

Illustrated Journey

NEWS, PAGE 3

Clifton artist
**Rebecca Harrison
Reed** celebrates the
release of the first
published book that
she illustrated, 'The
Train to Maine' by
Jaime Spencer.

Spring Vaults To Olympics

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Guilt-Free Eating

DINING, PAGE 10

inside



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WHAT WE DO EVERY DAY, POWERS YOUR EVERY DAY.





PHOTO BY SAM FUNT/THE CONNECTION

New Library Opens The Burke Centre Library, located at 5935 Fred Oak Road in Burke, opened its doors to the public on Saturday, June 28, following a ribbon-cutting ceremony.

Artist's First Book Published

Summer book tour rushes down the track.

BY REBECCA KOENIG
THE CONNECTION

While other locals are lounging on the beach this summer, Rebecca Harrison Reed will be busy promoting "The Train to Maine," a summer vacation story that she illustrated. The rhyming picture book, written by Jamie Spencer, chronicles one family's trip on a train from Boston to Portland.

"This is a book families should enjoy about summer vacations," said Reed. "It is nostalgic. ... It incorporates my summer vacation memories." Reed has several book talks scheduled in July throughout the region. In addition, she will be joining Spencer in Boston on Aug. 2 for a promotional train ride on the real Amtrak Downeaster.

"Her enthusiasm matches the brightness and liveliness of her illustrations."

— Rosemary Herbert



Rebecca Harrison Reed sits at her drawing board in her Clifton home.

"The Train to Maine," published in May 2008 by Down East Books, is Reed's first published book, but she has been an artist all of her life. Originally from Dallas, Texas, Reed at-

tended high school in Mobile, Ala. She studied printmaking and art history at the University of South Alabama and received a master's of fine arts degree at Florida State University. Reed and her husband lived in Reston for 6 years before moving to their current home in Clifton in December 2007.

SEE REED, PAGE 14

Chance To Make Friends

JCCNV's Camp Shalom teaches social skills and fun at the same time.

BY STEVE HIBBARD
THE CONNECTION

For the third year in a row, D'Anne Sylvain of Springfield has sent her son Grayson Walley, 11, to Camp Shalom, a camp for children with autism at the Jewish Community Center of Northern Virginia. She couldn't be happier with the results.

"It's a wonderful program," said Sylvain. "My son does the whole four-week camp and he's learned a lot of great social skills."

USING THE (Jewish Social Service Agency) JSSA's Social Skill Therapy Model, the camp teaches social skills — learning friendly behaviors, listening, initiating friendships, taking turns and sharing and making conversation. In the afternoon, the children get to play and interact with others.

"They get the small-group help to work on the areas of need, but then in the afternoon, they get to put their skills to practice," said Sylvain.

"I really like it because I always make new friends," said Sylvain's son Grayson.

Program Director Dana Chilbert says the camp's mission is to help children with high-functioning autism, ADD, ADHD and Asperger's Syndrome to improve their social skills.

"We focus on friendly behaviors, initiating friendships, making conversation. ... These children don't have that, so we teach it," said Chilbert, who is also the special needs coordinator for the JCCNV and has a master's degree in social work. "We're trying to help them learn life-long skills to help them be successful."

Since some children have impulse-control issues, they work on anger management, stress management and relaxation. "We teach them tools that help them," said Chilbert.

The camp offers social and group activities in the mornings, and campers take field trips to say, the National Zoo, where they'll participate in a scavenger hunt to practice the skills they've just learned.

For the older children, they'll go to a grocery store and buy lunch supplies to make a lunch. They then practice their social skills

SEE SOCIAL SKILLS, PAGE 15

Justin Spring Vaults into Beijing

Despite repeated injuries, former Lake Braddock gymnast makes Olympic team.

BY ERIC J. GILMORE
THE CONNECTION

Laurel Hill resident Debbie Spring vividly recalls taking a day off from teaching at Oak View Elementary to watch her son, Justin Spring, perform his high school National Champion high bar routine during a pep rally when he was a senior at Lake Braddock.

Justin Spring, possibly trying to impress his Bruin classmates, sprained his ankle in his warm-up, and was unable to publicly perform the routine.

Fast forward six years later, and that Lake Braddock audience, once pining for his performance, will likely get a grand view of the world-class gymnast in his element. This time though, the charismatic gymnast from Burke will be competing in the Beijing Olympics.

"It doesn't even click," Justin Spring said from his office at the University of Illinois. "This is the Super Bowl of gymnastics."

One of only six gymnasts chosen after the U.S. Team Trials meet last week in Philadelphia, he and his family are still trying to saturate how exactly it happened — how an admittedly once-immature bundle of energy from the doorsteps of the nation's capital now has a chance to medal in four separate events.

"I'm prouder than proud," said Debbie Spring, on Tuesday. "All of a sudden now that he actually made it, I wake up in the morning and the first thing that pops into

my mind is, 'Did this really happen?'

Justin Spring, who started gymnastics when he was 3, is still pinching himself, even sometimes wondering if his dream is a reality.

"The support from all over has been amazing," he said, over the phone. "I've got a lot of phone calls from Lake Braddock people that I haven't spoken to since sophomore year in high school."

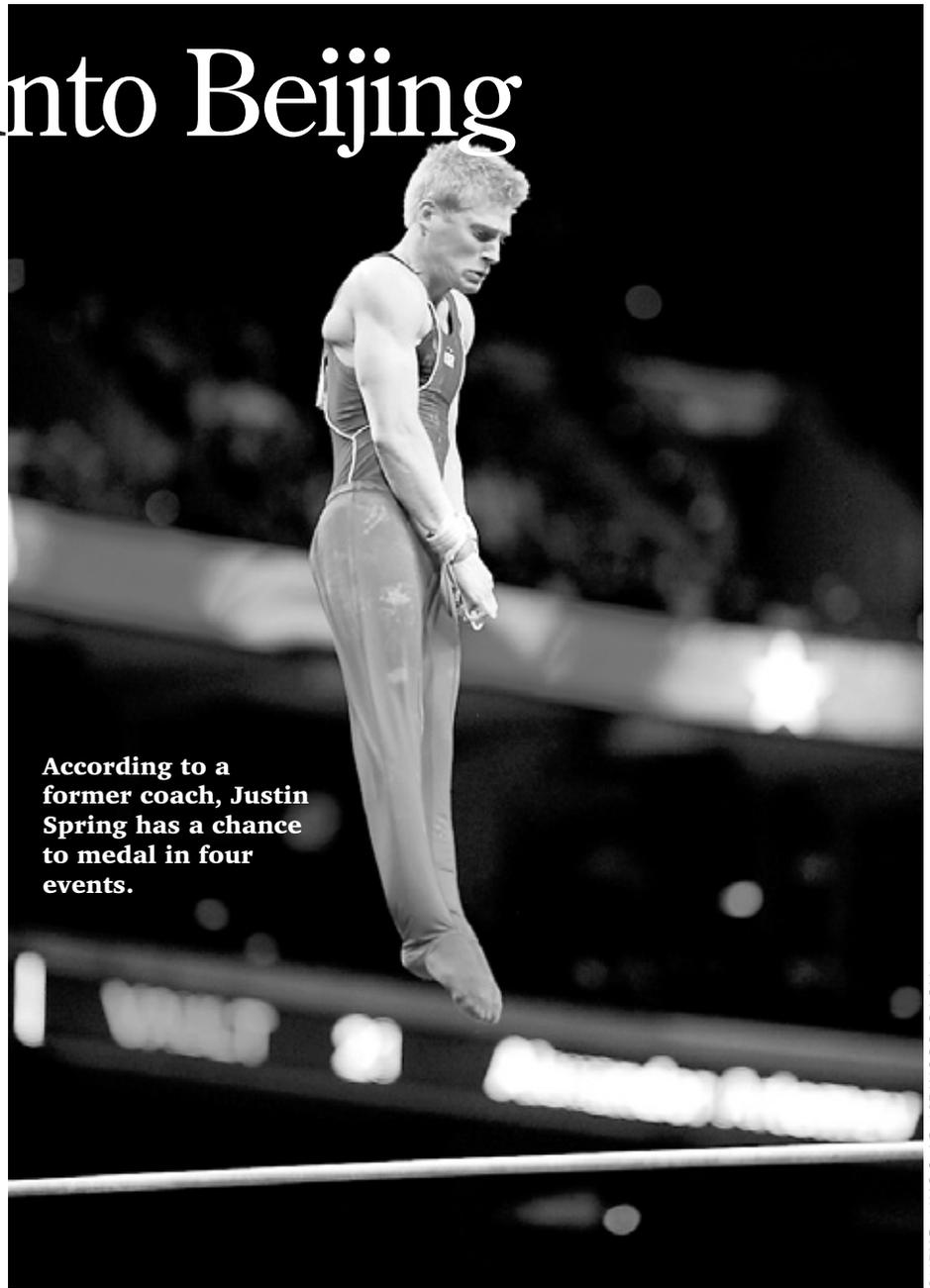
AS FEW AS three weeks ago, Justin Spring's storybook season suddenly had a sobering reality. While training in Colorado Springs, Colo., he experienced shooting pains in both legs. Already dealing with bulging discs in his lower back, coupled with four surgeries over an 11-month span, he faced possible emergency surgery after the doctor's initial examination.

"I looked at where I was with all of the injuries, and I figured that I'd just stick it out for four more years to try to stay healthy for the 2012 Olympics," Justin Spring said.

His parents started to caution the extended family and entourage already planning the trip to Philadelphia for the Team Trials, even resigning themselves to waiting four years for the London Olympics.

"I tried to say, 'If it doesn't happen, it's OK,'" Debbie Spring said. "He's a winner already in my mind with where he's taken himself in gymnastics. You have to keep telling yourself that. We thought, that most likely, that was going to be it for him."

But two days later, the pain substantially



According to a former coach, Justin Spring has a chance to medal in four events.

PHOTO COURTESY OF JOHN CHENG

"It's been a dream come true."

— Justin Spring

subsidied, and the four-time NCAA national champion, was back on his feet. Well, not entirely.

Ten months earlier at the World Championships in San Jose, Calif., while attempting a difficult vault, the gold medalist in

the parallel bars at 2007 Pan American Games tore his anterior cruciate ligament. So he resisted tumbling for eight weeks prior to the U.S. Team Trials, an unortho

SEE OLYMPIC TRIP. PAGE 5



PHOTO BY DEREK JOHNSON/THE CONNECTION

Clifton's new Town Council are, from left, Chuck Rusnak, Pat Layden, Mayor Tom Peterson, Deborah Dillard, Michael Anton and Wayne Nickum.

Clifton Town Council Sworn In

Clifton's newest Town Council and mayor were sworn in Tuesday night at the Clifton Town Community Hall. The Town Council, which sits five members along with the mayor, returned all but one member from the previous term.

Clifton residents Chuck Rusnak, Michael Anton, Pat Layden and former Clifton Mayor Wayne Nickum all returned for their second two-year term. John Frey, Fairfax County Clerk of the Court, administered the oath of office.

"It's a big difference from last year," said Peterson, who was reelected as mayor for his second term. "We had a little tea party because we had a whole new Town Council."

NEWS BRIEFS

Newcomer Deborah Dillard, who replaced outgoing Town Council member Lane Johnston, also joined them as a write-in candidate.

Johnston initially stepped down after one term, but after the town was unable to find another person willing to run, reentered as a write-in candidate along with Dillard, who received 27 write-in ballots, bested Johnston by one vote.

"I got behind a lot of people and said 'look, more people need to run,'" said Dillard. "I love being here. I'm active in the town."

The swearing in ceremony was followed by the new council's first town meeting.

— DEREK JOHNSON

Olympic Trip for Spring

FROM PAGE 4

dox move for an aspiring Olympian.

"It was hard to watch with all of the injuries he had," said Dan Gill, a former U.S. Senior National gymnast who went to Robinson Secondary. "It was hard to see with all of this potential. He had the pieces together, but was running into bad luck."

EVEN HEADING into the meet, Justin Spring wasn't sure his body would hold up. Originally, he didn't plan to compete in the floor exercise, but wisely did, getting the second-highest score of the first night with a 15.200. He also had solid performances in the high bar, still rings, vault and parallel bars, leading up to a tense time in the Marriott Courtyard hotel when the final six were selected.

The U.S. Olympic Committee delayed the original decision, and after walking through local stores and signing autographs, he finally heard his name, along with Joseph Hagerty, Morgan and Paul Hamm, Jonathan Horton and Paul Tan.

"That was the most nerve-wracking six hours of my life," Justin Spring said. "And coming off the injured couple of years, with the complete 180, it was a roller coaster of emotion. It was pretty wild."

