

Pool Leader

SPORTS, PAGE 18

Senior Frances Dowd, along with classmates Theresa Harvey, Jean DeOrnellas and Ellyn Baumgardner, will lead the Fairfax girls swim and dive team this season.

Stream Runs
Through It

NEWS, PAGE 3

Council Backs
Autism Bill

NEWS, PAGE 3

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Backyard Environmentalists

School honored for efforts to increase environmental awareness, stewardship.

BY STEVE HIBBARD
THE CONNECTION

For the past six years, Lori Huberman Hayes, the science technical resource teacher at Daniels Run Elementary in Fairfax, has been going green.

She started by building a composting bin and then added a vegetable garden to the school grounds. Today, the school has its own BayScapes projects, or landscaping techniques that help promote the health of the Chesapeake Bay. It has its own constructed wetland, natural wetland, forest edge, native grass hillside, a pollinator garden and sponge garden.

In each grade level, Hayes' students do an environmental activity that gives something back.

"WHAT I HOPE to accomplish teaching students is what they need for the SOLs and in a way that teaches about environmental stewardship and giving back to the community," Hayes said.

To that end, she has her kindergarten students make suet, her first-graders plant sunflower seeds

and her second-graders plant crocuses and tulips. Last year, they built stepping stones.

On a balmy autumn day last week, Hayes' five sixth-grade classes monitored the water of Daniels Run Stream, which meanders by school grounds, to see if it was healthy. As part of World Water Monitoring Day, students were testing the pH levels, air temperature, dissolved oxygen and muckiness of the stream. CH2H Hill partnered with Daniels Run in building a water filtering system on school grounds to help control stormwater runoff from the school grounds. The students were testing the stream to see if it was healthy.

Working in teams of three, they started by scooping out a bucket of stream water and measuring the water for those components.

"It's really terrific to have a hands-on, authentic science activity in our own back yard," said sixth-grade teacher Dan Phillips.

After taking the measurements, Cody Smith, 12, concluded: "Our pH was a 7, which is safe for the animals to live, but it's not safe for us to drink," he said.

When she finished, Jane Nguyen, who hopes to be a "kid doctor," said she learned that the water was a little dirty but it was also cold — at 8 degrees Cel

SEE STUDENTS, PAGE 20

Daniels Run Elementary students scoop water from the stream.

