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Hula Dancing In China

ENTERTAINMENT, PAGE 11

Tyson's
Vision
Unveiled
NEWS, PAGE 3

Women
Reunite
NEWS, PAGE 4

Trippi Penland of Falls Church leads off a line in the Spring Hill RECenter hula dance class whose members perform in China this week.

SCHOOLS, PAGE 17 ♦ OPINION, PAGE 10 ♦ FAITH, PAGE 12 ♦ SPORTS, PAGE 18 ♦ CLASSIFIEDS, PAGE 20

PHOTO BY LOUISE KRAFFT/THE CONNECTION





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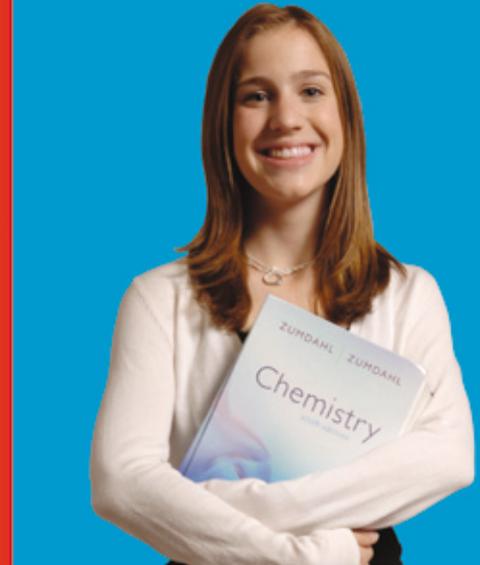
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Task Force Presents New Vision for Tysons

GMU study projects fewer “new” Tysons residents than once discussed.

BY JULIA O'DONOGHUE
THE CONNECTION

The assignment was so surreal that Fairfax County chairman Gerry Connolly likened it to creating science fiction last month.

Connolly and the other members of Fairfax's Board of Supervisors charged 30 stakeholders to predict the future of Tysons Corner. That group, called the Tysons Corner Land Use Task Force, was supposed to envision how a collection of office parks and strip malls arranged around a high-end shopping mall could look and function like an urban city center 40 years from now.

It was a daunting task. To put it in perspective, Tysons Corner counted more cows than people as residents 50 years ago. And it is hard to imagine what might lie in the decades ahead for Virginia's largest business district, said task force chairman Clark Tyler.

But after three and half years of plodding and reflection, the task force made recommendations for Tysons Corner's redevelopment to the supervisors Sept. 22. The group compiled suggestions that they hope will guide Fairfax as it attempts to transform the 1,700 acre Tysons from a sleepy suburban office park to a vibrant 24-hour, seven day per week downtown.

THE TASK FORCE recommendations are broad and a draft of legally binding details plan language have been left up to county staff and a special task force committee chaired by state Sen. George Barker (D-37) to develop.

Though Tyler and other task force members urged the county to act expeditiously, the specific planning language and more details about Tysons redevelopment plan are not expected for several months.

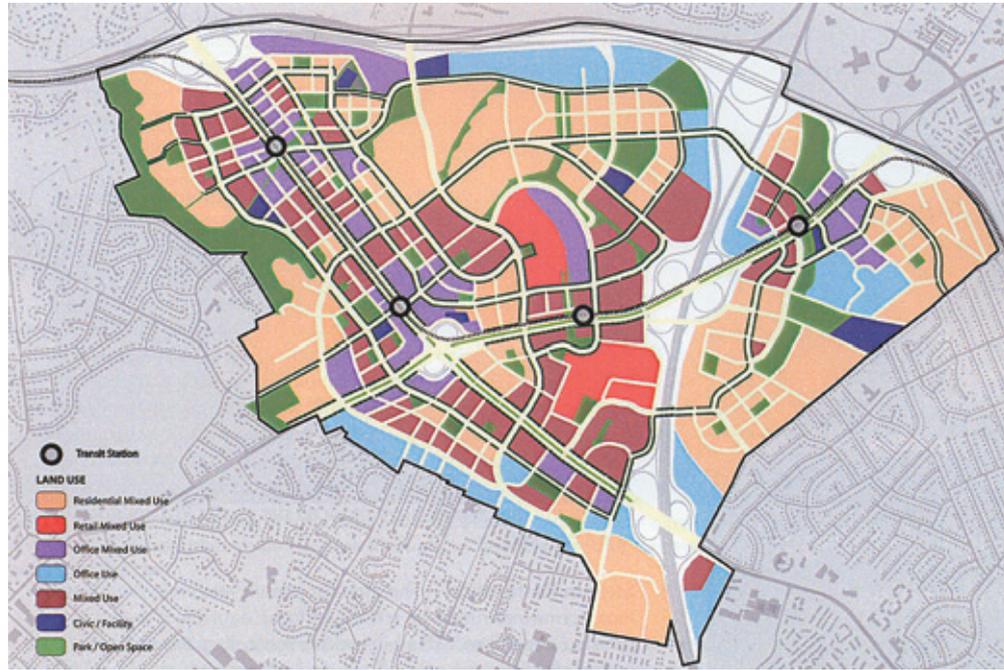
Tysons Corner is economic engine of not only Fairfax County but also the entire state of Virginia, and it is very important that the county get Tysons redevelopment plan correct, said several supervisors.

“I don't believe there is anything more important to this board than getting it right in Tysons,” said Connolly.

THE FOUR NEW metro stations Fairfax County expects under the rail-to-Dulles project have dramatically altered what the local government considers possible for Tysons.

“Getting rail makes everything different,” said Connolly.

With expectation that the metro stations would be coming in, the task force focused on transit-oriented development.



COURTESY OF THE TYSONS CORNER LAND USE TASK FORCE

The Fairfax County Board of Supervisors hopes to redesign Tysons Corner to include more residential and mixed-used development over the next 50 years.

For Tysons That Makes Sense

Tysons Tomorrow hosts ‘Avoid Tysons Commute’ event.

This past Thursday, Sept. 18, Tysons Tomorrow hosted an event called “Avoid the Tysons Commute” at the eCities Restaurant and Bar on Tyco Road. By holding it from 5 to 7 o'clock, during the peak of rush hour, the association welcomed area residents and commuters to stop by to discuss what they would like to see happen in Tysons in the future.

“We wanted to make people aware of the changes that are to come,” says executive director of Tysons Tomorrow Erin Fuller. “We wanted to gather area commuters together to give them an update and encourage them to let the Fairfax County board of Supervisors know that they are in favor of a new,

eco-friendly Tysons Corner,” said Fuller.

After a telephone survey, Tysons Tomorrow found that 87 percent of Fairfax County residents want to find new strategies for growth in the Tysons Corner area. This includes everything from building Metro stations to creating walkable, pedestrian-friendly locations to eat, shop, and do anything else. One of the major concerns of Tysons Tomorrow has been to find solutions to the area's heavy traffic. Holding an “Avoid the Tysons Commute” event was their way of opening up the floor to anyone who had a say in how to handle it.

Tysons Tomorrow gained over 60 new supporters during the course of the event. “What we want is make Tysons make sense,” Fuller said. “With over 75,000 jobs and 17,000 people living in the area alone, we need to find a way to make Tysons a community rather than only a business center.”

— ANDREW JOHNSON

Area Activists Discuss Tysons' Priorities



Erin Fuller, Tysons Tomorrow

A smart vision is needed to make it a real community. This requires executive direction to make our presence felt, to make our voice heard.



Lauren Campbell, Coalition for Smarter Growth

It's hard to pinpoint just one aspect, but just the general overall community development is definitely important. By offering homes, restaurants, jobs, the Metro, and daily services, it will create a better living situation.



Kate O'Donnell, Tysons Tomorrow

I think it's most important that there is an actual plan — that there is smart growth in the area, rather than just build. The people need to have a voice in the growth.



Chris Orvin, Coalition for Smarter Growth

Traffic reduction is a primary goal. We need to encourage biking, the Metro, walking. All this will benefit the area and create a closer community.

— ANDREW JOHNSON

The Tysons of the future should be a place where people can work, live and entertain themselves – all without getting into a car. The task force stressed the importance of attracting more people to live in Tysons. According to a recent George Mason University study, there are about 103,000 jobs in Tysons Corner but only about 16,000 residents.

“Fixing the housing and jobs imbalance is key,” said Tyler.

Like the downtown of city, most people in this new Tysons would walk, bike or take public transportation. Despite an increase in the number of people working and living in the area, traffic would actually improve and the number of parking spaces in Tysons would no longer outnumber residents, said Tyler.

“I was astounded to find out that Tysons had 40 million square feet of parking,” he added when presenting the task force's recommendations.

The task force emphasized creating a new, environmentally friendly Tysons Corner. The members recommended an aggressive plan to make Tysons Corner “carbon neutral” and suggested offering density bonuses to landowners who constructed green buildings. If the county implemented the recommendations of the task force, that would reduce Tysons Corner's greenhouse gas emissions by 2.5 billion pounds – the equivalent of eliminating half a large coal-fired power plant, said Connolly.

The task force also suggested Fairfax offer a density bonus to those developers willing to build affordable housing.

SOME from surrounding communities are worried about the development density the task force has recommended.

“We can't let what happens in Tysons have an adverse impact on the surrounding communities,” said Supervisor John Foust (D-Dranesville), who represents several of the communities that abut Tysons Corner.

A few residents living in McLean, Vienna and the Merrifield area have formed the Greater Tysons Citizens Coalition, which advocates for a tempered approach to the business district's redevelopment.

The coalition is very concerned about the square footage of Tysons Corner development recommended by the task force. Several coalition members said the task force has proposed a new Tysons development cap of 220 million square feet – nearly twice what county planning staff and consultants have studied or recommended for the business district.

Tyler refuted this, saying the task force has never recommended 220 million square feet of development for Tysons Corner.

“Those are people who don't want to see anything happen. ... I have no idea where they would get such a figure. It certainly did not come from the task force and it did not come from staff,” said Tyler.

No business district like Tysons reaches

SEE NUMBERS, PAGE 7

Synthetic Turf Fields Set to Open

The Fairfax County Park Authority, in cooperation with McLean Youth Soccer (MYS) is announcing the completion of two state-of-the-art synthetic turf fields at Spring Hill Park in McLean. The Park Authority and MYS will co-host ribbon cutting ceremonies on Saturday, Sept. 27, at 9 a.m. The program will feature local elected officials, representatives of youth sports leagues as well as players from the Washington Freedom and D.C. United who will share in day-long fun, games, food and competitions.

This public, private partnership provides a blueprint for future ventures aimed at providing synthetic turf fields for youth field sports in Fairfax County as well as addressing the demand for additional field space. In the summer of 2007, the Park Authority Board and MYS executed several agreements that stipulated the conditions and responsibilities of both entities. MYS agreed to fully fund the \$1.8 million project and the Park Authority agreed to manage all aspects of the field construction and to provide maintenance. The fields remain in the Department of Community and Recreation Services inventory of fields available for community use.

Spring Hill Park is located at 1239 Spring Hill Road in McLean. The fields are located behind the RECenter.

Indecent Exposure In Falls Church Area

A man reportedly exposed himself to two teenage girls on Thursday, Sept. 18, in the 3300 block of Glenmore Drive. The Falls Church area girls, ages 15 and 16, were walking home from JEB Stuart High School when a man in a car attempted to get their attention. They turned around and saw the suspect exposing himself. The girls quickly turned and kept walking as the suspect drove away. They reported the incident to police on Friday, Sept. 19.

The suspect was described as Hispanic, in his 30s or 40s. He had a heavy build and dark, bushy hair. He wore a light brown or tan T-shirt and blue pants. He was driving a beige sedan.

Anyone with information is asked to contact Crime Solvers by phone at 1-866-411-TIPS/8477, e-mail at www.fairfaxcrimesolvers.org or text "TIP187" plus a message to CRIMES/274637 or call Fairfax County Police at 703-691-2131.

