians is available to anyone requesting prayer. Free and open to the public. 703-698-9779 or [www.viennachristianhealingrooms.com](http://www.viennachristianhealingrooms.com).


**Chesterbrook United Methodist Church** is at 1711 Kirby Road, McLean. Worship service is at 11 a.m. Sunday school is at 9:30 a.m. for adults and children. 703-356-7100 or [www.ChesterbrookUMC.org](http://www.ChesterbrookUMC.org).

## Dealing With Snow in McLean

**Chesterbrook Woods residents in McLean organize to deal with snow on Monday, March 3. The Laburnum Street Snow Guys (in picture) have been busily clearing driveways.**

PHOTO BY ELIZABETH ENDE






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to your  
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Next 3-part training session meets March 22, 29 and April 5

For more information or to register, contact Ginny Snaider, LCSW, at [gsnaider@nvfs.org](mailto:gsnaider@nvfs.org) or 571.748.2557

Northern Virginia Family Service  
[www.nvfs.org/fostercare](http://www.nvfs.org/fostercare)



## County Faces a Budget Challenge

FROM PAGE 3

"The county executive's proposed budget falls short in protecting the county's jobs and services," said Joe Wilhelm, president of SEIU Virginia 512.

Wilhelm said Fairfax County employees have fallen behind peers in neighboring jurisdictions when it comes to pay, and Long's budget proposal fails to help employees catch up.

"As a result, the best librarians, social workers, engineers and more will continue to leave Fairfax County to serve in other jurisdictions, hurting the services residents depend on," Wilhelm said.

**OTHER HIGHLIGHTS** of Long's budget proposal include:

- ❖ A 1.29 percent compensation increase for county employees based on a Market Rate Adjustment, effective July 1, 2014, as well as an increase in funding of health insurance and other benefits.

- ❖ Increase in capital construction funding, including capital renewal (planned replacement of aging roofs, electrical systems, HVAC systems, plumbing systems, etc. in county facilities), compliance with the Americans With Disabilities Act (ADA) and athletic field maintenance.

abilities Act (ADA) and athletic field maintenance.

- ❖ Increase in public safety funding, including 9-1-1 support and requirements, and full year funding of operations at the Wolftrap Fire Station.

- ❖ Increase in human services funding including behavioral health services for youth, school readiness for preschoolers and domestic violence services.

Public hearings on the proposed FY 2015 Budget are held in the Government Center Board Auditorium:

- ❖ April 8, 6 p.m.
- ❖ April 9, 3 p.m.
- ❖ April 10, 3 p.m.

Those wishing to speak at a public hearing can sign up online to place their name on the speakers list or contact the Office of the Clerk to the Board at 703-324-3151, TTY 703-324-3903. The public hearings will be held in the Board Auditorium, Fairfax County Government Center and will be shown live on Fairfax County Government Channel 16.

Residents can also provide feedback and comments on the proposed budget through mid-April at [dmbinfo@fairfaxcounty.gov](mailto:dmbinfo@fairfaxcounty.gov).

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# The Langley School Presents 'Annie'

Performances March 13-15 at 7:30 p.m. in the school's Sherman Arts Center.

Middle School students at The Langley School will present the Broadway musical, "Annie," in three evening performances March 13-15 at 7:30 p.m. in the school's Sherman Arts Center. Tickets may be purchased online at [www.langleyschool.org](http://www.langleyschool.org) for \$8 each.

This popular musical production, based on the famous comic strip heroine, has charmed audiences throughout the world, earning seven Tony Awards including Best Musical. The rags-

riches story opens in 1930s New York City, where Annie is living in an orphanage run by the cruel Miss Hannigan. Determined to find her real parents, Annie and her furry friend, Sandy, escape from the orphanage. After befriending billionaire Oliver Warbucks, she enlists his help to search for her parents, but eventually finds a permanent home — and a very happy ending — with Warbucks.

Accompanied by a live pit orchestra, Langley's show includes 11 of the musical's signature songs, including "Tomorrow," "Maybe," "Fully Dressed," and



PHOTO CONTRIBUTED

Middle School students at The Langley School rehearse the song "Hard Knock Life" for their upcoming production of "Annie."

"Hard Knock Life." In addition to learning about life in the Depression era, the 31-member cast is

also practicing New York dialects and learning complex choreography.

## Solving the VEXing Challenge Of STEM

Partnerships make it happen for winning team to attend State Robotics Championships.

After months of practice and winning the local competition, the Bailey's Computer Clubhouse team was elated to learn it qualified to enter the State VEX Robotics tournament in Doswell, Va. in February. That enthusiasm, however, was quickly tempered as the team sponsors realized, although the kids were ready, willing and able to go, they simply didn't have the entry fee or money for transportation to make it happen.

The good news is that, led by Fairfax County Office of Partnerships (OP3), the community stepped in to make their dream a reality. OP3 facilitated a coalition of interested businesses, nonprofits and Fairfax County agencies, resulting in buses contributed by the Fairfax County Neighborhood and Community Services; a donation of \$1500 to cover registration fees, meals and logistics courtesy of GAP Solutions, Inc.; and shirts gener-



PHOTO CONTRIBUTED

The 'Pearls Team' from Cornerstones Clubhouse competes at the Regional 'Toss Up State Qualifier.'

ously printed courtesy of Reston Shirt and Graphics. With all of this support the teams embarked for the state competition along with their coaches, Northern Virginia Community College Students.

