

# Springfield CONNECTION

Franconia ❖ Kingstowne ❖ Newington

Julia Guidry of Washington, D.C. floats next to a teammate while practicing a team synchronization routine with her teammates.

## Pair Swimming

NEWS, PAGE 3

## Lauritzen Retires

NEWS, PAGE 3

## Guilt-Free Eating

DINING, PAGE 10

inside



PHOTO BY ROBBIE HAMMER/THE CONNECTION FAITH, PAGE 5 ❖ SPORTS, PAGE 16 ❖ CLASSIFIED, PAGE 18

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## All Together Now

Nereids Synchronized Swimming Team prepares for New York competition.



Hannah Guidry of Washington, D.C. and Melissa Pasierb of Fairfax listen to pointers from their synchro team coach during a recent practice.

PHOTOS  
BY ROBBIE  
HAMMER

Olivia Hanlon of Clifton and Allison Baker of Fairfax practice their duet routine for the upcoming Age Group National in New York.



Members of the Northern Virginia Nereids Synchronized Swimming Team practice their routine at the Audrey Moore Recreation Center at Wakefield Park REC Center. They are in preparation for age group nationals in Bingham, N.Y. this week. The Nereids synchro team was founded in 1972 and has members from all over the D.C. metro area. They train and compete 9 months out of the year.

# Retiring Commander Passes BRAC Baton

Col. Brian W. Lauritzen delivers community wide assessment to combined chambers.

BY CHUCK HAGEE  
THE CONNECTION

Nearly 100 members of the Mount Vernon-Lee, Springfield and Fairfax chambers of commerce packed a ballroom at the Springfield Hilton on Thursday, June 26, by 8 a.m. to hear Fort Belvoir Installation Commander Col. Brian W. Lauritzen give his final community wide assessment of the Base Realignment and Closure Report (BRAC) on the area's military and civilian interests. At the conclusion, he received a standing ovation.

"This commander cares about the people and gets the job done. He was and is the right man in the right place at the right time for the job," said Nathaniel Wilson, chairman, Mount Vernon-Lee Chamber of Commerce, in introducing Lauritzen for his final non-military public appearance. He will be retiring from the Army after 26 years of service following the July 2 change of command at Belvoir.

WWW.CONNECTIONNEWSPAPERS.COM

"I don't usually find myself in a room filled with people who are optimistic about BRAC," said Lauritzen. "But, we have been successful in implementing the many facets of BRAC because it is a team sport and you have been willing participants."

Repeating his oft-stated belief that BRAC is only one element of an ongoing Fort Belvoir metamorphosis, Lauritzen said, "We were busy before BRAC and we will be busy after BRAC. Ten years from now, this will all be a blip on the screen."

Emphasizing the point of other Belvoir activities, Lauritzen cited the growth in the base commissary that, at \$95 million a year, is doing twice the business for which it was designed and noted that a recent ribbon cutting marked the 1,000th home constructed on Belvoir under the Residential Community Initiative started in early 2001. "Under this program, we are building communities, not just homes," he said.

"I have had to keep in mind how to accomplish BRAC and not interfere with the primary mission of the Post," he said in as-

sessing one of the greatest challenges of his Belvoir tenure.

However, Lauritzen also acknowledged the primary "bogey" in the overall BRAC plan. That is the still unresolved location of the Washington Headquarters Services (WHS) element of 6,300 personnel, also known as BRAC 133. The decision as to that location has now been pushed back to this September.

"If the decision is made in September 08, we've got a flat three years to get it done," he said. Currently, three sites are under consideration — Victory Center and Mark Center, both in Alexandria, and the GSA Warehouses site in Springfield.

Referring to the new campus-style headquarters of the National Geospatial Intelligence Agency (NGA) headquarters under construction at Belvoir's Engineering Proving Grounds (EPG), Lauritzen said, "This will be a beautiful facility when it is completed."