528 Stopped, One Arrested

Fairfax County police officers from around the county conducted a sobriety checkpoint to deter and apprehend intoxicated drivers on Friday, Sept. 19 from midnight until 3 a.m. Saturday. All motorists were stopped and drivers were checked to assure that their abilities to drive had not been impaired by alcohol or drugs.

Approximately 528 motorists were stopped on Arlington Boulevard near the intersection of Gatehouse Road. One arrest was made for DWI. Four traffic summonses were issued for miscellaneous traffic offenses.

Eight officers and four auxiliary police officers participated in the checkpoint.

Citizens Detain Exposure Suspect

Officers were called to Argyle Drive in Falls Church on Sunday, Sept. 21 for a man detained by citizens. An investigation revealed that the suspect allegedly exposed himself to a 20-year-old woman and two 14-year-old girls in the 6000 block of Argyle Drive. In an attempt to flee, he forced his way into an apartment. He was detained by citizens who heard the commotion. No one was injured and the suspect, 27, of no fixed address was arrested. He was transported to the Fairfax County Adult Detention Center and charged with three counts of indecent exposure and one count of unlawful entry.

Detectives have determined that the arrested person is not the subject of recent exposure cases in the area.



PHOTO BY MIKE DICICCO/THE CONNECTION

From left: Diane Schick, Leslie Hoffman, Lucia Boone, Betty Kautt, Chris Bush, Nancy Burke and Lisa Parcells have all hosted the McLean Women's Bible Study in their homes over the years.

Women Reunite

McLean Women's Bible Study members past and present gather for 25th anniversary.

BY MIKE DICICCO
THE CONNECTION

The McLean Women's Bible Study sent out 423 invitations to members past and present for its 25th anniversary luncheon last Thursday and also invited attendees to bring guests. The result was a gathering of almost 120 women at the Westwood Country Club in Vienna.

"It's been a real neat connect, almost like a college reunion," Sandy Varney, one of the Bible study's small-group leaders, said, noting that many of the women hadn't seen each other in years. Some came from at least as far away as Florida to attend the event.

For 25 years, the group has met in homes of its members in the McLean and Great Falls area, except for a period when membership swelled to around 250, and meetings had to be held in a church. Last year, there were 75 women in the group. Varney said the Bible study is non-denominational, Christ-centered and biblically based.

Rather than focusing on church dogma, the women are asked to apply the Bible to their daily lives, said Iman Yakoub. "It made me a better person," she said. "They learn to practice what they believe," Mary

Drakoulis said.

Varney said the approach made it easy to invite friends to the study — the most common way women find out about the group — since they won't be offended by differing beliefs.

Vickie White was invited by one of her neighbors in Great Falls 10 years ago, when the group was meeting in Great Falls. "It was very warm and welcoming. It's a wonderful way, a comfortable way to learn about God," she said, adding that the speakers also were "wonderful." She said regular members come from as far away as Leesburg and Gainesville.

"If I wasn't living in Florida half the year, I'd be here," White's sister, Peggy Lloyd, said.

THE GROUP tries to appeal to a wide variety of women, and Varney said it had a sizeable international representation. "A lot of times, we find wives of political leaders because they find it to be a safe place. Their lives can be pretty lonely," she said, adding that the group's meetings gave such women a place to be identified as their own person. "And we get a lot of suburban

moms," she said.

Also, Drakoulis said, "We are all ages. I'm 80 and others are in their 20s."

Attendance is not heavily stressed. Martha Wiles said many women have husbands in the Foreign Service and leave for years at a time. Upon returning to the community she said, they "come right back to Bible study." And sessions are recorded on video so members can miss a meeting without missing it completely.

Each meeting begins with a speaker, followed by

SEE BIBLE GROUP, PAGE 5

Learn More

For more information about the McLean Women's Bible Study, contact Martha Wiles at 703-448-2020 or marthawiles@msn.com, or Jane Peterson at 703-356-5567 or thepetersonco@aol.com.

Group Offers 'Sharing and Integrity'

FROM PAGE 4

"It's a wonderful way, a comfortable way to learn about God."

— Vickie White

smaller group discussions about the speaker's topic, relative to each woman's life that day, Varney said. "It takes the biblical perspective and brings it into your life today."

In recent years, many of the studies, including two of this year's three, have been written by Reston resident Diana Schick, founder of Creative Living International, a nonprofit organization that distributes Bible study materials worldwide. Schick said her material sought to find answers in the Bible for everyday questions like what to do with low self esteem, anger, stress, relationships, money and family dynamics. "That was the kind of things people wanted to know about," she said. "The Bible really is very practical and does address those issues."

She said the model of a group of women meeting in each other's homes for a Bible study was rare but effective. "Women need to get together and hash things out," she said, noting that quilting bees had once met this need. The McLean Women's Bible Study satisfied the same need but was centered on the Bible, she said. "Women in this context are so encouraging," Schick said. "They're not competing."

SPEAKING TO THE CROWD, Lucia Boone, the group's founder, remembered being invited to a neighbor's Bible study 33 years ago. "I thought, 'OK, I'll just go and make an appearance,'" she said.

Soon, she became involved in the Christian Embassy on Capitol Hill and, after a Bible study there, she recalled, "I said, 'Wouldn't it be neat for us to do something like this every week?'" Thus the McLean Women's Bible Study was born, with about 20 original members.

Boone remembered having to move into a church but said a home environment proved more conducive to making connections and building friendships. She hosted the group in her own home for its first five or six years.

Following Boone's speech, Barbara Brand, the group's original teacher, gave a personal testimony about how her struggles with multiple sclerosis had strengthened her faith and brought her closer to God.

"What I saw a need for, for myself and others, was the fellowshiping, the sharing and integrity," Boone said after the luncheon. She has also hosted a Bible study for couples and one for children, although those groups are no longer active. While the group of couples generally talked about overall family issues, she said, members of the women's study, which started as an "executive wives" group, have tended to focus largely on their children and "praying for their husbands and the stress they're under," Boone said.

The luncheon was on the first day to sign up for this year's Bible study, and about 50 names were already on the list before the event was over, leading Susan Chagares, one of the group's administrators, to expect this year's study to be larger than last year's.

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EVENT #1:

Recycling Roadshow!

LOCATION:

Fairfax County Government Center
12000 Government Center Pkwy., Fairfax 22035

MATERIALS COLLECTED:

- **Computers and Peripherals** (including speakers, printers, mice, keyboards, etc.)
- **Document Shredding**
- **Compact Fluorescent Light Bulbs**

NOTES:

- All items will be collected at no charge.
- Shredding is limited to 5 medium-sized boxes of paper per household.
- Broken fluorescent bulbs will be accepted if they are securely packaged in plastic.

EVENT #2:

Dranesville Community Clean-up

LOCATION:

McLean Governmental Center
1347 Balls Hill Road, McLean 22101

MATERIALS COLLECTED:

- **Household Hazardous Waste** including fluorescent bulbs, pesticides, oil-based paint, fertilizers, pool chemicals, paint thinner, rechargeable batteries (excluding automobile batteries) and more.

NOTES:

- All items will be collected at no charge.
- No hazardous materials generated from businesses will be accepted at this event.
- A complete list of materials that are accepted can be found on our web site at: www.fairfaxcounty.gov/recycling

For event details, including potential cancellation information, please contact the Recycling InfoLine at 703-324-5052, TTY 711.



PHOTOS BY LEE LOVE PHOTOGRAPHY

Jill and Brenda Solomon.

House of Special Love

More than 700 community leaders, families of children with special needs and supporters attended a groundbreaking ceremony for Jill's House, a new center to provide respite care, therapeutic programs and related services to children with disabilities on Saturday, Sept. 13 at McLean Bible Church's Tysons Campus.

Construction is expected to be completed by 2010, with a center designed to provide short-term respite for up to 30 children, along with areas for therapeutic program-

ming, recreation and other services.

Jill's House was founded when McLean Bible Church Pastor Lon Solomon and his wife Brenda realized that one of the greatest needs among the Washington, D.C. area's 40,000 children with disabilities is respite — a break from providing care 24 hours a day, 7 days a week.

The Solomons have led the effort to create Jill's House with donations from companies, foundations and individuals, including a substantial gift from Catherine B. Reynolds of McLean.



PHOTO BY RANDY WYANT/
I DO PHOTOGRAPHY INC.

From left: Brenda and Lon Solomon, Holly and Bob Vagley, Alice and Ken Starr, Stu Mendelsohn, Supervisor John W. Foust, Del. Chap Peterson (D-34), Heather McKenzie, Sean and Sheila McLean, Jackie Mills-Fernald, Ron McKenzie, Ron Walton and Carmen Jones break grounds for Jill's House.

PHOTO BY RANDY WYANT/
I DO PHOTOGRAPHY INC.

Brenda Solomon speaks at the ceremony with husband Lon behind. They have led the effort to build a house for children with special needs in the area.



CONTRIBUTED

Tysons Corner Center visitors will be able to get behind the controls of this high-tech robot.

Meet, Test Drive da Vinci Robot

Area residents will have an opportunity to get behind the controls of the Intuitive Surgical's da Vinci Robotic Surgery System on Saturday, Sept. 27, from 10 a.m. to 3 p.m. at Tysons Corner Center, near the Macy's court and Starbucks.

This \$1.6 million, futuristic system allows physicians at Inova Fairfax Hospital to use a state-of-the-art robotic platform to perform the most complex cancer procedures with unmatched precision. The da Vinci Surgical System consists of an ergonomically designed

surgeon's console, four interactive robotic arms, and a high definition 3D vision system. The robotic technology allows the surgeon's hand movements to be scaled, filtered and seamlessly translated into precise movements of the miniaturized instruments at the surgical site. Users will be able to get behind the controls of this high-tech robot and test their skills at tying sutures, picking up small objects and more. Free to the public.

Where and when: Tysons Corner Mall, Macy's Center Court/Starbucks, Saturday, Sept. 27, from 10 a.m. to 3 p.m.

Community Challenged to Support Environmental Fund

The McLean Citizens Foundation (MCF), the community's philanthropic leader for more than 27 years, is issuing a challenge to local residents and businesses. With local elected officials designating October as Green Choice\$ month, MCF is hoping that local citizens will make contributions to double the \$10,000 already in the MCF's environmental grant fund.

Named after McLean's long-serving delegate and environmental advocate, Vince Callahan, the Fund was launched in April 2008 and has received more than 50 donations.

The fund just recently reached the \$10,000 mark, which has prompted Foundation trustees to issue its challenge to the community to do more.

"I'm proud that MCF has made a commitment to seek out and fund projects that

can help to protect our environment," says Trish Butler, MCF president. "I hope that our community will lend us the financial support we need to take on many meaningful community projects."

Contributors to the MCF have the opportunity to earmark their donations for environmental projects, a first for the local philanthropy that already has funded close to \$1,000,000 in local grants. Donations to the MCF's Vincent F. Callahan, Jr. Our Environment, Our Future Fund, can be mailed to MCF at P.O. Box 75, McLean 22101.

The McLean Citizens Foundation is a 501(c)(3) charitable organization that has been funding local projects in the Greater McLean area for more than 27 years. To learn more about MCF, go to www.mcleancitizensfoundation.org on the Web.

Starr Addresses Greater McLean Chamber

Alice Starr, former President of the Greater McLean Chamber of Commerce and prominent McLean community activist, will be the featured speaker at the TML Copiers Power Networking Luncheon on Oct. 2 from 11:30 a.m. to 1 p.m.

Starr will discuss her involvement in the development of the Chamber, the role of public-private partnerships in the business community and development in Tysons and downtown McLean. Attendees may enjoy the opportunity for pre-event discussion with Starr, a lunch from Fleming's Prime Steakhouse & Wine Bar and the presentation. Tickets are \$25, pre-registration required. Fleming's Prime Steakhouse & Wine Bar is located at 1960-A Chain Bridge Rd., McLean VA 22102.

