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News

From left, State Senators Barbara Favola (D-31) and Janet Howell (D-32), with Delegates Bob Brink (D-48), Barbara Comstock (R-34) and Mark Keam (D-35) at the McLean Community Center Wednesday, Jan. 2.



PHOTO BY
ALEX MCVEIGH/
THE CONNECTION

MCA Hosts Legislators Before Session

State senators, delegates brief community on goals for session starting Jan. 9.

> By Alex McVeigh The Connection

he McLean Citizens Association hosted a town hall meeting featuring McLean-area state representatives Wednesday, Jan. 2 at the McLean Community Center. This year's session begins Jan. 9, and since 2013 is an odd-numbered year, the session will go for 30 days with an option to extend for a maximum of 30 days.

Two-year budgets are created in the even-numbered years, but Del. Bob Brink (D-48) says the assembly uses the odd-numbered years to make "midcourse corrections" after seeing how revenues and expenditures compared to projections.

He said that while revenues are at their pre-recession, 2008 level, there is still uncertainty, mostly stemming from the federal government.

"Virginia has been shielded from much of a recession by virtue of the federal government. The way this will potentially impact Virginia will be played out in the coming weeks. The fiscal cliff would have hit Virginia disproportionately and the notion of sequestration, automatic cuts to the federal government, will hit Virginia hard," he said. "We are the number one recipient of federal procurement dollars on a per capita basis, in our area and the Hampton Roads area. Federal spending makes up 36 percent of the economy in the area."

STATE SEN. BARBARA FAVOLA (D-31) said Medicaid expansion is one of her top priorities, and she hopes the General Assembly will "take a stand" this session and get it through.

"In my view, Virginia has an opportunity to take great steps forward to protect some of our most vulnerable and very low-income individuals—by participating into the Medicaid expansion programs," she said. "Virginia has a very skeletal Medicaid plan, to increase the actual number of individuals eligible for Medicaid, about 400,000 people, and the cost would be covered 100 percent by the Federal Government for the first three years, and then 90 percent matched by the government."

Del. Barbara Comstock (R-34) says she will re-

introduce a bill to allow schools to choose their own start dates, and she supports the 2 percent salary raise for teachers, with a caveat.

"I think it needs to be tied to some reforms. I've talked with teachers and different groups about their concerns over who does the evaluations and what the process is, so I think we need to work with the teachers and education community on that," she said.

Comstock says she will also fight to ensure sales taxes in the area help fund improvements in this area.

"I support having more of our state sales tax money stay here in this area, that is a net gain for Northern Virginia. The money we send down to Richmond, we're not going to get that same amount back for other things," she said. "When you look at transportation investments, we know that it's going to be good for our entire economy."

Sen. Janet Howell (D-32), said she would also chase funding for local improvements.

"I'm putting in a budget amendment for \$500 million, along with Sen. [Mark] Herring (D-33), to see if we can hold tolls down, they went up at the start of this year, and are scheduled to go up more, and it's totally unfair to residents of this area," she said.

Howell also addressed another hot topic sure to be discussed at this year's session: gun control. It was a commonly asked question by residents in attendance. Howell says it is one of her top priorities.

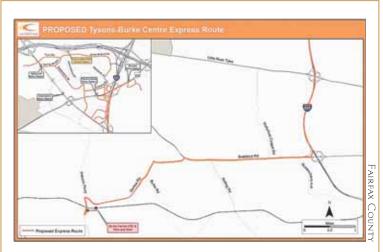
"I will be putting in a gun show loophole bill this year, one that's been put in for many years, but has always failed. I am hopeful that this year we have had tragedies of such magnitude that reason will prevail," she said.

MANY IN THE CROWD were in agreement with Howell's approach.

"I'm glad to see our legislators push for laws, laws that no one, not even current gun owners should be against," said Sean Holmes, who is a gun owner. "I want to see this addressed before another tragedy like Virginia Tech comes to our doorstep."

Del. Mark Keam (D-35), whose district is most of Vienna, with only a small parcel of McLean on Tysons Corner, is a member of the assembly's education committee, and he says he plans to spend some time examining Gov. Bob McDonnell's proposed education reforms.

"I agree with a lot of the principles of the reform, but the nuts and bolts of what the governor proposed last year just didn't cut it with me, so we're going to take a look at a number of those issues again," he said.