The teams are part of the North-

ern Virginia Community College's (NVCC) SySTEMic Solutions initiative. Created in response to the region's critical shortage of scientists, engineers and technicians, the program's ultimate goal is to meet the demand for a trained workforce in advanced technolo-

gies. Students in SySTEMic Solutions are likely to be the first in their family who have considered college, and come from a moderate or lower income family. With multi-institutional collaboration at the secondary and post-secondary level coupled with collaboration among K-12 school divisions and industry, this key best practice is set to increase college success and completion rates amongst at-risk student populations.

Through SySTEMic Solutions, NVCC has created a collaborative arrangement among K-12 school divisions, higher education institutions, local government and employers to create a sustainable workforce pipeline that by the year 2015 will have more than 3,000 students preparing for STEM careers.

Now that's a winning solution to a VEXing problem.

NOTE: Coaches and mentors are always needed and welcome. For more information contact: Wendy Lemieux, Fairfax County Office of Public Private Partnerships, 703-424-1805, [wendy.lemieux@fairfaxcounty.gov](mailto:wendy.lemieux@fairfaxcounty.gov)

## Flint Hill School Ceramics' Students Raise \$10K to Fight Hunger

On Saturday, Feb. 22, Flint Hill School hosted the 4th annual "Empty Bowls," an event held to raise money to fight hunger by selling ceramic bowls made by members of the Flint Hill School community—students, parents, alumni, faculty, and staff. Approximately 900 bowls were produced and sold for \$15 each, bringing the total to nearly \$10,000—the highest

so far for this event—all to benefit DC Central Kitchen.

Upper School students with the Clay Club took charge of planning this year's event, along with ceramics teacher Julia Cardone. "The students' leadership was instrumental to making this event successful and ultimately making a real difference in the lives of others. In preparation for the event, they spent many weekends and after school hours in

the ceramics studio."

Senior Madison Oliver, a key coordinator of "Empty Bowls," summarizes the event's purpose: "This project is about more than just making bowls: we are giving back to an organization that deserves the community's help."

The day of the event was a celebration of community and giving, with DC Central Kitchen providing soup for lunch, a silent auction of

fering additional opportunity to raise funds, a student musician playing the guitar, and guest artist David MacDonald traveling from upstate New York to give on-site pottery demonstrations.

"Empty Bowls" is one of numerous community service projects at Flint Hill School. Read more at: [www.flinthill.org/school-wide/community-service/](http://www.flinthill.org/school-wide/community-service/)

## CALENDAR

Send announcements to [vienna@connectionnewspapers.com](mailto:vienna@connectionnewspapers.com). Deadline is Friday for the following week's paper. Photos/artwork encouraged.

### FRIDAY/MARCH 7

**Seed Bead Workshop.** 7-8 p.m., Vienna Community Center (VCC), 120 Cherry St SE, Vienna. Melissa Grakowsky-Shippe presents her wonderful seed bead designs. [www.nvbs.org](http://www.nvbs.org)

### SATURDAY/MARCH 8

**Mardi Gras Party.** 8 p.m., American Legion Post 180, 330 Center St. N., Vienna. A veteran's fundraiser and A Tribute to Fats Domino and music by New Orleans' own, Terry Lee Ryan. \$35. [www.Legion180.net](http://www.Legion180.net).\*

### SUNDAY/MARCH 9

**The Stern/Andrist Duo Concert.** 3 p.m. Alden Theatre of McLean, 1234 Ingleside Avenue, McLean. This free concert will feature violinist James Stern of the University of Maryland and multi-talented pianist Audrey Andrist in a program that includes a sonata by Janacek, Four Pieces by Suk, Theme and Variations by Messiaen, and the Sonata in C minor by Beethoven.

### MONDAY/MARCH 10

**Lunch 'N Life.** 12 p.m. Emmanuel Lutheran Church, 2589 Chain Bridge Road, Vienna. Join the Shepherd's Center of Oakton-Vienna (SCOV) for their first in 2014 schedule of Lunch 'N Life events. It includes lunch and dessert followed by Ric Edelman, who appears on stage frequently, talking to thousands of people every year,

### FRIDAY/MARCH 7

**Boys & Girls Clubs of Greater Washington's (BGGGW) Fairfax County Region Inaugural Casino Night Fundraiser.** 6:30-11:30 p.m. The Ritz-Carlton, 1700 Tysons Blvd, McLean.

The Fairfax Regional Board will bring a bit of friendly Vegas-like fun to support the programming for the region's two Clubs. Unlike the money and chips found in real casinos, Casino Night guests will receive funny money and a bidder number. They will use their winnings from casino-favorites such as Black Jack, Texas Hold 'Em, and Craps to bid on fabulous raffle prizes. The more chips players accumulate at the gaming tables the better their chances to win great raffle prizes at end of evening

The Fairfax Region of BGGGW provides a safe haven for more than 580 young people between the ages of 5 and 18 years old at

and is widely acknowledged as an entertaining and informative speaker. Visit <http://scov.org/calendar.htm> or call the office at 703-281-0538. \$10 per person. Reservation and preparation required by Wednesday, March 5.