For online reservations, visit www.mcleanchamber.org call 703-356-5424 or email kryan@mcleanchamber.org.

Numbers Under Scrutiny

FROM PAGE 3

the full build-out and such large figures are only used to scare other residents, said Tyler and Connolly.

BUT COALITION MEMBERS said development of just 114 million square feet – a build out which staff has examined – would cause traffic congestion to grow significantly worse. They also said such development would put stress on county infrastructure – such as the sewer system – and the parks and schools of adjacent communities.

“We don’t want that development to come faster than the infrastructure,” said Ted Alexander, a McLean resident who is one of the leaders of the Greater Tysons Citizens Coalition.

In response, Tyler reiterated that Tysons is expected to develop over several decades and the county should have sufficient time to gauge what infrastructure will be needed.

“We are not going to turn this thing into downtown Copenhagen in a week,” he said.

According to Tyler, the task force has recommended at least 160 acres in parks. Fairfax County Public Schools is also looking to convert some of its current administrative buildings back into schools in anticipation of Tysons Corner’s redevelopment.

TYSONS’ NEIGHBORS who are nervous about redevelopment may also find solace in George Ma-

son University’s recent population and job forecasts for the area.

Mason academics Stephen Fuller and John McClain’s development projections for Tysons Corner in 2050 was under one of the final estimates examined by the task force. The Mason “intermediate” projection anticipates Tysons Corner will have about 105 million square feet of new development by 2050.

“[My estimate] is not as high as some of the numbers in your materials,” said McClain to the task force Sept. 15.

McLain, who does regional projections for the Metropolitan Council of Governments, added that it could also difficult to attract people to live in the downtown urban setting.

“D.C. tried for 30 to 40 years to create a living downtown and they are only just getting it,” said McLain.

But the analyst also acknowledged that the “paradigm” of what people seek in housing in the Washington D.C. area – a move from suburban to urban living – could shake the fundamentals of his estimates.

Stewart Schwartz, from the Coalition for Smarter Growth, said he considers McLain analysis “conservative” and expect that more people would want to live in Tysons should it develop as the task force recommends.

“Retirees and younger people want a convenient lifestyle,” like the one a redeveloped Tysons will offer, said Schwartz.

“D.C. tried for 30 to 40 years to create a living downtown and they are only just getting it”

— **John McClain**



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Freddie Mac Troubles Affect Charities

Dozens of Northern Virginia non-profits rely on funds from Freddie Mac.

BY DAVID SCHULTZ
THE CONNECTION

Earlier this month, the U.S. Treasury took over Fannie Mae and Freddie Mac, two mortgage lending giants that had been financially imperiled by the subprime lending crisis. Government control of these two institutions sent shockwaves throughout the country's financial system and foreshadowed several weeks of meltdowns on Wall Street.

But the fallout from the collapse of these two companies poses a serious threat to many local organizations.

Freddie Mac's philanthropic arm, the Freddie Mac Foundation,

is the largest corporate funder of non-profit organizations in the Washington D.C. region. Last year, the foundation gave approximately \$25 million to local non-profits. Now, many of those organizations are facing uncertainty.

"At this point, I don't know," Diane Charles responded when asked if her group, Stop Child Abuse Now, or SCAN, would continue to receive funding from Freddie Mac. "I don't think anybody does."

Shawn Flaherty, a Freddie Mac Foundation spokesperson, said that all of the foundation's charitable donations are currently under review by the organization's director, James Lockhart. No decisions have been made yet about whether funding will be cut, she said, and there was no timeline for when these decisions will be made. "We really don't know at this point," she said. "It's under review and we haven't made a

"We're nervous. Whenever there's an economic downturn a lot of non-profits suffer."

— Elizabeth Page, Falls Church-McLean Children's Center



PHOTO BY DAVID SCHULTZ/THE CONNECTION

Freddie Mac headquarters in McLean.

decision yet."

A NONPROFIT child abuse prevention group based out of Alexandria, SCAN has had a relationship with the Freddie Mac Foundation for

more than a decade, Charles, the group's executive director, said. In that time, they have contributed between \$25,000 and \$50,000 to SCAN per year, funding that represents approximately five percent of their annual budget.

Charles said that if Freddie Mac cut off its funding to SCAN, it would be very difficult for her organization to find the funding elsewhere. "That's an important piece of what [Freddie Mac has] done in the community ... That kind of funding allows us to leverage lots of other funding and volunteers."

ELIZABETH PAGE is the director of the Falls Church-McLean Children's Center, a group that provides childcare to low-income families. For the last decade, the Freddie Mac Foundation has given Page's group \$25,000 a year, one-eighth of their annual

operating budget.

"We're nervous," Page said. "Not just with Freddie Mac but with the whole environment these days. Whenever there's an economic downturn a lot of non-profits suffer."

The Falls Church-McLean Children's Center received its funding from Freddie Mac in July, Page said, so they are covered for this fiscal year. "I'm hoping by April when we reapply [for funding] things will be clearer," she said. But Page said that if the funding from Freddie Mac doesn't come through, they would most likely have to layoff one of their teaching assistants.

LOUDOUN County-based INMED Partnerships for Children is another local non-profit organization that relies heavily on funding from Freddie Mac. Thirty five percent of their annual budget – \$175,000 per year for a trio human services programs – comes from the Freddie Mac Foundation.

Linda Pfeiffer, INMED's President and CEO, said that her organization has been in close contact with Freddie Mac representatives since their recent financial changes and that "there is no indication" that their funding is in jeopardy.

But Pfeiffer said that the loss of funding from Freddie Mac would force INMED to

Nonprofits

The non-profit organizations featured in this story are always in need of donations and volunteers. The following is information on how you can help out these groups:

FALLS CHURCH-MCLEAN CHILDREN'S CENTER

7230 Idylwood Road
Falls Church, VA 22043
703-534-4907
fcmccc@aol.org

NORTHERN VIRGINIA FAMILY SERVICE

10455 White Granite Drive, Suite 100
Oakton, VA 22124
703-385-3267
info@nvfs.org

"cut down on our services dramatically" because the loss of the Freddie Mac funds could trigger a chain reaction.

"It's something that's always been crucial for leveraging other funding," she said. "All funders like to see that their funds are being matched by other funding. Freddie Mac has always been wonderful to provide the upfront money that we can use to get state money and county money."

BU-GATA is an Arlington-based group that since 1998 has run a youth program for Buckingham teens that was funded with a \$40,000 annual contribution from Freddie Mac. If the Freddie Mac funds were cut off, BU-GATA would have to lay off the program's full-time coordinator, said Lois Athey, the group's executive director.

Northern Virginia Family Service has an annual budget of more than \$20 million, \$400,000 from Freddie Mac. But the organization would have to make layoffs if their Freddie Mac funding was cut off, the organization's President and CEO Mary Agee said. But a lack of funding wouldn't be the only thing that local non-profits would lose.

"[Freddie Mac goes] above and beyond just the financial giving," Agee said. "Their staff is involved in working in the community to help build the systems that will improve people's lives. They are in the community rolling up their sleeves side by side with all of us to resolve community issues. We need that. We need their perspectives. It sets them apart from a lot of other foundations."

COUNTY NOTEBOOK

Supervisors Decline On 2nd School Headquarters

The Fairfax County Board of Supervisors declined to vote on the purchase of a second administrative building for Fairfax County Public Schools. Five days earlier, the school board voted overwhelmingly to go forward with the building acquisition.

The supervisors met behind closed doors with Fairfax County Public Schools to discuss the land deal Sept. 22.

The building purchase, which would have allowed school system to locate its central administration staff all in one Merrifield office park, would have cost \$130 million but would have eventually paid for itself, according school board and staff reports.

If the deal had gone through, the school system would

have been able to move out of leased and rented space and into the new building at 8115 Gatehouse Road, adjacent to its current administrative center.

But supervisors said last week that they were suspicious of any deal to purchase an administrative building as the county faces a \$430 million budget shortfall next year.

"I remain skeptical," said Fairfax County chairman Gerry Connolly (D) in an interview Sept. 19.

"I think the whole idea is dumb. ... It is the wrong type of thing to do in this economic environment. They need to concentrate on moving kids out of trailers," said Supervisor Jeff McKay (D-Lee).

The Fairfax County Chamber of Commerce and the Fairfax County Federation of Civic Associations had endorsed the school system's plan but several community groups with closer ties to public education had declined to give their support.

The Fairfax County Council of PTAs also said they did not have enough information about the administration building purchase. They had asked the school board to postpone voting on the issue until the school board could hold public hearings.

But school board members insisted last week that the purchase of a second administrative building would free up money in the operating budget for other costs. The school board voted eight to one on Sept 18 to support the building purchase, with At-large school board member Ilryong Moon dissenting.

"The money we are using [to pay rent and leases] is money we are diverting from students," said school board member Tessie Wilson (Braddock.)

In his dissenting vote, Moon also asked the school board to consider delaying the building purchase for three to six months.

Baby Boomers Step Ahead

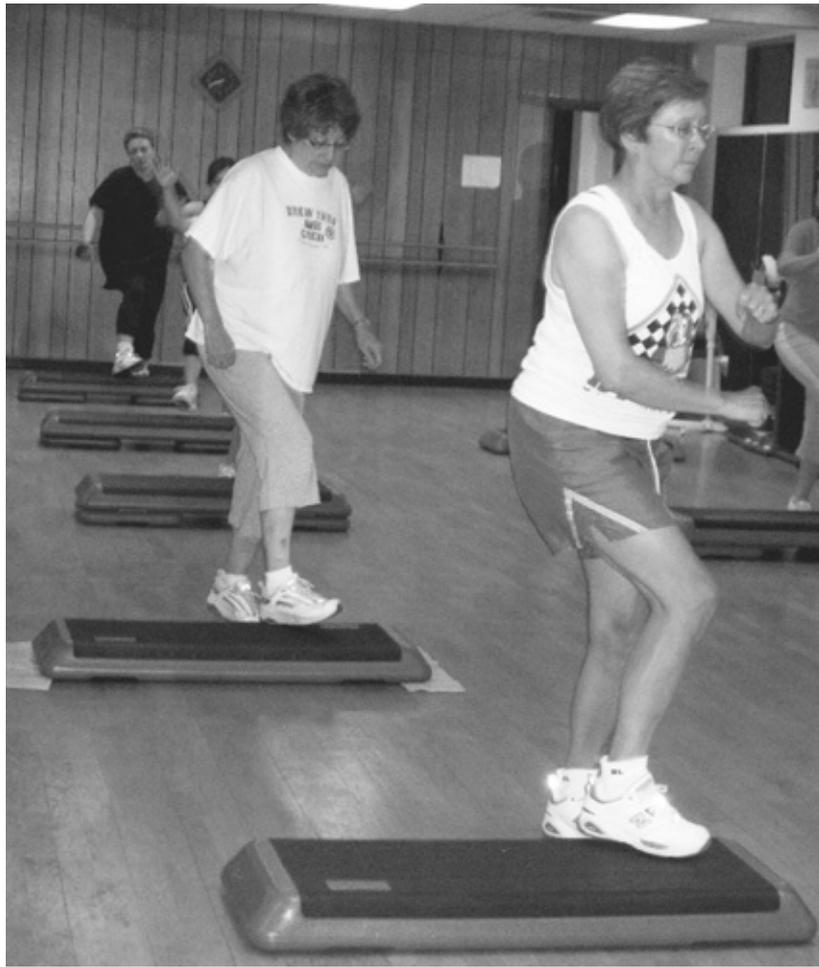
**Water, Step
Aerobics classes
attract area
residents.**

BY SHARON NORTH
THE CONNECTION

Barbara Toohill is in "the best condition of my life" after three years of step aerobics. Bill Prosser said, "In the process of combining regular water aerobics classes with going to Weight Watchers I have lost 25 pounds and maintained the loss for three years." Jean Tischhauser-Jacobi, another member of the same step aerobics class as Toohill has "more stamina" and has "entered three mini-triathlons." All of these McLean residents have made regular exercise a cornerstone of their efforts to improve their health. Current news sources are filled with stories telling of the importance of exercise for mental and physical health and have been for years.

