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Supervisor Pat Herrity (R-Springfield) received the support of U.S. Rep. Tom Davis (R-11) for his run for the chairman of the Fairfax County Board of Supervisors seat during his campaign kickoff party at the Springfield American legion last week.



Campaign Launch

POLITICS, PAGE 8

Lorton Girl Murdered

NEWS, PAGE 3

Clifton Teen Killed in Crash

NEWS, PAGE 3

PHOTO BY ROBBIE HAMMER/THE CONNECTION CALENDAR, PAGE 10 ❖ SPORTS, PAGE 12 ❖ CLASSIFIED, PAGE 15

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PHOTO BY CANNON COOK/THE CONNECTION

Restaurants like the Fireside Grill on Lorton Station Boulevard in Lorton have devised special menus and meals for the Thanksgiving holiday.

Feasting on the Town

Area restaurants offer holiday dining options for the kitchen-adverse.

BY DEREK B. JOHNSON
THE CONNECTION

For residents put off by the idea of spending the majority of their Thanksgiving Thursday parked in a kitchen, restaurants in and around the Lorton and Fairfax Station area are fine-tuning their menus and giving practices to fit the November holiday.

Corner Cuisine, a catering company on Lorton Station Boulevard that lets customers prepare their own meals, usually changes its menu monthly. Owner

David Christian and his wife Laura Escamilla opted not to change anything for Thanksgiving last year, and said the demand they heard from customers in the wake caused them to design gourmet family dinners for the holiday occasion. Standbys like sweet potatoes and cranberry stuffing and of course turkey will be paired with some unconventional side dishes like broccoli cheddar casserole, a two-layered pumpkin cheesecake and a corn pudding that has a special place in Christian's heart.

"It's my mom's recipe. It's really, really good," he said.

At My Karma Indian Bistro on Lorton Market Street, finding ways to incorporate mashed potatoes and cranberry sauce into the Eastern-heavy menu was something of a challenge.

SEE HOLIDAY DINING, PAGE 5

South County Girl Found Dead in Md.

Police believe Davonn Denise Dupree, 14, was murdered.



FCPS

Davonn Denise Dupree

Montgomery County Police found the body of a 14-year-old girl from Springfield in a stairwell of an apartment building in Silver Spring, Md. in the early morning of Nov. 18, 2008.

Davonn Denise Dupree, 14, of Lorton, had been reported as a runaway to Fairfax County Police in late October, according to Montgomery County Police.

On Nov. 18, about 1:30 a.m., Montgomery County Police received calls about suspicious activity in the 13900 block of Castle Blvd.

Dupree's body was found in a stairwell of an apartment building stairwell in the Briggs Chaney area of Silver Spring. She was pronounced dead at the scene.

Dupree was identified after the release of photographs of her T-shirt and jewelry. Although family members were notified, her identity was not initially released to the public.

"At this stage of the investigation, detectives are no longer concerned that a release of the victim's identity will negatively impact their investigation," according to Montgomery County Police.

The Medical Examiner's Office attributed her death to be from multiple injuries and declared her death a homicide, according to press releases from Montgomery County Police.

Homicide detectives from Montgomery County Police continue to investigate the murder.

Detectives want to speak with the male caller who initially reported the incident as well as two occupants of a red Lexus that was reported to be in the area at the time of the emergency call to police.

Anyone with information regarding this crime should call the Major Crimes Division of Montgomery County Police at 240-773-5070. Callers may remain anonymous.

— KEN MOORE

Robinson Student Dies in ATV Crash

Friends remember Clifton resident, 14, as hard working and kind.

BY JULIA O'DONOGHUE
THE CONNECTION

Clifton resident Samuel "Sam" Seipel, 14, loved his vehicles. The ninth grader at Robinson Secondary School built go-carts and

worked on the dirt bikes and his all-terrain-vehicle (ATV) with his brother.

According to a post on a social networking site, Sam told a history classmate Kate Alison how excited he was to go riding over the weekend, especially since he had added some new features to his ATV. But the teenager's Sunday afternoon trip ended in tragedy.

On Sunday, Nov. 23, Sam was thrown from his Yamaha Banshee, when the ATV hit a metal chain strung across a private road a few miles outside of the Town

of Clifton. Another Clifton teenager riding with him tried to get help but Sam died at the scene of the accident, behind the 7400 block of Dunquin Court.

"I can tell you he loved riding his bikes, his ATV. ... I guess it is safe to say he died doing what he loved," said Diego Blengio, a Robinson student and Sam's friend.

Most described Sam as a kind soul, a person who got along with everyone.



FCPS

Sam Seipel

A few Robinson students referred to him as one of the best people one could ever meet in e-mails sent after his death.

"He was so loved. He could relate to everybody. ... My six year-old loved him. Adults loved him. He was the type of person who transcended age," said Kathy Kinter, a Town of Clifton resident.

Kinter said Sam spent a lot of time at her home since one of his close friends lives in the house next door. Sam, who always wanted to earn money so he could add to his vehicles, also did yard work for Kinter.

"I was always so impressed with his

SEE ATV CRASH, PAGE 5

"He was so loved. He could relate to everybody."

— Kathy Kinter

Hyland Injured In Crash

Supervisor Gerald Hyland (D-Mount Vernon) sustained non-life threatening injuries in an automobile crash while driving to his farm in Accomack County, Va. on the weekend of Nov. 15-16, according to a news release issued by his office on Nov. 18.

Injuries to his left leg and hip required surgery at the University of Maryland Hospital in Baltimore, Md., on Monday, Nov. 17. He is expected to remain in that facility for several days while recuperating, according to his office.

It is expected that he will be transferred to undergo physical therapy for several weeks; he was recuperating well as of Tuesday afternoon, according to the news release.

Hyland was driving alone in his minivan when he was struck on the driver's side, just behind the driver's door, by another motorist, according to reports. No details, other than his injuries, were released by his office.

Inquires to Hyland's office as to the exact date, time and location of the accident were refused. Inquires to both the Accomack County Sheriff's Office and the Virginia State Police were not able to verify any accident details.

Hyland would not accept a telephone call to his hospital room late Tuesday afternoon even though the person answering the phone stated that he was out of the room and doing fine. No surgery details were available.

The Mount Vernon District office is open and operating. "He is in constant communications with his staff about Fairfax County business," according to the release. Get well cards may be sent to the office at the Mount Vernon Government Center, 2511 Parkers Lane, Alexandria VA 22306-3273.

Voting Gridlock Examined

Supervisor Jeffrey McKay (D-Lee), acting in conjunction with Supervisors Patrick Herrity (R-Springfield) and Mason Penelope "Penny" Gross (D-Mason), has requested that the General Registrar and Election Board review absentee-in-person voting procedure to alleviate the near gridlock that occurred leading up to the November general election.

As McKay noted during last week's Fairfax County Board of Supervisors' meeting, 16 percent of active registered voters took advantage of the opportunity to vote either by mail-in absentee ballot or in-person at the county's in-person absentee voting lo

SEE NEWS BRIEFS, PAGE 9

NEWS

Fort Belvoir Reaches Out

Creating the Army's 21st century premier military installation.

BY CHUCK HAGEE
THE CONNECTION

Community and political leaders from throughout Northern Virginia got not only a statistical briefing but also a glimpse of 21st Century Fort Belvoir during the annual Base Community Relations Breakfast Nov. 20 at the Post's Community Center.

"This morning's program will be a little different than what you have been used to at this breakfast in the past. There will be more focus on the soldiers of this base," said Fort Belvoir Installation Commander Col. Jerry L. Blixt in opening the 90-minute briefing and question/answer session that focused on changes at the base as a result of the 2005 Base Realignment and Closure Report known as BRAC.