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

et 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



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

hen 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 law-makers 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 5

News

Closure Timeline Questioned

"You're going to fix a

perfectly good place.

a bloody disaster."

problem by destroying a

This is absolute madness,

Kenneth Gans, a McLean resident

resident for more than 40 years.

whose son, Jeffrey, has been an NVTC

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.

"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 IS-SUE, 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.









REAL ESTATE

A 'Very Good Year' Ahead

2012 banner year for real estate in McLean and Great Falls.

By Karen Briscoe

he overall number of real estate transactions was up in 2012 over 2011 by 11.7 percent in McLean and Great Falls. By delving deeper into the data, it reveals that all price points experienced a gain in number of sales year over year in this market segment.

Previously sales in the lower bracket price range, considered to be those homes below \$1.25 million in this market area, had continued to remain steady. In 2012 it had a respectable increase of 7.2 percent over 2011. What is most significant about 2012 is that the upper bracket market segment of over \$1.25 million increased the number of sales dramatically by 27.1 percent over 2011. This is a healthy sign of recovery in that price point.

The most compelling factor of the real estate market in McLean and Great Falls currently is the number of homes available to pur-



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chase in relation to what has sold and is under contract. A balanced market is considered a six-month supply of inventory. In the under \$1.25 million price point there was about a one month supply on the market as of Jan. 1, 2013. Almost everyone would agree that indicates a strong sellers market in that segment of the market. Good

McLean & Great Falls Market Analysis of Homes Sales

ALL 2012 COMPARED TO 2011

			(Based	on Final Clo	sed Price)
	> ¢2 Mil	\$2_3 Mil	\$1.25-2 Mil.	• \$750k~	<\$750k
1ST THREE			φ1.23-2 Witt.	φ1.23 Witt.	- Ψ/ 30 κ
22101	12	19	100	149	164
22102	7	16	37	90	176
22066	6	9	46	. 94	55
Total	25	44	184	• 333	395
Combined To	otal	253		• 7	'28

ALL SALES 1ST THREE OTRS. 2012: 981

1ST THREE QTRS. 2011									
22101	5	13	62	۰	155	152			
22102	8	11	36	•	61	181			
22066	4	6	54	•	82	48			
Total	17	30	152	•	298	381			
Combined Total		199			6'	79			

ALL SALES 1ST THREE QTRS. 2011: 878

homes priced correctly for the current market are selling quickly and in some cases with multiple offers.

The upper bracket market segment in McLean and Great Falls area also saw improvement in terms of number of transactions relative to supply. In the \$1.25 to \$2 million price point as of Jan. 1, 2013 there was only a four month supply of inventory, which too would indicate a seller's market. In the over \$2 million range there is about a 1.5 year supply available, which indicates that it is still a buyer's market. Even though this

segment is still not at a balanced market, it is most definitely moving in the right direction.

The typical interim is seven years between market cycles from peak to peak. The Northern Virginia area saw real estate values peak in 2005-2006. Therefore, my prediction for this area that values will return to market peak in some segments beginning in 2012 was on target. Should similar conditions prevail, than 2013 should be a very good year in real estate in McLean and Great Falls.

SCHOOL NOTES

Send School Notes to mclean@connectionnewspapers.com. Deadline is Friday.

The following students were named semifinalists in the 2013 National Merit Scholarship Program: Patrick F. Sanguineti from Flint Hill School; **Katherine** Fowler, Benjamin Haines, Thomas F. Lomont, Atussa Mohtasham, Jeremy K. Park. Amanda N. Rones, Abigail C. Skwara, Anna E. Stone and Faith C. Tetlow from James Madison High School; Bridget J. Bauman, Melissa C. Chang, Ambareesh Gorle, Tamera R. Lanham, Irene S. Lee, Andrew R. Seastram and **Stewart C. Silver** from Oakton High School; Paul Bernstein, Ryan W. Cheng, Aimee A. Cho, Christie S. Goddard, Eunyoung C. Kim, Gene Kim, Margaret R. Mahoney, Yasmeen K. Mushtaq, Praveena Mylvaganam, Nadejda S. Nikolova, Kelvin Nui, Caitlin A. Rose and Mujtaba M. Wani from Langley High School; Taylor N. Brown, Shannon Chen, Maia D. Foster, Joshua D. Higbee, Annemieke L. Janssen, Vivek V. Kunnath, Lewis C. Milholland, Madelyn S. Paquette, Polina Tamarina, Nivetha Vijayakumar and Cedric Whitney from McLean High School; Stacey Y. Chiu, Charlotte A. Ferenbach, Julia L. Keller, Nicholas M. Kensinger and Caroline J. **Resor** from Potomac School.