He also noted that EPG was originally to

have been the site for BRAC 133 as well as the NGA, but traffic concerns changed that decision, according to Lauritzen. "The Corps of Engineers will make the final decision as to WHS' ultimate location. But, wherever that is, it will have to pass the smell test," he said.

**"Outreach to the community has defined my time as Fort Belvoir's Installation Commander."**

— Col. Brian W. Lauritzen

That smell test means that the U.S. Army must own the site and that it be a part of Fort Belvoir. "It might be nice to have it at a good vacation spot so that future commanders could take an occasional TDY (Temporary Duty)

travel, but that won't pass the smell test," said Lauritzen.

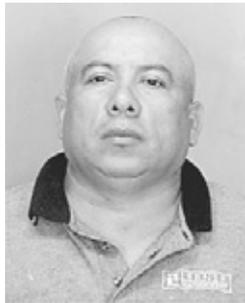
Another element encompassed within the BRAC mission is completing the final link of the Fairfax County Parkway at the EPG. "We have a signed memorandum of agreement," Lauritzen said. "It will be a phased operation with the cost now estimated at

SEE SOLDIER, PAGE 7

## Arrest in Assault on Child

Fairfax County Police arrested a Washington, D.C. man saying that he assaulted a Springfield-area child, according to a police release.

In Tuesday, July 1, around 2:55 p.m., officers responded to call from a residence in the 7000 block of Skyles Way in Springfield. Following an investigation, officers determined that a maintenance employee from the victim's complex approached the victim, an 11-year-old Springfield-area girl, as she was walking alone to her apartment. The suspect confronted the girl in the stairwell. He kissed the victim and touched her inappropriately before walking away, according to the release.



**Gregorio Arias**

POLICE PHOTO

After the girl reported the incident, police were called. Officers found the suspect, Gregorio Arias, nearby and arrested him. A resident of the 5800 block of 14th St., N.W., in Washington, D.C., Arias was taken to the Fairfax County Adult Detention Center and charged with aggravated sexual battery. No medical treatment was required for the victim.

Supervisor Jeffrey McKay (D-Lee) announced Monday, June 30, that the long-awaited funding to make the new "Mulligan Road" a four-lane reality had been achieved by expending \$12 million of Fairfax County's commercial and industrial (C&I) tax revenues. Mulligan Road is the connector byway to replace Woodlawn Road that was closed as a Fort Belvoir security measure following the 9/11 terrorist attacks.

## Road Replacement Funds Found

"The first use of these tax revenues will allow Mulligan Road to be built with four lanes rather than a bottlenecked two-lane road. It would be obsolete on day one," said McKay, chair of the Board's Transportation Committee.

Use of C&I taxes to generate revenue for transportation projects in Fairfax County was authorized by the General Assembly during the 2007 session. The Board of Supervisors implemented them as an 11-cent commercial and industrial real estate tax rate that became effective July 1. They are estimated to raise approximately \$52 million a year.

Under the Base Realignment and Closure Report (BRAC) the new road connecting Route 1 and Telegraph Road, adjacent to Woodlawn Plantation, was proposed to have two lanes built with BRAC appropriated funds with the remaining two lanes to be funded by the state or county in the future. BRAC funds will also finance the four-lane right-of-way.

"Building Mulligan Road with four lanes will be more cost effective than building a two-lane road and trying to retrofit an additional two lanes at some later and undetermined date," said McKay. "We have an obligation to our taxpayers to use their hard earned dollars wisely and with this new revenue we will be able to complete the four-lane road as a single project."

"We cannot afford to wait any longer for this critical road. We have to use all the tools at our disposal to break loose from our traffic congestion. This is an example of the County stepping up to the plate in a big way," he said.

"I am very happy that Supervisor McKay was able to secure the critically needed balance from the new commercial property transportation tax," said Del. Mark Sickles (D-43), who represents the area in the Virginia General Assembly. "This project will help everyone who lives along Telegraph Road by reducing the amount of traffic headed north on South Kings Highway and the Harrison Road/Lockheed connection to Richmond Highway."