That introduction was followed by a short video identifying soldiers who served under fire in the Iraq and Afghanistan war zones. It was the first showing of the video, which highlighted the valor of individual soldiers, such as Spec. Monica Brown, only the second woman to be awarded the Silver Star since World War II. The video was followed by six soldiers stationed at Fort Belvoir who related their experiences since joining the U.S. Army. Each put his or her military service into the perspective of personal service to the nation and the civil community, the one that now surrounds Fort Belvoir and the ones they expect to become part of after their military enlistments.

As noted by Maj. General Richard Rowe, commanding general, Washington Military District, "Fort Belvoir is much more than a military base. It is a community."

FORT BELVOIR is the largest employer in Fairfax County, with 23,000 federal employees and service members, and home to more than 3,500 family members.

BRAC will add another 19,300 personnel triggering an estimated \$4 billion construction and infrastructure building boom.

"It's not just BRAC that is moving the post into the forefront of the military's installation framework but other defense-related expansion as well," said Blixt. It is things such as the 450-person Warrior Transition Unit, the National Museum of the U.S. Army, and the various infrastructure improvements within the base and surrounding communities that is transforming it into the new century's showpiece.



PHOTO BY CHUCK HAGEE/THE CONNECTION

Six Fort Belvoir soldiers related their military experiences to the crowd assembled for the base's annual Community Relations Breakfast.

"We have three basic priorities — force protection, personnel and infrastructure improvement. We want to make you feel you are on the best base in the Army when you visit here," said Blixt.

WITH THAT Col. Mark Moffatt, deputy installation commander for

BRAC, Fort Belvoir, walked the group through a series of activities now under way or planned to meet the Sept. 15, 2011 BRAC completion deadline. "If you think we've done a lot so far wait until you come to this breakfast next year," Moffatt said.

"BRAC will bring a net gain of 19,300 personnel to Fort Belvoir. This will be in addition to the present post personnel complement of 23,000," he said.

New personnel will be located at the main post, 3,400; Engineering Proving Grounds (EPG) in the Springfield area, 8,500, the new home of the National Geospatial-Intelligence Agency; and at the Mark Center in Alexandria, 6,400, the new home of a composite of agencies known as The Washington Headquarters Services and BRAC 133.

Another 1,000 personnel will be relocated to Rivanna Station, an existing appendage of Fort Belvoir just north of Charlottesville, Va. The latter group is composed of Defense Intelligence Agency personnel and intelligence analysis functions from the National Capital Region and Bolling Air Force Base.

As a result of BRAC, 2,140 personnel are leaving Fort Belvoir. The majority of that group, 1,440 personnel of the Army Materiel Command, were transferred to Belvoir following the attacks of Sept. 11, 2001 from what is now known as Victory Center on Eisenhower Avenue in Alexandria. They will be relocated to Red Stone Arsenal in Alabama. The other 700 are spread over four additional agencies, according to Moffatt.

Addressing the new \$1.77 billion NGA facility, now rising at the EPG, Moffatt said, "This facility is moving at a very fast pace." Building construction is now 8 percent complete.

The other main post facility "moving at a very fast pace" is the new DeWitt Army Community Hospital. This expanded 120-bed facility is scheduled for completion in August 2010. The first patients are expected in April 2011, according to Moffatt.

Beyond BRAC

In addition to the BRAC projects, approximately 30 to 40 other projects are under way at Fort Belvoir that relate to base improvements as well as projects that directly impact the surrounding communities. Some of the latter include:

- ❖ A new state-of-the-art Emergency Service Center with fire and police assets to support NGA, main post, and mutual assistance regional agreements.

- ❖ Construction of the Woodlawn Road replacement artery known as Mulligan Road to connect Route 1 and Telegraph Road.

- ❖ Gunston Road, the major artery on post, will be expanded to four lanes, including the expansion of the bridge over Route 1, with the potential of accepting future widening of Route 1.

- ❖ Pohick Road, the post's main artery for visitors and employees, will be expanded to four lanes from Route 1 to Gunston Road. Pohick Road will be initial project followed by improvements to Belvoir Road, according to Moffatt.

- ❖ Construction of a new 37,000-square-foot state-of-the-art child development/education center for 338 children of service members and eligible federal employees.

- ❖ A new, fully equipped fire station that will support the main post and Fort Belvoir regional mutual aid agreements.

In total, an expenditure of approximately \$80 million is forecast for base infrastructure improvements. These projects encompass not only transportation arteries but also water and sewer lines and upgrades to electrical facilities and lines.

Holiday Dining

FROM PAGE 3

"It's very hard to combine the turkey with the curry, you know?" joked owner and manager Subhash Gavri.

Still, that didn't stop My Karma from participating in the season. On Thanksgiving Day customers can stop by for a complimentary turkey salad. He said if last Thanksgiving was any indication, foot traffic at My Karma will be heavy and multicultural.

"I thought last year when we opened and [did the same thing] that we would get a more ethnic crowd," said Gavri. "But we were surprised that we had a lot of Americans and other groups."

Jamison Clark, executive chef at Fireside Grill on Lorton Station Boulevard, said the restaurant is offering a full Thanksgiving buffet this year. Side dishes like fettuccini with lobster cream sauce, honey glazed hams and organic salads will be available, along with turkey and turkey breast. Clark, who described himself as "a southern gentleman" from North Carolina, said the sweet potatoes and stuffing were two specialties he was looking forward to churning out Thursday, Nov. 27.

"I'm going to bake sweet potatoes with honey and cinnamon and then southern style homemade stuffing from my grandmother," said Clark. "The trick to it is a little sage and lots of butter."

A DESSERT BAR with Thanksgiving themed treats like sweet potato, apple and peach pies will be available, as well as a pizza bar for children.

Mimi Clark of Fairfax Station runs Veggie Gourmet, which offers vegetarian and vegan-themed cooking classes for those who eschew poultry. For her, Thanksgiving is "an olfactory holiday."

"It's all about the smells because food is a memory trigger," said Clark. "If you use enough sage and spices, you'll conjure up the smells of your mother's kitchen."

Every year, she offers a class for those looking for some vegetarian and vegan dishes to bring to the dinner table. At this year's class on Nov. 16, Clark taught her students how to make buttercup bisques, fat-free mushroom gravy and organic "soy-cotash," which substitutes edamame for lima beans and succotash. The centerpiece of this vegan meal is a seitan stuffed tofu roast, baked with a maple glaze. A recipe for dairy-free pumpkin cheesecake rounds out the meat-less menu.

Clark said the goal was to make something that people would "want to bring to their family dinner, but don't want Aunt Sadie to raise an eyebrow."

ATV Crash Kills Teen

FROM PAGE 3

work ethic. You would be lucky to get grown ups that did such a good job [on landscaping]," said Kinter.

SAM was also known for being fearless. He had already had one accident and broken his jaw while riding his ATV last year. But Sam was undeterred and excited to get back on the vehicle even after the incident.

"He never worried about what might happen to him. ... I tried to tell him what he was doing was dangerous and that he should trying something else," said Blengio.

Linton said Sam's family knew that riding the ATV could be risky, but Sam loved the vehicle so much that they did not want to take it away from him.

"He and his brother were very gifted when it came to mechanical things. ... He was just a very special boy," said Linton.

VISTING HOURS and a service for Sam will be Friday, Nov. 28., at Everly Funeral Home, 10565 Main St. Fairfax. Sam's family will accept visitors between 2-4 p.m. and the funeral will be 4-5 p.m.

The Seipel family is asking for financial help to meet Sam's funeral costs. Those interested in making a donation should make checks payable to John Seipel and drop it off at the home of Tom Peterson at 7150 Main St. in Clifton.