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OPINION

More Fodder for Comedy?

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

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

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

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,

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LETTERS TO THE EDITOR

Seeing the Spirit of Giving

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.

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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By e-mail:

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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

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 instate slots guaranteed for Virginia's students to 75 percent and found out how fortunate I was a reasonable and a modest goal. to have gotten into William & This increase will allow more 8 * McLean Connection * January 9-15, 2013

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

WEEK IN MCLEAN

Lifetime Leadership Program to Hold Information Sessions

The Lifetime Leadership Program (LLP) is for those who have a lifetime of accumulated skills and leadership, and would like to use their wealth of knowledge to make a difference in their lives and in the community.

LLP is a partnership between Leadership Fairfax and Volunteer Fairfax, supported by the Positive Aging Coalition, George Mason University, Fairfax County Neighborhood and Community Services, and Area Agency on Aging. This two-and-a-half month program offers six bi-weekly program days, providing an overview of ways for people to transition into their next life chapter, plus insight into the Fairfax County community and its needs. The spring 2013 class will begin Wednesday, March 20.

To learn more about this program, register for one of the following sessions: Tuesday, Jan. 15, at 11 a.m., or Thursday, Feb. 7, at 11 a.m., at Leadership Fairfax, 8230 Old Courthouse Road, Suite 350, Vienna.

Anyone with questions or wishing to RSVP for an information session should contact Moniek at Moniek@leadershipfairfax.org or at 703-752-7504. Additional information is available at www.leadershipfairfax.org/lifetimeleadersprogram.

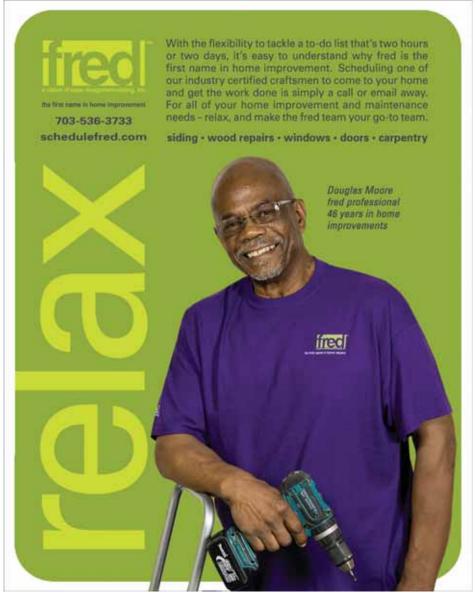
Fairfax Area Disabilities Board to Meet in McLean Library

The Fairfax Area Disabilities Services Board will hold their January meeting at the Dolly Madison Library, 1244 Oak Ridge Avenue, McLean. The meeting is scheduled for Monday, Jan. 14 at 7:30 p.m. All residents of McLean and the surrounding areas with and/or without physical or sensory challenges are encouraged to attend to observe and/or share their ideas and needs.

The FADSB includes special committees for housing, employment, voting and emergency preparedness that look into issues of concern to people with sensory or physical challenges.

The FADSB are volunteers who have been appointed by elected officials of Fairfax County, Falls Church and the City of Fairfax to represent and advocate for Fairfax County area residents with disabilities and bring issues to the attention of a variety of government agencies and the Fairfax County Board of Supervisors when necessary.

For more information call the FADSB at 703-324-5421, TTY 703-449-1186 or see the Fairfax Area Disabilities Services Board website at http://www.fairfaxcounty.gov/dfs/dspd/fa_dsb.htm.





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8 WEEKS AFTER
(no weight change)
Procedure by Bruce Van Natta, MD





BEFORE

12 WEEKS AFTER
(no weight change)
Procedure by Edward Becker, MD

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atient results and experience may vary. Coolsculpting is a registered trademark and the Coolsculpting logo/ and the Snowflake design are trademarks of ZELTIQ Aesthetics, Inc. © 2012. All rights reserved. IC1169-A

Cooper Middle School students sing Christmas Carols at the concert held at the historic Great Falls Grange on Dec. 12.