### FRIDAY/MARCH 14

**Casino Night & Silent Auction.** 7 p.m., The Grand Atrium, 2236 Gallows Road, Vienna. James Madison HS (JMHS) Athletic Booster Club hosts its 8<sup>th</sup> Annual Casino Night & Silent Auction. Advance: \$55, At the door: \$65.

Caboose. The layout reflects the mountainous terrain and towns of Western North Carolina with award winning structures. Hosted by the Northern Virginia Model Railroaders. [www.nvmr.org](http://www.nvmr.org)

### SUNDAY/MARCH 30

**Capitol Steps.** 4 p.m. James Madison High School, 2500 James Madison Drive, Vienna. The quick witted multifaceted congressional staffers, will be performing their popular fast-paced musical political satire. Proceeds to benefit the Class of 2014 All-Night (Drug Free, Alcohol Free) Grad Party. To pre-order ticket(s), include your name, telephone, address & e-mail and mail your \$25 (per ticket) check payable to: JMHS All-Night Grad 2500 James Madison Drive Vienna, VA, 22181 or purchase now online <http://www.brownpapertickets.com/event/569720> or (if available) on the night of the performance will be \$30. Contact us for additional info here: [jmhsapsteps@gmail.com](mailto:jmhsapsteps@gmail.com). Special: due to popular demand, there is a Senior Discount that we are offering to those who are 65 and over, only \$23.

Register now. To purchase tickets for Casio Night & and more information about Fairfax Region of Boys & Girls Clubs of Greater Washington visit: [www.bggcw.org/fairfax/casino-night/](http://www.bggcw.org/fairfax/casino-night/)

### ONGOING

**Straight Ahead Jazz.** 8 p.m., at the Maplewood Grill, 132 Branch Road, Vienna. Every Monday drummer Karl Anthony hosts a night of straight ahead jazz featuring guest musicians and open to sit-in musicians. [www.maplewoodgrill.com](http://www.maplewoodgrill.com).

**Personalized ebook/e-Reader Instruction.** Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Learn about your e-reader and downloading eBooks; event continues through March 31.

### SATURDAY/MARCH 15

**Ballroom Dance.** 8-11:30 p.m., Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls. DJ music from Craig Bukowski playing favorite dance tunes from the 1930s to today. \$15. 703-759-2685 or [www.colvinrun.org](http://www.colvinrun.org).

**Model Trains.** 231 Dominion Road NE, Vienna. 1-5 p.m. See and hear model trolleys and steam and diesel trains plus Thomas and some of his friends in the Historic Vienna Train Station along the W&OD trail just past the

[www.warhawksparts.org](http://www.warhawksparts.org) or [jmhsathleticbooster@gmail.com](mailto:jmhsathleticbooster@gmail.com).

## Happy St. Patrick's Day!

You've heard about St. Patrick who drove the snakes out of Ireland, but did you know about St. Catrick, who saved the kittens out of shelters? Now's your chance to find out! Join Lost Dog & Cat Rescue Foundation for a St. Catrick's Day celebration, and learn how you can help save lives.



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The ceremony recognized the achievement of the four boys in attaining the highest rank of Boy Scouting.

## Four Boy Scouts Receive Eagle Scout Medals

Robert Hefferon, Quan Pham, Eswar Sriram, and Sudharsan Sriram, members of Boy Scouts of America Troop 869 in McLean, received their Eagle Scout medals in a ceremony at Immanuel Presbyterian Church on Saturday, Feb. 22. This ceremony recognized the achievement of the four boys in attaining the highest rank of Boy Scouting. In the presence of their fellow members of Troop 869, families, friends, and members of the community, the boys were presented with their Eagle Scout

badges, certificates, and Eagle Scout neckerchiefs in honor of this accomplishment. As a culmination to their many years of participation in Boy Scouts, each of the boys oversaw the planning and implementation of a significant project that benefited an organization that was important to him and to the McLean community. Each project received support from the volunteer help of the scouts of Troop 869 and numerous community members who pitched in to help get the jobs done.

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# Creating a Harmonious Family Life

Local experts offer tips for keeping your family happy.

BY MARILYN CAMPBELL  
THE CONNECTION

As Elizabeth Rees drove her daughter and two of her daughter's friends to a library reading group recently, the Alexandria mother of three admits that she felt like a chauffeur at first. But she had a change of heart after hearing sounds of laughter.

"They were giggling and so sweet in the back," said Rees, the associate rector at Saint Aidan's Episcopal Church in Alexandria. "Suddenly that moment of grace turned it all around and I felt privileged to be there. I think that sort of thing happens all the time if only we are paying attention."

What are the keys to paying attention and creating a happier family life? Experts say it's important to stop trying to do everything 100 percent and make other things a priority. They offer their top tips for creating balance.

"With three young kids, a two-career marriage and way too many activities, I find this balance as hard as everyone else and am absolutely preaching to myself," said Rees.

**EXPERTS SAY** living in a competitive area like the Washington, D.C., region can make creating balance even more challenging. "I see children who are stressed to always be the best," said Dr. Bruce Pfeffer, a Potomac, Md.-based child psychiatrist.

Parents play a critical role in helping children create a healthy balance of work and play, he added, explaining that "parents must serve as rudders to guide their children [toward the] peace of mind that comes with a supportive home environment, emphasis on gaining joy in life, along with appropriate goals and achieving."