Kinter is also coordinating meals for Sam's family. Those interested in participating in this effort should contact her at via e-mail at zarausa@aol.com on her cell phone at 703-929-0334.

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The laser sterilizes the tooth as it removes decay. This is very important. Because of bacterial contamination, many of you have had old fillings replaced with either new fillings, or in many cases, with crowns--and sometimes even root canals!! The reoccurrence of decay under fillings is a primary reason so many root canals are needed. Since this new laser sterilizes the tooth as it removes decay, and since many dentists now use 'bonded' filling materials enriched with fluoride, the chances of ever having recurrent decay under that new filling are much lower.

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PEOPLE



PHOTO BY DEREK B. JOHNSON/THE CONNECTION

Folk-singer David Roth thrilled the interfaith crowd at Adat Reyim synagogue on Westbury Oaks Court in Springfield Saturday, Nov. 22.

Sing, Dance, Walk for Peace

Week of interfaith events emphasize harmony among different religions.

BY DEREK B. JOHNSON
THE CONNECTION

At the Adat Reyim synagogue on Westbury Oaks Court in Springfield, “peace” is the word of the week. Starting Friday, Nov. 21, the congregation teamed up with Burke Presbyterian Church, St. Mary of Sorrows Church and a host of other interfaith organizations and charities for a week’s worth of events culminating at an interfaith Thanksgiving dinner Wednesday, Nov. 26, at 7:30 p.m., at St. Mary of Sorrows church on Sideburn Road.

“We made this a week of peace because we’re committed to social action here in our community,” said Eileen Kugler, former president at Adat Reyim.

The congregants of Adat Reyim hosted the first two events of the week: a peace Shabbat service on Friday, Nov. 21 featuring music and readings about peace and an interfaith concert Saturday, Nov. 22 featuring folk singer and Chicago-David Roth. Before Roth took the stage, a band consisting of singers and musicians from Adat Reyim, Burke Presbyterian Church, St. Mary of Sorrows Church and The Rumi Forum, a Washington D.C.-based Islamic interfaith organization, joined together to warm up the crowd.

Dannie Halle, president of Adat Reyim, said the concept behind the week came from the Jewish expression “Shavua Tov,” which means “a good week, a week of peace.”

“We’re coming together with different congrega-

tions to build peace and bring fellowship,” said Halle. Roth used a mixture of self-deprecating humor, storytelling and folk singing to entertain the crowd of approximately 150. From songs about intergalactic space, singing the national anthem at a Chicago Bulls game and what he called “easy listening protest songs” or “heavy mental,” Roth said he drew inspiration from every day thoughts and events.

“Whatever catches my imagination, and that can be different for everybody. I keep my eyes open in the world,” said Roth.

He said the humor he employs during his concerts acts as a doorway between him and an audience.

“It invites them into my world. Humor is an invitation to open a dialogue,” said Roth.

“We’re coming together with different congregations to build peace and bring fellowship.”

— Dannie Halle, president of Adat Reyim synagogue

On Sunday, Nov. 23 members of the four separate interfaith organizations participated along with 20 other churches, temples and charities in a sponsored hunger walk. Residents solicited flat donation fees from sponsors before trekking four miles from Living Savior Lutheran Church on Ox Road in Fairfax Station to Fairfax Presbyterian Church on Main Street in Fairfax. Three quarters of the money raised at the walk went to Church World Service, an international charity dedicated to fighting poverty and hunger. The rest went to

Springfield-based charity Ecumenical Communities Helping Others (ECHO). ECHO also conducted food drive during the David Roth concert.

Over 40 members of Adat Reyim participated in the walk. Burke Presbyterian Church had 25-30 members according to Elizabeth Braxton, the senior pastor. “There’s a statement that says ‘doctrine divides but mission unites,’” said Braxton.

The interfaith Thanksgiving service will take place Wednesday, Nov. 26, 7:30 p.m. at St. Mary’s of Sorrows Catholic Church, 5222 Sideburn Road, Fairfax and is open to people of all faiths.

VIEWPOINTS

What are you thankful for and what is your favorite holiday food?



“My family and houses, because they keep people safe. Turkey.”

Geraldine Rodriguez



“For my health and happiness. Candy.”

Norah Tijani



“Fighting Video games. Pumpkin pie.”

Jonathon Bonner



“My family and my cousins. Turkey and mashed potatoes.”

Said Azimi

— CANNON COOK



Thanksgiving Gifts

Southpointe Estates Homeowner’s Association teamed up with Giant of Lorton Valley to provide

Thanksgiving Gift Boxes for Lorton Community Action Center. Southpointe neighbors donated the cost of the Thanksgiving Gift Boxes and Giant filled each order with appropriate goods. Giant also made a generous donation to Lorton Community Action Center. Pictured are Laura Simon, Director of Community Outreach-SEHA; Emily Simon, Jason Fulayer, Giant Lorton Valley Manager and Carrie Maglich, President-SEHA.

FAITH

Pancake Breakfast with St. Nicholas and Holiday Mini-Bazaar, Saturday, Dec. 6, 9 a.m.-12:30 p.m. Breakfast, \$5. Photo with St. Nicholas, \$5. Children 6 and under, breakfast and photo, \$5. Ornaments, crafts, baked goods, stories, live music and more. St. Christopher's Episcopal Church, 6320 Hanover Ave., Springfield. 703-451-1088 or www.saintchristophers.net.

Springfield Church of Christ Wonders of Winter, on Saturday, Dec. 6 from 9:30 a.m.-1:30 p.m. at 7512 Old Keene Mill Road in Springfield. Bible lessons, games, crafts and songs. Lunch will be provided. Pre-register at 703-451-4011. Leave a message with the names and ages of each child attending. springfieldchurch@yahoo.com or visit www.springfieldchurchofchrist.org.

"A Ceremony of Carols" by Benjamin Britten. Sunday, Dec. 14, at 8:45 a.m. and 11:15 a.m. at Fairfax Presbyterian Church, 10723 Main St., Fairfax. The Sanctuary Choir is seeking new members: rehearsals will be 7:30-8:15 p.m. on Nov. 22 and Dec. 13. fpc@fairfaxpresby.com.

Christmas Tree Sales at the Church of the Good Shepherd, 9350 Braddock Road, Burke, on Saturdays and Sundays, Nov. 30-Dec. 21., 9 a.m.-6 p.m., Proceeds benefit the outreach mission of the Church. [www-good-shepherd.net](http://www.good-shepherd.net)

Church of the Nativity offers a free general bereavement support group open to all adults on the first and third Thursday of each month 7:30-9 p.m. The church is located at 6400 Nativity Lane, Burke. Call 703-455-2400, ext. 17.

Arabic Bible Baptist Church is located at 5424 Ox Road in Fairfax Station. Pastor: Tony Ghareeb. Call 703-273-5599 or e-mail to Tghareeb@wmconnect.com.

Clifton Presbyterian Church, located at 12748 Richards Lane, Clifton, offers Sunday worship services at 8:30 a.m. and 11 a.m. Call 703-830-3175.

St. Andrew the Apostle Catholic Church, located at 6720 Union Mill Road, Clifton, conducts Sunday masses at 7:30 a.m., 8:45 a.m., 10:30 a.m. and 12:30 p.m. It also offers a Saturday vigil at 5:30 p.m. and a Wednesday Latin mass at 7 p.m. Call 703-817-1770 or visit www.st-andrew.org.

Prince of Peace Lutheran Church, 8304 Old Keene Mill Road, Springfield, offers casual worship services on Saturday evenings at 5:30 p.m. featuring contemporary music. More traditional services take place on Sunday mornings at 8:15 and 11 a.m. Sunday School is at 9:45-10:45 a.m. for children. The church also offers discussion groups for adults. Call 703-451-5855.