Celebrating Christmas On 12-12-12

Cooper Middle School Chorus & Orchestra performs in the Great Falls Historical Society event.

he Great Falls Historical Society delighted in the Christmas Carols sung and played by Cooper Middle School students at our Old Fashioned Christmas held at the historic Great Falls Grange on Dec. 12. The energetic and spirited music teachers and talented students filled the hall with warm holiday cheer and good tidings.

The GFHS Board prepared some desserts, punch and warm apple cider, using historic recipes from our local Great Falls cookbook.

recall the Christmas holiday as celebrated in days

In the late 1890s, there was no electrical power

By Kathleen Murphy cal families being related to each other in some way. GFHS President A Christmas gathering in the 1890s would most likely be a gathering of family and relatives.

Celebrating Christmas in the Great Falls Grange in 1929 would have been a very joyous occasion, attended by a room full of local dairy farmers and their families. Dairy prices had begun to erode since 1920, and Great Falls farmers banded together to join the national grange movement and worked to gather money for and build The Great Falls Grange, which opened in 1929, a crowning achievement of their mutual cooperation and team effort.

Celebrating Christmas on 12-12-12, we were cog-Highlighting local tradition, it is important to nizant of our freedom as expressed in the chorus and orchestra before us. Our community at the grange that evening was a medley of students and their families from many nations, cultural backor running water, no car or bus—everyone was regrounds, and religious beliefs. Breakthroughs in stricted to travel by horse, foot, or boat. All of the transportation have made it possible for us to move historic recipes were from this time when cakes and to different cities, towns and continents to pursue cookies were cooked on wood stoves, and there were our gifts, develop our creativity, and reach our highnot temperature or time limits identified. Great Falls est potential. This blessing of vast possibility requires was an area of very large farms with farmhouses our best effort in defining a future grounded in sound set far apart from each other. It was common to values, noble purposes and a willingness to join tofind intermarriage among neighbors, with most logether in forming a thriving creative community.

'Once in a Lifetime'

In Terri Peters' first grade class at Spring Hill Elementary School, students took a moment to celebrate Wednesday, Dec. 12, 2012—the last palindrome date of the century—by documenting a moment in time on 12-12-12 at 12:12 p.m. The first grade students posed for a picture following a morning of higherlevel thinking activities which focused on the number 12.



The Spring Hill Elementary School first grade class celebrated the last palindrome date of the century on Wednesday, Dec. 12 (12-12-12) at 12:12 p.m.

ENTERTAINMENT

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

WEDNESDAY/JAN. 9

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

THURSDAY/JAN. 10 **Author Rachel Simmons on**

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-

Michela Mansuino Artist

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

FRIDAY/JAN. 11

21st Annual Economic Conference. 7:15-11:45 a.m., at McLean Hilton Tysons Corner, 7920 Jones Branch Drive, McLean. Presented by Cardinal Bank and George Mason University. Free for 2012-2013 paid alumni

BULLETIN BOARD

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 fundaments of the divorce process in Virginia with summary from an experienced law attorney on fault and no-fault grounds, child custody, spousal and child support, property and retirement asset division, health insurance and attorney and mediator considerations. Register. \$55; \$45 for members. 703-281-2657 ext. 276 or

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

FAITH NOTES

Faith Notes are for announcements and events in the faith community. Send to nclean@connectionnewspapers.com. Deadline is Friday.

St. Francis Episcopal Church, 9220 Georgetown Pike in Great Falls, offers three Sunday services and a host of musical, educational, outreach, and fellowship ministries to enrich spiritual growth. 7:45 a.m. Worship Service without music; 9 a.m. Worship Service, 10 a.m. Sunday School and Adult Forum; and 11 a.m. Worship Service with Adult Choir. 703-759-2082.

Redeemer Lutheran Church, 1545 Chain Bridge Road, McLean, offers a 9 a.m. traditional service and a 10:30 a.m. contemporary service on Sundays.

Also offers two services during the summer-both of which will include children's sermons. 703-356-3346.

Bob Gilbert, Phantom and West Side, oil.

Manhattan Exhibit Opens at

able for purchase, www.robertgilbertsart.com.

members, LLP '12 and ELI/LFI '13

Healthy Living Workshop: Taming

the Toxins. 9-30 a.m.-noon, at

Walker Road, Great Falls. The

Salud, The Healthy Pantry, 1137

workshop includes tips on living a

healthier life and minimizing your

toxic load; free \$5 gift card to Salud,

so through Leadership Fairfax. RSVP.