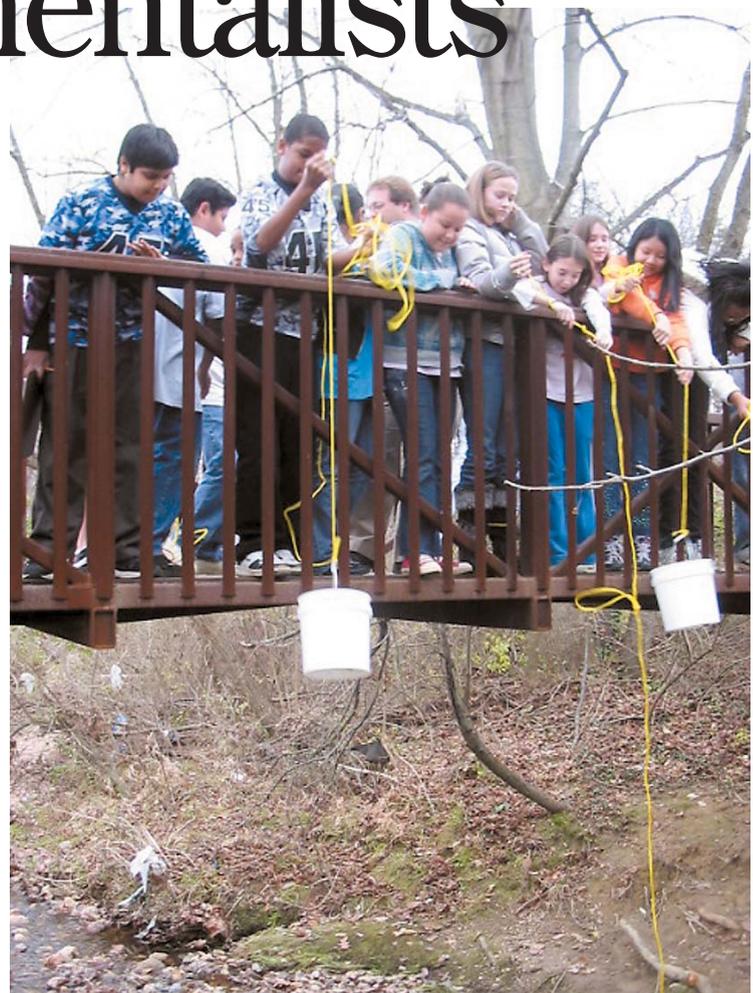


PHOTO BY STEVE HIBBARD/THE CONNECTION

Fairfax Signals Support for Autism Bill

City Council resolution urges passage of insurance coverage for autistic youth.

BY DEREK B. JOHNSON
THE CONNECTION

The Fairfax City Council unanimously passed a resolution Tuesday, Dec. 9 in support of upcoming statewide measures to expand private health insurance coverage to patients under the age of 21 with autism spectrum disorders.

City Council member Dan Drummond, who introduced the resolution, said it was timed to coincide with the upcoming Virginia General Assembly regular session convenes January 15 in Richmond. It is mostly symbolic and carries no binding stipulations within the City of Fairfax. However, Drummond said the intention of the resolution was to raise awareness about statewide legislation expected to be introduced in the Virginia House of Delegates and State Senate mandating private insurance companies to provide coverage for Autism Spectrum Disorders (ASD).

"The reality is that these kids are our future," said Drummond in an interview with The Connection. "They have the ability and capacity to be just as productive and [lead independent lives]."

The item passed on the consent agenda,

part of a package of ordinances and endorsements, including a mutual aid agreement with the Fairfax County Water Authority and the granting of a license to a private company to install a traffic camera in the city. Several residents and business owners addressed the council at the Tuesday, Dec. 9 and urged the passing of both the city resolution and the bills being introduced at the General Assembly. David Miller, owner of La Rue 123 on Chain Bridge Road, used his sons William and Joseph, 8, as an example of those who would benefit from the bill's passage.

"As a father of two autistic boys, I am very concerned about opportunities to maximize their chances of leading successful productive lives in spite of their disability," said Miller.

Public services dealing with autistic children are not sufficient for most families, he said.

"To a significant degree, families like mine must reach out to the private sector, beyond the educational system to provide additional services [for our children]," said Miller.

Gerard Jones, Fairfax resident and president of the Northern Virginia chapter of the National Autism Association said costs in

services last year for his 7-year-old daughter with Asperger's Syndrome, a disorder within the autism spectrum, exceeded \$25,000.

"Autistic children don't require just a single service, they require multiple services which drives the cost up to our school system," said Jones.

State legislators are expected to vote on an autism insurance mandate during the 2009 regular session. Versions of the bill are slated to be introduced by Dels. Bob Marshall (R-13) and David Poisson (D-32) in the House and Sen. Chap Peterson (D-34) in the Senate.

Del. Tim Hugo (R-40) is chairman of the Mandated Benefits Committee, a joint-sub committee of the General Assembly. Hugo said he was usually not in favor of general mandates but that the autism bill should be considered "exceptional and an exception to the rule." The bill would have to pass through the Commerce Committee before moving to a floor vote, according to Hugo.

"I will be fully supportive of the bill. If we take care of these children now, we not only improve their lives, we keep costs

SEE SUPPORTING, PAGE 20

"If you don't help some of these kids when they're young, they may not have the opportunity to be fully functioning citizens in years to come."

— Del. Tim Hugo (R-40)

She Bakes Cakes Big and Small

Home bakery business dishes out cupcakes, turkeys and airplanes.

BY MIKE SALMON
THE CONNECTION

Baking and sculpting a 3-foot turkey cake is not a feat for Betty Crocker or the Easy Bake Oven of childhood fame. However, it is categorized as “strange and unusual,” on Kathy Mingledorff’s Web site for her home-bakery business, Lily Lane Cakes.