Spring was a rambunctious child, one full of potential, but one that was also full of life. He competed at Capital Gymnastics in Burke, his coach, Carlos Vasquez and Gill, who he considers to be a mentor, both knew the Olympics could be a possibility.

"When he was 7, you could see the possibilities because he's always been explosive and very wiry," Vasquez said. "He's always been bouncing off the walls. When he was younger, he was all over the place and almost out of control, but when he turned 13, he really turned it around."

"There was always a doubt that he would reach this level of success, but there was never a doubt he could reach this level of success," said Gill, who now works for a technology start-up company in San Francisco after he was forced to end his career following a second shoulder surgery. "He's always had the talent, even when he was very young, he was explosive, but it took him maturing and understanding the sport takes a certain level of dedication."

Spring won the all-around national championship as a Lake Braddock senior, but the sport was discontinued afterwards. It was then that he headed to the University of Illinois, where he struggled his freshman year.

But in trying to win the NCAA team championship as a sophomore — the Fighting Illini finished second — his parents saw a turnaround.

Despite not getting his team national title, he earned several individual accolades, becoming 2006 Big Ten Gymnast of the Year, a 12-time All-American, as well as joining international competition in 2005. After graduating in 2006, he is now an assistant coach.

"The only way I can explain it is that I love my life right now," Justin Spring said. "It's been a dream come true."

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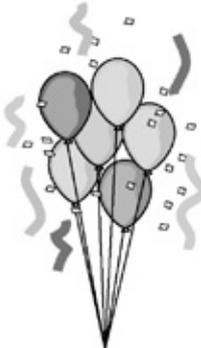
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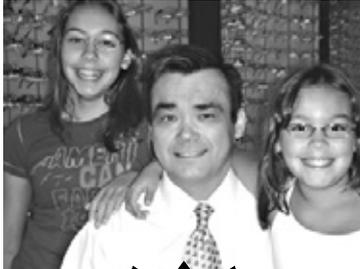


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PEOPLE

Getting To Know . . .

Col. Brian Lauritzen, outgoing Fort Belvoir commander.

BY CHUCK HAGEE
THE CONNECTION

Three years ago next month, Col. Brian W. Lauritzen became the Installation Commander of Fort Belvoir. On July 2, he not only relinquished that command to Col. Jerry Blixt, but he also completed a 26-year military career that began with a West Point graduation in 1982.

"This is the best time for all of us."

— Col. Brian W. Lauritzen

A little more than 60 days after Lauritzen took command of Fort Belvoir, he was presented with one of the greatest challenges of his career. On Sept. 8, 2005 the Base Realignment and Closure Commission (BRAC) made its final report to the president of the United States.

That report, calling for a host of base realignments nationwide, established the blueprint for the transition of Fort Belvoir into one of the most strategic posts of the U.S. Army. Nearly 20,000 personnel would be added to the existing Belvoir compliment of just under 60,000.

With a BRAC deadline for full implementation of Sept. 15, 2011, Lauritzen's job would be to balance the priorities of a post 9/11 military game plan with the needs and concerns of the surrounding communities and their constituencies. "A jigsaw puzzle with changing pieces," as he once described it.

"This is a very interesting time in our history and that of Fort Belvoir. We are in the next wave of Belvoir's transition," Lauritzen said sitting in his headquarters office conference room just prior to the U.S. Army's 233rd birthday.

"Over the years, we have built up this base and torn it down. We have grown the population and shrunk it. We are an army at war now. Things are very different than when

that is not the case," he said.

FORT BELVOIR came into being during World War I as Fort Humphrey and was renamed during World War II. For many years, it was the home of the U.S. Army Corps of Engineers. Now it has become much more of an overall Department of Defense organization with only about 10 percent of its overall personnel compliment actual U.S. Army personnel, according to Lauritzen.

During a recent community public information meeting, Lauritzen noted that although BRAC implementation is a major operation now, "It is only a blip on the screen in the long run. We're the drop of a stone into the lake with BRAC." It will be over at that deadline point and things will go on.

"Will there be another BRAC? And, if there is, will Fort Belvoir be a loser or a gainer in that one," he asked rhetorically.

WITH THE primary BRAC change on the main post being the construction, staffing and development of the new DeWitt Community Hospital, Lauritzen said, "Maybe, this base will become known as an advanced, superior medical facility."

"I believe DeWitt will redefine how people think of Belvoir —much like they have thought of Walter Reed over the years. I'm sensing that this new hospital will cast a long shadow," Lauritzen said. The new medical, campus-like facility is now rising just inside the post's main Pence Gate.

"BRAC has defined my time here. It is the primary interest of the community leaders and population, the media and the military because it calls for the intertwining of people, time, infrastructure, and dollars," Lauritzen said.

"What is sometimes lost in all this is that there are some 23,000 to 24,000 people on



Col. Brian W. Lauritzen

this base working everyday that have nothing to do with BRAC. They were here before BRAC and will be here after BRAC," he said.

"I have many people on staff here who could have moved on in their careers but didn't because they are committed to Belvoir. I've got a whole bunch of unsung heroes here," Lauritzen said.

During its June 2 meeting, the Fairfax County Board of Supervisors paid tribute to Lauritzen and his efforts to bring all parties to the BRAC table. "It's no secret the BRAC process has been very difficult," said Board Chairman Gerald Connolly (D-At-large).

"But, through it all Col. Lauritzen has been the one who has continuously found solutions for our community. He has exem-

plified outstanding leadership and we wouldn't be where we are today without him. We own him a great deal of thanks on behalf of all the people of Fairfax County," Connolly said.

Following the July 2 Change of Command, Col. Brian W. Lauritzen will become private citizen Brian Lauritzen. He, his wife Anne, and their two children, Daniel, 12, and Kristen, 9, will move to Carlisle, Pa., where they have a home and two horses. Located about 20 miles west of the state capitol in Harrisburg, Pa., it is the home of Dickinson College and Law School as well as the seat of Cumberland County.

"We bought the home in 2003 when I was attending the U.S. Army War College in Carlisle. We liked the town and decided it might be a good place to retire so we kept the house when we came here," he said.

A 1982 graduate of the West Point Military Academy, Lauritzen received his master of arts from the Colorado School of Mines in 1992. He also holds an M.A. in mathematics with a specialty in operations research.

His military education includes graduating from the Command and General Staff College at Fort Leavenworth, Kans., in 1995 and the Army War College in Carlisle in 2004. "I have no definite plans right now. I've got a lot of interests and hope to apply my training and experience in installation management somehow," he said.

"I felt this was the time to retire and start on the next phase of my life. But, it was a family decision. Everyone had a part of it," Lauritzen said.

"I want to enjoy the years with my family as the children grow up and experience all those growing up events with them as well as give them a stable environment for their schooling. My son will be graduating from high school in five years," he said.

"This is the best time for all of us. It's been a great experience. But, you just know when its time for a change," Lauritzen said.



Scout Repairs Clifton Elementary Path

Students, parents and visitors approaching Clifton Elementary School can now safely walk along a gravel sidewalk, thanks to Life Scout Michael Dulan. Michael, a former Clifton Elementary Student and a member of Boy Scout Troop 1104, found that the existing sidewalk was in such disrepair that people were walking in the road and causing a safety issue for the school. He decided to take this on as his Eagle Scout project and planned, obtained the approvals and materials and made the repairs on the sidewalk.

Life Scout Michael Dulan takes measurements in the planning stages of rebuilding the gravel sidewalk to Clifton Elementary.

VIEWPOINTS

What book would you recommend as good summer reading?



"Cut."
Dan Barr



"Percy Jackson and the Olympian Series."
Cody Clarke



"The Uncommon Reader."
Linda Schlekau

— SAM FUNT

FAITH

Send notes to the Connection at south@connectionnewspapers.com or call 703-917-6459. Deadline is Friday. Dated announcements should be submitted at least two weeks prior to the event.

Lord of Life Lutheran Church's second location, 13421 Twin Lakes Drive, Clifton, is now open. Worship services are Sundays at 10 a.m. Call 703-323-9500 or visit www.lordoflifelutheran.com.

Summer Nights at Lord of Life Lutheran Church:

❖ **Miss Cathy's Children's Productions.** July 9, 7:30 p.m. An interactive storytelling evening where children dress up and act out stories. Cameras welcome. Clifton/Centreville Location, 13421 Twin Lakes Drive.

❖ **Christine and Aleko the Rescue Dog.** Wednesday, July 16. Christine and her dog will demonstrate search and rescue techniques. They are part of Mid-Atlantic D.O.G.S., an organization that provides canine search and rescue teams for emergencies. Clifton/Centreville Location, 13421 Twin Lakes Drive.

St. George's United Methodist Church offers God's Big Backyard vacation Bible school July 14-18, 9 a.m.-12 p.m. for children 4 through rising fifth graders. \$20 per child; maximum of \$40 per family. 4910 Ox Road, Fairfax. 703-385-4550 or www.stgumc.org.

Free car wash, July 19, 10 a.m.-1 p.m. The Journey Church is offering a free car wash at 6427 Franconia Road. Call 703-971-0277 ext. 100 or visit journeyoffice@verizon.net.

Finding financial peace: a short course on the Biblical way to master money. The Journey "Outfitters" ministry is sponsoring a free short course over four consecutive Sundays in Christian money management. The course will consider such matters as how saving is a biblical concept, the importance of budgeting, how to eliminate debt and the joy of giving and will place considerable emphasis on materials developed by Christian financial counselor Dave Ramsey, the author of "The Total Money Makeover" and host of a syndicated money management television series. The teacher and facilitator will be Chris Nelson. The course starts July 20, at 9:15 a.m. at the Journey, 6427 Franconia Road, Springfield. Child care is provided. Visit journeyoffice@verizon.net or call 703-971-0277, ext. 100.

St. Mark's Lutheran Church will offer a Rainforest Adventure Vacation Bible School July 27-31. Dinner at 5:30 p.m.; Bible school sessions 6-8 p.m. for age 3 through rising sixth grade, with crafts, music, games and outdoor fun. Take-home treats each night. Adult classes using Practicing Our Faith: A Way of Life for a Searching People. St. Mark's Lutheran Church, 5800 Backlick Road, Springfield. Call 703-451-4331 or visit www.stmarks-elca.org.

Lunch N' Life for people 50 or older, Thursday, July 17 from 12-2 p.m. at Burke Presbyterian Church, 5690 Oak Leather Drive, Burke. The program will be presented by Dr. Alan Merten, president of George Mason University, speaking on GMU and the

community. For reservations, call Faye Quesenberry 703-620-0161 by July 10. The cost is \$8. If transportation is needed, call SCFB office 703-323-4788. The summer Adventures in Learning program will be Wednesdays at the Movies, at Cinema Arts Theater, 9650 Main St., Fairfax, starting Wednesday, July 23 at 2 p.m. for four consecutive weeks. \$3.50 admission fee for each show. Call SCFB office to register. Visit www.fairfax-burkesc.org.

Power Lab Vacation Bible School for first through sixth graders. July 21-25, from 6:30-8:45 p.m., free. Music, games, wacky snacks, Bible adventures, amazing crafts and more. Pre-register by calling 703-971-7070; walk-ins accepted. Harvest Church, 7401 Beulah St., Springfield.

New Jerusalem Temple, 8850 Cross Chase Circle, Fairfax Station, conducts Sunday services at 10 a.m. at Halley Elementary and Bible studies on Tuesdays. Contact Pastor Florine Murphy at 703-922-3791.

The Spiritual Parenting support group meets the first Sunday of every month, 12-1 p.m., at Washington Irving Middle School in Springfield. For more information, visit www.NewWorldUnity.org or call 703-690-7925. Childcare is available on request.

Burke Community Church offers a weekly group for men called Men's Fraternity to help discover authentic manhood as directed through the Word of God. Tuesdays, 6 a.m., at 9900 Old Keene Mill Road, Springfield.

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County Might Buy Foreclosures

Most members of the Fairfax County Board of Supervisors support the idea of addressing the local foreclosure problem with county resources, even if several had questions about the most controversial aspects of the proposal during a June 30 meeting. A vote on the proposal will come later this summer.

At the direction of county chairman Gerry Connolly (D), staff has looked into the possibility of Fairfax County purchasing 10 foreclosed or abandoned detached homes considered neighborhood nuisances. The county would fix up the homes and sell them to people who could not afford a freestanding house in Fairfax otherwise.

Supervisor Pat Herry (R – Springfield) questioned whether the real estate market might take care of the foreclosure problem on its own.