Kirkwood Presbyterian Church, located at 8336 Carrleigh Parkway in Springfield, supports a Mothers of Preschoolers (MOPS) program on the first Wednesday of each month. Meetings are 9:30-11 a.m. at the church. All mothers and children are welcome. The program provides mothers an opportunity to get to know other mothers through discussions and craft activities. Adults in the MOPPET program will care for the children. Cost is \$3 per session. Register by stopping by the church or calling 703-451-5320.

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POLITICS

In the Running

Supervisor Pat Herryty (R-Springfield), right, candidate for chairman of the Fairfax County Board of Supervisors, meets with supporters during his campaign kickoff event Thursday, Nov. 20, at the American Legion Post in Springfield.



U.S. Reps. Tom Davis (R-11) and Frank Wolf (R-10) greet each other while attending and showing their support for Pat Herryty during his campaign kickoff event for chairman of the Fairfax County Board of Supervisors.

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NEWS

FROM PAGE 4

cations. One such location was the Franconia Governmental Center on Franconia Road where McKay's office is located.

"Long lines weren't the only problem at this location. Parking was an issue, not only for voters, but also for anyone needing to reach the police or my staff. I stopped counting the number of near misses as voters jockeyed for parking spaces," McKay said.

NEWS BRIEFS "It is imperative that voting locations be able to handle expected turnouts — and that was certainly not the case at the Franconia Governmental Center," McKay said, pointing out a variety of problems from establishing the validity of each voter to lack of adequate telephone lines to lack of personnel in the registrar's office.

To improve the process, the three supervisors requested that the "General Registrar and Electoral Board review the absentee-in-person voting experience" and report back to the Board of Supervisors with suggestions on how to prevent such gridlock in future elections.

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CALENDAR

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THURSDAY/NOV. 27

Jack Hidle, 8-12 p.m. at Kate's Irish Pub, 6131 Backlick Road Springfield. 703-866-0860.

The Cruxshadows with Ayria, I:Scintilla and XuberX, 8:15 p.m. \$15 in advance, \$20 at the door. Jaxx Night Club, 6355 Rolling Road, Springfield. 703-569-5940 or jaxxroxx.com.

FRIDAY/NOV. 28

Amanda Murphy & the Lost Indians, 8:30-12:30 p.m. at Kate's Irish Pub, 6131 Backlick Road Springfield. 703-866-0860.

SATURDAY/NOV. 29

Holiday Celebration at the Workhouse Arts Center, from 11 a.m.-6 p.m. Free workshops throughout the day, including activities in the Kid Zone, glass and ceramic art workshops, youth acting workshops, a holiday concert on the Quad at 4:30 and a tree lighting ceremony at 5 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. 703-854-2900 or www.WorkhouseArts.org.

Amanda Murphy & the Lost Indians, 8:30-12:30 p.m. at Kate's Irish Pub, 6131 Backlick Road Springfield. 703-866-0860.

A Chanticleer Christmas, 8 p.m. at George Mason Center for the Arts, 4400 University Drive, Fairfax. A pre-performance discussion, free to ticket holders, begins 45 minutes prior to

the performance on the Center's Grand Tier III. Tickets for are \$24-\$48. Charge by phone at 888-945-2468 or www.tickets.com. Visit www.gmu.edu/cfa.

Localpalooza with Arsenic, No Shots for Ben, Through Exile and more, 5:30 p.m. \$10 in advance, \$12 at the door. Jaxx Night Club, 6355 Rolling Road, Springfield. 703-569-5940 or jaxxroxx.com.

SUNDAY/NOV. 30

A Chanticleer Christmas, 2 p.m. at George Mason Center for the Arts, 4400 University Drive, Fairfax. A pre-performance discussion, free to ticket holders, begins 45 minutes prior to the performance on the Center's Grand Tier III. Tickets are \$24-\$48. Charge by phone at 888-945-2468 or www.tickets.com. Visit www.gmu.edu/cfa.

MONDAY/DEC. 1

Open Mic Night, 8 p.m. at Kate's Irish Pub, 6131 Backlick Road Springfield. www.katesirishpub.com.

TUESDAY/DEC. 2

Teen Book club, 6:30 p.m. Food, fun and great book discussions. Age 12-18. Burke Centre Library, 5935 Freds Oak Road, Burke. 703-249-1520.

Gingerbread Man, 10:30 a.m. Stories and a craft. Age 2-3 with adult. Lorton Library, 9520 Richmond Highway, Lorton. 703-339-7385.

WEDNESDAY/DEC. 3

Lunch Bunnies, 12 p.m. Bring lunch, listen to stories. Age 1-5 with adults. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. 703-339-4610.



The Aszure Barton & Artists World Premier Dance Installation, part of a joint partnership with the Baryshnikov Dance Foundation, will be at the Workhouse Arts Center from Friday, Dec. 5 through Sunday, Dec. 7.

Girls Night Out, 7 p.m. Book discussion group for girls age 12-15 with adult. John Marshall Library, 6209 Rose Hill Drive, Alexandria. 703-971-0010.

Practice Your English Conversation Group, 12 p.m. Adults. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. 703-339-4610.

THURSDAY/DEC. 4

Lamb Tales, 10:30 a.m. Stories and songs. Age 13-23 months with adult. Burke Centre Library, 5935 Freds Oak Road, Burke. 703-249-1520.

Book discussion Group, 12 p.m. "Ethan Frome" by Edith Wharton. Adults. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. 703-339-4610.

FRIDAY/DEC. 5

Aszure Barton & Artists World Premier Dance Installation at the Workhouse Arts Center Gallery W-16, at 7:30 p.m. Reception at 7 p.m. Part of a joint partnership with the Baryshnikov Dance Foundation. \$25 in advance, \$30 at the door. To

SEE CALENDAR, PAGE 11

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CALENDAR

FROM PAGE 10

reserve tickets contact tickets@lortonarts.org or call 703-584-2900. Workhouse Arts Center, 9601 Ox Road, Lorton.

Lunch Bunch. 12 p.m. Bring lunch, listen to stories. Birth-5 with adult. John Marshall Library, 6209 Rose Hill Drive, Alexandria. 703-971-0010.

Donizetti's "The Elixir of Love," 8 p.m. at George Mason University Center for the Arts, at the intersection of Braddock Road and Route 123. A pre-performance discussion, free to ticket holders, begins at 7:15 p.m. on the Grand Tier III. Tickets are \$44-\$86. Charge by phone at 888-945-2468 or at www.tickets.com. www.gmu.edu/cfa.

Funny Money with Baby Jayne, Tilt, Sinner's Trail and Not-Liable. 8 p.m. Age 21 and over only. \$12 in advance, \$14 at the door. Jaxx Night Club, 6355 Rolling Road, Springfield. jaxxroxx.com.

SATURDAY/DEC. 6

Holiday Open House. 10 a.m.-2 p.m. Music and activities. All ages. Lorton Library, 9520 Richmond Highway, Lorton. 703-339-7385.

Historic Clifton Candlelight Tour, beginning at 2 p.m. Tickets \$15. Caroling on Horseback Parade and costume judging. Tour of decorated homes, strolling Dickens carolers, live music in town churches, marshmallows and hot chocolate and tree lighting. Contact Lynne 703-322-1811 or Jennifer 703-830-2129. lghassoc@erols.com.

Aszure Barton & Artists World Premier Dance Installation at the Workhouse Arts Center Gallery W-16, at 7:30 p.m. Reception at 7 p.m. \$25 in advance, \$30 at the door.