The turkey cake, nicknamed “Franklin” after Ben Franklin, was made with several layers of cake fused together with dove-tail joints and frosting.

“It took me three days to make,” said Mingledorff, a Springfield resident who baked Franklin on order for the Metropolitan Cooking and Entertaining Show. “One day it was displayed and the next they ate it,” she said, “We made an event out of it,” at the show.

Mingledorff’s love for baking goes back to her mother’s kitchen where they made their own pasta and experimented with recipes. “She really encouraged me,” Mingledorff said. Her plans were to go to the Corcoran College of Art and Design, but those were side tracked when she had her son Alex, who is now 6. He needed to put on some weight as a child, and the “cookies and cakes were something I could always get him to eat,” she said. She also has a daugh-

ter Lily, 5, who is the namesake of the business.

ALTHOUGH MINGLEDORFF is known for the specialty cakes that come in shapes of airplanes, Superman and race cars, she also specializes in cupcakes, which have taken a trendy path in today’s bakery world. Cupcakes are flexible enough to go with coffee in the morning, or stacked in a multi-tier design as a wedding cake.

“There’s a lot to be desired from a cupcake, they are very portable,” she said. Stacked as a wedding cake, guests can just grab them and go without waiting for the slicing ritual, but the bride and groom can still have something to shove in each others faces with a round part called a “topper” that still can be sliced.

With the economy on shaky grounds these days, a cupcake wedding cake is gaining popularity because they cost about half of what a normal wedding cake costs. “The bakeries and coffee shops I work with are really slow this year,” she said.

Stacy’s Coffee Parlor in Falls Church is one of her customers that can’t keep her “red velvet cupcakes,” in stock because of their popularity. Mingledorff delivers cupcakes to Stacy’s a few times a week so they are fresh, and the clientele likes that they are from a local baker.

“All those things make a big difference,” said Sam Kamili, owner of Stacy’s. “They go fast, people call in to find out whether we have them or not.”

“One day it was displayed and the next they ate it.”

— Kathy Mingledorff



PHOTO BY MIKE SALMON/THE CONNECTION

Kathy Mingledorff shows off some cupcakes that are destined for a local coffee shop.

SEE AT HOME BAKERY. PAGE 14

Powerlifter Receives Big Medal from Congress

Fairfax man receives Congressional Medal.



John Caridad of Fairfax with U.S. Rep. Tom Davis (R-11)

Fairfax resident John Caridad, 18, is considered one of the strongest teens in America. He is 6 feet, 2 inches tall and weighs 315 pounds. With a 56-inch chest, 20-inch arms and the ability to do a 30-inch vertical jump and a 500-pound bench press, he is a force to be reckoned with. But this national-competing powerlifter who holds various records statewide and nationally is also a good community servant.

Just prior to the U.S. Congress recessing for the summer, Caridad received the Congressional Gold Medal. The Congressional Award is one of two awards presented in the name of the Congress; the other is the Congressional Medal of Honor. The award ceremony took place in the Cannon House of Representatives Building, followed by a banquet at the Ronald Reagan International Trade Building. Caridad was congratulated by members of Congress, sports and movie luminaries such as New Orleans Saints quarterback Drew Brees and entertainer

Dwayne “The Rock” Johnson.

Caridad completed countless hours of community service to help others in his city, state, country and internationally. He served as a City of Malibu youth commissioner for two terms, interned with California state Sen. Tom McClintock and, most recently, as a congressional intern in Virginia with U.S. Rep. Tom Davis (R-11)

Caridad was selected as one of 30 high school leaders from across the country to attend the Economics for Leaders Program at William and Mary University in Williamsburg. He attended a week-long program where he learned economics and worked with the other 29 students on leadership initiatives.

He was the recipient of the Hugh O’ Brian Award and served as a Youth Ambassador at the World Leader’s Congress in Washington, D.C. He was also selected and attended the Presidential Classroom week-long program on National Security at Georgetown University.