In addition to the \$12.1 million from C&I revenues, funding for the \$54.9 million project will come from \$8 million in federal earmarked funds and \$34.8 million in federal Defense Access Road funds.

—CHUCK HAGEE

## NEWS



PHOTOS BY JENNY WESTERHOFF/THE CONNECTION

**Felix Montero takes a ride on the Convincer, which is meant to simulate a 15-mile per hour crash and convince people to always wear a seatbelt. This was part of the Saturday, June 28 safety event at the West Springfield District police station.**



**Kai Karchner gets his fingerprints taken along with a photo which will help with identification in case of an emergency.**

## Safety First

**West Springfield Police Station offers safety tips for drivers, children at June 28 event.**



PHOTO BY SAM FUNT/THE CONNECTION

## Long-Term Commitment

**The Right Reverend Peter James Lee, Bishop of Virginia, with couples who have been married 50 years or more and just renewed their marriage vows at the Greenspring Retirement Community on June 5 in Springfield.**

# NEWS

## Record Fines in Strike Team Case

A boarding house on Hanover Avenue in Springfield has received over \$24,000 in fines from the Enhanced Code Enforcement Strike Team, the highest amount recorded since the team began operating last year, according to a Fairfax County release.

The homeowner, Nelson Hernandez, was originally fined \$15,000 by the General District Court for having bedrooms in the basement of his home in the 5800 block of Hanover Ave. without proper permit and inspections.

Brian Worthy of the Office of Public Affairs said the issue now rests with the criminal and civil jus-

tice system.

"This particular fine was the largest criminal and civil fines that ever been levied in the history of the strike team," said Worthy, in a phone interview.

The Fairfax County Circuit Court has issued \$200 contempt of court sanctions every day since the Strike Team levied the \$15,000 fines for locks on the basement bedroom doors. So far, those fines have exceeded \$9,000. According to Worthy, the homeowner has not paid any of the fines as of July 2.

"Really, it's up to the court now," said Worthy.

— DEREK JOHNSON

### FAITH NOTES

Send notes to the Connection at [south@connectionnewspapers.com](mailto: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](http://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.

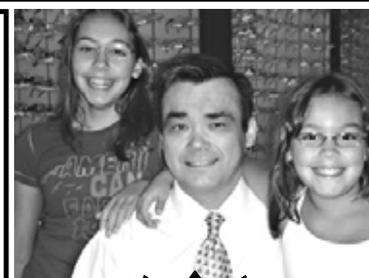
Christine and her dog will demonstrate search and rescue techniques. They are part of Mid-Atlantic D.O.G.S., an organization that provides canine search and rescue teams for emergencies. Clifton/ Centreville Location, 13421 Twin Lakes Drive.

**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](http://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](mailto: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](mailto:journeyoffice@verizon.net) or call 703-971-0277, ext. 100.

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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.

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



"Chester."  
Jake Werthmann

— SAM FUNT

COLLEGE NOTES

**Margot Aaronson** was named to the spring 2008 dean's list at James Madison University, Harrisonburg.

**Samantha R. Drain** of Springfield, the daughter of Mr. and Mrs. Donald R. Drain, has received a bachelor of business administration degree from Roanoke College on May 3.

**Andria Diane Tobias** of Springfield, a junior majoring in family and consumer sciences, has been named to the spring 2008 dean's list at Bridgewater College, Bridgewater Va.

**Shaun Patrick Kastner** of Springfield was awarded a bachelor of arts degree in music on May 10 from Truman State University of Kirksville, Mo.

**Michelle Anderson** of Springfield, a graduate student at the University of Pittsburgh, has received

the Hungarian Room Committee scholarship. Anderson will study research for torture survivors in Budapest. An occupational therapy major, Anderson is the daughter of Annie Anderson.