“This might be just a solution looking for a problem,” said Herry. At Herry’s request, the board asked staff to reexamine how it gathers foreclosure statistics.

Supervisor Jeff McKay (D – Lee) was in favor of the county buying up foreclosed homes but wanted to make sure the 10 homes would spread across many ZIP codes.

Ten percent of the Washington region’s total foreclosures took place in Fairfax County, according to the report. Of the 2,058 Fairfax foreclosures, about 22 percent took place in four parts of the county – Herndon, Centreville, Route 1 and Lorton.

— JULIA O'DONOGHUE

School Board Nixes Morality Report

The Fairfax County School Board voted June 19 to indefinitely postpone a staff report on students’ character and morality development, two months after the same report spurred widespread public outrage.

In late March, school officials presented data that showed white and Asian students performing better in areas like “demonstrating sound moral character and ethical judgment” than their peers who are black, Hispanic or qualify for special education services.

The school system relied on “soft” information from sources like elementary school report cards and student surveys to determine character performance.

School board member Phil Niedzielski-Eichner (Providence) said he had regretted that such a report had ever seen the light of day.

Over the past two months, some members of the African-American and Latino communities have come forward to disparage the report and the school system for airing it publicly.

— JULIA O'DONOGHUE

THE COUNTY LINE

Sacrifice for Wider Beltway?

Five-year project comes with tree loss, traffic and noise.

BY JULIA O'DONOGHUE
THE CONNECTION

Like many local mountain bike enthusiasts, Kathy Levy is making frequent trips to Wakefield Park this summer.

Levy and her two sons live in Vienna but regularly drive to the park, just outside the Capital Beltway, because of its trails. Wakefield offers some of the only trails for mountain bikers near the core of the Washington metropolitan area.

“It is the only place to do technical riding that is close in,” said Levy. The park, located at 8100 Braddock Road, is home to several mountain bike events during the summer.

But at least a portion of the mountain bike trails will succumb to the expansion of the Capital Beltway, set to start this month.

Virginia Department of Transportation and its private partner, Fluor-Transurban, will permanently close some trail areas to add four “high occupancy toll” (HOT) lanes to Interstate 495.

THE BIKE TRAIL is one item in a long list of community amenities that the HOT lanes project could affect. The construction will force clearing of almost every tree within 50 feet of the Beltway on both sides. Sound walls that protect residential neighborhoods from Beltway noise will come down, possibly for several years, and the criteria for replacement is still unclear. And traffic along the Beltway will slow as construction moves forward.

The Fairfax County Board of Supervisors sent a list of dozens of issues it would like VDOT to address before kicking off the construction later this month. Many residents are up in arms already about trees VDOT and Fluor-Transurban have cut down, even though the actual project has not started.

“That was the tip of the iceberg of a project that has been pretty non-controversial to date because of a lack of information. We are going to start hearing from more people,” said supervisor Jeff McKay (Lee), head of the board’s transportation committee.

THE HOT LANES project is set to expand the Beltway from eight to 12 lanes, with two new toll lanes in each direction from the Springfield interchange to just north of the Dulles Toll road near the American Legion Bridge.

Buses, motorcycles, emergency vehicles and cars with three people or more would use the HOT lanes for free. All other motorists can opt to pay a toll that will vary by the level of congestion to travel in the new lanes. The lanes will cost an estimated \$1.4 billion in total, with Virginia paying for approximately \$400 million and the federal government covering \$587 million through a grant. Fluor-Transurban, an Australian company, will provide the rest of the financial backing in exchange for being able to collect and keep all the HOT lanes tolls for the more than 50 years.

The project is appealing for some people because it could allow for mass transit — buses — to move along the Beltway, although the project does not provide any transit or buses. “I am not an enormous proponent of the concept of HOT lanes to begin with but we have to have mass transit on the Beltway,” said McKay.

The highway expansion also comes with \$250 million worth of upgrades to the Beltway’s aging infrastructure. VDOT and Fluor-Transurban have committed to replacing more than 50 bridges and overpasses, replacing and adding new sound walls, and upgrading 12 of the interchanges along the HOT lanes stretch of the



Much of the tree canopy that separates Wakefield Park from the Capital Beltway could disappear when they add four additional lanes to the interstate.

What Are HOT Lanes?

The Beltway plan calls for adding two outside lanes in each direction, then dedicating the two inside lanes as “High Occupancy Toll” Lanes, or HOT Lanes. These expanded lanes will function in part like carpool lanes, free for cars with three or more people in the vehicles. But the HOT lanes will also be open to vehicles with one or two occupants for a fee. The toll rate will vary based on traffic congestion, with the price rising to keep traffic flowing in the HOT lanes. The contractors, Fluor and Transurban, will collect and keep the toll revenue, but have yet to finalize many specifics, including how tolls will be collected or methods of enforcement.

For the unabridged story, maps and more photos, see www.ConnectionNewspapers.com

Beltway.

But even people who support the HOT lanes expect the project’s construction to cause a lot of pain over the next several years. “I do think the pay off is going to be worth it in the end but that end is a long way out,” said supervisor John Foust (Dranesville), who represents McLean,

Great Falls and Herndon.

According to VDOT spokesperson Steve Titunik, in general, all the trees within 50 feet of the Beltway on either side will be taken down. “Is it going to be severe? Yeah. Are we going to take down a lot of trees? Yeah,” he said.

“You cannot take all the trees out and have the Beltway bare to the community,” said supervisor Sharon Bulova (Braddock.) Bulova said it is unacceptable that the park could be left with potentially no barrier between it and the highway.

Wakefield is one of the most popular parks in the system, according to Winnie Shapiro, Braddock representative on the county park authority board. “I think people are going to be shocked by the tree loss,” said Shapiro.

BUT THE HOT Lanes construction will have the most dramatic effect on local traffic patterns and congestion.

Officials plan to start work on every single interchange and bridge along the portion of the Beltway that includes the HOT lanes at the same time. “While work may be going on at all the bridges, some bridges will have more work than others,” Titunik, said.

Construction will stop and no lanes will be closed on the Beltway between approximately 5 a.m. and 9 a.m. and 3:30 p.m. and 8 p.m. Motorists who are trying to cross over the Beltway between Braddock Road and Route 123 may see more severe impacts than Beltway commuters. Some bridges could have lane closures for long stretches, said Titunik.

He added that motorists living in this area should consider alternative routes. Some supervisors fear the effect on neighborhoods of thousands of commuters seeking alternative routes.

“The only realistic way to avoid the Beltway is to cut through neighborhoods,” said Foust.

County officials and the public have not had much advance notice of new aspects of the HOT lanes plans and sometimes they don’t have enough time to adequately respond to new information. Not even Foust, the local supervisor, found out about VDOT’s plan to clear acres of trees across from Cooper Middle School before it had already happened. Several community members said the lack of communication has made them skeptical of how VDOT will handle similar situations in the future.

“When overnight, they clear an area across from a middle school, that kind of thing makes you lose trust. We would have worked with them in good faith to come up with another solution,” said McLean resident Mary Anne Hilliard.

Supervisors set up an ad hoc committee to meet regularly with VDOT about the HOT lanes project and strengthen the lines of communication between the agency and local government.

OPINION

Children, Teens at Risk

Summer in the suburbs shouldn't mean biking, skateboarding head injury.

No typical Northern Virginia parent would knowingly expose his or her children to, say, a virus that had a low but significant chance of causing brain damage.

We are affluent, educated, hyper-involved parents. We worry about who might be contacting our children in cyberspace, about stranger abductions, water quality, salmonella, even about whether a system of lower grades might be hurting teenagers. There is nothing, it would seem, that we would not do to protect our children.

So why is it that during summer in the suburbs you see a steady stream of children of all ages flying up and down the rolling hills of their communities on bikes and skateboards and scooters, but often not a helmet in site?

Thousands of children and teens each year sustain a major brain injury in Virginia, and the consequences can be devastating.

Bicycling injuries account for a very large percentage of the injuries, and while wearing a bicycle helmet reduces the risk of brain injury by approximately 90 percent, according to a Virginia survey, only half of Virginia's chil-

dren between 5 and 15 always wear their helmets. Casual observation would lead one to believe helmet use is a lot lower than 50 percent.

A nationwide study found that only 24 percent of U.S. children regularly wear a helmet when riding a bike, and that passing and enforcing local ordinances requiring children to where helmets significantly increased the rate.

Most of us have seen television reports recently about the after effects of head injuries in soldiers injured in Iraq. But if your child crashes while he or she is riding a bike or skateboard without a helmet, you could be living with the same outcome.

CDC estimates that at least 5.3 million Americans, approximately 2 percent of the U.S. population, currently need lifelong help to perform activities of daily living as a result of a head injury. The two age groups at highest risk for brain injury are children under 4 years old, and 15-to-19 year olds.

And it's good practice: Telling your 10-year-old he or she must wear might not be comfort-

Protect Their Brains

The Brain Injury Association of Virginia, www.biav.net, recommends:

- Always wear a helmet:
 - ❖ when riding a bike, scooter, motorcycle, or horse;
 - ❖ when playing football, ice hockey, baseball, or softball;
 - ❖ when skating, skiing, or snowboarding.

HELMET SAFETY

- ❖ A bicycle helmet should fit comfortably and snugly.
- ❖ The helmet should sit level on the head about two finger widths above the eyebrows.
- ❖ The side adjuster buckles should form a "V" directly under the ear lobe.
- ❖ Only two fingers should fit between the chin and strap.
- ❖ Helmets should be labeled as meeting the Consumer Product Safety Commission standard for bicycles.
- ❖ Replace any helmet that is more than five years old, and always replace a helmet after a crash.

able or fun at first, but it paves the way for discussions about driving safety and other risks when they're teenagers.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Bradsher Gives Six-Month Report

Priorities have included West Springfield High renovations, improving CIP.

BY ELIZABETH T. BRADSHER
SCHOOL BOARD MEMBER, SPRINGFIELD DISTRICT

My first six months as the Springfield District representative on the School Board have been productive and rewarding, and summer marks a good time to update constituents on progress we are making on school related issues.

In terms of size, the Springfield District is the county's largest magisterial district comprising areas of Burke, Chantilly, Clifton, Fairfax, Fairfax Station and West Springfield. About 23,000 students in the district attend area schools. The size and scope of the district creates challenges for even the best school system.

The first goal I identified in January was to address shortcomings in the school system's Capital Improvement Program (CIP), the blueprint from which the school system determines the renovation of existing schools and examines the need for new facilities. I am pleased to note that the School Board voted to approve my amendments to review how the school system determines renovations and to conduct a CIP study for School Board review this fall.

My motivation for these amendments originated from my past experience with the CIP and the condition of West Springfield High

School. Since 1966, this high school has been a true community asset. Yet unlike schools surrounding it, it has never received a total renovation. This needs to be corrected.

During the past six months, West Springfield High School has experienced some much needed maintenance work. The "temporary" trailers from the 1970s will be replaced this summer with newer trailers, a bathroom in one of the main entrances has been renovated, new carpeting has been installed and the list goes on from there. Despite all these repairs, the school needs major facility

work that only a full renovation can address. I hope that with the help of my

board colleagues, the community and Supervisor Pat Herrity (R-Springfield) West Springfield High School will be included on the revised CIP and listed as one of the schools in the renovation queue for the 2010-14 CIP.

OTHER AREAS of interest on which I have been working and will continue to work on include:

- ❖ the impact and determination of a new bell schedule for all students,
- ❖ a research investigation of our six-point grading scale to determine the value of our current grading scale on a local, regional and

national level and its impact on the college admissions process,

- ❖ the financing and construction of a middle school in the south county area,
- ❖ increased transportation funding concerns due to escalating fuel costs and other factors and resolving these concerns in a prudent fiscal manner,
- ❖ budget shortfalls and their impact on classroom programs and student achievement, and
- ❖ the consolidation of school system satellite offices.

Fairfax County constantly strives to improve its educational services for all students. We continue to challenge our students and have made tremendous strides in the areas of special education, advanced academic programs and ESOL instruction. I am concerned however that we might not be focusing enough on the needs of the "general education" population. Despite great strides in our delivery of educational services, we may have placed too much of a burden upon our general education population expecting them to navigate through the masses and handle larger class sizes. We don't want to reach a "tipping point" where we begin to see achievements diminish. It is important we continue to challenge and assist our "general education" population, raising the bar for them and all students.

The next six months will be challenging on the School Board, however, I will continue to actively respond to the needs of our students in the Springfield District and through out the county.

THE CONNECTION

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DINING

Food for Body and Soul

Vegan diet offers healthy, guilt-free philosophy to eating.