What may be new to some, though, is that there are exercise classes specifically geared to participants of "baby boomer" age and older. One such class is the step aerobics class that Toohill and Tischhauser-Jacobi attend which is taught by Safeiah Alwarith at the James School of Dance on Whittier Avenue in McLean. According to Alwarith, the class "provides a non-threatening, indeed welcoming, atmosphere of encouragement and positive reinforcement from the current participants to any new attendees."

CERTIFIED through the Aerobic Fitness Association of America (AFAA), and CPR certified, Alwarith's classes begin slowly to warm up, start blood flow to the muscles and ensure lubrication of the joints. Once the heart rate is increased that rate is maintained for at least 30 minutes to improve cardiac fitness. A session of pushups follows to tone the upper body and provide needed weight-bearing work. Most of the women in the step class have worked up to 40 pushups. Abdominal work comes next, and the class ends with a critical stretching routine. "Flexibility is very important for older women," says Alwarith. She goes on to mention that the students in her class who have never done step aerobics before have seen improvements in their fitness



PHOTOS BY SHARON NORTH/THE CONNECTION
Barbara Toohill (front) and Nancy Reder (back) begin the step aerobics routine.

Classes To Try

Water Aerobics

Spring Hill Recreation Center, 1239 Spring Hill Rd., McLean, VA 22102, 703-827-0055.

Classes are being held at 7:15 a.m. Monday and Wednesday and 8:15 a.m. Monday, Wednesday and Friday

Cost: Fall session-two classes per week (total 28 classes)-\$234, three classes per week (total 41 classes)-\$338, seniors get 40 percent off

Step Aerobics

James School of Dance, 6723 Whittier Ave., McLean, VA 22101, 703-356-3800
Monday-8:30 p.m., Thursday-7:45 p.m., Saturday 7:45 a.m.

Cost: 1 class per week-\$30/month, 2 classes per week-\$50/month, 3 classes per week-\$60/month, drop-in-\$10/class



Certified instructor Safeiah Alwarith takes a break from teaching to chat about her step aerobics class.



Wrist weights increase the intensity of Jin Hee Kang's workout.

in two months. The class is also very welcoming to new people.

"We haven't limited the size of the SEE BENEFITS. PAGE 16

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Are You Prepared to Vote on Nov. 4?

BY OLGA HERNANDEZ
PRESIDENT, LWV OF VIRGINIA

The question is not about whom you'll vote for in the Presidential election, but are you ready to do so. This year in Virginia the interest in the general election is great, almost 300,000 new voters are on the rolls and the sheer numbers can overwhelm the process.

In Fairfax County you'll have the choice to vote a paper ballot that can be scanned or vote using the computerized Direct Recording Equipment that have been used for several years. Did you know that a parks bond issue is also on the ballot? We also have a U.S. Senate race to fill an open seat and Congressional races.

Go to the League of Women Voters Web site www.vote411.org for more nonpartisan information on what is on your ballot.

FIRST ORDER of business is to make sure you are registered to vote. Check your status at www.vote411.org. If you are registered but have a change of information such as a name, address, you have until Oct. 6 to update your records. You may have submitted your info at DMV or a voter registration drive but you should check that the paperwork went through the system.

The Office of Election tells us that about 10 percent of registration forms are incomplete and thus rejected. They do send a letter to advise of the rejection but it's up to the voter to follow-up. You should receive a registration card but as the date gets closer that card may not arrive in time to correct errors. Don't wait, do it now.

The Fairfax County registrar's phone num-

Voter 101 and Beyond

The League of Women Voters provides non-partisan election information for the public. We are a volunteer membership organization concerned with good government policy.

The League Voters Guide will appear in this newspaper a couple of weeks before the election, it will also be posted on the League Web site.

We are offering Voter 101 classes for new and not so new voters in October at the following dates and times:

Oct. 5, Voter 101 Class: Fairfax Regional Library, 2 p.m.
Oct. 8, Voter 101 Class: Chantilly Reg. Library, 7:30 p.m.
Oct. 12, Voter 101 Class: Sherwood Reg. Library 2 p.m.
Oct. 15, Voter 101 Class: Reston Reg. Library, 7:30 p.m.

ber is 703-222-0776.

SECOND, consider voting absentee if you qualify for any of the reasons allowed. All absentee ballots are counted the evening of Election Day. Absentee in person voting opened Sept. 19 at the Fairfax Government center. The lines on Nov. 4 are going to be long. Weather in November can range from freezing to rain to beautiful. Polls open at 6 a.m. and close at 7 p.m., no exceptions. (If you are in line before the polls close, you will still be able to vote.)

Third, make sure you know where your polling place is. Sounds simple but people show up to the wrong precinct all the time.

It is heartbreaking for election officers to turn someone away because they showed up in the wrong place at 6:55 p.m. and they have no time to get to the correct precinct.

Fourth, bring a picture ID. Even though you can legally sign an affirmation of identity, in some circumstances that is not possible. Know your rights and don't be intimidated, but bringing your ID will expedite the process and move the lines.

Fifth, bring your patience. Election officers are there to help you, please don't abuse them. They will work for 15 plus hours on Election Day to make democracy work with less than minimum wage compensation. They get set compensation no matter the hours or workload. Be courteous, be prepared and we can all get this done.

IF EVERYONE is prepared the day should flow smoothly. Thousands of people have worked hard

for a number of years to make it all look simple but it's a very complex system and voters can help by being prepared and knowing their rights. Provisional ballots are available if prob-

Register, Verify

IN FAIRFAX COUNTY:

Fairfax County Office of Elections
12000 Government Center Parkway, Suite 323
Fairfax, Virginia 22035-0081
703-222-0776 phone
703-324-2205 fax
703-324-4700 for 24-hour recorded information
League of Women Voters, Fairfax area: <http://www.lwv-fairfax.org/>

lems can't be resolved on Election Day but some of those don't get counted for various reasons. It's best to do it right the first time. Bring a friend and or family member to vote with you.

An excellent study of the election process and laws in Virginia can be found on the Fairfax League website at <http://www.lwv-fairfax.org/Sept08VoterFinal%28rev%29.pdf>

LETTERS TO THE EDITOR

In Search of Fair Grades

To the Editor:

Thank you for the excellent article, "Does Fairfax Give Fair Grades?" [Connection, Sept. 3-9, 2008]. It raises very important concerns.

I can not understand the school system's hesitancy to appropriately add value to advanced classes. How can a B in regular Algebra possibly be equal to a B in Honors Algebra? Likewise, how can a college level course like an A.P. only be given .5 extra value? Students at McLean High are scoring 5s on their A.P. exams and not receiving As in their classes. That is ludicrous. To be fair, an A.P. class should be weighted with an extra full point. Moreover, there is only benefit to giving more value to advanced classes. Wouldn't more students be encouraged to try an advanced class, if they knew it would not be likely to bring down their G.P.A.? Don't we want more students taking challenging

classes? There is no downside to this. Why are we waiting?

MaryAnn Lastova
McLean

Misleading Slogans

To the Editor:

A deceptive sign is sprouting up like mushrooms around our neighborhoods. This green sign reads "Drill Now! Pay Less! Vote GOP!"

Some facts from the Department of Energy:

* Drilling "Now" is not a possibility in any newly opened areas. Drilling could not occur for years and notable production would not occur until the 2020s.

* Pay Less might occur, cutting prices 1.2 cents per gallon decades from now. New offshore drilling would add about 200,000 barrels per day to the world supply ... in 2030. (Note that, in the past year, US consumption has dropped almost 1,000,000 barrels per day due to increased energy efficiency

and conservation moves.)

And, I'm sure readers can see the subtle deception of coloring a pro-drilling, pro-fossil fuel sign green.

The only honest element here: encouraging votes for the Grand Oil Party illustrated with a gas pump dripping away fuel wastefully.

We need real solutions to problems, not empty and misleading slogans.

Adam Siegel
McLean

Knowledge Vs. Wisdom

To the Editor:

In your Sept. 3-9 McLean Connection, an article stated that the 10th District candidates, Frank Wolf and Judy Feder, were close financially.

The top contributors of each were listed. Frank Wolf had various businesses and industries listed. Judy Feder had a Democratic PAC and four universities.

I am not trying to minimize education, but there is a difference

between knowledge and wisdom. Knowledge can come through education and experience. Wisdom is the ability to discern inner qualities and relationships with insight, good judgement and good sense.

Too often our institutions of higher learning produce people that are arrogant and lacking in humility and experience in the real world.

I plan to vote for Frank Wolf who has served our district faithfully for many years.

Katherine Sodergren
McLean

Write Us

Letters to the Editor
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McLean, Va. 22102
Call: 703-917-6444.
By fax: 703-917-0991.
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www.ConnectionNewspapers.com

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ARTS ❖ ENTERTAINMENT ❖ LEISURE



PHOTOS BY LOUISE KRAFT/CONNECTION

In the group photo, the back row from left to right, are Trippi Penland, Mary Hope Schwoebel, Joyce Day, Mary Kakareka, Pat Keiser, Rose Sato, Mary Potter, Judy Titus, Sue McAndrew, Claire Freeman, Joyce Quay, and Tammy Chestnutt. The front row of musicians, from left, are Taki Toma, Tom Penland, Lei Unciano, Geri Hirai, Amy Ryder, and Susan Dion.

Area Hula Dancers Perform in China

Spring Hill RECenter group enjoys “experience of a lifetime.”

BY DANIELLE LANDAU
THE CONNECTION

Joyce Quay feels lucky to be a member of the 20-person group that will be participating in the Loyang International Tourism Festival in China this week. The dancers and musicians, led by instructor Carol Takafuji, the former president of the Hawaiian State Society, will be performing in public parks, parades for dignitaries and in the opening ceremonies for a local festival. Their long-anticipated visit lasts 10 days, starting Sept. 20. They are looking forward to seeing the Great Wall and various temples, as any visitor to China would, but the main goal of their trip is to showcase their talents for their Chinese hosts.

Quay said she never thought this class would take her across the ocean when she began the Hula lessons three years ago. Quay and Judy Titus, a performer in the Arlington group, were both a part of the



Ginger Martin, formerly of the U.S. foreign service talks to the group about the four years she spent living in China.

Loyang festival in 2005. After Titus received another invitation to participate in the festival from the New World Bi-Lingual Institute at George Mason, she extended the invitation to the Spring Hill RECenter class.

Shawna Levins, manager of volunteer services for the center, expressed her excitement for this “once in a lifetime opportunity to spread the diversity of Fairfax County internationally.” Although she has not taken

the class, Levins enjoys attending the performances and has fond memories of “being in the midst of D.C. for the D.C. Dance Fest, surrounded by a crowd of people of

SEE HULA DANCING, PAGE 12

CALENDAR

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

WEDNESDAY/SEPT. 24

McLean Project for the Arts, Evening at the Gallery. 5:30-7:30 p.m. at the MPA Gallery in the McLean Community Center, 1234 Ingleside Ave., McLean. The event features information about MPA's current exhibit and programs, cocktails, appetizers and raffles. Call 703-356-5424 or email kryan@mcleanchamber.org.
Old School Freight Train. Acoustic/Americana. 7:30 p.m.

\$10 in advance, \$12 at the door. Jammin Java, 227 Maple Ave. E., Vienna. Call 703-255-1566 or visit www.jamminjava.com.

Caring for Aging Parents. 7-9p.m. Ann E. O'Neil, RN, MSN, CS, Care Options and Susan Stone, B.S.W., Alzheimer's Family Day Center. \$45 registration fee; \$35 members. The Women's Center, 127 Park St. N.E., Vienna. Go to www.thewomenscenter.org or call 703-281-2657.