To reserve tickets contact tickets@lortonarts.org or call 703-584-2900. Workhouse Arts Center, 9601 Ox Road, Lorton. www.WorkhouseArts.org.

Donizetti's "The Elixir of Love," 2 p.m. at George Mason University Center for the Arts, at the intersection of Braddock Road and Route 123. A pre-performance discussion, free to ticket holders, begins at 1:15 p.m. on the Grand Tier III. Tickets are \$48-\$98. Charge by phone at 888-945-2468 or www.tickets.com.

Forestdale Elementary Flea Market and Holiday Sale, 8 a.m.-12 p.m. at 6530 Elder Avenue, Springfield. Julie Parsons, 703-244-6284.

Kings' X with Last Perfect Thing, Gate 1, Minds Eye and more. 8 p.m. Age 21 and over only. \$22 in advance, \$25 at the door. Jaxx Night Club, 6355 Rolling Road, Springfield. 703-569-5940 or jaxxroxx.com.

George Mason University Holiday concert, 7 p.m. at the George Mason Center for the Arts Concert Hall, on the Fairfax campus at the intersection of Braddock Road and Route 123. Old seasonal favorites, carols and an audience sing-a-long. GMU ensembles performing include the Chamber Orchestra, the Symphony Orchestra, University Chorale, University Singers and Select Women's Chorale. Tickets are \$20 adults, \$15 students and seniors. Charge tickets at 888-945-2468 or www.tickets.com. www.gmu.edu/cfa.

SUNDAY/DEC. 7

Aszure Barton & Artists World Premier Dance Installation at the Workhouse Arts Center Gallery W-16, at 2:30 p.m. Reception at 2 p.m. \$25 in advance, \$30 at the door.

To reserve tickets contact tickets@lortonarts.org or call 703-584-2900. Workhouse Arts Center, 9601 Ox Road, Lorton.

MONDAY/DEC. 8

Soapmaking for Teens. 4 p.m. Make a batch of handmade soap. Age 13-18. Lorton Library, 9520 Richmond Highway, Lorton. 703-339-7385.

WEDNESDAY/DEC. 10

Performance and Demonstration of Dandia Raas, folk dance from Western India. Instructor Archana Chhaya. 7:30 p.m. Age 14 and up. Burke Centre Library, 5935 Freds Oak Road, Burke. 703-249-1520.

THURSDAY/DEC. 11

Sesame Street Live "Elmo's Green Thumb." 7 p.m. Tickets are \$15-\$75 at www.ticketmaster.com or 703-573-SEAT. The George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. 703-993-3000 or www.patriotcenter.com.

FRIDAY/DEC. 12

Christmas at Gunston Hall, 10709 Gunston Road, Mason Neck. 703-550-9220 or www.gunstonhall.org.

Yuletide Dinner, at 6:30 p.m. and 8 p.m. Full complement of courses served in a candlelit setting. \$39.95 for adults, \$19.95 for ages 6-10. The dinner cost includes admission to Plantation Christmas. Reservations required for dinner, call 703-550-9220.

Plantation Christmas. 6:30-9:30 p.m. Ride in a horse-drawn carriage and sample period recipes. Reenactors will engage in seasonal SEE CALENDAR, PAGE 13

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PHOTO BY ROBBIE HAMMER/THE CONNECTION

A group of Braddock Road Youth Club cheerleaders listen to instruction from staff members at Infinity Cheerleading. The girls will compete five times this season.



PHOTO BY ROBBIE HAMMER/THE CONNECTION

Dwight Hunt, left, started the Braddock Road Youth Club winter cheerleading program this year with the hope of providing a fun, affordable alternative to more expensive all-star programs.

BRYC Gives Girls a Reason To Cheer

Braddock Road Youth Club offers alternative option with recreational cheerleading.

BY JASON MACKEY
THE CONNECTION

In the summer of 2007, Dwight Hunt and his family moved from New Jersey to Fairfax County. With a recreational cheerleading program available back home, aspiring cheerleaders from the New Jersey town of Rockaway were able to experience the sport at a relatively small cost.

When the family arrived here, Hunt's daughter had missed the tryouts for local all-star teams but was able to participate in the Braddock Road Youth Club's fall season. However, a local winter program wasn't available. Twice a week, the Hunts had to drive their daughter to Chantilly to participate with the Chantilly Youth Association's Cheer Select squad.

This experience prompted Hunt to start his own recreational cheerleading program, branching off from the BRYC football cheerleading team. The new group provides

a recreational-yet-competitive atmosphere and costs approximately \$565 per year.

"In New Jersey, we had recreational cheer through our county recreation department," said Hunt, who's a lieutenant colonel in the U.S. Army. "I wanted to provide that same opportunity to the Braddock Road Youth Club cheerleaders. I wanted to provide them with an opportunity to explore what that commitment level is in regards to time, discipline and fitness."

The BRYC winter program runs from November to March, and most of the girls involved have cheered for some sort of football cheerleading organization. Girls are between 10 and 16 and live within the Robinson, Lake Braddock, Woodson, West Springfield and Fairfax high school pyramids.

One of the biggest obstacles Hunt initially faced was finding a dedicated practice facility, but Hunt's team started practice for the first time this week, working out at Infinity Cheerleading in Falls Church. Con-

cerned about the purchases of cheerleading and tumbling equipment, Hunt contacted Infinity owner Brad Palmer. It was a match made in heaven. Infinity had a client who wanted to lease gym space, and BRYC has a first-class training facility and instructors.

"The coaches help explain what you have to do, and they help explain what your errors are and they help you get it right," said Marisol Heisley, 11.

"I'm really bad at cart wheels and round-offs, and they helped me with those. But I'm getting better. I'm progressing."

The BRYC team will compete five times this winter season, traveling as far north as Baltimore and as far south as Fredericksburg. Hunt has tried to limit the travel time to an hour or so from home, and consequently, has limited parents' expenses.

To get the word out, Hunt spoke at several high schools to recruit potential members and spoke with BRYC football cheerleading commissioner Kim Metzger, who helped Hunt get the program off the

ground and has even allowed the winter squad to rent the fall squad's uniforms.

Skill ranges vary on Hunt's team. Some girls are using the experience to determine whether or not they like and will stick with competitive cheerleading, while others have decided to use the BRYC experience as a springboard to a high school varsity team.

"My sister was a cheerleader in high school, so I was influenced a lot because of her, and I tried it and I loved it," said Mackenzie Kalnitzky, 13, who wants to cheer at

"It's getting me prepared for high school cheer."

— Mackenzie Kalnitzky

W.T. Woodson this fall. "I like the aspect of working on a team, and I think it's getting me prepared for high school cheer."

"I thought it was better than winter cheerleading [at Robinson] because I'll get more experience tumbling-wise and more training," said Tess Tedrick, 16, who cheered for the Robinson freshman team this past season. "They started working on backhand springs and round-off backhand springs, which is a requirement for varsity at Robinson."

WEEK IN SPORTS

W.T. Woodson's Kohlrus a Captain

For the second consecutive season, W.T. Woodson graduate Tim Kohlrus has been selected as a team captain for the Washington College men's basketball team. A Fairfax native, Kohlrus averaged a team-best 15.8 points per game last season. He also totaled a team-high 119 defensive rebounds and averaged 6.4 total rebounds per game. Kohlrus is a 6-foot-3, 195-pound guard and made a team-best 123 free throws last season. In high

school, Kohlrus garnered All-District honors both as a junior and a senior, and he also played on the 2005 Cavalier squad that won a Liberty District title.