**Sofia K. Anagnos** of Springfield was graduated with a doctor of physical therapy degree from the Virginia Commonwealth University on May 17. Anagnos is the daughter of Zoe Anagnos.

**Siobhan A. Sullivan** of Springfield graduated with bachelor's of arts degrees in psychology and Japanese language and literature from Boston University. Sullivan graduated cum laude and has been named to the dean's list.

**Jennifer S. Rubenstein** of Springfield graduated with a master's of science degree in speech-language pathology from Boston University.

# Soldier Bids Farewell

FROM PAGE 3

\$174 million — up another \$60 million.”  
 “In the end, we want all the pieces of this puzzle to fit together for everyone’s benefit. That is why we created the Board of Advisors at the outset — to bring key community leaders together to be part of this process,” Lauritzen said.

“This process will stand the test of time. I will pass it to my successor. Outreach to the community has defined my time as Fort Belvoir’s Installation Commander,” he said.

“It has been an honor to serve with you. And, we do “serve” together,” he concluded as the audience came to its feet with applause.

That mutual admiration was borne out by the presentation of a plaque of appreciation by Wilson for the Mount Vernon-Lee Chamber of Commerce stating that Lauritzen was “The right man, In the right place, At the right time.”

John D. Pellegrin, president, Greater Springfield Chamber of Commerce, presented Lauritzen with a model of that Chamber’s recently adopted flag. The new symbolic banner was first flown this past Memorial Day at the Springfield American Legion Post, according to Pellegrin.

**Fort Belvoir Installation Commander Col. Brian Lauritzen gives his final community BRAC update to members of the Mount-Vernon Lee, Springfield and Fairfax chambers of commerce gathered at the Springfield Hilton Hotel.**



PHOTO BY CHUCK HAGEE/THE CONNECTION

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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

**L**ike 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](http://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](http://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](mailto: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 throughout the county.

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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](http://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:

### 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

## 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

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

— Mimi Clark

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

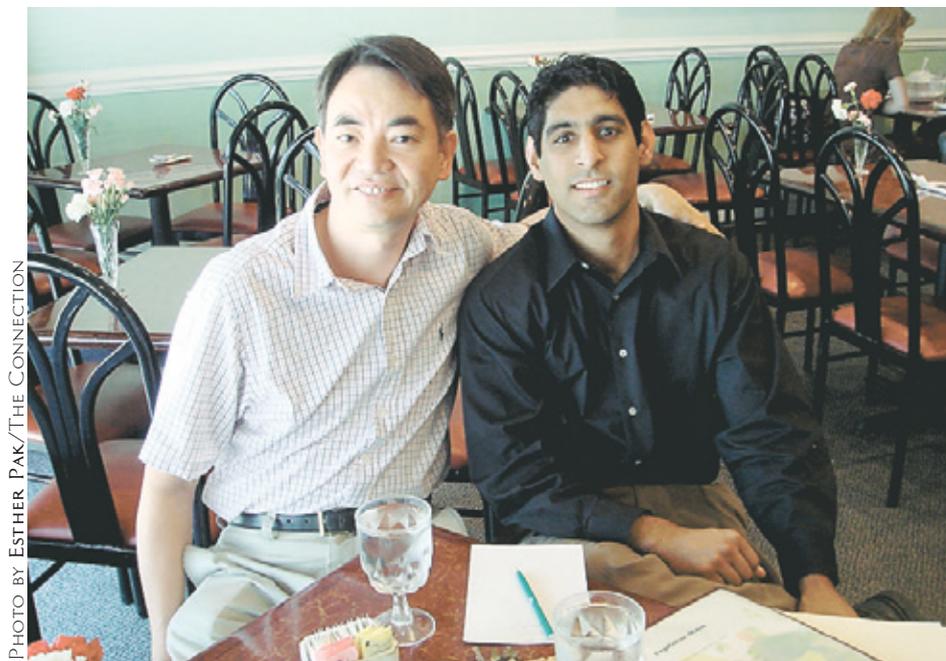


PHOTO BY ESTHER PAK/THE CONNECTION

**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 14

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Send notes to the Connection at [south@connectionnewspapers.com](mailto: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/](http://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/](http://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/](http://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.