BY ESTHER PAK
THE CONNECTION

Contrary to popular opinion, the vegan diet is not limited to the oft-neglected vegetable side dishes that surround the standing rib roast on an omnivore's table. In fact, diet is only one aspect of veganism.

Veganism consists of more than a strictly plant-based diet that is not only free of meat, poultry, fish, dairy, eggs, but all foods that contain any animal-derived ingredients. In addition, clothing, furniture, toiletries made from an animal by-product are also off limits for a vegan.

"The food we eat impacts global warming more than transportation," said Aashish Bhimani, a volunteer for an organization called Compassion Over Killing. "As more and more people are getting concerned about how their personal actions affect others and are looking for ways to reduce their carbon footprint, they are eating more vegetarian and vegan foods."

"The market for veganism is also growing because of the cruelty aspect," said Bhimani. "Animals are chained and put in crates so small that they can't even turn around." In their confinement, they are forced to live in conditions of suffering and disease.

Veganism is not only beneficial to animals and the environment. A vegan diet offers numerous health benefits.

"Most vegans typically have lower rates of high-blood pressure, cancer, and obesity, as well as a longer lifespan," said Danielle

Omar, nutritionist and dietician who practices in Fairfax. Although the potential danger of nutrient deficiency may occur for some maintaining a vegan diet, access to supplements and fortified foods minimizes that risk, adds Omar.

"Opt for fresh, high quality foods as opposed to processed foods," said Omar. "A balanced diet that consists of

beans, fruits, vegetables, grains, nuts and seeds, and not just solely one or the other is also important. It takes a good amount of educating yourself and your children to make informed and healthy choices when maintaining a vegan diet."

Mimi Clark of Fairfax Station styles herself as a "Veggie Gourmet." She describes veganism as more of a philosophy and lifestyle, in which diet is only one way of advocating a belief system that revolves around a lifestyle of compassion for life and all sentient beings.

The affect of veganism on the environment also cannot be ignored. "I've been some sort of vegetarian for the past 25 years," said Clark. "When I found

through further research that there was a one-to-one correlation on diet and disease, I decided to give up poultry and fish."

CLARK PLAYS an active role in educating the public about veganism. For the past 19 years, she has been teaching vegan cooking classes. They are offered one Sunday a month on rotating topics. "I am a cook who is passionate about plant-based cooking," she said.

Having reaped the health benefits of a plant-based diet, and read the literature on the impact that her diet has on animals and the environment, she wanted to teach others and spread the word.

"I see myself not as an activist but as an advocate," said Clark. "I show people how to take what they miss and make it in a healthier, more nutritious fashion. Deprivation is not what [a vegan diet] is about. I try to simulate what people liked when they weren't vegetarian or vegan. If I can make it as tasty as what it used to be for them, they are happy. Anything you like, I can make vegan. Anything."

For those who are considering becoming vegan, the transition does not have to be immediate. "You don't have to go cold turkey. You can do it gradually," said Clark. "You can start by eating meat less frequently. Vegetarian chili is great because people often do not miss the meat."

For those who miss the meat-like texture, Clark recommends various soy products. Tofu is a versatile meat substitute that can be prepared in a variety of ways to produce different textures. Tempeh is one of the healthiest forms of soy because it is fermented. Seitan, which is cooked wheat glu



ARTS ♦ ENTERTAINMENT ♦ LEISURE



COURTESY OF MIMI CLARK

Mimi Clark specializes in vegan cooking and offers vegan cooking classes once a month.

Home Cooking Vegan-Style

Mimi Clark's recipe for homemade granola is also featured on the Wholesome Sweeteners Web site [www.wholesomesweeteners.com/recipeitem/BY_CELEBRITY_CHEF/Mimi/942.html]. Agave Syrup comes from a cactus-like plant grown in Mexico. It is a natural sweetener that has a lower glycemic sweetener index than sugar or honey and a lower spike in blood sugar so it's a good choice for diabetics:

RECIPE

Golden Agave Granola (Vegan)
1 1/2 cups organic rolled oats (not quick oats)
1/4 cup organic whole wheat flour
1/4 cup wheat germ
1/2 teaspoon cinnamon
1/8 teaspoon salt
1/2 cup whole sweeteners organic raw blue agave 1 1/2 tablespoon organic canola oil
1 teaspoon organic vanilla extract
Optional: dried fruit, chopped nuts, unsweetened coconut

"Anything you like, I can make vegan. Anything."

— Mimi Clark

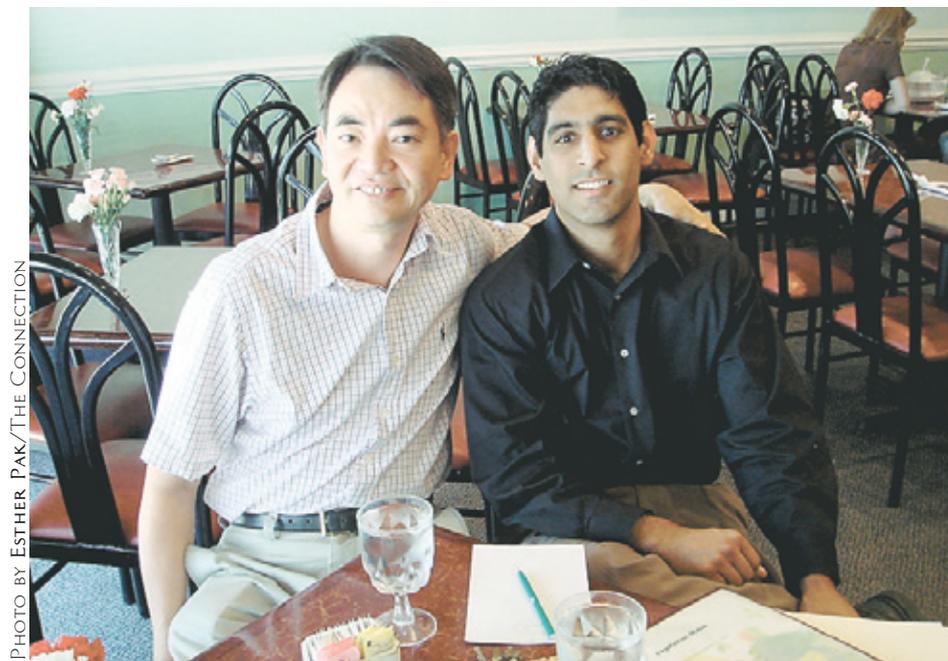


PHOTO BY ESTHER PAK/THE CONNECTION

Darrin Ho and Aashish Bhimani are partners in the creation of a new vegan menu at the Asian Grill in Springfield.

SEE GUILT-FREE, PAGE 13

WWW.CONNECTIONNEWSPAPERS.COM

CRIME

Activities reported by the Sully District of the Fairfax County police department through June 27.

LARCENIES

- Chantilly Shopping Center.** Money and laptop stolen from business.
- 5600 block of Gresham Lane.** License plates stolen from vehicle.
- 13800 block of Lee Highway.** License plates stolen from vehicle.
- 6300 block of Palmetto Place.** Two bicycles stolen from residence.
- 4100 block of Pepsi Place.** Money stolen from business.
- 14100 block of Saint Germain Drive.** Wallet stolen from business.
- 14100 block of Saint Germain**

- Drive.** Beer stolen from business.
- 14700 block of Southwarke Place.** Bicycle stolen from residence.
- 5900 block of Trinity Parkway.** iPod stolen from business.
- 5700 block of Union Mill Road.** Purse stolen from business.
- 14000 block of Walney Village Court.** Two mountain bikes stolen from residence.

VEHICLE THEFTS

- 13300 block of Connor Drive.** 1994 Honda Civic reported stolen.
- 5700 block of Hollow Oak Lane.** 1997 Honda Civic reported stolen.

Activities reported by the Franconia

District of the Fairfax County police department through June 27.

LARCENIES

- 5600 block of Dover Court.** Lawnmower stolen from residence.
- 5900 block of Erving St.** GPS and jackhammer stolen from vehicle.
- Fairfax County Parkway/Sydenstricker Road.** Catalytic converter stolen from vehicle.
- 7700 block of Gunston Plaza.** Liquor stolen from business.
- 5600 block of Hershey Lane.** Airbags stolen from vehicle.
- 7600 block of Highland Woods Court.** License plates stolen from vehicle.



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GAMBRILL ROAD
7325 Gambrill Road, Springfield, VA 22153
1600+ 223 spaces available

Gambrill Road Park & Ride, with 223 free parking spaces, is located just south of the Fairfax County Parkway on Gambrill Road.

Fairfax Connector route 305 and Metrobus route 18R serve this location, and can take you direct to the Franconia-Springfield Metrorail Station.

For more information about Park & Rides, contact the Fairfax County Department of Transportation at 703-324-1100, TTY 703-324-1102, www.fairfaxcounty.gov/fcdot.




BACKLICK ROAD AND GAMBRILL ROAD PARK & RIDES

For more information about bus routes and schedules, visit www.fairfaxconnector.com, or call 703-339-7200, TTY 703-339-1608.



Backlick Road Park & Ride, with 279 free parking spaces, is located on Backlick Road directly under the Franconia-Springfield Parkway overpass, with easy access to I-95 HOV lanes.

Fairfax Connector routes 331 and 332 serve this location, and can take you to the Franconia-Springfield Metrorail Station, Gateway 95 Business Park, DLA, the Medical College, Springfield Plaza, Boston Boulevard, and Springfield Mall.



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In compliance with the ADA, if accommodations or alternative formats are needed, please call 703-324-1100, TTY 703-324-1102.




CALENDAR

Send notes to the Connection at south@connectionnewspapers.com or call 703-917-6459. Deadline is Friday. Dated announcements should be submitted at least two weeks prior to the event.

THURSDAY/JULY 3

Hawaiian Cultural Heritage Night. Hop on board with a talented band of Hawaiian performers for a virtual trip to the islands. 7:30 p.m. Ossian Hall Park, 7900 Heritage Drive, Annandale. Free. Visit www.fairfaxcounty.gov/parks/performances or call 703-324-7469.

Kittie, Dope, A New Revolution, Panic Cell, (Poor Sweet) Abigail, Tolerance for Tragedy, Prodigal Son. Doors open 6 p.m., show at 6:15 p.m. at Jaxx Night Club, 6355 Rolling Road, Springfield. \$20 in advance, \$22 at the door. 703-569-5940

Daytime Book Discussion Group. "Animal, Vegetable, Mineral" by Barbara Kingsolver. 12:15 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Call 703-339-4610.

SATURDAY/JULY 5

Kayak with the Northern Virginia Conservation Trust. 7-10 a.m. Launching from 6501 Pohick Bay Drive, Lorton.

MONDAY/JULY 7

Let's Go. Hop aboard a train, rocket ship and time machine on Tracey Eldridge's madcap musical trip. 2:30 p.m. All ages. John Marshall Library, 6209 Rose Hill Drive, Alexandria. Call to register 703-971-0010.

Practice Your English. Conversation group for people learning English. 7 p.m. John Marshall Library, 6209 Rose Hill Drive, Alexandria. Call 703-971-0010.

Teddy Bear Picnic. Bring your favorite stuffed animal for stories and songs. Age 24-35 months with adult. 10:30 a.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Call to register 703-339-4610.

American Wildlife. Meet and learn about live animals from your own backyard and beyond with Animal Ambassadors. Age 6-12. 2:30 p.m. Richard Byrd Library, 7250 Commerce St., Springfield. Call to register 703-451-8055.

Practice Your English. Conversation group for people learning English. Adults. 3 p.m. Richard Byrd Library, 7250 Commerce St., Springfield. Call 703-451-8055.

TUESDAY/JULY 8

Let's Go. Hop aboard a train, rocket ship and time machine on Tracey Eldridge's madcap musical trip. 7 p.m. All ages. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Call to register 703-339-4610.

WEDNESDAY/JULY 9

Lunch Bunnies. Bring lunch and the fun will be supplied. Age 1-5 with adult. 12 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Call to register 703-339-4610.

Practice Your English. Conversation group for people learning English. 10:15 a.m. and 7:30 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Call 703-339-4610.

THURSDAY/JULY 10

Cameroon Cultural Heritage Night. Celebrate Cameroon's cultural heritage with dancing, music, crafts and food. 7:30 p.m. Ossian Hall Park, 7900 Heritage

Drive, Annandale. Free. Call 703-324-7469 or visit www.fairfaxcounty.gov/parks/performances.

The Bangkok Five, The Last Vegas, Violet Wild, and other bands. Doors open 6:30 p.m., show at 7 p.m. at Jaxx Night Club, 6355 Rolling Road, Springfield. \$10 in advance, \$12 at the door. 703-569-5940.