Michael Moynihan, head of the Upper School at The Heights School in Potomac, Md., agrees. "The most significant obstacles to harmonious family life today are over scheduling and over connectedness ... resulting in families that are pulled in many different directions for activities, and when they have those brief moments together, are often plugged into various electronic devices," he said.

Make finding uninterrupted family time a priority. "The solution is to schedule family time such as meals together — without electronic devices — and to protect this time from other activities," said Moynihan.

Rees suggests being present and engaged. "So much of life is spent in work and preparation and accomplishments that it's hard sometimes to live in the moment," she said. "Maybe some days the only time you have together is in the car. ... Try to remember to make the most of even those moments."



Elizabeth Rees, the associate rector at Saint Aidan's Episcopal Church in Alexandria, says laughter, forgiveness and gratitude are among the factors that create a harmonious family life. Here she is pictured on a family vacation with her daughter Maya, 3; her husband Holden Hoofnagle; her son Dylan, 7; and daughter Sophia, 10.

PHOTO COURTESY OF ELIZABETH REES

Colleen Vesely, Ph.D., an assistant professor of early childhood education and human development and family science at George Mason University, said "It's also important to find joy in the mundane and to give one's self and others a break ... to be patient, empathic and compassionate with yourself and with your coparent. ... But that doesn't mean not holding everyone accountable to the family system, which is also critical."

Rees encourages stressed parents to give themselves time alone as well. "I am part of a prayer and listening group on Tuesday nights. We come together and have a time of silence and share where we are in our lives. For me, that's my chance for renewal, refreshment, and it makes me return home with a completely different attitude. ... For others, it might be a walk in the woods or coffee with a good friend, or an hour at the gym. It's hard to make space for yourself, but it can make a big difference in how you treat the people around you."

When it comes to building a harmonious family life, which elements matter most? "Love, obviously, is essential," said Rees. "But that's a big and amorphous word and really has to be much more about how we live than what we feel when it comes to daily relationships. When we are stressed

or worried or tired, our closest relationships are the ones that take the biggest hit. It is in those all-too-frequent moments that we have to work the hardest at things like kindness, respect, thinking of how the other person feels."

The willingness to forgive oneself and one's family members is also vital to family harmony. "We all do and say things without thinking all the time with our families," said Rees. "They bear the brunt of all the weight we carry. Try to remember that in the heat of the moment and put aside petty grudges."

**"The solution is to schedule family time such as meals together — without electronic devices to interrupt being present to each other — and to protect this time from other activities."**

— Michael Moynihan,  
head of Upper School, The Heights School

Sometimes, says Rees, it's small, often overlooked actions that can have a major impact. "Little things matter so much in family life," she said. "Replacing the soap in the soap dish, or asking someone about their day and really caring about the answer, or giving a hand when you see someone struggling. When my husband hears my car in the driveway when I return from the grocery store and comes out to help carry the bags ... I notice and I feel cared for."

Bethany Letiecq, Ph.D., an associate professor of human development and family science at George Mason University adds, "With myriad external stressors and pressures on family systems, it is really impor-

tant that families ... work together to model positive coping strategies and moderate conflict and anxiety levels. Parents can model healthy conflict resolution practices and support their children's positive coping and adaptation. This often takes a lot of work, learning skills that we may not have picked up from our own family systems [such as] practice, cooperation and patience."

"Learn and implement effective communication skills," said Rees. "Share what you are feeling with those all-important 'I statements' that we know about but find so hard to use in the heat of the moment. Stop what we are doing when there is something we really need to listen to, and then really listen with empathy and love. ... Not just thinking it, but saying 'I love you,' 'I'm sorry,' 'I forgive you,' 'thank you.'"

Manage expectations. "Reasonable expectations seem like a big piece of this, for ourselves, for our kids, for our partners," said Rees. "Remember to step back and think about what really matters and try to place less importance on the rest."

Parents are a child's best role models for dealing with setbacks. "Parents must help their children be resilient when goals are not met," said Pfeffer. "Sometimes the best growth can be gained by resilience after a disappointment."

**LAUGHTER HELPS A LOT**, too. "Try not to take things so seriously and to see the humor even in the mistakes and the impossible moments," said Rees.

Practice gratitude. "Lately, I keep reading about the link between practicing gratitude and feeling happiness. I find it true in my own life," said Rees. "When I consciously look for things to be grateful for, I am much more aware of the moments of love and beauty in my life. So practice gratitude for each member of our families, for the good that we see in them, for the moments that we have with them. When, after a long day, I get to sit down and read a book with my arms around my kids, I try to remember to thank God for that moment."

"There really is not one 'right' way to parent a child or engage in family life," said Letiecq. "Every parent-child relationship, every family system is unique in terms of what each person brings to the relationship: temperaments, interests, skill-sets, personality traits, personal histories, past familial experience, health issues, etc. ... There is a range of parenting styles, but what seems most important is to do what works best with your child's temperament and what is going to be most supportive and least stressful for the entire family."

## Volunteers Needed to Help Older Adults

**Meals on Wheels** needs drivers in Fairfax. Call 703-324-5406, TTY 711, visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and link to Volunteer Solutions or email [VolunteerSolutions@fairfaxcounty.gov](mailto:VolunteerSolutions@fairfaxcounty.gov).