SEE CALENDAR, PAGE 15

## Catch a Bus or Connect with Your Carpool Gambrill Road and Backlick Road Park & Rides

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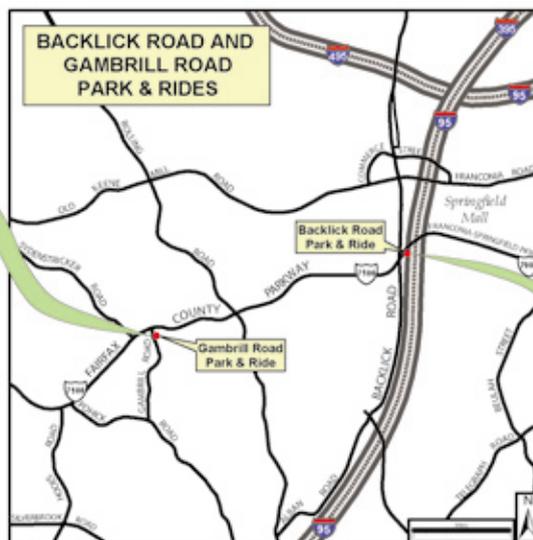
Whether you walk, ride your bike, or drive to the Park & Ride, you can catch a bus or carpool for an easier commute.



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

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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](http://www.fairfaxcounty.gov/fcdot).



For more information about bus routes and schedules, visit [www.fairfaxconnector.com](http://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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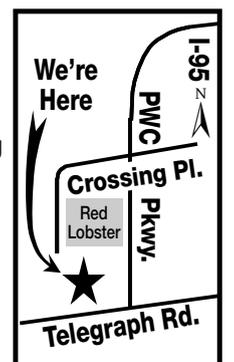
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FROM PAGE 10

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 Bhamini. "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 Bhamini.

"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](http://www.localdc.com/cooking) for further information on her classes as well as her contact information.

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# CALENDAR



The U.S. Army Blues Jazz Ensemble performs Friday, July 11, 7:30 p.m., at Lake Accotink Park in Springfield as part of the Braddock Nights concert series.

FROM PAGE 12

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](http://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](http://www.habitatnova.org) or call Megan Coleman at 703-521-9890 ext. 111.

## 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.** Spiny 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 Dembecki. 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](http://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](http://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](http://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. 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. 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 Dembecki. Age 12-18. 2:30 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. 703-339-4610.

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7964 FOREST PATH WAY	\$179,000	7/6-14	Long & Foster	Linda Cork	703-451-9400
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All listings due by Mon. at 3pm.

# Justin Spring Vaults into Beijing

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

BY ERIC J. GILMORE  
THE CONNECTION

**L**aurel 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 ex-



Justin Spring poses with coach Jon Valdez during the U.S. Olympic Trials in Philadelphia last week.

tended 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."