Caridad was the president of Junior State and was a co-founder, along with his sister, of Operation Airborne Angels in coordination with the Los Angeles Police Department Airborne Division, along with corporate and celebrity involvement. This organization solicits private donations and was first dedicated to helping orphans in Mexico, but has since been expanded to help others in need, including to those across the United States.

Caridad also trains and competes in Strongman competitions. He was ranked by the Nike SPARQ combine in the top 10 percent of defensive lineman nationwide. He also splits his time playing fullback at George Mason University, putting him in the ranks as one of the largest fullbacks in the nation.

Caridad graduated in May and is a freshman at George Mason University where he is majoring in government and international politics, with a minor in sports management.

— MILLIE LUKIN

CRIME

Activities reported by the City of Fairfax police department through Dec. 12.

ASSAULT /ARREST

4000 Block of University Drive. On Dec. 10, at 5:38 p.m., the victim reported that he was assaulted by a man after coming to the rescue of a female jogger who was being harassed by the suspect. A patrol officer located the suspect nearby and determined that he was intoxicated. Abdullahi J. Sheikh, 29, of the 4400 block of St. Edwards Place, was arrested for public intoxication and transported to the Fairfax County Adult Detention Center. Sheikh was also served with a warrant for assault and battery. Bond was set at \$1,500.

BURGLARY

9900 Main St. / Americans for Limited Government. Sometime between Dec. 4, at 7 p.m. and Dec. 5, at 8 a.m., unknown person(s) attempted to gain entry into the business causing damage to the front door. The Criminal Investigations Division is investigating the case.

9455 Fairfax Blvd. / Foxcroft Colony Condominiums. On Dec. 8, between 6 a.m.-7 p.m., unknown person(s) forced open the front door of the residence. Once inside, the place was "ransacked" and several items were stolen. The Criminal Investigations Division is investigating the case.

FRAUD

10600 Block of Ashby Place. On Dec. 10, at 11:31 a.m., the victim reported that on Dec. 1 he had

SEE CRIME, PAGE 9

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P082009 11/16/08

PEOPLE

New Vicar at St. Peter's in the Woods

DeDe Duncan-Probe to head Fairfax Station church.

BY STEVE HIBBARD
THE CONNECTION

Following a yearlong search by a committee of eight, the Rev. DeDe Duncan-Probe was named the new vicar at St. Peter's in the Woods Episcopal Church in Fairfax Station.

"She's bubbly and engaging," said Marvin Lawley, senior warden at St. Peter's, who added that he's "terribly excited about her coming and anxiously waiting" for her arrival on Feb. 2.

Duncan-Probe was formerly the associate rector at Church of the Holy Comforter in Vienna, and associate rector at St. John's in McLean. She'll be moving here from Stoneham, Mass., where she was the Priest-in-Charge at All Saints Episcopal Church. She will be replacing the Rev. Robert Koth, who retired due to medical reasons. An average of 60-80 people attend Sunday services at the church at Burke Centre Parkway and Route 123.

Chairman of the search committee Cindy Larkin said what stood out about Duncan-Probe was her charisma and people skills. "One of the reasons we had selected her was her energy level," said Larkin, "She was just this little fireball."

Larkin noticed that Duncan-Probe could deliver meaningful sermons without using notes — and with a wicked sense of humor. "She knows how to use humor well," she said.

"The way she builds her sermon is she looks at the passage in the Greek and then builds from there; what that passage meant at the time of Jesus; and what that applica-



DeDe Duncan-Probe is the new Vicar of St. Peter's in the Woods Episcopal Church.

tion means in our life, and something that connects you with the Gospel, something to sustain you throughout the week," said Larkin.

ORDAINED FOR only five years, Duncan-Probe took an unconventional path to the priesthood. She used to sing classical and jazz music as a professional. She also taught first grade and fifth grade, then taught at-risk special needs students and gang members in Los Angeles for two years.