**The Northern Virginia Long-Term Care Ombudsman Program** needs volunteer advocates for residents in assisted living and nursing facilities.

Training is provided in March. Call 703-324-5861, TTY 711 or email [Lisa.Callahan@fairfaxcounty.gov](mailto:Lisa.Callahan@fairfaxcounty.gov).

**Fairfax County** needs volunteers to drive older adults to medical appointments and wellness programs. Call 703-324-5406, TTY 711, visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and link to Volunteer Solutions or email [VolunteerSolutions@fairfaxcounty.gov](mailto:VolunteerSolutions@fairfaxcounty.gov).

**The Little River Glen Senior Center in Fairfax** needs help with special events and an arts and crafts instructor. Call 703-324-5406, TTY 711, visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and link to Volunteer Solutions or email [VolunteerSolutions@fairfaxcounty.gov](mailto:VolunteerSolutions@fairfaxcounty.gov).

### LETTERS TO THE EDITOR

FROM PAGE 6

Members who sit on the Courts of Justice.

The fact that some of our elected delegates obstructed passage of common sense gun laws is terrifying. It is easy to ignore issues that do not affect us personally and gun violence always seems to affect others – but this is an issue that all Virginians should care about.

I used to be oblivious to gun violence. My eyes – like so many others – were opened to gun violence through the unspeakable tragedy of the Sandy Hook shooting. As a parent of elementary school-aged children, I was finally paying attention. My daughter's school held a meeting to reassure parents that they were taking every precaution to keep our children safe – and at this meeting the principal explained that children at my daughter's school are at greater risk of domestic violence than a mass shooting.

What should have brought parents comfort is actually quite alarming. Domestic violence and guns are a lethal combination. Most victims of intimate partner homicide

are killed with a gun, and the presence of a gun in a domestic violence situation makes it five times more likely that the woman will be killed. A bill like SB510 would have helped keep guns away from abusers and save lives in Virginia.

That's why it is so disappointing that some of our delegates chose to preserve the gun rights of criminals over the safety of Virginia's women, children and families.

In the wake of Sandy Hook, Virginia mothers are paying attention to the epidemic of gun violence in our country – we know its not just mass shootings but every day gun violence that harms our communities. And when it comes our turn to vote, we will remember who voted on the side of public safety and who did not – we will hold our political leaders accountable.

**Ruth Hoffman**  
McLean

*Ruth Hoffman, is the membership lead for Moms Demand Action for Gun Sense in America.*

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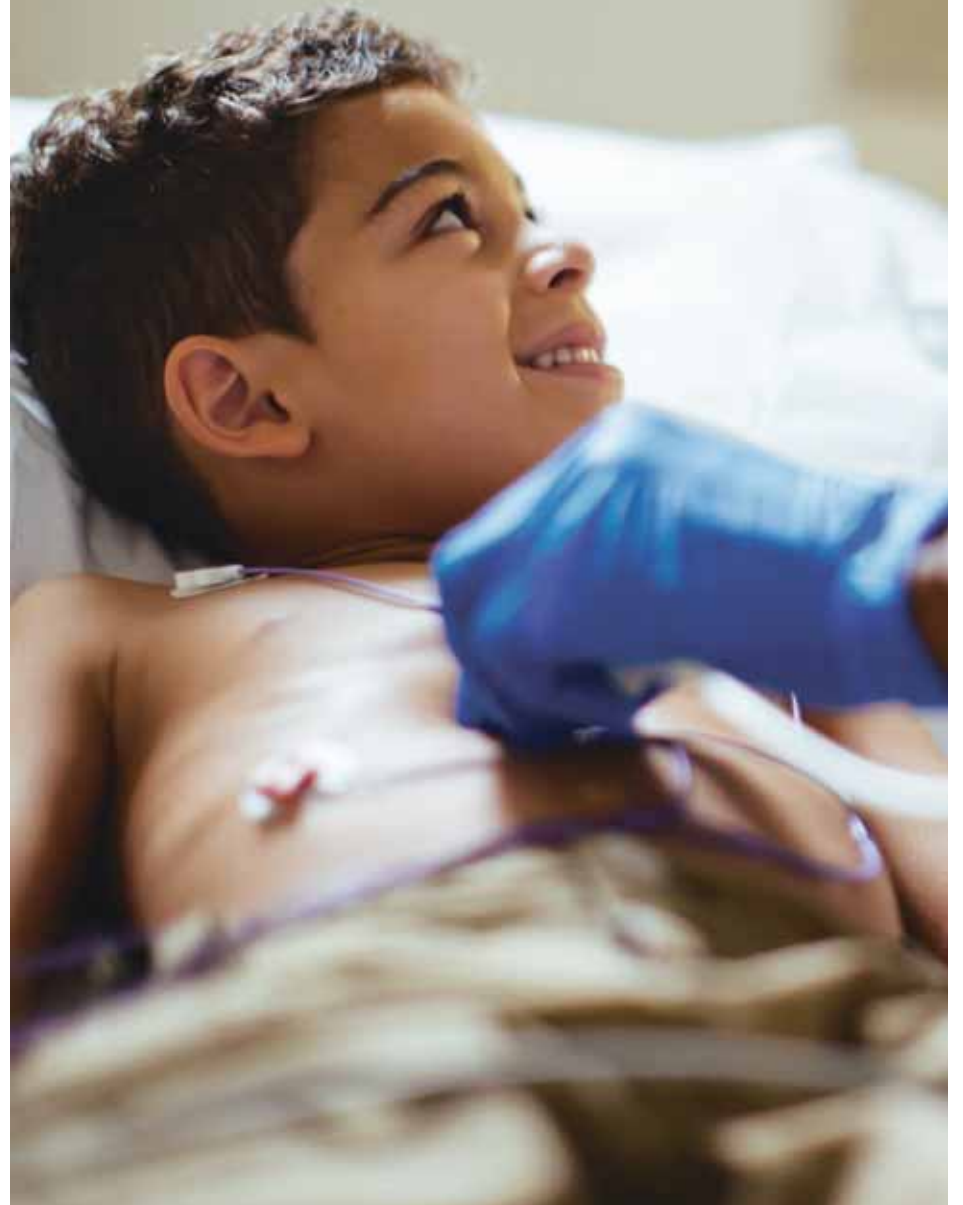
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# Madison's Koshuta Scores 39 Against 'Idol' Floyd