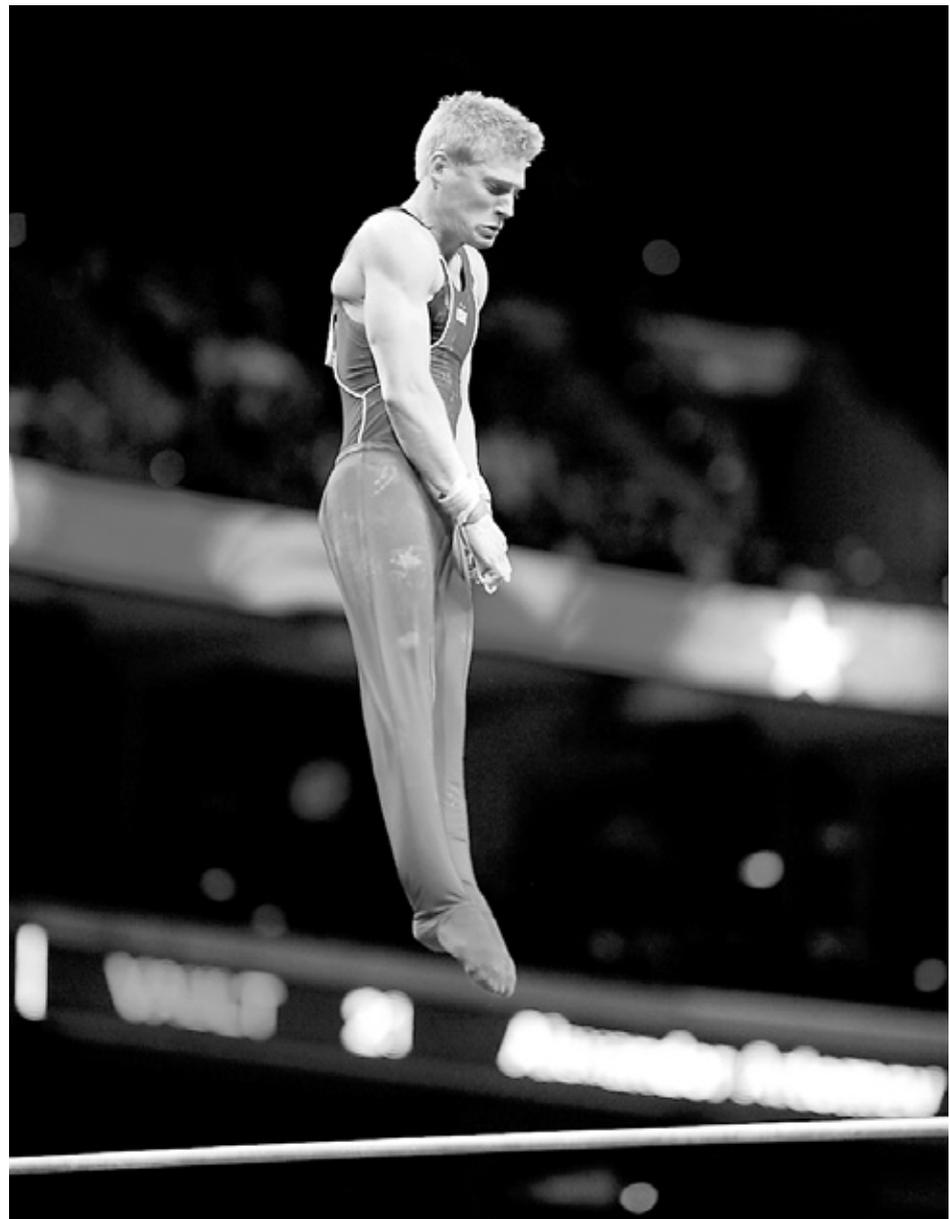
But two days later, the pain substantially subsided, and the four-time NCAA national champion, was back on his feet. Well, not entirely.

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



Former Burke resident Justin Spring is one of six gymnasts who will compete for the U.S. Olympic team in Beijing.

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."

SPORTS

# Girls Playing for Glory

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

BY PAUL FROMMELT  
THE CONNECTION

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



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

PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

in a professional sport," said Dever-Boaz. "I 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."