Danner Destroys Mason Records

At George Mason's Patriot Invitational over the weekend, Lake Braddock graduate Ashley Danner continued her assault on the school's swimming record books as a freshman. Having already set school records

in 100- and 200-meter breaststroke events, along with the 200 individual medley, Danner set a meet record in the 50 freestyle with her time of 23.09 seconds on the opening day of completion on Friday, Nov. 21. She also swam on the first-place 400-medley team, whose time of 3:46.35 set school, pool, meet and Colonial Athletic Association records.

On Saturday, Danner set school, pool, meet and CAA marks with 400 IM time of 4:15.65, while later helping set a new meet record as a part of the 200 medley relay team and swimming a meet record-breaking opening leg (1:50.59) on the first-place

800 freestyle relay team.

On the meet's final day, Danner claimed first place in the 100 freestyle with a time of 50.69, another meet record, and later improved upon that time while swimming the opening leg of the 400 freestyle relay, which finished first with a time of 3:29.45. Other notables included Mason junior Ryan Metzker, a Lake Braddock diver who finished first in the 3-meter diving event with a score of 300.05. Robinson graduate Claire Weems won the 200 freestyle (1:51.94) and joined Danner on the 400 freestyle relay team.

CALENDAR

FROM PAGE 11

activities throughout the site. \$14 for adults, \$7 for ages 6-18, under 6 free.

Sesame Street Live "Elmo's Green Thumb." 10:30 a.m. and 7 p.m. Tickets are \$15-\$75 at www.ticketmaster.com or 703-573-SEAT. George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. 703-993-3000 or www.patriotcenter.com.

"Oklahoma!" 7 p.m. at Thomas Jefferson High School, 6560 Braddock Road, Alexandria. 703-750-7500 or www.tjhsst.edu.

"Over the North Pole," 8 p.m. at the Ernst Theatre, Northern Virginia Community College, 8333 Little River Turnpike, Annandale. \$17 adults, \$15 students and seniors 703-222-5511 or www.encore-tap.org.

"Home for the Holidays," featuring Irvin Mayfield and the New Orleans Jazz Orchestra, 8 p.m. at the George Mason Center for the Arts, on the Fairfax Campus at the intersection of Braddock Road and Route 123. Tickets are \$22-\$44, children 12 and under half price. Charge at 888-945-2468 or at www.tickets.com.

Workhouse Arts Center's Collector's Showcase Event, with IONA performing pan-Celtic music, 6-9 p.m. in Gallery W-16 of the Workhouse Arts Center, 9601 Ox Road, Lorton. Each ticket holder will receive a 10"X10" original piece of work. Tickets \$150 at tickets@lortonarts.org or 703-584-2900.

SATURDAY/DEC. 13

Christmas at Gunston Hall, 10709 Gunston Road, Mason Neck. 703-550-9220 or www.gunstonhall.org.

♦ **Yuletide Dinner,** at 4:30 p.m., 6 p.m. and 8 p.m. \$39.95 for adults, \$19.95 for ages 6-10. The dinner cost includes admission to Plantation Christmas. Reservations required for dinner, call 703-550-9220.

♦ **Plantation Christmas.** 6:30-9:30 p.m. \$14 for adults, \$7 for ages 6-18, under 6 free.

Sesame Street Live "Elmo's Green Thumb." 10:30 a.m. and 2 p.m. Tickets are \$15-\$75 at www.ticketmaster.com or 703-573-SEAT. George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. 703-993-3000 or www.patriotcenter.com.

Island Creek Elementary PTA Fourth Annual Holiday Craft and Gift show from 9 a.m.-3 p.m. at the school, 7855 Morning View Lane, Kingstowne. Entertainment by the Island Creek Crocs. Contact glasscutter99@yahoo.com.

"Oklahoma!" 7 p.m. at Thomas Jefferson High School, 6560 Braddock Road, Alexandria. 703-750-7500 or www.tjhsst.edu.

"Over the North Pole," 11 a.m., 2 p.m., 5 p.m. and 8 p.m. at the Ernst Theatre, Northern Virginia Community College, 8333 Little River Turnpike, Annandale. \$17 adults, \$15 students and seniors 703-222-5511 or www.encore-tap.org.

Fairfax County Kinship Respite Day, 9 a.m.-6 p.m. will provide relatives who are raising a child for another family member a day off. Fairfax County children ages 3-15 can be dropped off at one of three community centers, and the children will be bused to James Lee Community Center, 2855-A Annandale Road in Falls Church. Participation is free, but pre-registration is required. 703-324-3517. Transportation will be available from:

♦ Gum Springs Community Center, 8100 Fordson Road, Alexandria.

♦ Mott Community Center, 12111 Braddock Road, Fairfax.

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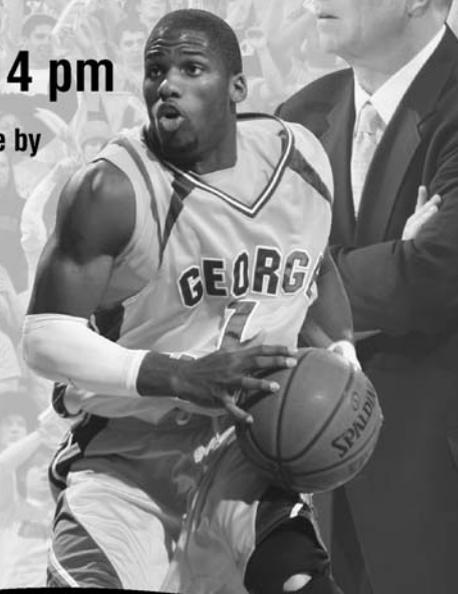
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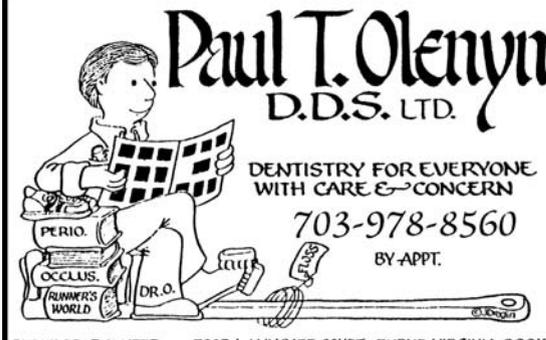
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—Charles B. Rogers

Shop Locally Local shops help define community, and this year, they need support.

The economic situation is daunting, and it's probably true that most families, even families who feel financially secure, will be more frugal in this holiday season than in the past.

But we're pretty sure that almost all of us will be doing some significant holiday shopping in the next month. While you're at it, be sure to spend a portion of your shopping dollars close to home.

One way to be sure holiday shopping comes with some holiday spirit is to do a portion of the shopping in some of the area's locally owned stores. There is special holiday ambi-

ance available by shopping in the heart of a town that is decked out for the season.

Small retail shops are part of what defines any community. Their livelihood depends on the livability and quality of the neighborhoods around them. A small business owner pays attention to every detail in his or her business in a way that no chain can.

FREQUENTLY, it is the small retail person who is active in fund raising for local charities, for fire and rescue service, for local schools

and in organizing holiday events.

Local retail stores, mom-and-pop stores, face some of the toughest challenges imaginable right now. The costs of being in business have grown tremendously while revenues are not.

Competition from Big Box stores, expanded shopping malls and the Internet make the holiday shopping season all the more important to locally-owned retailers.

Everyone will do some of their shopping at the mall. In this area, almost everyone will do some shopping via the Internet.

But local shoppers should be sure to save some shopping time and dollars for local stores.

Give Locally Charities seeing unprecedented demand from struggling families for food, other help.

Putting food on the table for the family. It's such a basic activity and most of us are lucky enough to make choices of what we'll buy at the grocery store, whether this is a carry-out night or an eat-out night one or more days a week.