7-9 p.m., at The Women's Center, 127

Moniek@leadershipfairfax.org.

Park St. NE, Vienna. A course

The Woman's Guide to Investing.

designed for women who want to

knowledge is takes to make smart

Register. 703-281-2657 ext. 276 or

www.thewomenscenter.org.

eBook User Workshop. 7 p.m., at Dolley Madison Library, 1244 Oak

and one-on-one clinics to show

the county. 703-356-0770.

Ridge Ave., McLean. Fairfax County

Public Libraries offer free workshops

members how to access free eBooks in

THURSDAY/JAN. 17

learn the basics of investing and the

inancial decisions for themselves and

their families. \$25 for members; \$35.

To have community events listed in the Connection, send to

mclean@connectionnewspapers.com. Deadline is Friday

members. Register by Jan. 3 at

SATURDAY/JAN. 12

703-752-7504 or

Robert Gilbert's 30 original paintings of Manhattan grace the walls of Great Falls

The Healthy Pantry included. \$49;

Winner's Wall Art Display. 10 a.m.-4

Pleasant Street, NW, Vienna, During

the month of January, the Vienna Arts

Society will feature a wall of pieces by

artists who won awards at the 43rd

annual Treasury of Art; refreshments

p.m., at Vienna Art Center, 115

included. 703-319-3971 or

Oratorical Contest. 10 a.m., at the

American Legion Post 180, 330

their names by Jan. 11, 2013 to

or http://legion180.net.forms.htm

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

www.fairfaxcounty.gov/parks/plandev/riverbend.htm.

Center Street N., Vienna. Students

who wish to compete should submit

ronp555@yahoo.com. 703-867-1285

SATURDAY/JAN. 19

THURSDAY/JAN, 24

Riverbend Park Master Plan

plan, approved in 1975.

\$88 for two. www.jodacoolidge.com.

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 avail-

Great Falls Library

St. Mark's English as a Second Language Program for adults at the St. Mark Christian Formation Center, 9972 Vale Road, Vienna, opens registration for the winter term on Thursday, Jan. 10 at 7 p.m. for seven proficiency levels from Beginner 1 to Advanced 2. classes beginning on Tuesday, Jan. 15 to or Spanish); 703-505-0123 (Korean); or email st.mark.esl@gmail.com.

Redeemer Lutheran Church, 1545 Chain Bridge Road, McLean, at the

intersection with Westmoreland Street has Sunday worship with Holy Commun ion at 8:30 a.m., traditional style worship; 9:45 a.m., contemporary style worship; and 11 a.m., traditional style worship. Sunday School and Adult Forum is at 9:45 a.m

Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton, offers a rich and unique Students will be registered and tested for Religious Exploration (RE) program for meet on Tuesdays and Thursday from 8- high school seniors, emphasizing explo-9:30 p.m. for 10 weeks. \$25. ration of all religious traditions while 703-626-3585, 703-622-4153 (English developing a personal spiritual path. calling 703-281-4230.

Registration for the RE program, which offers classes on Saturday afternoons and Sunday mornings, is now open by 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 the New Folk Award, play a show together. www.jamminjava.com.

THURSDAY/JAN. 17

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

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 or

Membership Meeting. 7:30 p.m., at Neighbor's Restaurant, 262D Cedar Lane, Vienna. Following a premeeting dinner at 6:45 p.m., Paul White speaks on Covert Vietnam Military Operations in Laos and Cambodia. 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.coi An Evening With Dick Gregory. 8

p.m., at the Alden Theatre, 1234 Ingleside Ave., McLean. A Movement leader from the 1960s and comedian, civil and human rights activist, author, recording artist, television and film personality, nutritionist and veteran committed to non-violent social change speaks in observance of Martin Luther King, Jr. Day. \$20, \$10, MCC residents. www.aldentheatre.org.

SUNDAY/JAN. 20

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

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.

TUESDAY/JAN. 22

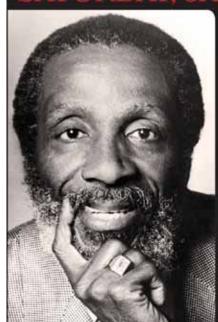
Mike Loulakis Discusses Design **Build Legal Lessons Learned.** 11 a.m.-2 p.m., at Wildfire Restaurant in Tysons Corner, 1714 International Drive, McLean. The January DBIA-MAR luncheon meeting will feature Mike Loulakis, Esq., from Capital Project Strategies, LLC with a review and update of the impact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

Gunston Theatre Two, 2700 S Lang St Arlington VA 2220

10th Annual Martin Luther King Jr. Day Celebration

icanCentury.org Phone: 703-998





committed to nonviolent 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-likeit-is style to tales of his work with Dr. King, and his thoughts on what we still have to accomplish.