## Warhawks lose to Stonewall Jackson in region semifinals.

BY JON ROETMAN  
THE CONNECTION

The Madison girls' basketball team's season had ended and Kelly Koshuta stood teary-eyed inside Robinson Secondary School, saddened that she had played with her senior teammates for the final time.

Koshuta, a 6-foot-2 junior, did all she could to extend the Warhawks' season, but a career-high 39 points and 19 rebounds weren't enough to beat Stonewall Jackson, which defeated Madison 78-72 during the 6A North region semifinals on Feb. 27. The Warhawks finished one win shy of reaching the region championship game and securing a state playoff berth.

While Koshuta fought back tears during a postgame interview, she was more than happy to talk about the talented athlete she battled during Thursday's contest. Stonewall Jackson senior Nicole Floyd, a 6-foot-2 post who signed with Wake Forest, scored 32 points against Madison. Floyd's versatile skillset — her ability to drive to the basket, produce in the paint and knock down 3-pointers — helped her score 18 points in the

first quarter and 10 in the fourth, when the Raiders were holding off a late Warhawks rally.

"She's a great person to play against," Koshuta said, "and she did amazing today."

But Floyd was more than just a quality opponent and an on-court challenge for the Madison standout. Koshuta admires Floyd as a talented athlete who battled the same kind of adversity she faced.

**IN THE SUMMER OF 2010**, prior to her freshman year, Floyd tore the ACL in her right knee. She returned near the end of the season, helping Stonewall defeat West Springfield in the state semifinals before the Raiders lost to Princess Anne in the championship game.

Two years after Floyd suffered a torn ACL, Koshuta tore the ACL in her left knee during an AAU game prior to her sophomore season. Koshuta sat out the entire 2012-13 campaign and the Warhawks were eliminated in the region quarterfinals.

As Koshuta worked her way back onto the court, she spoke with Floyd, who she knew through AAU ball, about returning from an ACL injury. Floyd explained the need for hard work and remaining mentally strong.

"[Koshuta] came up to me [and] she asked how long it took for me to get back and I told her it took me a full eight, eight-and-a-half months," Floyd said. "She said she was just getting back and I told her



Madison junior Kelly Koshuta goes up against Stonewall Jackson senior Nicole Floyd during the 6A North region semifinals on Feb. 27 at Robinson Secondary School.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

just take it slow. It's a tough, terrible injury to have. It's a terrible process, just keep rehabbing."

Koshuta spoke highly of Floyd. "She's amazing. She's my idol," Koshuta said. "She tore her ACL, too. She recovered from it. I watched her recover and I love that. When I [injured] mine I actually talked to her about it and it was great. Seeing her recover is amazing. She's going to Wake Forest and that's a great accomplishment."

Floyd appeared flattered when informed Koshuta referred to the Stonewall star as her "idol."

"That's really good to hear," Floyd said. "I always want to set a positive example for somebody else looking up to me; what they can do as a player, and not just as

a player, [but] as a person off the court, also. That's a great thing to hear from an opponent, especially after a big game like this."

Floyd and Koshuta both performed well during Thursday's "big game," and Floyd did so while battling the flu. Floyd's 18 first-quarter points, including a pair of 3-pointers, helped Stonewall build a 25-17 lead by the end of the period.

"Kelly did the best she could on defense," Madison senior guard Katie Kerrigan said. "Nicole, give a lot of credit to her, she has the flu, but she was still knocking down those shots. She would not miss. Kelly did a good job. She did all she could do."

"I think that they played really tough," Madison head coach

Kirsten Stone said. "I was proud that they came back from the [18-point deficit]. I think that takes a lot of gumption, a lot of strength. I'm really proud of them."

While Madison cut Stonewall's lead to two twice during the final minute, the Warhawks would get no closer as the Raiders scored seven of the game's final 10 points.

Sophomore guard Aidan McWeeney scored 13 points for Madison, including a trio of 3-pointers. Kerrigan finished with 12 points and sophomore Alexis Hermes added six.