Meanwhile local charities and food banks are finding it hard to gather enough food to keep up with the demand from people who are suddenly unable to afford enough food to put on the table for their families.

Housing costs, the foreclosure crisis, spiking energy and food costs over the past year and other economic woes have put a tremendous strain on working poor families in Northern Virginia.

Included in The Connection over the past few weeks and in coming weeks are stories and listings of local organizations that help local families in need and especially nonprofit groups that provide help to families during the holiday season. These organizations report that while demand is up dramatically, contributions are down. They need your help to respond to increasingly needy families.

Here is a partial listing of local organizations that help the needy, every one is facing intense and increasing demand for services. Read more at www.ConnectionNewspapers.com.

— MARY KIMM

To Help

- ❖ United Community Ministries, Mount Vernon, 703-768-7106
- ❖ Food for Others, Food for Others, www.foodforothers.org, Fairfax, 703-207-9173
- ❖ FACETS, 703-352-5090
- ❖ Ecumenical Community Helping Others (ECHO), 7205 Old Keene Mill Road in Springfield, 703-569-9160
- ❖ Good Shepherd in the Route 1 area, 703-768-9404
- ❖ The Campagna Center in Alexandria 703-549-0111
- ❖ Northern Virginia Family Service, Oakton, 703-385-3267
- ❖ Capital Area Food Bank, Lorton, 703-541-3063
- ❖ Shelter House, www.shelterhouse.org, operates two homeless shelters in Fairfax County, in Centreville and Seven Corners. 571-522-6800
- ❖ Committee for Helping Others (CHO), Vienna, 703-281-7614
- ❖ Fairfax City Area FISH (For Immediate Sympathetic Help), 703-222-0880
- ❖ Ecumenical Community Helping Others, 7205 Old Keene Mill Road, Springfield, 703-569-9160
- ❖ Fairfax FISH (For Immediate Sympathetic Health) Inc., Fairfaxfish@yahoo.com, 703-978-0280
- ❖ The Koinonia Foundation, 6037 Franconia Road, Franconia, 703-971-1991.
- ❖ The Lamb Center, 3220 Old Lee Highway,

- Fairfax
- ❖ Lorton Community Action Center, 9518 Richmond Highway, Lorton, 703-339-5161
- ❖ Our Daily Bread, Inc., 10777 Main St., #320, Fairfax, www.our-daily-bread.org, 703-273-8829.
- ❖ Catholic Charities of the Diocese of Arlington, Western Regional Office, 100 Dry Mill Road, SW, Suite 102, Leesburg, 703-443-2481, www.cdda.net
- ❖ Community Holiday Coalition (Thanksgiving and
- ❖ Child and Family Network Centers, 3701A Mount Vernon Avenue Alexandria, 703-836-0214, www.cfnv-online.org
- ❖ Christ House, Catholic Charities, urgently needs 19 turkeys and other items for its Christmas dinner for the hungry. 131 S. West Street, Alexandria, 703-548-4227 (monetary assistance); 703-549-8644 (shelter). www.cdda.net/programs_christhouse.php
- ❖ Alexandria Holiday Sharing Program, Contact Suzanne Kratzok at 703.838.0762, e-mail holidaysharing@alexandriava.gov or visit www.ourkids-ourbusiness.org/thefundforalexchild
- ❖ Bethany House of Northern Virginia needs donations and volunteers for its Christmas Shop. Registry of needed items at Target or Wal-Mart under Bethany (first name) House (last name) or contact Jennifer Wassermann, 703-658-9500, jwassermann@bhnv.org.

Election Day A Success

To the Editor:

There will be many memorable images from election 2008, but perhaps none is more heartening than that of Americans voting in staggering numbers at the polls. It is an affirmation that our democracy is alive and well. Voters deserve to be congratulated for their deep commitment to voting and for their patience and perseverance. They showed real dedication by voting early, standing in long lines when necessary and making sure their voices were heard.

In Fairfax County, 78.7 percent of the 665,674 registered voters voted for president/vice president. Election Day went smoothly, and after the early morning rush, there was little waiting to vote at most precincts.

LETTERS

Voters were greeted with the option of using the "old" WinVote computer or the new optical scanning paper ballot. The paper ballot option sped up voting and seemed to be well received by those who chose to use it.

Democracy got a big boost this election with such enthusiastic

participation from voters, especially younger voters ages 18-29, but there is always more to be done to make it work well for all Americans. The challenges we face will require our continued participation in this democratic process. The League of Women Voters of the Fairfax Area works year-round to inform our community about candidates and advocate on issues that affect our daily lives. We were immensely gratified to see so many people engaged in the political process this year and were proud to be a part of the process in various ways such as producing our Voters Guide and register-

ing voters.

As president of the Fairfax Area League of Women Voters, I invite others in the community to maintain their commitment to civic improvement by joining the League and helping us continue the good work. Together we can keep our community strong, healthy, and vibrant. For more information, call 703-658-9150 or go to our Web site, www.lwv-fairfax.org.

Sherry W. Zachry
President
League of Women
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SPORTS

Bruins' Word Choice

Boys basketball may be undersized, but team looks to apply pressure in Patriot.

BY JASON MACKAY
THE CONNECTION

As a Latin teacher at Lake Braddock Secondary School, boys basketball coach Brian Metress employs all sorts of words and phrases that he leaves on the daily practice itinerary to confuse his players.

Metress and Co. either wouldn't divulge or couldn't recollect a specific word or phrase but nonetheless confirmed they exist.

Regardless, it's a sound, not even a word that will mean the most for the Bruins this winter.

"We're going to have to play this year with a little 'oomph' to us," Metress said. "We're going to have to manufacture some offense with our defense, and if we do that, I think that'll be something that can separate us from everybody else."

"Oomph is that extra bit when [the opponent] is tired and we're not," said senior point guard Dominic Morra, a four-year starter who averaged 16 points per game last season. "We just take over the game with that extra little bit, that extra run at the end of the game."

Under the direction of Metress, who's in his eighth year of work at the school, Lake Braddock doesn't boast a player taller than 6-foot-3 and will look to rely on its speed to make a difference.

METRESS HOPES to play an aggressive game on defense, using turnovers and ill-advised passes to facilitate his team's offense. A full-court press will be regularly employed and it's a strategy that requires a lot of running, something that becomes difficult at the end of a game.

"We're not going to get a steal every time, but if we rattle the other team's point guard enough to where he's making mistakes and he's turning the ball over, that'll turn into about 10 to 15 easy points per game," said junior Patch McLucas.

"We've been working out and conditioning, and in practice we're always running," said McLucas said, a 5-foot-4 defensive specialist who will be counted upon to deflect or intercept inbound pass after inbound pass. "We're probably in the best shape we've ever been in, so that will help a lot."

Ironically, Lake Braddock's season ended last winter with the exact opposite approach. In the Patriot District final against T.C. Williams, Metress employed a ramped-down, stalling offense that looked more like a defense than anything did.

The goal was to limit the Titans' possessions and to create one-on-one matchups



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Senior point guard Dominic Morra, a four-year starter for Lake Braddock's boys basketball team, will lead the Bruins' offense this season. He averaged 16 points per game a year ago.

that benefited Lake Braddock. At one point, Hobbs Petros, who's now at the U.S. Naval Academy, held the ball under his arm for four minutes. T.C. Williams ultimately pulled out a 26-20 win and again topped the Bruins in the Northern Region semifinals at George Mason's Patriot Center.

THE INNOVATIVE game plan, although Lake Braddock never won with it, proved that Metress, who has been a head coach for 18 years in the Northern Region following a 10-year career at Hayfield, can and will do anything to win.