The Teddy Bear Band. 12:30 p.m. Free Jammin' Juniors Fall Concert Series. Alden Theatre at the McLean Central Park, 1468 Dolley Madison Blvd., at the intersection of Route 123 and Old Dominion Drive. 703-790-0123 or www.mcleancenter.org.
Puppet Show: Autumn is Falling.

10:30 a.m. Meet Sammy Squirrel and other animal friends in a fall puppet play. Go on a short walk and explore how animals get ready for fall. Cosponsored by Riverbend Park and the Friends of the Dolley Madison Library. Age 2-5 with adult. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. 703-356-0770.

Global Arts-Mini Travelers. At 1:30 p.m. and 2:30 p.m. For preschool children. Discover music, movement, folk tales, language and games from around the world. Instruction provided by Left Noodle-Right Noodle. McLean Community Center.

THURSDAY/SEPT. 25

Wreckless Eric and Amy Rigby.

Pop/rock. 8 p.m. \$12. Jammin Java, 227 Maple Ave. E., Vienna. Call 703-255-1566 or visit www.jamminjava.com.

Jeffrey D. Wert will discuss and sign “Cavalryman of the Lost Cause” at 7:30 p.m. at Borders Tyson's Corner. Call 703-556-7766. “Cavalryman of the Lost Cause” is the first major biography in decades of Confederate general J. E. B. Stuart, and is based on research in manuscript collections, personal memoirs and reminiscences, and regimental histories.

Titans Breakfast Series. Registration 7 a.m., Program 8-9:15 a.m. Learn what cutting edge technologies will be in demand and what to know that will affect and benefit business. Hilton McLean, 7920 Jones Branch

Drive, McLean. NVTC members \$65, non-members \$85. <http://www.nvtc.org/events/geteventinfo>.

Coping Emotionally with Separation and Divorce. 7:30 p.m. Hilary Casaretto, LCSW, Women's Center Therapist. \$245 registration fee, \$225 members. The Women's Center, 127 Park St. NE, Vienna. www.thewomenscenter.org or 703-281-2657.

FRIDAY/SEPT. 26

Paul and Storm! Acoustic/comedy. 7:30 p.m. \$15. Jammin Java, 227 Maple Ave. E., Vienna.
SEE CALENDAR, PAGE 12

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Mary Kakareka, Pat Keiser, Rose Sato, Mary Potter and Judy Titus dance with the Uli Uli, feathered gourds.

Hula Dancing in China

FROM PAGE II

all ages and backgrounds." Since watching the inspiring performance that honored the Museum of Women in the Arts, she has been a fan of the group ever since.

Hula classes are a chance for newcomers to be a part of a cultural tradition and a way for experienced dancers and musicians to fine-tune their skills. The Spring Hill Recreation Center offers a range of activities that cater to the diverse population of Northern Virginia. Another activity, the Roots and Shoots program, which promotes "going green," works

with youngsters in an effort to spread awareness of pressing community concerns. The Junior Volunteers involved in the Roots and Shoots program have been named the 2008 Elly Doyle Park FCPA Service Youth Volunteer Group of the Year.

The Hula class assists in this effort by performing at retirement homes and local venues, sharing the traditions of the dance. Classes are available to all residents interested, regardless of experience, and more information can be found by visiting the RECenter's Web site at www.fairfaxcounty.gov/parks/rec/shillrec.htm.

FAITH NOTES

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

Multicultural Dialogue and Ramadan Iftar Dinner. Free. Family and Community Traditions will be the theme of the 9th McLean Community Connections community dialogue and dinner at the McLean Community Center, 1234 Ingleside Drive, McLean on Thursday, Sept. 25. Registration at 6:15 p.m. Dinner at 6:45 pm. RSVP required 703-281-3987.

The Shepard Center of Oakton presents an Evening of Music and Comedy. Saturday, Oct. 4 at 7:30 p.m. Christian Assembly, 8200 Bell Lane (off Cedar Lane near Gallows Road), Vienna. Visit www.GoodShepherdVA.com or call 703-281-3987.

Oakton United Methodist Fall Bazaar and Craft Fair, Saturday, Oct. 4, 9 a.m.-2 p.m. Many handmade items and a baked goods table. Lunch will be for sale. Free admission. Oakton United Methodist Church, 2951 Chain Bridge Road, Oakton. 703-938-1234.

Intensive Centering Prayer Retreat, from Tuesday, Oct. 28 at 7 p.m.-Sunday, Nov. 2 at 11 a.m. Fr. Bill Sheehan will speak to Centering Prayer and some follow-up practices that support prayer in secret, e.g. Forgiveness Practice, Welcoming Prayer, Lectio Divina and how they help awaken within the fruits and gifts of the Holy Spirit. Fr. Sheehan and the Sisters will be available for private conversations throughout the retreat. Introductory sessions on the practice of Centering Prayer will not be offered; it is required that you have a well-established centering prayer practice for more than 6 months, and preferably at least a year. Cost for the 6-day retreat is \$425 with a \$100 deposit. Call Michele Litton at 703-669-6255 or mgllitton@aol.com. The Dominican Retreat House, 7103 Old Dominion Drive, McLean. 703-356-4243.

The Church of the Good Shepherd Christian Writers Workshop. Oct. 4, 8:30 a.m.-3:30 p.m. Register by Sept. 24. "Alive in Words," a Christian writers workshop featuring Mary Lou Redding, editorial director of The Upper Room. The Church of the Good Shepherd, 2351 Hunter Mill Rd., Vienna. Visit www.GoodShepherdVA.com or call 703-281-3987.

CALENDAR



Yosi and the Superdads will perform at the free Jammin' Juniors Fall Concert Series, Wednesday, Oct. 1, at Alden Theatre at the McLean Central Park.

FROM PAGE II

Call 703-255-1566 or visit www.jamminjava.com.

Benefit Concert for Brett Gillum, featuring FlatSpin. 10 p.m. \$15. The profits from tonight's gig will be going to support local boy Brett Gillum, who was born with Chondrodysplasia Punctata, a rare skeletal disorder. Visit www.brettgillum.com for more info. Jammin Java, 227 Maple Ave. E., Vienna. Call 703-255-1566 or visit www.jamminjava.com.

Just Friends, a local five-piece combo playing songs from the 20s through the 60s. 7:30 p.m. Free. Great Falls Library Community Room, 9830 Georgetown Pike, Great Falls. 703-430-9566.

TUESDAY/SEPT. 30

Danger Radio, Farewell, Brighten and Red Car Wire. Rock. 6 p.m. \$10. Jammin Java, 227 Maple Ave. E., Vienna. Call 703-255-1566 or visit www.jamminjava.com.

Antiques and decorative arts appraiser/consultant Francine Proulx hosts an appraisal class at the McLean Community Center from 7:30-9 p.m. Learn the difference between an expert's verbal opinion and a written legal document and its impact on insurance coverage and estate planning; when formal appraisals are needed; what to look for in an independent appraiser, and what questions to ask. The course costs \$30 for McLean residents; \$41 for non-residents. To register call 703-790-0123, ext. 225 or visit www.mcleancenter.org.

Trust-Centered Selling: Attracting and Retaining Customers. Registration 7:30 a.m., program 8-9:30 a.m. The session will address attracting the right clients; a simple process to create client value; and principles of trust that improve long-term profitability. 2070 Chain Bridge Road Conference Center, Lower Level, Vienna. NVTC members \$45, non-members \$75. <http://www.nvtc.org/events/geteventinfo>.

Tea Tasting. 10 a.m. An introduction to the tea types and regions. \$20. Cathy's Corner in the Village Centre, Great Falls. 703-757-6209 or www.greatfallsteagarden.com.

WEDNESDAY/OCT. 1

Yosi and the Superdads. 12:30 p.m. Free Jammin' Juniors Fall Concert Series. Alden Theatre at the McLean Central Park, 1468 Dolly Madison Blvd., at the intersection of Route

SUNDAY/SEPT. 28

Dead Men's Hollow. Roots. 1:30 p.m. Free. Jammin Java, 227 Maple

★ Save the Date ★

Navy Marine Coast Guard Residence Foundation is pleased to announce that Vinson Hall Retirement Community is partnering with The McLean Orchestra for An Evening Under the Stars with Dancing, Champagne, and Confections

★

Date: October 1, 2008 Time: 6:30 – 8:30 pm
 Place: Backlawn Vinson Hall (tenting event)
 6251 Old Dominion Drive, McLean, VA 22101

Proceeds to benefit NMCRGF and The McLean Orchestra
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CALENDAR

FROM PAGE 13

123 and Old Dominion Drive. 703-790-0123 or www.mcleancenter.org.

An Evening Under the Stars, with the McLean Orchestra and Navy Marine Coast Guard Residence Foundation. 6:30 p.m. Champagne and confections with entertainment by members of the McLean Orchestra. On the back lawn of Vinson Hall, 6251 Old Dominion Drive, McLean. Call 703-538-2318 to reserve.

Sparky's Flaw and Alex Mejias. Pop/rock. 7 p.m. \$10. Jammin' Java, 227 Maple Ave. N.E.,

Vienna. Call 703-255-1566 or visit www.jamminjava.com.

THURSDAY/OCT. 2

Champions for Children Awards Dinner. 6 p.m. All proceeds benefit the Falls Church McLean Children's Center. Westwood Country Club, 800 Maple Ave. East, Vienna.

Matt Mays & El Torpedo, Palominos, Bellflur and In Technicolor. Rock. 7 p.m. \$10. Jammin' Java, 227 Maple Ave. N.E., Vienna. Call 703-255-1566 or visit www.jamminjava.com.

BULLETIN BOARD

To have community events listed in the Connection, send to mclean@connectionnewspapers.com. Deadline is Friday.

THURSDAY/SEPT. 25

School Board Program Review Committee. 4 p.m. Gatehouse Administration Center I, 8115 Gatehouse Road, Falls Church. 571-423-1000.

FRIDAY/SEPT. 26

Carolyn Gawicki, watercolorist, will be the featured artist at the McLean Art Society meeting, 10 a.m., at the McLean Community Center, 1234 Ingleside Ave. 703 790-0123. Her presentation will focus on the use of shadows in painting.

The Economy, the Election, and Your Business. 7:45-9:30 a.m., Maggiano's in Tysons Corner. Business Alliance SmartTalk Breakfast. Join BusinessWeek Economics Editor Peter Coy, BLS Commissioner Keith Hall and George Mason University Assoc. Professor of Public and International Affairs John Sacco for a discussion on the economic issues impacting you and your business. www.businessalliance.org/smarttalk.html

THURSDAY/OCT. 2

School Board Regular Meeting. 8 p.m. Work Session/Forum Immediately following. Jackson Middle School, 3020 Gallows Road, Falls Church. 703-204-8100.

Northern Virginia Republican Business Forum Breakfast, with former Oklahoma Governor Frank Keating. The Tower Club, 8000 Tower Crescent Square, Vienna. \$40. 703-922-6768.

Elections and the Environment. 7 p.m. Free. What the elections mean for the environment, and how to help candidates win. Dolley Madison Library Meeting Room, 1244 Oak Ridge Ave., McLean. Bob Pearson 703-690-3071 or bob_pearson@cox.net.

SATURDAY/OCT. 4

Fairfax County GOP Committee Pep Rally Breakfast. 9 a.m. The Waterford at Fair Oaks. 703-766-4GOP.

MONDAY/OCT. 6

School Board Program Review Committee. 9 a.m. Work Sessions 11 a.m. Gatehouse Administration Center I, 8115 Gatehouse Road, Falls Church. 571-423-1000.

WEDNESDAY/OCT. 8

The League of Women Voters of the Fairfax Area, "Voter 101." 7:30 p.m. Voting absentee and voting in person, optical scan voting machines and the touch screen machine, who and what will be on the ballot. Chantilly Regional Library. 703-938-7304 or anneathomas@verizon.net.