Let's Play. Learn how to play games that kids from around the world play. Age 6-12. 2 p.m. John Marshall Library, 6209 Rose Hill Drive, Alexandria. Call to register 703-971-0010

Mr. Brian and the Boppets. Puppet fun and high energy music. 2:30 p.m. All ages. Richard Byrd Library, 7250 Commerce St., Springfield. Call to register 703-451-8055.

FRIDAY/JULY 11

Blues Jazz Ensemble performed by the United States Army Band. A component of "Pershing's Own" and one of the few remaining professional big bands. 7:30 p.m. Lake Accotink Park, 7500 Accotink Park Road, Springfield. Free. Call 703-324-7469 or visit www.fairfaxcounty.gov/parks/performances.

Friday Flicks. Bring lunch and join us for stories and a short movie. Birth-5 with adult. 12 p.m. John Marshall Library, 6209 Rose Hill Drive, Alexandria. Call to register 703-971-0010.

Mr. Brian and the Boppets. Puppet fun and high energy music. 2:30 p.m. All ages. Lorton Library, 9520 Richmond Highway, Lorton. Call to register 703-339-7385.

Friends of Richard Byrd Library Summer Book Sale. 10 a.m.-5:30 p.m. Books and media offerings. Richard Byrd Library, 7250 Commerce St., Springfield. Purchases help fund valuable library programs.

SATURDAY/JULY 12

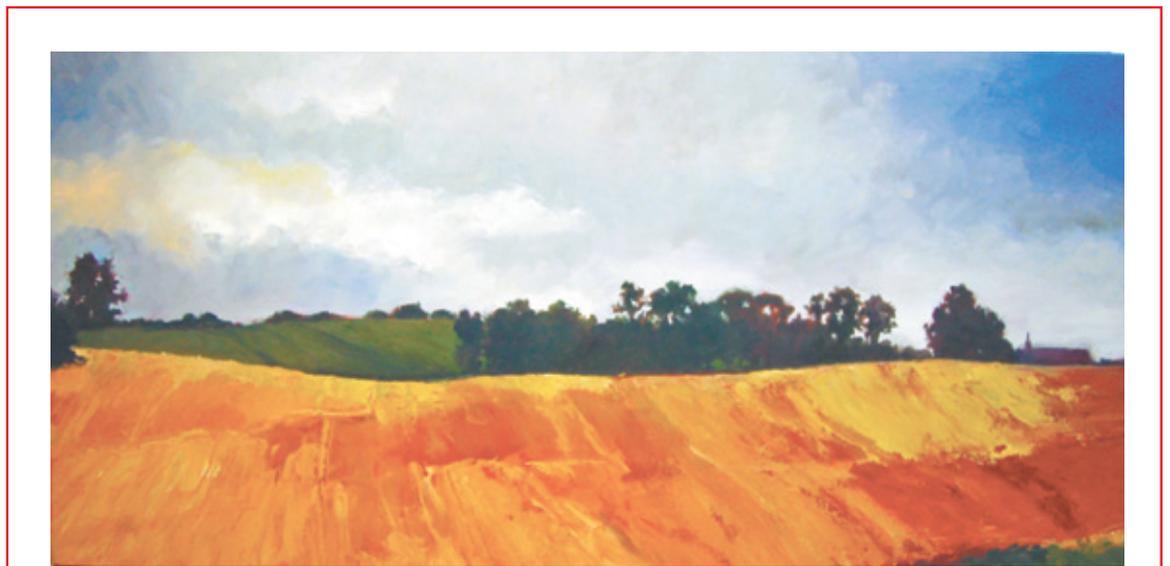
What's the Matter? Chemistry with fizz, foam and flash presented by Maryland Science Center. 2:30 p.m. Age 6-12. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Call to register 703-339-4610.

Lorton Community Action Center Summer Raffle. The drawing will be at Lorton Town Center, in the gazebo. Tickets will be sold at various events including the Lorton Fourth of July parade. Proceeds will help fund food bank programs. Call Lorton Community Action Center, 703-339-5161 X22.

Friends of Richard Byrd Library Summer Book Sale. 10 a.m.-4:30 p.m. Books and media offerings. Richard Byrd Library, 7250 Commerce St., Springfield. Purchases help fund valuable library programs.

27th Annual Obon Summer Festival. This Buddhist observance to honor ancestors, hosted by Ekoji Buddhist Temple, will include Japanese folk dancing, crafts, games, a candle illumination ceremony, traditional Japanese food, temple tours, lectures, and taiko drumming performed by Nen Daiko. Free. Open to the public. 5:30-9 p.m., 6500 Lake Haven Lane, Fairfax Station. For more, visit www.ekoji.org or call 703-239-0500.

Maple Ridge Ground Breaking Ceremony and Block Party hosted by Habitat for Humanity of Northern Virginia in celebration of the new Maple Ridge condominium building. Face painting, games, and a raffle. Live music performed by Common Ground. Food sponsored by Windows Catering Company. 11 a.m.-1 p.m., at 4150 Stevenson St., Fairfax. For more, see www.habitatnova.org or call Megan Coleman at 703-521-9890 ext. 111.



'Ready for Planting,' oil painting by Barbara Henris

New Directions at Artist's Undertaking

The Artists' Undertaking Gallery presents an exhibit of oil paintings by Barbara Henris of Fairfax and beaded jewelry by Carol Holmes of Woodbridge. Henris is inspired by the colors of nature and strives to make an emotional connection with the viewer. Holmes'

intricate designs in bead-weaving involve thousands of seed beads that are hand stitched into her one-of-a-kind pieces of art jewelry to create beautiful and unusual pieces. The exhibit runs through Aug. 4, and is open 11 a.m.-5 p.m. at 309 Mill St., Occoquan. Call 703-494-0584.

MONDAY/JULY 14

Practice Your English. Conversation group for people learning English. 7 p.m. John Marshall Library, 6209 Rose Hill Drive, Alexandria. Call 703-971-0010.

What's the Matter? Chemistry with fizz, foam and flash presented by Maryland Science Center. Age 6-12. 2:30 p.m. Lorton Library, 9520 Richmond Highway, Lorton. Call to register 703-339-7385.

Practice Your English. Conversation group for people learning English. Adults. 3 p.m. Richard Byrd Library, 7250 Commerce St., Springfield. Call 703-451-8055.

Book Chat. A different kind of book group: Stop in to share your current favorites or just to hear what other people are reading. All ages. 4 p.m. Richard Byrd Library, 7250 Commerce St., Springfield. Call to register 703-451-8055.

TUESDAY/JULY 15

On the Ball. Spinny Johnson, former Harlem globetrotter, performs fun and amazing basketball tricks. Age 6-12. 7:00 p.m. John Marshall Library, 6209 Rose Hill Drive, Alexandria. Call to register 703-971-0010.

Summertime Fun. Hot stories and activities. Age 13-23 months with adult. 10:30 a.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Call to register 703-339-4610

Comics Around the World. See comics from around the world and create your own with graphic artist and author Matt Dembicki. Age 12-18. 7 p.m. Lorton Library, 9520 Richmond Highway, Lorton. Call to register 703-339-7385.

Lilly's Plastic Purse. Stories and activities about Lilly. Bring your camera. Age 2-5 with adult. 10:30 a.m. and 1 p.m. Richard Byrd Library, 7250 Commerce St., Springfield. Call to register 703-451-8055.

WEDNESDAY/JULY 16

Sun Fun. Stories and activities. 10:30 a.m. Age 2-5 with adult. John

Marshall Library, 6209 Rose Hill Drive, Alexandria. Call to register 703-971-0010.

Book Discussion Group. Call for title. 7:15 p.m. John Marshall Library, 6209 Rose Hill Drive, Alexandria. Call 703-971-0010.

Artful Doodles. A graphic artist presents drawing basics in this hands-on program. Age 6-12. 10:30 a.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Call to register 703-339-4610.

Practice Your English. Conversation group for people learning English. 10:15 a.m. and 7:30 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Call 703-339-4610.

Reading Magic. A magic show full of comedy and good old-fashioned fun with Turley the Magician. Age 6-12. 2:30 p.m. Richard Byrd Library, 7250 Commerce St., Springfield. Call to register 703-451-8055.

THURSDAY/JULY 17

Irish Cultural Heritage Night. Enjoy the heritage with traditional music, song and dance including the "Mise Eire" poem. 7:30 p.m. Ossian Hall Park, 7900 Heritage Drive, Annandale. Free. Call 703-324-7469 or visit www.fairfaxcounty.gov/parks/performances.

Poultrygeist: Night of the Chicken Dead. 6:30-11 p.m. Spooky movie film festival with Count Gore De Vol and Lloyd Kaufman. Cinema Arts Theatre, Fair City Mall, 9650 Main St., Fairfax. Call 703-968-6853 or visit www.cinemaartstheatre.com.

Springfield Writers' Group. Share your work, give and receive feedback in a supportive setting. 7 p.m. Richard Byrd Library, 7250 Commerce St., Springfield. Call to register 703-451-8055.

FRIDAY/JULY 18

NVCC Annandale Symphony Orchestra Summer Pops collection. Under the leadership of Christopher Johnston. 7:30 p.m. Lake Accotink Park, 7500 Accotink Park Road, Springfield. Free. Visit www.fairfaxcounty.gov/parks/performances or call 703-324-7469.

Friday Flicks. Bring a lunch and enjoy stories and a short movie. Birth-5 with adult. Noon. John Marshall Library, 6209 Rose Hill Drive, Alexandria. Call to register 703-971-0010.

Ones at a Time. Short stories and activities. Age 13-23 months with adult. 10:30 a.m. Richard Byrd Library, 7250 Commerce St., Springfield. Call to register 703-451-8055.

SATURDAY/JULY 19

Comics Around the World. See comics from around the world and create your own with graphic artist and author Matt Dembicki. Age 12-18. 2:30 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Call to register 703-339-4610.

Crustaceans. Learn about all the crustaceans found here in Fairfax County, maybe even in your backyard. Meet these "locals" and the other live specimens that will be on hand. 10:30 a.m. All ages. Richard Byrd Library, 7250 Commerce St., Springfield. Call to register 703-451-8055.

Kayak with the Northern Virginia Conservation Trust. 7-10 a.m. Launching from 6501 Pohick Bay Drive, Lorton.

Gold's Gym Grand Opening in Fairfax Station. Food, prizes, free group exercise classes and membership offers will be available from 10 a.m.-4 p.m. The new gym is located at 5620-A Ox Road, Fairfax Station.

MONDAY/JULY 21

Practice Your English. Conversation group for people learning English. 7 p.m. John Marshall Library, 6209 Rose Hill Drive, Alexandria. Call 703-971-0010.

Books: Passport to Adventure. Listen to stories about other countries and play games children play around the world. Age 6-12. 2 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Call to register 703-339-4610.

DINING

Guilt-Free, Healthy Diet

FROM PAGE 10

ten and the main ingredient of mock meats, is another option for those who are allergic to soy.

Clark also recommends a spirit of adventure and risk at a restaurant that offers vegetarian or vegan options. "When you go to a restaurant, don't get something totally foreign. Get something you would eat at a restaurant and see how closely it can be duplicated in a non-meat form."

Another method of making that transition is through ethnic cuisine. Restaurants that specialize in Indian, Mediterranean, or Ethiopian cuisine are bound to have bountiful vegan and vegetarian options. Local restaurants are also expanding their menus to include vegan options.

Darrin Ho, owner and chef of Asian Grill in Springfield, and Bhimani worked together to introduce a new Chinese-inspired vegan menu this past February.

With the growing vegan population, Ho was very receptive to the idea to serve an under-served community of local vegans in the area.

The reception from the public has been enthusiastic from both vegans and non-vegans alike, said Ho and Bhimani. "All of my non-vegetarian, non-vegan friends rave about the vegan menu," said Bhimani. "My former boss, who is a hardcore meat and potato guy, tried the vegan mock chicken, and he couldn't tell the difference with the chicken," said Bhimani.

"We prepare the vegan mock meat dishes with the same ingredients and in the same style as the meat dishes on our regular menu. We use the same kind

of soy sauce and spices," said Ho.

For an example, the vegan chicken dish can be prepared in a variety of styles and flavors found on the main menu. The customer is offered the choice of Thai basil, black pepper, black bean, sesame, Hunan, orange, Kung Pao, General Tso, or mixed vegetable sauce.

All of the items on the vegan menu have zero-cholesterol, which appeals to people who are seeking more heart-healthy options in their restaurant dining options.