"You've got to be the team that's trying to make things happen," said Metress, whose team finished 17-9 overall, 8-6 in the Patriot District last season. "In our league, if you're not a team that dictates the tempo of what's going on, you're going to get dictated to. There's just too much ability."

In addition to Morra and McLucas, seniors Jared Watson and Art Sinthorntham should provide some much-needed leadership along with junior Ryan Curtis. Look for Morra to assume the early-season role of scorer, at least until his teammates get acclimated to playing extensively at the varsity level.

A neighborhood rivalry matchup at Robinson on Dec. 5 will kick off the Bruins' schedule and they begin district play with a road trip to West Potomac on Dec. 16.

If Lake Braddock's defense-to-offense formula works and Morra can fill up the score sheet until a younger cast of stars feels comfortable enough to contribute, Lake Braddock could be expecting another trip deep into the region tournament.

"We're hoping to get down the court quick for transition buckets," Morra said. "We've been training this season for the push at the end of the game that will keep up separated from the other teams."

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Lot 1, Section 1, Lucius Addition to Kenwood as the same appears duly dedicated, platted and recorded in Deed Book 2152 at page 490, among the Land Records of Fairfax County, Virginia.

Commonly known as 3841 Gallows Road, Annandale, Virginia 22003.

TERMS OF SALE: A deposit of \$40,000.00 or ten percent (10%) of the sale price, whichever amount is less, in the form of cash or its equivalent will be required of the purchaser at the time and place of sale; the balance of the purchase money being due and payable within fifteen (15) days after sale, time expressly being of the essence, with interest at the rate of 6.375 percent per annum from date of sale to date of settlement. Provided, however, that if the holder of the secured promissory note is the successful bidder at the sale, no cash deposit shall be required, and part of or the entire indebtedness, including interest and costs, secured by the Deed of Trust, may be set off against the purchase price.

Any defaulting purchaser shall forfeit the deposit and stand the risk and cost of resale.

NOTICE OF PUBLIC HEARING ON PROPOSED 2009 BUDGET

Fairfax County Water Authority (Fairfax Water) is proposing a \$150.0 million budget for calendar year 2009.

On Thursday, December 11, 2008, Fairfax Water will conduct a public hearing on its proposed 2009 Budget in its offices at 8570 Executive Park Avenue, Fairfax. The public hearing will begin at 6:30 p.m. A copy of the proposed budget can be viewed on our website at <http://www.fairfaxwater.org/>. Those wishing to speak at this hearing or desiring a copy of the proposed budget should call Ms. Eva Catlin at 703-289-6017.

Revenues are expected to be \$150.0 million in 2009. Water sales are expected to provide \$125.1 million. Approximately \$24.9 million is expected from connection charges, investment income and other sources. The major areas of operation and maintenance expense are:

Category	2008	2009
Personal Services & Employee Benefits	\$40,719	\$42,788
Power and Utilities	11,015	13,191
Chemicals	9,288	10,625
Fuel	989	1,028
Postage	419	449
Insurance	1,254	1,289
Supplies and Materials	3,492	3,694
Contractual Services	6,109	6,797
Professional Services	1,321	1,364
Other	1,964	1,981
Sub-Total	76,570	83,206
Transfer to Improvement Fund	(8,574)	(8,667)
Total	\$67,996	\$74,539

Net revenues are expected to be appropriated as follows:

Debt Payment	\$37,687,000
Improvement Fund	\$11,000,000
General Fund	\$25,710,000

NOTICE OF WATER RATE PUBLIC HEARING

At 6:30 p.m. on Thursday, December 11, 2008, Fairfax Water will conduct a public hearing on its proposed Schedule of Rates, Fees and Charges. The hearing will be held in Fairfax Water's offices at 8570 Executive Park Avenue, Fairfax, VA.

The proposed changes, to be effective April 1, 2009, include the following:

1. An increase in the availability charge from \$3,850 to \$3,950†.
2. An increase in the Local Facilities Charge from \$6,400 to \$7,600.
3. An increase in the Service Connection Charge from \$800 to \$850†.
4. An increase in the Account Charge from \$28 to \$29.
5. An increase in the Quarterly Billing Service Charge from \$6.25 to \$7.05†.
6. An increase in the base Commodity Charge from \$1.70 to \$1.83 per 1,000 gallons of water.
7. An increase in the Peak Use Charge from \$2.65 to \$2.70 per 1,000 gallons of water.
8. An increase in the Turn Off/Turn On Charge from \$40 to \$42.
9. An increase in the Fees for Use of Fairfax Water Fire Hydrants to include the increase in the Commodity Charge and the Peak Use Charge.
10. An increase in the Sewer Use Meters Charge from \$36 to \$37
11. An increase in the Returned Payment Charge from \$13 to \$14.

A copy of the proposed changes can be viewed on our website at <http://www.fairfaxwater.org/rates/index.htm>. Those wishing to speak at this hearing or desiring a copy of the proposed changes should call Ms. Eva Catlin at 703-289-6017.

†Charges reflect fees associated with a standard 5/8" residential meter. Changes in charges for larger residential and commercial meters are reflected in the Proposed Schedule of Rates, Fees, and Charges.

Sale shall be made subject to all existing easements and restrictive covenants as the same may lawfully affect the real estate. Sale is further subject to mechanic's and/or materialman's liens of record and not of record. The property will be sold subject to all conditions, covenants, restrictions, rights of redemption of federal lienholders or encumbrances, and agreements of record affecting the same, if any.

In the event the undersigned trustee is unable to convey to the purchaser good title, then purchaser's sole and exclusive remedy shall be in the refund of the deposit paid at the time of sale.

The subject property and all improvements thereon will be sold in "as is" condition without warranty of any kind. Purchaser shall be responsible for any and all building and/or zoning code violations whether of record or not of record, as well as for all unpaid and enforceable homeowners' or condominium owners' association dues and assessments, if any. Purchaser also shall be responsible for obtaining possession of the property at his/her expense. Purchaser shall assume the risk of loss and shall be responsible for any damage, vandalism, theft, destruction, or the like, of or to the property occurring after the time of sale. Conveyance will be by special warranty deed. Conveyancing, recording, transfer taxes, notary fees, examination of title, state stamps, and all other costs of conveyance are to be at the expense of purchaser. State and local taxes, public charges, and special or regular assessments, if any, shall be adjusted to the date of sale and thereafter shall be assumed by the purchaser.

The undersigned trustee unconditionally reserves the right: (i) to waive the deposit requirement; (ii) to approve or disapprove the creditworthiness of any bidder and/or purchaser; (iii) to withdraw the property from sale at any time prior to termination of the bidding; (iv) to extend the time for bidding; (v) to reject any or all bids; (vi) to postpone or set over the date or time of sale; and (vii) to extend the period of time for settlement hereunder.

Additional terms and conditions of sale may be announced at the time of sale.

DAVID N. PRENSKY
Substitute Trustee

FOR INFORMATION CONTACT:
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Chasen & Chasen
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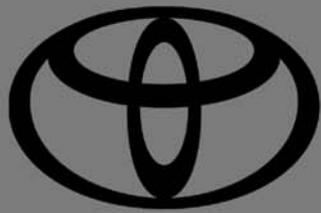
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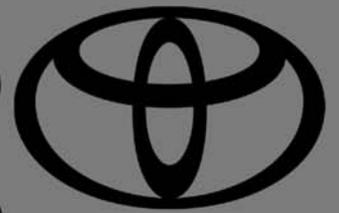
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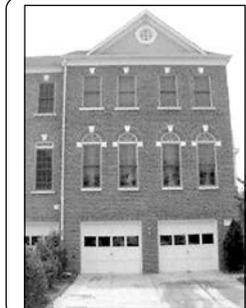
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