A man totally

GEORGE KELLY'S

January 11-

February 2

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 703-790-9223



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21 Announcements

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)

In execution of the Deed of Trust, Assignment of Leases of Rents, Security Agreement and Fix

tute 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 Substi tute 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

Ridge Road, Falls Church, VA (1ax 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."

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.

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

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 filling fees and transfer fees and taxes), auctioneer's fees and/or bid premiums, and reasonable attorneys' fees and dishursements incurred in the pregnation of the deed of conveyance and other settlement doc-

disbursements incurred in the preparation of the deed of conveyance and other settlement doc

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 pre-

apportionment of response costs or other liability. Nothing herein shall release, waive or pre-

Any Personal Property shall be conveyed without warranty by a Secured Party Bill of Sale

SALE TO BE HELD AT THE FAIRFAX COUNTY CIRCUIT COURTHOUSE

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

"Personal Property"). The about referred to as the "Property.

TERMS OF SALE

ture 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, Valpak Advertising Sales 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 Full time outside sales in NoVA, minimum 1 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 Substiyear experience in sales environment required.

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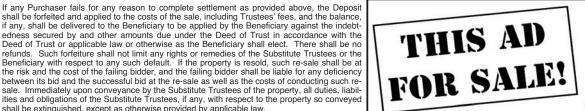
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"If It Ain't Broke..."

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.

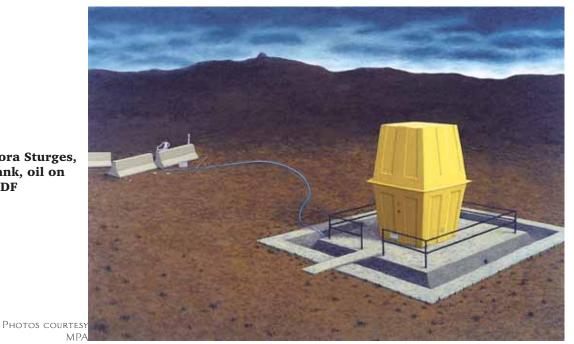
Oddly enough, what I think I've found is, as a writer, prattling on about nothing as I have in the first paragraph, is sort of an exercise in mind stretching (not futility) akin to when athletes maneuver themselves into awkward-looking, pre-game warm-ups. The act of writing something, mildly coherent 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 cold 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: "13months 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

News



Nora Sturges, Tank, oil on MDF

New Exhibitions Open at MPA on Jan. 17

McLean Project for the Arts will hold an opening reception and gallery talk on Thursday, Jan. 17 from 7-9 p.m. for three new exhibitions. It is free and open to the public.

Small Stories: Paintings by Nora Sturges, Matthew Mann and Gregory Ferrand-Emerson Gallery.

Each of these three artists makes work that suggests a story, in an undefined, open-ended, multi-layered way. They have in common a crisp, careful, objective style and a penchant for working on a relatively small scale. Each painting provides an opportunity to combine the artists' perspective with that of the viewer, producing an imaginative collaboration of possibilities.

GOLDRUSHed: Paintings by Thomas Xenakis—Atrium Gallery. Seeking to reveal both beauty and spirit thorough painting, Tho-

mas Xenakis creates abstract

works through an unusual tech-



Gregory Ferrard, Explosion! If they only knew what they know now, acrylic on canvas, 40 x 30 inches

nique that combines oil paint and gold leaf. His paintings exude an enigmatic sense of spirituality as they explore mysterious realms.

Altered Terrain: Drawings by Rosemary Luckett—Ramp Gallery.

Virginia artist Rosemary Luckett makes works that spring from many diverse sources of inspiration, from wild American landscapes, to Dutch paintings, to surrealism. Both playful and at the same time deadly serious, these images present a powerful commentary on contemporary life.

The exhibitions run through

MPA is located at 1234 Ingleside Avenue in McLean. Hours are 10 a.m.-4 p.m. Tuesday through Friday and Saturday 11 a.m.-5 p.m. For more information visit www.mpaart.org or call 703-790-



From left, George C. Marshall High School Theater Director Jason Tamborini, GC **Marshall Theater Award-winner Walter Bobby McCoy, and Theater Booster Presi**dent Jim Campbell.