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

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

### CSL DIVISION LEADERS

- 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

- Division 1:** Hamlet (2-0, 464.00)
- Division 2:** Fairfax Station (2-0, 478.00)
- Division 3:** Highlands Swim (2-0, 480.00)
- Division 4:** Wakefield Chapel (2-0, 444.00)
- Division 5:** Dunn Loring (2-0, 433.00)
- Division 6:** Fairfax (2-0, 485.00)
- Division 7:** Ravensworth Farm (2-0, 454.00)
- Division 8:** Dowdren Terrace (2-0, 413.00)
- Division 9:** Canterbury Woods (2-0, 420.00)
- Division 10:** Daventry (2-0, 430.00)
- Division 11:** Holmes Run Acres (2-0, 431.50)
- Division 12:** Lake Braddock (2-0, 472.00)
- Division 13:** Fair Oaks Rec (2-0, 452.00)
- Division 14:** Springboard (2-0, 432.00)
- Division 15:** Lakeview (2-0, 461.00)
- Division 16:** Annandale (2-0, 407.00)
- Division 17:** Hollin Hills (2-0, 481.00)

## COMMUNITY

# Camp Offers Chance To Make Friends

Camp Shalom teaches social skills to children with autism, ADHD.

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 making conversation. In the afternoon, the children

**"We focus on friendly behaviors, initiating friendships, making conversation. ... These children don't have that, so we teach it."**

— Dana Chilbert, Program Director

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

The Camp Shalom campers, who are ris-



**Camp Shalom program director Dana Chilbert with Michael Tekampe.**

ing 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 Tiyyulim (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 Turn-

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

The camps are offered in four, two-week sessions. The next Camp Shalom sessions are July 7-18 for grades 3-5; July 21-Aug. 1 for grades 6-8; Aug. 4-15 for grades 6-8.

The camp runs from 9 a.m. to 3 p.m. and costs \$900/member for a two-week session; \$1,128/nonmembers. Campers do not have to be Jewish to attend.

For more on Camp Shalom, contact Dana Chilbert, program director at 703-537-3031 or e-mail DanaC@jccnv.org.

## 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.

## CRIME REPORT

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.

**7000 block of Lanier St.** Money stolen from residence.

**6500 block of Springfield Mall.**

Wheel stolen from vehicle.

**7200 block of Sterling Grove**

Drive. Money stolen from vehicle.

### VEHICLE THEFTS

**6000 block of Knights Ridge Way.**

2003 Acura RSXS reported stolen.

**5500 block of Malone Ridge St.**

2007 Kawasaki motorcycle reported stolen.

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

### ROBBERY

**8100 block of Dabney Ave.** A 37-year-old Springfield woman was robbed in her front yard in the 8100 block of Dabney Ave. on Saturday, June 21. She arrived home, parked her car and walked to her house. She was pushed to the ground by two

men who were trying to grab her purse. The victim struggled to keep the purse, then relinquished it. The suspects fled and she was not injured. The suspects were described as being about 5 feet 7 inches tall, wearing black hoodies.

### ASSAULT ON OFFICER / DRUNK IN PUBLIC

**5000 block of Head Court.** On Sunday, June 22, at 2 a.m., Jerry Gonzalez, 20, was arrested and charged with assault on a police officer and drunk in public. Officers

responded to a report of a loud party in the 5000 block of Head Court. Officers arrived and could hear people yelling and cursing at the rear of the home. They observed two men arguing. Gonzalez yelled obscenities and charged the officers. He swung a fist and struck one officer. Officers deployed the conductive energy device. Gonzalez was transported to Inova Emergency Care Center for treatment of minor injuries. Gonzalez, of the 13000 block of Mae Pine Court in Fairfax, was then taken to the Fairfax County Adult Detention Center.

# EMPLOYMENT

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## Education

### INSTRUCTORS

The Jamestown-Yorktown Foundation seeks skilled **OUTREACH EDUCATION INSTRUCTORS (OIoNV)** for positions based in Northern Virginia to present hands-on, educational history programs to students in the upper Northern Virginia area. Will work with a variety of ages, abilities and grade levels. Will teach in Fairfax County, Arlington County, Alexandria City, Prince William County, Falls Church City, Manassas City, Manassas Park City and parts of Loudoun County school districts.