In addition to vegan chicken, Asian Grill also offers vegan shrimp and vegan beef on its menu. Among a various choices of side dishes are parchment broccoli and crispy eggplant with garlic sauce. Bean curd, or tofu, is also offered and served Szechuan style. Ho also recommends the vegetable lettuce wrap for a light and nutritious appetizer.

Ho is constantly looking for inspiration in his travels to increase vegetarian and vegan options on his menu. "I went to China and Hong Kong to learn how to prepare vegetarian dishes," said Ho. "They had even more variety of vegetarian options in Hong Kong. I am always experimenting with new ingredients and I hope to expand my vegan menu in the future."

More

Mimi Clark's next class, Salads/Picnics/BBQs, will be on Sunday, July 22, from 10 a.m.-1p.m. Visit her Web site at www.localdc.com/cooking for further information on her classes as well as her contact information.



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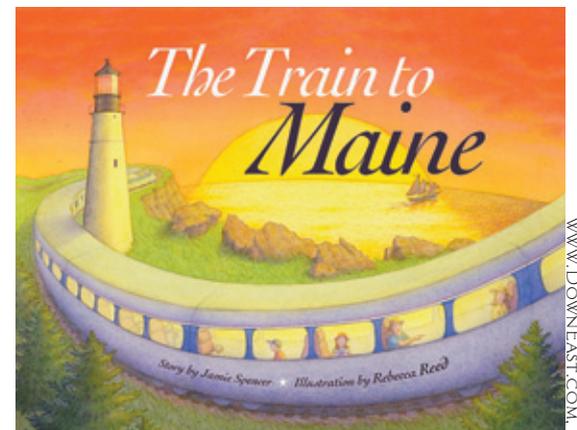
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COMMUNITY

Reed Illustrates Train Book

FROM PAGE 3

Her early interests were in drawing and lithographs, which she describes as a hand-pulled method of making prints involving an inked stone and a printing press. She started her career as a teacher and a museum worker and then sold her artwork out of galleries. "But most of my life," she said, "I've known I wanted to do children's books. I have always done narrative work, even when I wasn't trying to, so becoming an author and illustrator seemed sort of inevitable." She joined the Society of Children's Book Writers and Illustrators in 2001, and at the 2002 Annual SCBWI Mid-Year Conference in New York, won the First Place Art Award and made connections with the Houghton Mifflin publishing company.



Rebecca Harrison Reed illustrated the children's book 'The Train to Maine.'

ONE OF THE challenges of writing for children, according to Reed, is the limited amount of space available, since the standard picture book has exactly 32 pages.

"Publishers prefer picture books to be 1,000 words or less," said Reed. "They must be written extremely concisely. Every word counts in a picture book, so you must be thrifty."

Picture books must also be written using vocabulary children can understand. "The Train to Maine" is intended for readers ages 4 to 8. "It is important to not write down to children," said Reed. "There can be a few words they don't know because the context should imply the meaning."

According to Reed, her experience with the making of "The Train to Maine" is typical of the children's book publication process. Authors and illustrators rarely collaborate, she said, and that was the case in this situation. Spencer, the book's author, sent her manuscript to Down East Books, which then contacted Reed with an offer to illustrate the narrative. Art directors choose an illustrator whose style they think will match the story's text.

"Publishers send illustrators the manuscript to read before they agree," said Reed. "I read it many times and made thumbnail sketches on each page. Then I made a loose storyboard." Authors usually get little influence in the illustration process, and Reed noted that she was given a lot of creative freedom. She and Spencer have corresponded by e-mail, but their first meeting will be when they board the train in Boston on Aug. 2.

When Reed started work on the project, she had never been to Maine and felt "a little intimidated," she said. "I booked a trip right away and took the Downeaster train from Boston to Portland. I sketched the view I saw outside of the train as well as the inside so that when kids ride the train they will notice the same details." She also took hundreds of photographs.

Reed's research and attention to detail did not go unnoticed, said Rosemary Herbert, the publicity director for Down East Books. "We appreciate that she took the train ride to see the scenes. Those of us in Maine recognize some of the scenes."

TO CREATE the images of the family, Reed used herself and her husband as models for the parents and went to a local agency to find young models for the children. "We went to Great Falls on a Saturday and I took pictures of what I wanted them to do

based on my rough sketches," Reed said.

When asked where she seeks inspiration for her illustrations, Reed said that she tries to look to the masters for each piece of work. "When I'm illustrating a book, almost every weekend I go to a museum for inspiration." She cited American artists Mary Cassatt, Winslow Homer, Edward Hopper and John Slone as influences for her illustrations in "The Train to Maine," which were made using acrylic pencils, colored pencils and pastels.

Though an experienced artist, Reed has never had a book tour before, and she described herself as feeling a little nervous but also very excited. She has

promotional events scheduled at Aladdin's Lamp Children's Books in Arlington, Olsson's Books in Alexandria, Barnes & Noble in McLean and the Fairfax Station Railroad Museum, each featuring a visit from one of the story's characters, a travel sticker party and book signing.

Carolyn Martin, a long-time employee of the Olsson's Books branch in Dupont Circle, initially offered to help Reed set up a promotion there and is excited about seeing "The Train To Maine" come out in bookstores.

"It is evocative," said Martin, of the book's artwork. "It exceeded my expectations. Every time I look at the illustrations I notice something else."

Several additional events will take place across Maine, including a fund-raising ride on the Maine Eastern Railroad of Rockland on Aug. 9 and a speaking event at the Children's Bookfair By the Sea on Aug. 16. Her biggest promotion, however, is the Amtrak Downeaster ride on Aug. 2. Reed, Spencer and families with tickets will depart from Boston's North Station at 11:10 a.m. and arrive at Old Orchard Beach, Maine, approximately two hours later. On board, the book will be read aloud, Reed will demonstrate her illustration technique and children's activities are planned.

Aside from spreading the word about her new publication, Reed has several goals for her book tour this summer. "I am trying to let people know that trains are a very 'green' method of travel. I'd like to get that message out. Also, the Downeaster train is facing some funding issues, so I am trying to promote the importance of train travel in the U.S."

"It is a joy to work with Rebecca Harrison Reed," said Herbert. "It is not always common that illustrators throw themselves into the promotion. Her enthusiasm matches the brightness and liveliness of her illustrations."

Social Skills at Camp

FROM PAGE 3

when they eat the lunch at a park. "So they learn life skills as well," said Chilbert.

The Camp Shalom campers, who are rising third-through eighth-graders, also interact with other groups at Camp Achva (Brotherhood), JCCNV's "umbrella" camp, where they do art projects or water sports for their inclusion activities.

The Brotherhood has nine camps, including Camp Tiyulim (trips), Camp Omanoot (Art), Camp Chalutzim (Pioneers), and Camp Machar (Leaders of Tomorrow), among others.

Chilbert says she loves the challenge of working with children having differing needs. "The reason why I do this job is because of the kids, to see them smile and have fun. ... It's very fulfilling."

She says the small things in the day make the experience worthwhile.

"A child can be very angry and not use words, then can start to use his words and say, 'I'm getting annoyed and I need a break,' which is awesome," she said.

Debbie Tekampe drives her son Michael all the way from Bristow to Little River Turnpike in Fairfax — a trip she says is well worth it, even with the high price of gas. "What I really love is the staff. ... I definitely feel like we've seen progression in [Michael's] social skills, and we've definitely seen improvement at home."

For three years, Judy Sandler of Oak Hill has sent her 11-year-old son Evan to Camp Shalom as well, adding that it's hard to find a good local camp for

Upcoming Camps

In addition to Camp Shalom, the JCCNV offers weekly specialty camps called Camp Shavuon for rising first-graders through teens. The hours are 9 a.m. to 3 p.m. Call Dina Castellini, director, at 703-537-3037 or e-mail DinaC@jccnv.org.

❖ The Mystifying Magic Camp by Timothy Kottcamp for rising second-sixth graders is Aug. 4-8 and cost \$295/members and \$354/nonmember.

❖ The Brixalot Camp (Lego Bricks) for rising fourth-sixth graders — is Aug. 11-15 and cost the same.

❖ JCCNV Dance Academy Dance Camp for second-10th graders is July 7-18 at \$590/members and \$708/nonmembers.

❖ Clay's the Way: Architectural Ceramics for Kids for ages 10-14 is July 7-18 and costs \$670/members and \$789/nonmembers.

❖ Twists, Tumbles & Turns for rising first-eighth graders is July 21-25 and costs \$330/members and \$396/nonmembers.

❖ A Class Act — Acting for Young People (AFYP) for rising first-11th graders is July 28-Aug. 1 and cost \$325/members or \$390/nonmembers.

❖ Golden Boot Soccer Player Development Camp for ages 6 and up is Aug. 18-22 and Aug. 25-29. Cost is \$297/members and \$342/nonmembers.

autistic children. "I like the mix between the social skills and teaching the kids, and also letting them have fun," she says.

For more on Camp Shalom, contact Dana Chilbert, program director at 703-537-3031 or e-mail DanaC@jccnv.org. Campers do not have to be Jewish to attend.

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5710 DEER POND RD	\$574,950	7/13 1-4	Weichert	Kathleen Quintarelli	703-569-7870
7205 ORDWAY RD	\$999,000	7/20 1-4	MLSNow	Nadeem Malik	703-860-3100
12419 POPES HEAD RD	\$1,125,000	Sun 1-4	Long & Foster	Claudia Callis	703-502-8500
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SPORTS

Role Models Right in Your Backyard

The Washington Glory professional softball team gives young fans something to aspire to.

BY PAUL FROMMELT
THE CONNECTION

Oli Keohohou sits down in a folding chair along the right field foul line and signs autographs for a crowd of eager fans. The Washington Glory first baseman, who just an hour earlier blasted a home run over the left field fence in the Glory's 10-0 win over the Chinese Taipei national team at the Westfield Softball complex in Chantilly, smiles as she chats with the young girls huddled around her. This scene is a common one after home games for fans of the Glory, a National Pro Fastpitch team in its second year of existence.

"When I was growing up, when I went to an Orioles game, you could come back with 15 autographs. You can't do that anymore," said Washington Glory owner Paul Wilson. "That is what I love about this league. It is highly accessible and it is something that the ladies want to do."

THE REIGNING NPF Cowles Cup champions are in the midst of seven-game home stand against Chinese Taipei and the fellow NPF team, the Chicago Bandits. On Tuesday night, the Glory avenged a 3-2 extra-inning loss on Monday against Chinese Taipei by



pouring on 10 runs in the first four innings to earn the victory. Along with

Keohohou's homer, second baseman Courtney Bures hit her fifth home run of the year and center fielder LaDonia Hughes went 2-for-4 with four RBIs. Glory pitchers Sarah Pauly and Taryne Mowatt combined for the shutout, allowing two hits over seven innings of work.

"We feel really good where we are at," said head coach Carie Dever-Boaz, whose team has also played the Venezuela national team and Team U.S.A this season. "We believe that the whole time, we have a target on our back. Last year, nobody knew us. This year, everyone is gunning for us. We have to bring our best game every time. That is what we working on doing."

Dennis Wince, co-head coach of the Vienna Stars 12U team, brought his daughter and a few of his players to watch the game on Monday night.

"It is a great chance to get out and see these girls play at the highest levels. It really inspires my daughter. It inspires my team," he said. "It truly inspires the girls on my team to play harder and to want to do well at not only sports, but in life. Having them there as female role models is important."

The team is aware of who is watching them.

"It is really important for the young girls in our country to have a good positive role model in a professional sport," said Dever-Boaz. "I



The Washington Glory's mascot, Gloria the K9.

think our girls take a lot of pride in that and they have done a really good job reaching out to the girls."

LAST MONTH, the Glory and PONY Baseball and Softball announced a partnership to host "Glory Dream Builders Tournaments" as well as teaming up to offer clinics and specialized instruction for players and coaches. The Glory has also created a nonprofit organization, named "Champions for Children," which will reach out to disadvantaged and at-risk youth around the area.

"These ladies want to impart the knowledge," said Wilson. "It is all part of giving back. It was the reason that we wanted to bring the team here, give more exposure to softball in the area as well as giving them the level of role model that is accessible."

Midway through their second season, the Glory have started to see their fan base grow.

"Last year, when it started out, you kind of looked around and wondered if it was going to survive," said Glory announcer and play-by-play man Jarrod Wronski. "When you start the season drawing 200 and you end the season drawing 2,000, it shows that the growth is there."

Bures, who grew up in Haymarket, VA, has witnessed the Glory's raise in popularity locally.

"When I come back home, everybody knows about the Glory," she said.