Members of the Specially Adapted Resource Club, which provides opportunities for adults with disabilities, receive a \$15,000 grant from Life Circle Alliances Dec. 14. SPARC has a location at the Old Firehouse Teen Center in McLean and the Southgate **Community Center in Reston.**

SPARC Looks Ahead to 2013

Club received grant in December, looks to expand reach to assist adults with disabilities.

> By Alex McVeigh The Connection

he Specially Adapted Resource (SPARC) came to McLean in October 2011 to provide opportunities for adults with disabilities in a community setting. Since then, they have been growing and gathering more support. They concluded 2012 with a \$15,000 grant from Life Circle Alliances and plan on further outreach in 2013.

"It was wonderful be able to receive such a show of support to help us continue our mission," said Donna Goldbranson, president of SPARC. "They're dedicated to long-term care initiatives, seniors and other adults with disabilities, so it's nice to have a good relationship with them. Organizations like ours can use all the help we can get, to bolster areas that the county can't fund in this day of reduced budgets."

SPARC serves people with disabilities after they have graduated high school, when there are no other governmentfunded options. The Old Firehouse Teen Center became the second center in 2011, after one was opened at the Southgate Community Center in Reston in 2006.

They currently serve more can than 20 adults, who come in www.sparcsolutions.org, and several times a week for activities and other opportunities.

Life Circle Alliances is a

Fairfax-based nonprofit that assists adults with developmental, physical and intellectual disabilities.

Kay Larmer, vice chair of Life Circle Alliances said they are pleased to support SPARC.

"We know this investment will make a positive difference in the lives of many young adults with disabilities," she said.

This year, SPARC will start an entrepreneurial effort with Pawsome, a brand of dog treat. SPARC clients will make the treat and they will be sold at the Reston and McLean Farmer's Markets to raise funds for the club's activities.

"We're very excited for 2013, it's going to be a big year for us in a lot of ways," Goldbranson said. "We're going to be reaching out, looking to make connections with students currently in school, finding out what they and their families have planned for after graduation. We're always on the lookout for who needs services as well as other partners."

SPARC will host their second annual fundraising golf tournament on Monday, June 17 at the 1757 Golf Club in Dulles. Proceeds will go toward buying adaptive sports equipment for physically challenged adults.

More information on SPARC be found more information about Life Circle Alliances can be found at www.lifecirclealliances.org.

musical "Drowsy Chaperone." His most recent credits include the professional theater musical

Marshall Theater Honors

The George C. Marshall High School Theater

Boosters have awarded Walter Bobby McCoy the

GC Marshall Theater Award for his contributions,

Walter Bobby McCoy

which included musical director for GC Marshall's comedy hit, "Altar Boyz" (1st Stage in Tysons) and "Legally Blond" (McLean Community Players). McCoy has performed internationally as a

soloist, chamber musician, and collaborative pianist and is looking forward to using the award when he attends The Berklee College of Music in January 2013.

SPORTS



Flint Hill junior Britton Anderson scored a



Flint Hill sophomore Greg Harris shoots a team-high 16 points against Bishop Ireton. jumper against Bishop Ireton on Jan. 5.

Flint Hill Boys' Basketball Trying to Find an Identity'

Huskies force overtime against Bishop Ireton but fall short.

> By Jon Roetman The Connection

he 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

"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.

"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."

Sports Roundups



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 fivepoint 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

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

hether 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."

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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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For more information, call 703-778-9410.



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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

www.homeandremodelingshow.com

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



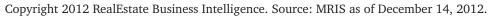
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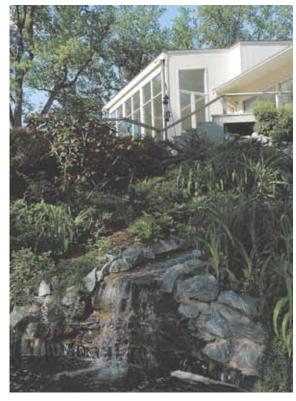


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175 Chain Bridge Road, McLean — \$5,000,000



935 Douglass Drive, McLean — \$3,250,000



8111 Spring Hill Farm Drive, McLean — \$3,694,416

Home Life Style

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

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."



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