**For a full job description and to apply:** Log onto [www.jyf.virginia.gov](http://www.jyf.virginia.gov) and submit your application no later than **5:00 p.m. on Friday, July 18** for a training session beginning September 10-19, 2008. For more information call our job line at (757) 988-3107 or call (757) 253-5233. Background check required. EEO/AA/ADA

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Email address: [edbgriffith@verizon.net](mailto:edbgriffith@verizon.net).

## Education

### INSTRUCTORS

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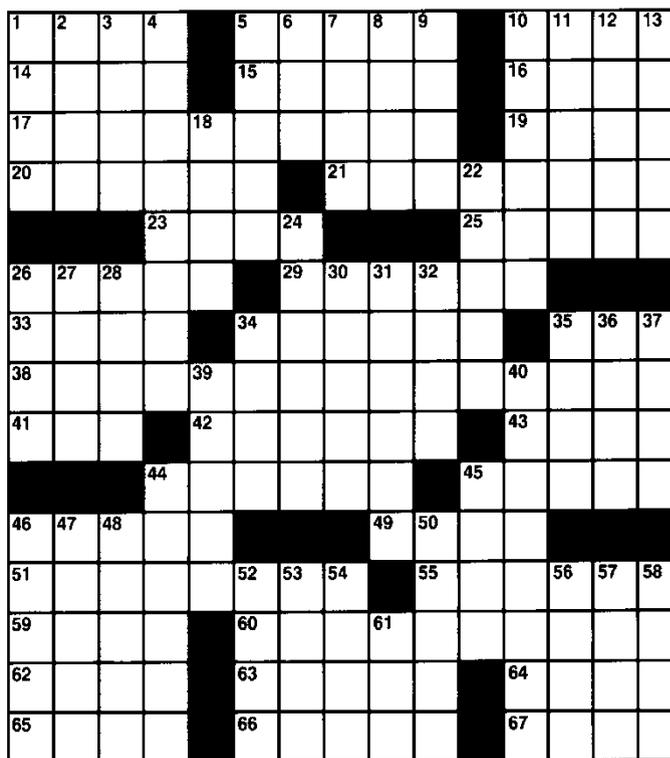
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Puzzle by Fred Piscop

### ACROSS

- 1 Golf peril
- 5 South African author Alan
- 10 Impoverished
- 14 Latvia's capital
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- 59 No longer mint
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- 62 Catchall abbr.
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- 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				
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T	E	S	T	E	R	A	S	T	O	U	N	D		
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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		

## SEE YOUR NAME IN PRINT!

Be the first person to fax in the correct crossword puzzle answers each week, and we'll put your name here! Fax the completed puzzle, with your name and the puzzle number, to the Crossword Puzzle Desk, fax #703-917-0998!

The winner of puzzle #0315-2 is:

**J.W. Fry**

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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

8010 Towers Crescent Drive, Suite 300

Vienna, Virginia 22182

(703) 760-1638

**ABC LICENSE**  
Peterson's Ice Cream Depot, LLC trading as Big Dog Enterprises, 7150 Main Street, Clifton, VA 20124-0318. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL for a Beer on Premises license to sell or manufacture alcoholic beverages. Tom Peterson, owner

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

**29 Misc. for Sale**

\$250 KING Pillow Top Mattress & Box set (3pc)- Brand New, Never Used w/warranty. (Retail \$500+) Deliverable 571-926-1990

7 PC Cherry Sleigh Bedroom set - Brand new in boxes, Worth \$1200+ (Can help deliver) Asking \$575 571-926-1990

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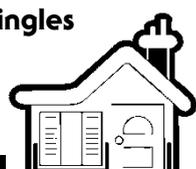
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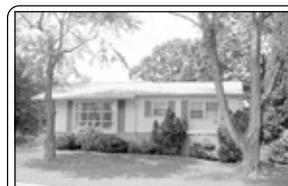


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