So, after every home game, the Glory pull out their folding chairs and sign autographs, no matter how large the crowds get.

"That is one of our top priorities, being role models for the kids. They are our fan base," said Bures. "We were just like them. We were all little girls playing ball and we all wanted somebody to look up to."



The Glory celebrate as Courtney Bures step on home plate after hitting a home run against Chinese Taipei on Tuesday night.



Courtney Bures, who grew up in Haymarket, had four RBI on Tuesday.



Shortstop Amber Jackson

SWIMMING

The Colonial Swim League's **Burke Centre Penguins'** four-year dual meet winning streak came to an end on June 21 in a loss to a strong **Ashburn Village** team. In defeat, the Penguins still had many individual winners, including Nathaniel Coad (8 & under breaststroke), Luke Jones (9-10 freestyle, breaststroke and butterfly), Matt Jones (11-12 freestyle, backstroke and butterfly), Matthew Honnold (11-12 breaststroke), Sarah Walden (13-14 freestyle, backstroke and butterfly), Hannah Walden (15-18 freestyle and backstroke), Sarah Lynch (15-18 breaststroke and butterfly), Joe Zanellato (freestyle and backstroke) and Tyler Ogren (15-18 breaststroke). On June 28, the Penguins bid farewell to two of its swimmers in their final meet before departing to attend service academies. Kyle Browne, a Penguin since 1996, placed 6th twice in the VHSL AAA State meet in the 100 breaststroke. He will attend the Naval Academy where he will row. Colin Weaver was a Penguin since 1997 and was co-captain of Robinson swim & dive this year. He will attend the Coast Guard Academy where he will swim and play in the jazz band.

In a down-to-the-relays meet at **South Riding** on June 28, the **Burke Centre Stingers** won both mixed age relays to capture their second win of the season. The boys mixed age relay team of Caleb Hicks, Clinton Schwartz, Johann Shim, and Nick Leverone and the girls mixed age team of Kayse McGough, Jenna Steinbicker, Katya McGough and Molly Emery are both currently ranked fourth in the league. In the age group relays the Stingers' boys won three: 8 and under (Josh Daniels, Tyler Strong, Nick Longo, and Jared Hayes), 9-10 (Sean Poling, Caleb, JP Boland and Weslee Richmond) and 15-18 (Matthew Osiecki, Kyle Bumiller, Nick, and Peter Fields). The 9-10 boys are currently ranked first in the league. The 13-14 girls won their relay (Taylor Nutt, Samantha Stallings, Katya, and Courtney Orvig). The 9-10 boys and 15-18 boys stood out by winning all their events. Overall, the Stingers produced 102 Personal Bests for the day.

Somerset-Olde Creek hosted **Kings Ridge** in both team's second meet of the season. Kings Ridge beat Somerset-Olde Creek, 239-156. Wilson Friestad from Kings Ridge, started off the meet with a 1st place finish in the 8 and under 25-meter freestyle with a time of 19.15 seconds. Tyler Speaks jumped in to place 1st in 8 and under 25-meter backstroke with a time of 29.61. Kings Ridge's Andrew Mendoza brought the crowd to their feet with his amazing come from behind finish in the boys 9-10 100-meter medley relay with a time of 1:49.98.

In the second week of the NVSL season, the **Greenbriar Dolphins** beat the **Lakevale Estates Dolphins**, 202-200, in Division 6 action. With many exciting close races, only two points separated the teams going into the relays. Christina Gonzalez, Kelly Updike, and Jessie Rayder from Greenbriar swept the 11-12 girls backstroke race. The 15-18 girls of Greenbriar - Stephanie Nguyen, Kacey Norwood, and Emily Dueterhaus also swept their backstroke race. Brian Rothschild from Greenbriar broke the 13-14 boys butterfly record with a winning time of 29.63 seconds. The winning Greenbriar relays were - 8 and under girls freestyle relay (Jacqueline Clabeaux, Julia Kim, Rachel Scherbenske, Tara Hackett), 9-10 boys medley relay (Owen Gentry, Sammy Miller, Mitchell Maison, Drew Brewer), 13-14 boys medley relay (Brian Rothschild, Andrew Dueterhaus, Nicholas Li, Wills Johnston), 15-18 boys medley relay (Kevin Nguyen, Andy Kurtenbach, Mitch Phillips, Michael Bealey), 15-18 girls medley relay (Kacey Norwood, Allison Shaw, Stephanie Nguyen, Leigh Siegfried) and the mixed age boys free relay (Alex Strait, Owen Gentry, Brian Rothschild, Mitch Phillips).

In their first NVSL Division 9 meet of the year, **Fairfax Club Estates** beat **Poplar Tree**, 227-175. Double winners for Fairfax Club Estates include - Victoria Lewan (50 freestyle and 25 butterfly), Daniel McGuire (50 freestyle and backstroke), Miles Oakley (50 backstroke and butterfly) and Sean McShea (50 backstroke and butterfly). Double winners for Poplar Tree include - Elizabeth Hall (50 freestyle and backstroke) and Katie Dingman (50 freestyle and butterfly).

The **Fairfax Station Flyers** beat the **Oakton Swim and Raquet Otters**, 228-174, in both team's first NVSL meet of the season. Surging to an

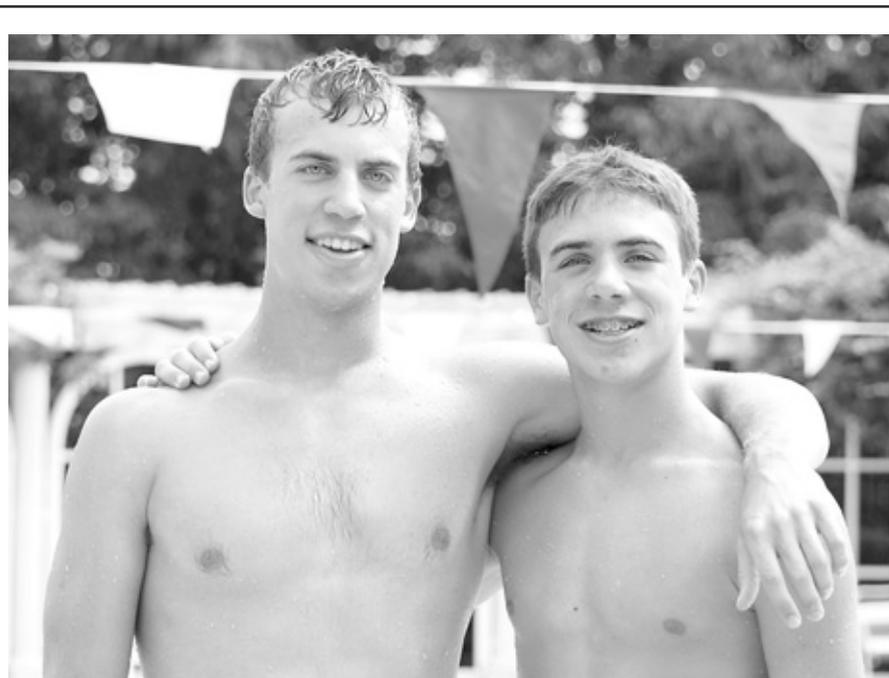


PHOTO CONTRIBUTED

Michael (14), right, and Ricky (18) Herrmann set Colonial Swim League records back-to-back on the same day in the 13-14 50-yard backstroke and the 15-18 50-yard backstroke for the Barrington Blue Fins. The 13-14 record was previously set in 1983 and the 15-18 record was set in 2005. The Blue Fins, however, lost to Hayden Village, 221-214.



PHOTOS CONTRIBUTED

The Burke Centre Penguins bid farewell Kyle Brown and Colin Weaver. In the photo, from left, Coulter Weaver, Lauren Weaver, Caroline Weaver, Colin Weaver, Kyle Browne, Kaelin Browne and Mary Beth Browne.

early lead, Meaghan Gallagher and Maggie Rodgers led sweeps in freestyle by the 11-12 girls and 13-14 girls. Other Flyer freestyle winners were Dwyer Neal, Joseph Rodgers, and Alex Saffran. Winning backstroke were Joseph Stedham, Faith Lowery, Roman Lowery, Ashley Weldon, Katelyn Winkler, Alex Saffran, Maggie Rodgers, Erik Hansen, and Maggie McGraw. Breaststroke winners included Joseph Stedham, Genevieve Munch, Bailey Williams, Erica Narel, Bo Ilgenfritz, Jordan Parry, Erik Hansen, and Kaylyn Gallagher. First place finishers in fly were Roman Lowery, Ashley Weldon, Joseph Rodgers, Jordan Parry, Michael Jewell, and Taylor Parry.

In the second meet of the year, the Flyers' 8 and under boys set the tone for a 250-152 win over Vienna Woods on June 28 with a sweep in the 25-meter freestyle by Joseph Stedham, Nicholas Chestnut and Caleb Royce. Winning two blue ribbons in individual events were Joseph Stedham, Faith Lowery, Genevieve Munch, Roman Lowery, Ashley Weldon, Taylor Parry, Erik Hansen and Michael Jewell. Other first-place finishers in individual events for Fairfax Station were Nicholas Chestnut, Caitlin Rider, Kaylyn Gallagher, Alex Saffran, Meaghan Gallagher, Maggie McGraw, Jordan Parry, Patrick Hesse and Cory Hansen. Undefeated Fairfax Station will host Donaldson Run this coming Saturday.



The Fairfax Station Flyer's 8 and under swimmer Faith Lowery prepares to race the backstroke.

CSL & NVSL SWIM REPORT

Record Breakers

Chase Club's Ellyn Baumgardner broke the Colonial Swim League's first record of the year, racing to a 33.31 seconds finish in the 15-18 girls 50-meter breaststroke. Baumgardner broke her own record, which she set last year. Brothers Ricky and Michael Herrmann each broke CSL records on June 28 for Barrington. Ricky broke the 15-18 boys 50-yard backstroke with a time of 26.50. Michael matched his older brother's accomplishment by breaking the 13-14 boys 50-yard backstroke with a time of 27.87.



James Murphy of Little Rocky Run set a new Northern Virginia Swim League record in the 9-10 boys 50-meter freestyle with a time of 30.16 for the first NVSL record of the new season. Janet Hu of Mosby Woods broke two NVSL records on June 22, breaking the girls 11-12 50-yard backstroke record with a time of 29.21 and the girls 11-12 50-yard butterfly record with a time of 26.84. In the same meet, Howe Wang broke the 11-12 boys 50-yard breaststroke NVSL record with a time of 31.97. The next week, Hu set the 11-12 girls 50-meter backstroke NVSL record and the 11-12 girls 50-meter butterfly NVSL record against Riverside Gardens. Hu now holds 12 NVSL records. On June 28, Hunter Mill's Sean Fletcher set the boys 15-18 boys 50-meter butterfly NVSL record with a time of 25.49. Fletcher has now set 10 NVSL records during his career.

—PAUL FROMMELT

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- Red Division:** Ashburn Village (2-0, 513.00)
- White Division:** Burke Centre Stingers (2-0, 483.00)
- Blue Division:** Chase Club (1-1, 476.00)
- Gold Division:** Countryside (2-0, 587.00)

NVSL DIVISION LEADERS

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- Division 14:** Springboard (2-0, 432.00)
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- Division 16:** Annandale (2-0, 407.00)
- Division 17:** Hollin Hills (2-0, 481.00)

SCOUTING



Scouts from Troop 688 brave the Cheat River rapids in West Virginia.



Scouts are dumped in the Cheat River.

DONATE PHOTOS

Local Scouts Shoot Rapids in W. Virginia

Troop 688 tackles Cheat River 'narrows.'

Thirty-nine Scouts and nine adult leaders from Scout Troop 688 spent the weekend of May 16-18, camping at Camp Dawson, an Army National Guard training facility located near Kingwood, W.Va. The purpose of this camping trip was to whitewater raft on the nearby Cheat River.

Because of the long Friday evening drive, camp was not set up until after 11 p.m.; however, the five patrols were up before 7 a.m. preparing their breakfasts. Although the day started out windy, the skies cleared and the sun came out making it a great day for some whitewater rafting.

The troop arrived at the Cheat River Outfitters in Albright, W.Va., before 9 a.m. for safety briefings, changing into wet suits and equipment issue. After a short bus ride, the first group of Scouts was out on the section of the river known as "The Narrows" in their three rafts. Each raft had a guide who kept the ride exciting but safe. The outfitters provided a simple but hearty lunch on the riverbank after the run down the river.