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BULLETIN BOARD

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THURSDAY/SEPT. 25

School Board Program Review Committee. 4 p.m. Gatehouse Administration Center I, 8115 Gatehouse Road, Falls Church. 571-423-1000.

FRIDAY/SEPT. 26

Carolyn Gawicki, watercolorist, will be the featured artist at the McLean Art Society meeting, 10 a.m., at the McLean Community Center, 1234 Ingleside Ave. 703 790-0123. Gawicki has taught for the City of Falls Church, and has been a member of the Art League Faculty. She is the founder of the Potomac Valley Watercolorists and is listed in "Who's Who in American Art". Her presentation will focus on the use of shadows in painting.

The Economy, the Election, and Your Business.

7:45-9:30 a.m., Maggiano's in Tysons Corner. Business Alliance SmartTalk Breakfast. Join BusinessWeek Economics Editor Peter Coy, BLS Commissioner Keith Hall and George Mason University Assoc. Professor of Public and International Affairs John Sacco for a discussion on the economic issues impacting you and your business. www.businessalliance.org/smarttalk.html.

SATURDAY/SEPT. 27

Vienna Flea Market. 8 a.m.-1 p.m. Plants, Baked Goods, Books/CDs etc. Rental space available \$20. Emmaus Church 900 Maple Ave. E., Vienna. Contact Janelle Swensson 703-255-2416.

THURSDAY/SEPT. 28

Assistance League, a volunteer organization promoting literacy and the well-being of women and children in Northern Virginia is holding a social for women interested in membership. 7 p.m. Call Beth at 703-648-1822 or visit www.northernvirginia.assistanceleague.org.

TUESDAY/SEPT. 30

Town Meeting for Traffic Calming on Old Courthouse Road. 7 p.m. With Supervisor Cathy Hudgins, Mayor Jane Seeman, VDOT representatives, chairman Steve Kenney of Town of Vienna Transportation and Safety Commission, to discuss traffic solutions. Westbriar Elementary School Cafeteria, 1741 Pine Valley Drive, Vienna.

Northern Virginia Black Chamber of Commerce kick-off party. 6-9 p.m. at Busboys and Poets (Shirlington), 4251 S. Campbell Avenue, Arlington. Happy hours will be held once a month on Tuesdays at Busboys and Poets throughout the fall from 5:30-9 p.m. on Oct. 21, Nov. 18 and Dec. 9. www.novabcc.org or 703-879-2770.

THURSDAY/OCT. 2

School Board Regular Meeting. 8 p.m. Work Session/Forum Immediately following. Jackson Middle School, 3020 Gallows Road, Falls Church. 703-204-8100.

Northern Virginia Republican Business Forum Breakfast, with former Oklahoma Governor Frank Keating. The Tower Club, 8000 Tower Crescent Square, Vienna. \$40. 703-922-6768.

Elections and the Environment. 7 p.m. Free. What the elections mean for the environment, and how to help candidates win. Dolley Madison Library Meeting Room, 1244 Oak Ridge Ave., McLean. Bob Pearson 703-690-3071 or bob_pearson@cox.net.

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1108 Morningwood Ln	\$945,000	Sun 1:30-5:00	Nancy Broyhill	Long & Foster	703-790-1990
702 Seneca Rd	\$1,250,000	Sun 1-4	Dianne Van Volkenburg	Weichert	703-759-6300
436 Springvale Rd	\$2,395,000	Sun 1-4	Marjaneh Adell	Long & Foster	703-759-9190

Great Falls Next Month

721 Ellsworth Ave	\$1,921,000	10/12 1-4	Karen Martins	McEneaney	703-790-9090
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Falls Church

7506 Salem Rd	\$739,000	Sun 1-4	Giovanni Cesaratto	Yeonas & Shafran	703-867-7505
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McLean

1632 Morrill Ct	\$729,987	Sun 1-4	Cecelia Lofton	Weichert	703-821-8300
1630 Maddux Ln	\$949,999	Sun 1-4	Sandra Reavey	Weichert	703-821-8300
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9490 Virginia Center Blvd #338	\$269,000	9/28 1-4	Donna Leeds-Shipe	Long & Foster	703-556-8600
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To add your Realtor represented Open House to these weekly listings, please contact:

In Great Falls, Salome, 703-917-6467, or salome@connectionnewspapers.com

In Vienna, Don, 703-917-6466, or donpark@connectionnewspapers.com

In McLean, Lauri, 703-917-6460, or lauri@connectionnewspapers.com

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CORINTHIANS 13

If I speak in the tongues of men and of angels, but have not love, I am only a resounding gong or a clanging cymbal. If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but have not love, I am nothing. If I give all I possess to the poor and surrender my body to the flames, but have not love, I gain nothing.

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrong. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always preserves.

Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away. For we know in part and we prophesy in part, but when perfection comes, the imperfect disappears. When I was a child, I talked like a child, I thought like a child, I reasoned like a childish. When I became a man, I put childish ways behind me. Now we see but a poor reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known. And now these three remain: faith, hope and love. But the greatest of these is love.

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NEWS

Benefits of Exercising

FROM PAGE 9

class yet. I hope for 10, but could accommodate 15 students. There's always room for more," she said.

HER CLASS MEMBERS are equally enthusiastic. Kathryn Manoatl, another dedicated participant, praises Alwarith saying, "Safeiah is a fabulous instructor and can help students achieve skill and fitness ... the camaraderie that is formed through exercising regularly with a group of people is also a benefit." Toohill and Tischhauser-Jacobi echo this saying respectively, "I enjoy staying in shape as well as the fun, supportive group of women" and "my favorite thing ... is that ... anyone can join our class and feel welcome. We are all very different but we all have a lot of fun together."

For those men and women who are not able to do step aerobics due to joint or other health problems, water exercise classes might be more appropriate. Water aerobics is one such class. It involves many of the same movements as land aerobics, but protects the participant from pain and physical injury through water's cushioning effect. Area resident Stephanie George, a water aerobics student for the last few years, notes that since she started the classes the knee pain she used to have after playing tennis and cycling has stopped. "My arm muscles are stronger and my balance is better too," said George. Angela Ehemann, another area water aerobics student, is a land aerobics "convert" who tried the water workout out of curiosity. She finds that she achieves "a total body workout without getting hot and sweaty, and gets a mental workout too. The camaraderie of the class is more than in land aerobics. I can have social interaction at the same time." As for health benefits, Ehemann also cites increased cardiac fitness, improved balance and says that she has been able to continue the workouts throughout recovery from ski accidents and a damaged ligament in her knee. "I had double therapy, in a way," she said.

THE SOCIAL BENEFIT of group exercise is also beneficial according to the students and instructors. The step aerobics class meets every Saturday morning after its workout for coffee and conversation. "Total health is achieved through the exercise and social interactions," Manoatl said.

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Bloss Memorial Free Will Baptist Church...703-527-7040

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Unitarian Universalist Church of Arlington
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Upcoming Community Events:

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Shuttles run Sunday mornings from Clarendon Station - see our website for details.

Service Times:

Sunday:

Bible Study 9:30 a.m.

Worship 10:30 a.m.

Wednesday:

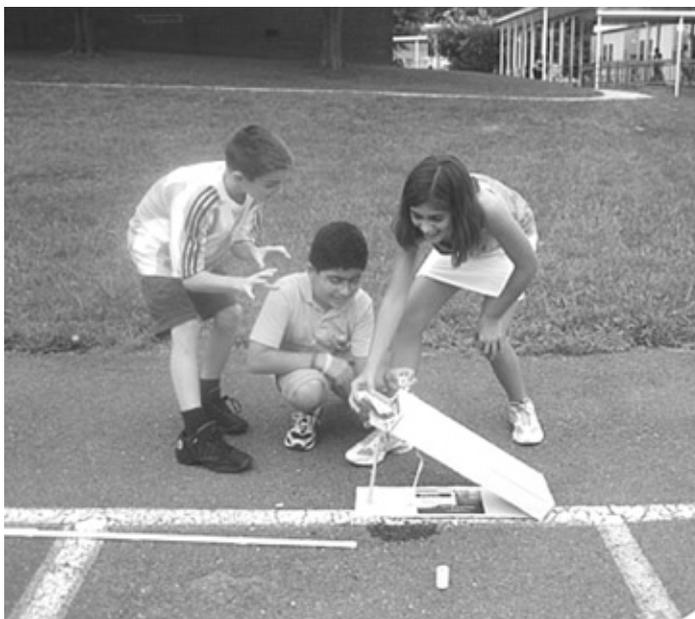
Bible Study 7:30 p.m.

To highlight your Faith Community call Karen at 703-917-6468

SCHOOLS

Churchill Road 6th Graders Launch Rockets in Science Class

On a late summer day, Churchill Road Elementary 6th grade students Kirk Knutson, Parsa Zand and Claire Thomas fill their rockets with Alka Seltzer and water prior to testing the effect of wing size on the distance the rocket travels. The students collected data, found averages of repeated trials, created graphs using Microsoft Excel, and presented their findings to other teams with PowerPoint Presentations that they created.



PHOTOS BY CORINNE ALMQUIST/6TH GRADE TEACHER

Churchill Road Elementary 6th grade students Veronica Panzardi, Katie Fancher, Alyosha Onufrak and Ariel Thompson hold the nose-cone of their rocket, prior to testing the effects of different liquid propellants on the height of the rocket.



Churchill Road Elementary 6th grade students Sabrina Rozbicki and Kiley Jarymiszyn measure the height that their rocket traveled after launch. Students spent the first two weeks of school perfecting their Experimental Design skills.

Kids Performance Series Opens at Alden Theatre

The Alden Theatre's 2008-2009 McLean Kids Performance Series will begin at 2 p.m. on Saturday, Sept. 27, with Grey Seal Puppets' production of *The Nightingale*. Tickets are \$12, \$8 for McLean tax district residents. The theatre is located at 1234 Ingleside Avenue.

Adapted from the Hans Christian Andersen story, *The Nightingale* is the story of an emperor who has everything, but seeks only the song of a simple gray

bird, the nightingale. The story will be brought to life with large rod and shadow puppets. This production is recommended for children ages 5 and older.

After the performance, Grey Seal Puppets will conduct a Puppetry Styles Workshop. The workshop will begin at 3:30 p.m. Tickets are \$8 per child for children ages 5 and older. Children must be accompanied by an adult. Grey Seal Puppeteer Drew Allison will demonstrate rod, hand, shadow and other puppetry styles, for a wacky

peek in to this ages-old theatre form. Each participant will leave with their own finger puppet.

Tickets are on sale now! To purchase tickets, stop by the Alden Theatre Box Office, or to purchase tickets by telephone or online, contact TICKETMASTER at 703-573-SEAT, or www.ticketmaster.com. For more information, call 703-790-0123, TTY: 711, or visit: www.mcleancenter.org/alden.

SCHOOL NOTES

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

Zachary Groff of McLean and a student at Georgetown Day School in Washington D.C., has been named as a 2009 National Merit scholarship semifinalist.

Erin Callahan of McLean has been named to the spring 2008 dean's list and received a bachelor of fine arts degree [WWW.CONNECTIONNEWSPAPERS.COM](http://www.CONNECTIONNEWSPAPERS.COM)

from Ithaca College of Ithaca N.Y. Callahan is the daughter of Walter and Joan Callahan of McLean.

Spring Hill Elementary is reducing trash by composting cafeteria waste. After burying cafeteria trays for the winter, last year's 3rd grade students discovered that all fruits and vegetables decomposed into the soil. With an award for selling compact fluorescent light bulbs, the students chose to use the money to purchase a compost bin. The bin is now installed and the students are

sorting their lunch leftovers. Each class fills a container at the lunch table as they clean up, then students from each class take the scraps outside to the compost bin.