**DESPITE LOSING** its first four games of the season, Madison ended the year with a 19-9 record and finished runner-up in Conference 6. After a loss to South Lakes on Jan. 10, Madison responded by winning its next 12 games and 14 of its final 16.

Stone, the region Coach of the Year, figures to have a strong team next season. Kerrigan was Madison's only senior starter Thursday night, and Koshuta, a first-team all-region selection, figures to be even better.

Plus, Floyd will have graduated, improving the chances of Koshuta crying tears of joy at regionals in 2015.

"We're going to come back stronger," Koshuta said. "That's my second time losing in the [semifinals] and next year I'm not ending my last high school game in the [semifinals]. We're going to go all the way — that's the plan."

## Saxon Ice Hockey Season Ends with Semi-Final Loss

The Langley hockey team played four games in their final week of the season and came one goal away from upsetting Stone Bridge a second time deep in the playoffs.

The playoffs opened with a lackluster start against Osbourn Park. Osbourn struck first with a power play goal and went into cruise mode until senior Jeremy Kim scored the equalizer midway through the second. Both teams traded scoring chances until Osbourn scored the go-ahead with six minutes left in the game. The stunned Saxons continued battling and with just two-and-a-half minutes left in the game, assistant captain Will Clemson teed up a slap shot from the



The Langley hockey team celebrates after scoring against Stone Bridge.

point that was tipped in by captain Drew Schneider to tie the game at 2. Barely a minute later, freshman Sam Shapiro fired a lobbing clear that landed on streaking winger Lizzy Weingast's stick

at the top of the circle in Osbourn's zone. Weingast buried the puck 5-hole and Langley went ahead for good. The game ended 4-2 after an empty-netter by Jason Guidi.

With the opening round behind

them, the Saxons faced Oakton for a rematch in the quarterfinals. The previous matchup led to a disappointing 12-7 loss as the game was scheduled while all three of Langley's netminders were on holiday break.

This game, Oakton would not be so lucky as senior Ryan Framinan was between the pipes. The Saxon icers came out strong in the first with two goals from Guidi and one from Alsaif to end the period 3-0. They never looked back and closed out the tilt 4-0. With the win on Langley's home rink, they were slated for a rematch against Stone Bridge on their home ice in Ashburn.

Langley knew that Stone Bridge was going to come at them fast after their previous matchup wherein Langley handed Stone

Bridge their first regular-season loss in more than two years. Stone Bridge drew first blood with a goal at the 4:33 mark of the first period and never trailed. The third period started with Langley down 4-1 before Guidi scored at the 13-minute mark followed by Shapiro's strike with the 2:24 left in the game. Down by a single goal, the Saxons pulled their netminder for the extra skater but were unable to capitalize and lost 4-3. Stone Bridge went on to lose in the finals to Briar Woods.

Seniors Schneider, assistant captain Jeremy Kim, Michael Cox, Weingast, and goalies Ryan Framinan and Ryan Guidi contributed to another successful season for Langley Hockey.

PHOTO BY TERI FRAMINAN

# NEWS

## Ribbon Cutting for a New Fitness Room

**O**n Feb. 11, local-area nonprofit PRS, Inc. held a ribbon cutting of the new PRS Tysons Recovery Academy fitness room with the McLean Community Foundation Board of Trustees.

The new fitness room was made possible by a generous grant from the McLean Community Foundation. Funds from this grant enabled PRS to furnish a Fitness Room at the PRS Tysons Recovery Academy and provide supplies for fitness classes within the program. The fitness room features a treadmill, stationary bikes, a water rower, exercise mats, a weight rack, and a set of free weights. PRS partnered with Leisure Fitness of Tysons Corner to purchase the new equipment. The Leisure Fitness team provided guidance on the layout and design of the fitness room, as well as equipment training for staff.

PRS Tysons Recovery Academy is structured similarly to a community college, offering courses on a quarterly basis to approximately 160 clients annually; PRS serves adults living with mental illness, substance use disorders, mild in-



PHOTO CONTRIBUTED

**McLean Community Foundation Board of Trustees members President Demetra Matthews, Secretary Ameer Burgoyne, Past President Rip Sullivan and Kathleen Murphy cut PRS' Fitness Room ribbon alongside PRS President & CEO Wendy Gradison and Audrey Goldstein, Chair of PRS Board of Directors.**

tellectual disabilities, autism spectrum disorders or any combination of these. This spring semester, Fitness Lab is offered to clients. The goal of this course is to teach clients how to use the various equipment and enable them to become comfortable using the gym inde-

pendently.

The National Association of State Mental Health Program Directors reports that the average life expectancy for people with serious mental illness is 25 years lower than that of the general population. PRS' clients frequently deal with preventable health issues, including cancer, cardiovascular disease and diabetes.

"The majority of our clients have wellness objectives incorporated in their individual recovery plans," said PRS President and CEO Wendy Gradison. "The addition of high quality gym equipment that is available to clients five days a week supports all PRS Tysons Recovery Academy clients in their efforts to improve their physical health and quality of life."

PRS, Inc., is an award-winning, community-based non-profit dedicated to helping adults living with mental illness, substance use disorders, mild intellectual disabilities, autism spectrum disorders, or any combination of these achieve personal wellness, recovery and community integration. Visit PRS' website, [www.prsinc.org](http://www.prsinc.org), for more information.