Due to high water conditions, the older Scouts could not raft the Class V rapids of "The Canyon" and instead thoroughly enjoyed rafting "The Narrows" twice. The outfitter provided lunch on the riverbank be-

tween the two runs. The high and fast water conditions provided exciting opportunities for everyone on the trip. The guides carefully analyzed each crew's skill level and ensured that their run was challenging and as thrilling as the crew wanted.

BACK AT Camp Dawson after dinner, the Scouts enjoyed much warmer waters in the camp's indoor swimming pool. Several Scouts worked on Swimming Merit Badge requirements. After swimming, many Scouts headed back to camp and their sleeping bags while others went to the movie theater to watch "We are Marshall."

The Saturday evening thunderstorms and the heavy overnight rains soaked the camp-

site but failed to dampen the Scouts' spirits.

Troop 688 is sponsored by Christ Church located at 8285 Glen Eagles Lane, Fairfax Station. The troop meets every Monday night during the school year at 7:30 p.m. This July, 36 Scouts and nine adults will be attending summer camp at Camp Rodney on the shores of the Chesapeake Bay near Northeast, Md., a crew of 12 will journey to New Mexico for some high adventure backpacking at Philmont Scout Ranch, and three members of the troop will participate in a Canadian canoeing trek. Although the normal troop meetings for this Scout year are finished, regular meetings will start up again in September.

Community Projects Bring Gold Awards to 3 Scouts

Three local Girl Scouts earned their Gold Awards, the highest and most prestigious award in Girl Scouting. Partnering with Meadowood, a Special Recreation Management Area of the Bureau of Land Management in Lorton, Lauren McPherson, Amy McCormack and Paige Freeman looked for projects that would not only satisfy the requirements of the Gold Award, but would give back to their community in unique ways.

Lauren worked closely with Jeff McCusker, BLM site manager, to explore various bench designs that not only would be functional and comfortable, but also would blend into the natural surroundings on the Wood Thrush Trail. Because several of Lauren's benches were earmarked for a new accessible trail, her research included a review of the American Disabilities Act (ADA) guidelines for accessible benches. Once Lauren decided on a design, she developed a detailed materials list and a cost estimate for the benches followed by a volunteer work schedule to build and install

the benches at Meadowood. Lauren's project exercised her planning, organization, leadership and communication skills and provided several new experiences such as cost estimating, woodworking and supervising adults.

When Jinx Fox, BLM natural resources specialist, first talked with Amy about the possibility of building a deer enclosure, Amy's first question was "What's a deer enclosure?" As soon as she realized that a deer enclosure would provide a structured way to measure the effects of deer on forests, Amy decided that it was just the project for her. She conducted Internet research looking for design ideas and study methodologies, and carefully studied the enclosures at the nearby Great Marsh Trail.

Amy's project, which took more than 155 volunteer hours to complete, used her planning, organization, leadership and communication skills as well as her math skills to develop the study area and documentation materials. Her enclosure is visible from the Thompson Creek Trail at Meadowood.



As part of her Gold Award project, Girl Scout Amy McCormack built this enclosure on the Thompson Creek Trail at the Meadowood Special Recreation Management Area in Lorton.

Paige's idea to develop a "hands on" environmental awareness patch program for young children was music to Theresa Jefferson, BLM environmental education specialist's, ears. Paige's challenge was to find a fun way to present the information while holding the children's attention.

Paige's approach was to develop a colorful activity booklet of facts about the environment and to host a workshop full of "hands on" activities for the children such.

Amy will attend the University of Virginia this fall and Lauren and Paige will attend Virginia Tech.

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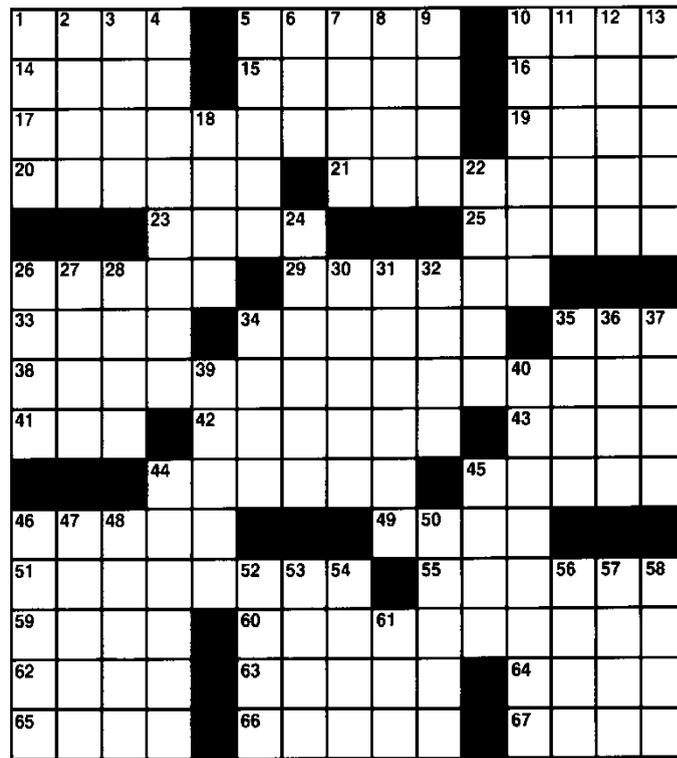
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NEW YORK TIMES CROSSWORD

Edited by Will Shortz

No. 0316-2



Puzzle by Fred Piscop

ACROSS

- 1 Golf peril
- 5 South African author Alan
- 10 Impoverished
- 14 Latvia's capital
- 15 TV's Morgenstern
- 16 Witty Bombeck
- 17 Bartender's supply, squashed flat?
- 19 Jack-o'-lantern feature
- 20 Plunder
- 21 Working with a dragnet
- 23 Carpe —
- 25 Actress Taylor of "The Nanny"
- 26 Apportioned, with "out"
- 29 Car safety device
- 33 Take in
- 34 Total, as an effort
- 35 G.I. address
- 38 Some scams, squashed flat?
- 41 Nile slitherer
- 42 Gladiatorial sites
- 43 Bona fide
- 44 Trattoria gadget
- 45 — Domingo
- 46 Zeno, notably
- 49 Actor Montand
- 51 Game with sticks
- 55 Brings a smile to
- 59 No longer mint
- 60 Meteorologist's study, squashed flat?
- 62 Catchall abbr.
- 63 Pacific nation since 1968
- 64 The life of Riley
- 65 January song ender
- 66 Muddleheaded
- 67 Common flag feature

DOWN

- 1 Remove the fat from
- 2 Costa —
- 3 Ripening factor
- 4 Rose Bowl site
- 5 Victorian type
- 6 "So, it's YOU!"
- 7 Suit material, perhaps
- 8 River to the Baltic
- 9 Discovery grp.
- 10 Stereotypical pirate feature

- 34 Taj Mahal home
- 35 "Right on!"
- 36 Bog stuff
- 37 Capital on a fjord
- 39 Pusher's pursuer
- 40 Crossword solvers' smudges
- 44 Elasticized garment
- 45 Top Four matchup
- 46 Turns on an axis
- 47 Delicious
- 48 Neptune's realm
- 50 Empty spaces
- 52 Yemen's capital
- 53 P.D.Q., on "ER"
- 54 Six-foot avians
- 56 "Vamoose!"
- 57 Socialite Maxwell
- 58 Nostradamus, for one
- 61 Assayer's specimen

ANSWER TO PREVIOUS PUZZLE

F	I	D	E	L	A	M	A	S	B	A	R	B		
A	N	O	D	E	M	O	R	K	O	B	I	E		
T	H	R	E	E	M	I	L	E	I	S	L	A	N	D
C	A	I	N	A	N	D	A	N	T	E				
A	L	E	T	R	O	Y	A	R	B	O	R			
T	E	S	T	E	R	A	S	T	O	U	N	D		
F	L	O	R	I	N	C	H	E	E	L	S			
F	L	O	N	U	R	S	E	R	Y					
L	A	P	D	O	G	S	D	R	E	A	M	Y		
A	N	S	E	L	B	T	U	S	N	A	E			
F	I	V	E	Y	A	R	D	P	E	N	A	L	T	Y
I	R	A	N	T	O	E	S	A	D	O	R	E		
B	E	N	T	A	D	R	Y	P	A	G	E	S		

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21 Announcements

21 Announcements

21 Announcements

21 Announcements

21 Announcements

101 Computers

**NOTICE OF SUBSTITUTE TRUSTEE'S
SALE OF REAL PROPERTY LOCATED AT**

6234 QUANDER ROAD, ALEXANDRIA, VIRGINIA 22307

SALE TO BE HELD AT 4110 CHAIN BRIDGE ROAD, FAIRFAX, VIRGINIA 22030

JULY 11, 2008

AT 10:00 A.M.

In execution of the Deed of Trust dated August 9, 2004, and recorded in Deed Book 16387, Page 2016, among the land records of Fairfax County, Virginia (collectively, the "Deed of Trust"), securing The Washington Savings Bank, F.S.B. (the "Noteholder"), default having occurred in the payment of the debt secured thereby, and being instructed to do so by the Noteholder, the undersigned Substitute Trustees will offer for sale the property described below at public auction on the front steps of the Fairfax County Courthouse located at 4110 Chain Bridge Road, Fairfax, Virginia 22030 on July 11, 2008, beginning at 10:00 a.m.

The real property encumbered by the Deed of Trust that will be offered for sale by the Substitute Trustees is generally known as 6234 Quander Road, Alexandria, Fairfax County, Virginia 22307 and is described in more detail in the Deed of Trust and as follows:

PARCEL 2, containing 2.183 acres, more or less, of the subdivision of the PROPERTY OF ELIZABETH J. QUANDER, as the same appears duly dedicated, platted and recorded in Deed Book 1785, Page 264, among the land records of Fairfax County, Virginia.

LESS AND EXCEPT all of that lot or parcel of land containing 8,750 square feet more particularly described as follows:

Beginning at a corner of Parcel 2 of the subdivision of the Residue of the property of Elizabeth J. Quander in the southwesterly line of Quander Road (Route #630) and running thence with a line of said parcel S.44 degrees, 22' 50" W. 160.0 feet to another corner of said parcel thence running through the parcel N. 0 degrees, 37' 10" W. 98.99 feet and N. 44 degrees 22' 50" E. 90.00 feet to a point in the line of Quander Road, thence with the line of said road S. 45 degrees 37' 10" E. 70.00 feet, to the point of the beginning.

TERMS OF SALE

ALL CASH. The property will be offered for sale "AS IS, WHERE IS" and will be conveyed by Substitute Trustees' Deed (the "Substitute Trustees' Deed") subject to all encumbrances, rights, reservations, conveyances, conditions, easements, restrictions, and all recorded and unrecorded liens, if any, having priority over the Deed of Trust, as they may lawfully affect the property.

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 \$25,000.00 (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, together with interest at 8.5% per annum from the date of sale to the date of settlement, shall be paid by the Purchaser. Settlement shall occur within ten (10) days after the sale date, TIME BEING OF THE ESSENCE with regard to the Purchaser's obligation.

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

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

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

/s/ Henry F Brandenstein, Jr.

Substitute Trustee

/s/ Jessica L. Sartorius

Substitute Trustee

FOR INFORMATION CONTACT:

Lauren T. Coapstick, Esq.

Venable LLP

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28 Yard Sales

Moving sale, 7/5, 9-2, furn, porch furn, h/h goods 8526 Greeley Blvd S'fld

29 Misc. for Sale

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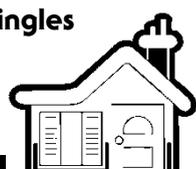
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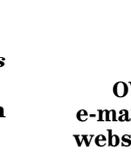


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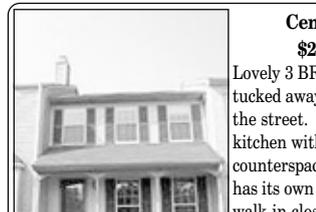


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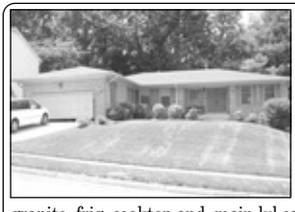


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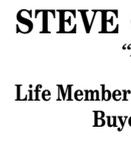


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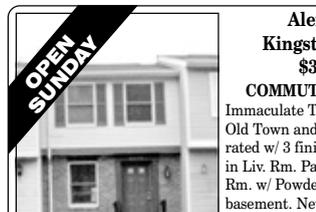


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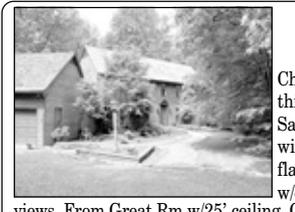


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