Once the compost is finished it will be used to fertilize the gardens and habitats in the Spring Hill outdoor classrooms. Spring Hill's science teacher, Alison Bauer, has received a great deal of support from Carol Hunt, a kindergarten teacher at Westlawn Elementary, which has been composting their cafeteria waste for two years.

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Oatlands Invitational: No Ordinary Meet

McLean boys and girls run at Leesburg cross country event.

BY RICH SANDERS
THE CONNECTION

Both the McLean High boys and girls cross country teams competed at the Fourth Annual Oatlands Invitational meet in Leesburg last weekend. The renowned event, considered the biggest high school cross country extravaganza in Virginia, attracted over 100 schools from Virginia and beyond.

The McLean girls finished 18th in the varsity 'B' race. The Highlanders' top finisher was Kristin Wulff, who was 52nd overall. McLean's next two finishers were senior Sam Audet (71st) and junior Mary Covington (100th).

The McLean boys, meanwhile, were 25th overall in the varsity 'B' race. Leading the way for the Highlanders was senior Joe Thompson (65th overall). Another senior, Kristoff Inocentes, was the second runner to finish for McLean and was 77th overall.

For the Highlander girls, Wulff, a third year runner for McLean, and Audet, a fourth year team member, are team co-captains.

"They are quality leaders," said McLean coach John Jones, of the twosome.

Coach Jones said his girls had good success at the Oatlands meet as a result of running together.

"Our biggest deal is to run as a pack," said Jones, in his third year at the helm of the cross country program. "We have target times at one mile and two miles. They did such a good job of staying together as a group at the mile and two mile marks. It's such a team sport."

For the Marshall High boys, senior Lucas Rooney was his team's top finisher in the varsity 'A' race. The next top four finishers for the Statesmen boys were Will Sullivan, Andrew Dickson, Roger Rangel-Lafuente and Daniel Zirkle.

Zirkle, a senior, said one of the biggest challenges to the 5K Oatlands course is two steep hills which runners must deal with after about the one mile mark.

"Most of the race is downhill, except for the two hills," said Zirkle. "You push as hard as you can on the uphills and keep mentally strong."

Zirkle said he tried to use the vast competition for motivation to do better.

"You look at some of the teams with people under 15 minutes, and you strive to be like them," he said.

Earlier last week, the Marshall boys finished 14th among 24 teams at the Monroe Parkere Invitational, held on Sept. 16 at Burke Lake Park. The Statesmen boys believe they can be an improved team in the Liberty District this season.

SEE RACE, PAGE 19



Marshall High girls cross country runner Cou Herbelsheimer competes at the Monroe Parker Invitational, held Sept. 16 at Burke Lake Park.

PHOTO BY ROBBIE HAMMER/THE CONNECTION

Highlanders Land Rotary Cup

Postol, Applewhite score goals as McLean field hockey defeats rival Saxons.

BY NICK CAFFERKY
SPECIAL TO THE CONNECTION

At the beginning of the season, McLean High girls' field hockey coach Summer Hardman and her players put together a list of seven goals that they felt they could accomplish this season. One of the goals on top of that list was to reclaim the Rotary Cup from local rival Langley. On Friday, the Highlanders did just that by defeating their rivals 2-0 at home.

From the very first whistle of the game, it was obvious that McLean was the better team as it controlled the ball and set the tempo early. Langley's defense held tough throughout the first half, but had a difficult time clearing the ball.

"Our midfield line has such good communication skills and has such a knack

for finding the ball and they really know how to pass. They are good at working the ball to the forwards and advancing the ball up field," said Coach Hardman.

Despite Langley's inability to go on the offense, the defense was holding firm, including stopping McLean from scoring on two early penalty corners. However, with 13 minutes left in the half, senior Carolyn Postol was able to punch one in amidst a scrum in front of the goal following a penalty corner. Junior Olivia Applewhite would score again in the second half to give the Highlanders a cushion, but that's all they needed to give Coach Hardman her first Rotary Cup.

"Scoring was my main goal today especially because we thought we could keep them from scoring," Postol said.

FOR LANGLEY, this is their first loss in four years to McLean in what looks like a

rebuilding year. With three sophomores and eight juniors on the roster, this is one of the younger teams head coach Jennifer Robb has had.

"As a young team, we are still working through some kinks, but they are making strides every day and are getting more opportunities to score," Coach Robb said.

Since the Rotary Cup was installed 14 years ago, the field hockey rivalry has been the best of any sport. After losing three years in a row, the Highlanders' win ties the series at 7-7.

"We have wanted this win for so long, but we haven't been able to beat them. Last year we lost awfully, so this year we felt like we needed to win this one," Postol said.

If Mclean is going to accomplish their top goal of a district championship, the next three weeks are vital, as they enter district play. Before the end of the regular season they will have to play Woodson, Marshall, South Lakes, Thomas Jefferson, and Madison all before the district tournament.

Beiro Blasts Through Obscurity

Despite McLean's 0-4 record, talented junior running back Riley Beiro's talent shines bright.

BY MARK GIANNOTTO
THE CONNECTION

First-year McLean Highlanders football coach Jim Patrick couldn't help but speak with a disappointed tone after his team lost its fourth-consecutive game last Friday night, this time a 21-14 last-second defeat to Washington-Lee courtesy of a 10-yard touchdown run from Generals quarterback Charlie Fuller with just 17 seconds remaining in regulation.

But once talk turned towards the play of his standout junior running back and linebacker, Riley Beiro, Patrick couldn't stop himself from thinking about the little glimmer of hope that resides in his backfield.

"Riley is an amazing competitor and when the lights are on, he's wanting to make the play, he wants the ball in his hands, he wants to make the tackle," Patrick said of Beiro, who finished last Friday's game with 137 yards rushing, an 85-yard punt return for a touchdown, and countless big hits on defense. "You can move him to safety, linebacker, running back, receiver, and he's got go of instincts. He wants the game to be on his shoulders. I can't say enough positive stuff about him."

The long punt return was a perfect example of the size, speed, and smarts Beiro brings to the gridiron. After a long punt by



McLean Highlanders Tim Ferry (21) and Riley Beiro (9) make a tackle against a Washington-Lee player last Friday night at McLean High School.

Washington-Lee, Beiro caught the ball on his own 15-yard line, noticed a seam to the left, bulled his way through a first wave of defenders untouched, and was off to the races with only the Generals' punter to beat.

"I never looked back," Beiro said. "He wasn't touching me."

BEIRO did so much running over the course of the game, he got ill in the third quarter after a particularly long gain while playing running back. He sat out for a couple series before returning once fully hydrated.

And his play over the course of the entire season has gotten the attention of the rest of the northern region, despite McLean's winless record. After Friday's game, Washington-Lee coach Josh Shapiro couldn't help but sing the praises of Beiro, singling out his ability to change directions on the fly.

"We knew he was good, but they're always better in person," Shapiro said. "The beautiful thing about him is how he cuts back against the grain. He finds open yards and then some wiggle room to get five, six extra yards. When you've got him wrapped up he just breaks 'em and gets away."

ALL THAT SAID, Patrick knows Beiro's exploits will get lost in the shuffle if his team doesn't start producing wins. It won't get easier next week since the Highlanders will face off against defending Division 5 state champion Stone Bridge, but Patrick was encouraged by his team's effort against the Generals.

"We're getting better, and we're getting competitive," Patrick said. "I know the record doesn't show that right now, but we are making big strides from where we were in week one to where we are now."

PHOTO BY ROBBIE HAMMER/THE CONNECTION

The McLean High girls' volleyball team suffered just its second loss of the season on Sept. 17 when it fell to visiting non-district opponent Yorktown, 16-25, 12-25, 25-18 and 22-25. After getting off to a rocky start against the Patriots, dropping the first two games, the Highlanders rallied to win the third game, only to lose a tight fourth game and the match.

McLean Coach Steve Stotler praised the girls after the match for their perseverance and ability to adapt to new rotations.

The defeat came two days after the Highlanders had defeated Marshall, 3-0, in their first Liberty District match of the '08 season on Sept. 16. That match victory over the Statesmen was highlighted by an exciting first game win of 28-26 with several different lead changes. McLean won the next two games, 25-17 and 25-22. The Highlanders, as a team against Marshall, had 31 kills and nine aces. Going into this week, McLean was 4-2 overall and 1-0 in the district.

In earlier season action, McLean played extraordinarily well, but came up short in a 3-0 loss at West Springfield. The Highlanders came up short in the first game, 21-25, and then went on to lose the next two games, 15-25, and 15-25. The defeat to West Springfield came after three straight McLean wins over non-district opponents West Potomac, Lee and Wakefield to begin the season.

This week, the Highlanders were scheduled to host South Lakes on Monday before traveling to Washington-Lee on Wednesday.

The 2008 Northern Virginia Senior Olympics (NVSO) opened Sept. 20 at the Thomas Jefferson Community Center in Arlington. Opening ceremonies included a flag ceremony by the George Mason University Police Honor Guard. Emcee and NVSO chairman, Steve Mandes, introduced dignitaries, including Barbara Karro, Manager of the Arlington Office of Senior Adult Programs, and Debra Williams, Loudoun County Senior Center program manager.

In track and field competition, gold medal winners included: Reston's John Cordyack (men's age 65-69 bracket) in the 800-meter walk; Oakton's James W.C. Chang (men's 70-74) in the 1,600-meter walk; Vienna's Karl Blake (men ages 55-59) in the 800-meter run; McLean's Jeff Young (men 60-64) in the 60 dash and 200 dash; Ashburn's Richard Enrico (men 75-79) in both the 60-meters dash and 200-meters dash; and McLean's Dana Hodgdon (men 85-89) in the 60 dash.

Cross Country Races Attract Thousands

FROM PAGE 18

"We have a very strong team this year compared to years before," said Zirkle.

THE TEAM CHAMPION in the 48-schools' varsity boys' 'A' race at Oatlands was Oakton High School (133 points) out of the Northern Region. The Cougars finished ahead of runner-up Robinson (165 points, Northern Region) and third place Potomac Falls (216), out of Loudoun County. Clarke County (328, Berryville, Va.) was fourth and Gonzaga High (331, D.C.) was fifth. The individual 'A' race champion was Tyler Stutzman (15:44) of Western Albemarle High (Crozet, Va.). The top Northern Virginia-area finisher was Jared Berman of Robinson.

In the varsity boys' 'B' race, Thomas Jefferson High (Alexandria) was the team champion with 29 points. Saratoga Springs (N.Y.) was second with 117 points. Top local team finishers in the 59-team race were Herndon High (5th place, 261 points) and

Briar Woods (8th place, 356). The individual champion was Demetri Goutos (16:35) of Saratoga Springs, who finished ahead of Thomas Jefferson runners Alex Witko (2nd, 16:49) and Logan Gates (3rd, 16:56). Also for Jefferson, Timmy Galvin was fifth overall and James Wu was seventh. Westfield High's Jack Canatsey was sixth.

ON THE GIRLS' SIDE, Saratoga Springs was the 'A' race team champion with 33 points, finishing ahead of second place Brentsville (Nokesville) with 206 points and third place Oakton (218). Other area teams finishing in the top 10 of the 37-team race were fourth place Osbourn Park (Manassas) and 10th place Potomac Falls.

Jefferson High, meanwhile, was the varsity girls' 'B' team champion with 52 points. Other area teams to finish in the top 10 in the 47 school race were Westfield (fourth place), Briar Woods (fifth), Yorktown High (seventh) and Centreville (10th). Rachel

Grochowski of Chantilly High was the individual champion with a time of 19:43. Jefferson runners Stephanie Marzen, Sarah Stites and Katherine Sheridan finished second, third and ninth, respectively, while Briar Woods' Giana Leone (eighth) and Yorktown's Lindsey Hunt (10th) were also in the top 10.