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## McLean Project for the Arts Honors Capital One

**T**he McLean Project for the Arts (MPA) held a business leaders reception in their galleries honoring lead MPA ArtReach sponsor, Capital One on Feb 19. The MPA ArtReach program brings

abled adults into the MPA galleries located at the McLean Community Center for free tours and hands on art projects led by professional artist/educators. Gallery tours for elementary school students are based on the Virginia SOL curriculum.

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# Not Yet, Really



By KENNETH B. LOURIE

While we're exchanging pleasantries here, in semi real time – although this column will not be most read until March 6th (I need to submit it on Monday, March 3rd as we go to press on Tuesday, March 5th), I feel the obligation, given how last week's column ended, to update you on the results from my February 26th CT Scan. Presumably, by the title you all have determined that as of this writing, Saturday, March 1st, I have not heard back from my oncologist. Typically, I would have already heard from him, electronically. But so far, not a peep, electronic or otherwise and believe me, I've been checking, as you might imagine.

This non-communication has happened twice before that I can remember. The first time, my oncologist did not e-mail results to me because he said, as a presumptive courtesy, he doesn't like to share bad news in an e-mail. The second time he neglected to send a post-CT Scan e-mail, the news was good and sort of not worth mentioning, he said, because the news wasn't bad; if that makes any sense at all. Either way, the silence is hardly golden. And the longer I live, the less patience I have for such irregularities.

And what complicates my interpretation of this most recent electronic silence is that I have previously made it clear to my oncologist that my not receiving these post-CT Scan results, however good, bad or indifferent they may be, is far more difficult for Team Lourie than actually receiving them. So now, after we've established these communication guidelines (expectations, requirements even) it is a bit perplexing as to why we've not heard anything. But is it cause for concern? I'll tell you what it's cause for: unnecessary and barely controllable anxiety and stress concerning the interpretation of what any of it definitively means.

Maybe it means nothing because there was an internal computer problem that "sent" e-mails into cyberspace, rather than their intended recipients? Perhaps the staff Radiologist called in sick that day or had to leave town unexpectedly and no replacement could be found – in a timely manner, to read all the X-Rays, CT Scans, MRIs, etc. that day and as a result, results and communication of said results have been delayed? Maybe my oncologist is on vacation or out sick himself or had to leave town unexpectedly and my scan results/his assessment/summary of them are sitting in his in box and were not sent because, as I would understand, he prefers to send out his own e-mails? Heck, there might even be protocol/privacy issues that prevent such communications from being forwarded unless all parties agree in advance. In fact, never before have I received e-mails from any other oncologist. It's always been Dr. "H." Or maybe, the results are so bad that, despite our previous conversations on the subject, my oncologist is ignoring my preference in order to tell me in person, since he will be seeing me on Friday, March 7th for our regularly scheduled post-CT appointment? Or maybe the results are so good, he wants to tell me in person and see for himself the joy and relief his care has brought to a patient of his whom he originally characterized as terminal and gave a "13-month to two-year" prognosis? Or, as Paul Harvey never said: you don't know the rest of the story.

Consequently, what one experiences, as maybe you can tell from the previous paragraph, is a non-stop rearranging and reinterpreting of one's medical circumstances, potential medical circumstances, real and/or imagined medical circumstances, and anxiety over any and all of them.

Still, I've been through this kind of waiting before for medical results. It's not easy, but I can handle it. Nevertheless, it sort of seems like a waste of my ability to handle such things, given the seriousness of what I may yet have to handle.

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

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**SCHOOLS**

**Children's author Laura Murray takes a break from her presentation to Churchill Road students. From left to right are: library assistant Jean Simpson, author Laura Murray and librarian Sari Warren.**



PHOTO BY KIM MORAN

**Children's Author Laura Murray Visits Churchill Road**

Thanks to Churchill Road librarian Sari Warren, award-winning Children's Author, Laura Murray, visited the school on Feb. 19 and 20. The author of the Virginia Reader's Choice book, "The Gingerbread Man Loose in the School" and "The Gingerbread Man Loose on the Fire Truck," Murray was a huge hit with students and teachers.

Murray entertained students from kindergarten through third grade with her tales of "The Gingerbread Man" and his adventures. Second grade students especially en-

joyed hearing about the author's childhood and how she took moments from her own life and incorporated them into her writing. Second graders Liam Schuette and Jasmine Maples used Murray's writing tips as inspiration to create their own books, which they later shared with their teachers and classmates.

In addition to giving writing tips to the children, Murray had the students compete in a lively quiz show to demonstrate what they had learned about "The Gingerbread Man."

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Don't miss this WONDERFUL 6br/3.5 bath home on 3 finished levels with stunning gourmet kitchen; family room off kitchen; spacious deck overlooking lush treed yard!



FOR  
SALE!

Falls Church City  
\$769,999



FOR  
SALE!

Arlington  
\$750,000



FOR  
SALE!

Falls Church  
\$675,000



FOR  
SALE!

Arlington/Falls Church  
\$1,395,000



Price  
Adjusted!

Falls Church City  
\$899,000



FOR  
SALE!

Falls Church  
\$825,000

CALL ME TODAY TO SCHEDULE A PRIVATE SHOWING OR  
FOR A FREE ANALYSIS OF YOUR HOME'S VALUE! (703) 606-7901