IT WAS A PICTURESQUE, autumn day at Oatlands on Saturday. Thousands of spectators attended the event, which began at 9 a.m. Four JV races were held in the morning, two boys and two girls. Later in the morning, the four varsity races began, carrying into the afternoon. The 'A' races, for the most part, consisted of the higher caliber runners. Following all eight races (JV and varsity combined), a brief awards presentation took place at around 2:30 p.m. Top 25 finishers in each of the races earned medals.

There were 101 teams (compared to 73 last year) and 4,300 runners on-hand for the meet, which has become known as the

second leg of the triple crown of Northern Virginia area high school cross country. The Oatlands extravaganza is considered the largest high school meet in Virginia and one of the largest on the East coast. Most of the meets' teams were from Virginia, but guest schools from New York, Pennsylvania, North Carolina, West Virginia, Colorado, Maryland and Washington, D.C. were also participants.

The host schools for the Oatland Invitational were Loudoun County and Freedom (South Riding) High Schools of the Dulles District. The meet organizers were Matt Oblas of Freedom and Derek Farry of Loudoun County.

The mostly grass running course, a 5K layout on the grounds of the historic Leesburg site, was a challenge for most all of the runners. There are several excruciating hills following the first, relatively easy mile. The near picture perfect course setting includes some wood trails and a couple of creek crossings.

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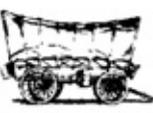
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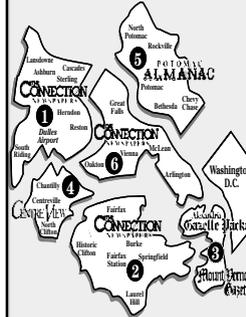
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Juxtapose This



By KENNETH B. LOURIE

Spending as much time as I do with my widowed mother, naturally I fall into her routine. After all, the visits are not about me, they're about her: arrive when expected — and on time, eat home when she wants, eat out when she prefers, telephone as per usual and watch programs on television she can tolerate. Most often we watch LMN, the Lifetime Movie Network, a channel available through her digital cable service from Comcast.

To say that many of the movies are bad would be an affront to all movies characterized as bad. To say the movies are time consuming would be totally accurate, however. And so my mother, house bound, sort of, but definitely still ambulatory, unable to hear but complete and competent in most every other way, especially where her faculties are concerned, patiently but predictably sits and watches channel 119 (LMN in Montgomery County), remote in hand, switching regularly, hoping to find programming to help pass the time. And when I visit, so too do I sit and watch television and together we marvel at the consistency of the quality of these movies (and I use that term loosely and of course, subjectively. For all I know, the movies shown are award-winning and focus-group approved).

And with respect to the content of these movies, there does seem to be a frequent theme. In general, I would call it heartbreak: rape, incest, infidelity, divorce, death, disease, disability, murder, kidnapping, miscellaneous abuse, etc; among many other similar heart-wrenching, life-changing and dysfunctional-type circumstances and addictions.

And given this kind of content, I find it particularly unseemly that one of the more frequent advertisers on this channel are dating services; flush with the bravado and self-satisfaction that comes with the elation and realization that one's life can be rekindled with new love, if only you'd complete the profile and pay your fee (although the fact that there's a cost associated with this service seems hardly worth mentioning, at least on the commercial).

The product placement seems odd, however. This channel regularly shows movies about how people's lives are torn apart by infidelity, divorce, physical and mental abuse, sexual addictions, etc., (a fair amount of it anyway, from my watching experience, which is rather substantial), yet during the commercial breaks, advertisements will appear directed at people looking for a date (many of whom, presumably, may be victims of the same terrible circumstances as the characters in the very movies they're watching) and/or if things work, perhaps even a mate. I can't decide if this movie-watching behavior is cathartic — and helpful — or if it's some kind of self-immolation.

It all feels manipulative, somehow, almost like entrapment. Drawing viewers in who might be able to relate and then offering solutions to the very problem/problems they're experiencing (generally presented by the end of the movie, although, having seen many ends of many of these movies, I have to tell you, the ends don't justify the beginnings). Unfortunately, these are serious problems and their solutions just aren't that simple. It requires more than two hours (the typical length of these movies) and a remote control.

Certainly I'm aware that knowing your market/audience is crucial to advertising but banking your company's/product's success on the failure — and difficulties — of others people's lives seems a bit crude. Not unusual for this channel, or these advertisers, but still inappropriate. I suppose we could change the channel, but what fun would that be?

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

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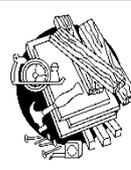
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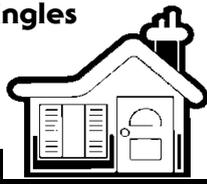
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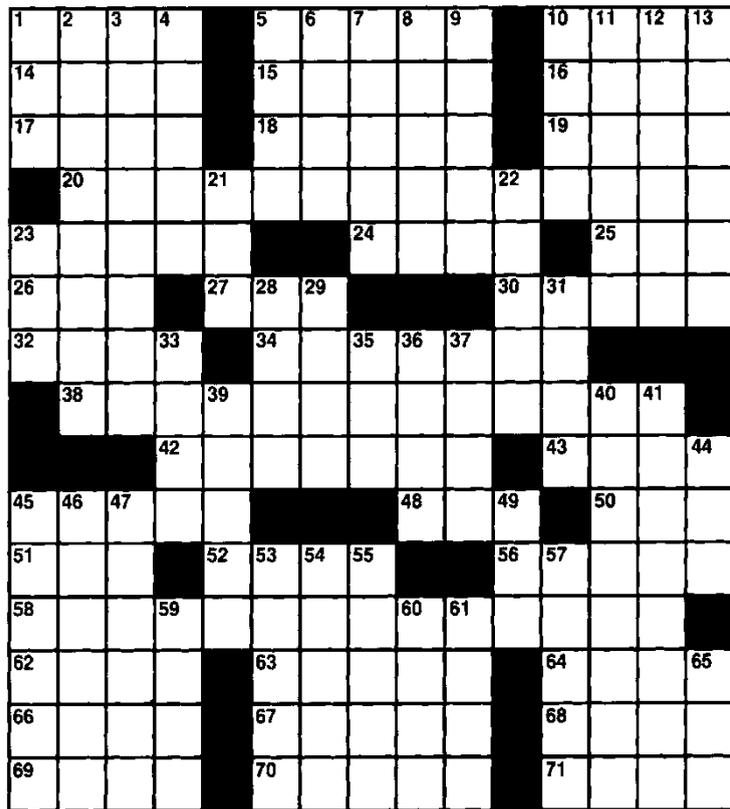
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Edited by Will Shortz

No. 0330-6



Puzzle by Randy Sowell

ACROSS

- 1 Armed forces females
- 5 Like a whip?
- 10 Play parts
- 14 Fiery gem
- 15 Synagogue scroll
- 16 Combustible pile
- 17 — Sabe
- 18 Actress Verdugo
- 19 Israeli statesman
- 20 Gizmos for couch potatoes
- 23 Ace, e.g.
- 24 "You Are My Destiny" singer, 1958
- 25 Classic car
- 26 The "A" in NATO: Abbr.
- 27 Poem of praise
- 30 Feline hybrid
- 32 Constitutional Amendment that abolished slavery
- 34 Just barely places
- 38 1949 Bing Crosby hit
- 42 Puget Sound city

DOWN

- 43 Quotation notation
- 45 "Grand" piece of furniture
- 48 Dancer Charisse
- 50 "The — Divorcee"
- 51 Mag. staffers
- 52 Infamous Rudolf
- 56 Hardly award-winning writing
- 58 Franklin and Eleanor Roosevelt, e.g.
- 62 Together, musically
- 63 Jetés, e.g.
- 64 Family problem
- 66 Stew bean
- 67 "L.A. Law" lawyer
- 68 Mother of twins, in myth
- 69 Watch part
- 70 Bury
- 71 Once, once

ANSWER TO PREVIOUS PUZZLE

- 5 Undo a dele
- 6 Lawn pest
- 7 Betel palm
- 8 Didn't stop
- 9 Do an Oscar winner's job
- 10 Mimic
- 11 Six Million Dollar Man, e.g.
- 12 Town in County Kerry
- 13 Electric eye, e.g.
- 21 Oklahoma Indian
- 22 Shire who had a "Rocky" career
- 23 Bellum's opposite
- 45 45-Across features
- 46 "Yippee!"
- 47 Take for granted
- 49 Sot's problem
- 53 Zhou —
- 54 Back of a boat
- 55 Meager
- 57 Ransack and rob
- 59 "Go, —!"
- 60 60's role for Ron Howard
- 61 Person with a PC
- 65 Lat. case

ANSWER TO PREVIOUS PUZZLE



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BUSINESS

To have business notes listed, send to vienna@connectionnewspapers.com or 7913 Westpark Drive, McLean, VA 22102. Call 703-917-6449 with questions. Deadline is Friday.

Herb Engert has been named as Ernst & Young LLP's Mid-Atlantic Strategic Growth Markets Leader. A transaction advisory partner with more than 18 years of experience in both public and private sectors, Engert will be responsible for leveraging the synergies between private equity initiatives and strategic growth markets, and has led many types of transactions at Ernst & Young, including private and public debt and equity offerings, initial public offerings and mergers and acquisitions.

Engert is involved in his local community serving on the boards for Volunteer Fairfax, The Phillips Program and Bread for the City. He is also active in the Northern Virginia Technology Council. Engert is a graduate of St. John Fisher College in New York and resides in McLean.

Marnette Myers, Esq., CPA has rejoined Frank & Company, a McLean-based accounting firm. She is the firm's new Director of Tax Administration, and has returned to Frank & Company after six years with the IRS. She succeeds Sue Miller, CPA, as the head of the tax administration division. Since September 2002, Myers has worked as an attorney in the Office of the

Associate Chief Counsel (Income Tax & Accounting) for the IRS. Myers earned her B.S. in Accounting from Virginia Tech. She received her Juris Doctor, with honors, from George Washington University Law School, and is licensed to practice law and holds her CPA in the Commonwealth of Virginia.

Paula Birth has been named Director of communications and media practice for Acumen Solutions, a business and technology consulting firm. Birth is responsible for market

expansion within the cable industry. Birth has more than twenty years of experience in telecommunications and media companies. Most recently, she was director of sales operations for Comcast Business Services where she was responsible for all sales infrastructures and operations across five regions in the eastern division. Birth received her bachelor of science in business administration from Alameda University in Idaho. She serves on an executive committee of the Cable Telecommunications Association for Marketing and is a member of Society of Cable and Telephony Engineers and Women in Cable.

Goodman & Company has announced the recent hire of **Khuyen Tran** as an associate in the Tysons Corner office. Tran is a recent graduate of Virginia Commonwealth University with a Bachelor's degree in Accounting. Prior to joining Goodman & Company full-time, she worked as a summer intern in both 2007 and 2008. With over 80 partners and 500 professional staff, Goodman & Company is a regional certified public accounting and business advisory firm delivering quality accounting, tax and specialized services.

The firm is recognized as the fourth largest certified public accounting firms based in the mid-Atlantic and celebrated its 75th anniversary in 2007.

Alion Science and Technology, an employee-owned technology solutions provider, has been selected to manage the Defense Sustainment Consortium (DSC), an organization comprising government agency stakeholders, industry partners and representatives from academic institutions. The DSC provides a forum in which the government can present challenges facing aging weapons systems and obtain expert advice on how to extend a weapon platform's life. Alion was chosen to manage DSC through a memorandum of agreement that was signed in July.

Morgan Stanley's Global Wealth Management Group announced that **John Verfurth**, a Senior Vice President, Wealth Advisor, in the Tysons Corner office, has been named to Virginia Business Magazine's listing of "Top 50 Wealth Advisors." Among factors the survey takes into consideration are the overall size and success of practices, the quality of service provided to clients, adherence to high standards of industry regulatory compliance, and leadership in "best practices" of wealth management.

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