Since St. Peter's was looking for a leader who was organized and could help the small church grow, Duncan-Probe seemed like the perfect fit to the search committee.

"She had outlined the fact that she's a builder and was very good at organization,"

said Larkin. "She was able to lay out some basic steps for us to rebuild our congregation, and one of her quotes was: 'If you're not growing, you're not moving forward' ... And, we liked here."

Lawley agreed, adding that some applicants would be excellent at pastoral care, but not so good at administration. "But she seemed to be good at all of them," he said, adding that Duncan-Probe was also a skilled communicator. "She's not one of these people who stands behind the lectern and reads, but one who walks around with the congregation and speaks from her heart."

Larkin said she liked Duncan-Probe's attitude toward encouraging people to volunteer. "She is a big believer in having people do the things they like to do. We kind of like the idea of somebody who

"One of the reasons we had selected her was her energy level. ... She was just this little fireball."

— Cindy Larkin, chairman of the search committee

knows how to encourage and motivate people," she said.

DESCRIBING HER leadership style as "collaborative," Duncan-Probe said, "I'm also able to make decisions and define a vision for the church and create manageable steps to make that vision come into being."

Originally from outside of Fort Worth, Texas, Duncan-Probe graduated from the Stephen F. Austin State University in Texas in 1985, and Pepperdine University in Malibu in 1993, where she earned a master's degree in psychology. She earned her master's of divinity from the General Theological Seminary in New York City in 2003.

She is married for 15 years to Chris Probe, a consulting engineer, with whom she founded a data communications consulting firm. The couple has three children: Chasen, 10; Ryan, 6; and Grace, 3, who is adopted from Guatemala.

Duncan-Probe is thrilled to be moving back to Northern Virginia and working at St. Peter's. "They're a real dedicated group of Christians who want to act out their faith through action, and I'm excited to be part of that," she said. "I am real excited to be joining them in their ministry."

"St. Peter's has a lot of potential for being a real hub of the community," said Duncan-Probe. "And I want to grow that up."

VIEWPOINTS

What's on your holiday wish list?



"Pull out of this funk this country's in. I hope everyone in my family gets through it safely, and I hope we have a good safe holiday."

Greg Golden, Fairfax



"Getting a laptop. It's going to be a boring Christmas this year. I hope all the homeless kids get something good."

Shelby Gabriel, Potomac



"A nice new flatpanel T.V. for the transition, even though the old one will still work, and world peace."

Karl Schaefer, Fairfax

— CANNON COOK

Calif. Couple Helps Turn Virginia Blue

When Yvonne and Boyd Hartley, longtime residents of Glendale, Calif., now retired, decided it was time for a change it wasn't the sort of vacation most plan. They flew east and took up hotel residence in Fairfax next to the Obama Campaign office on Lee Highway. They literally did a walk-in for the last two weeks leading up to the election volunteering six-15 hours a day.

Boyd Hartley did data entry but his favorite activity, he said, "was canvassing, so I could talk to the voters directly."

Yvonne Hartley liked checking in the canvassers but added "talking on the phone especially to seniors was good too with few hang-ups."

Yvonne Hartley's only previous campaign work was in 1972 as a George McGovern precinct captain and Boyd Hartley worked in Ohio for John Kerry. In the end, the Hartleys did get to see Obama at his last



Yvonne and Boyd Hartley spent their two-week vacation campaigning for Barack Obama in Fairfax.

rally the night before the election in Manassas.

The day after the election after staying up almost all night, they walked past where the Obamas will take up residence in January — the White House.

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DINING

Metro Not Your Father's 1950s Diner

Metro Silver Diner moves into revitalized downtown City of Fairfax.

BY STEVE HIBBARD
THE CONNECTION

Promising to be the next generation diner, the new Metro Silver Diner has opened in the City of Fairfax's revitalized downtown.

With a retro-contemporary interior, customers order food using electronic menu boards or place their orders with the cashier and then select a table, similar to the Panera Bread style of service. The fast-casual restaurant serves breakfast all day, sandwiches and soups, entrees, salads and desserts. For the late-night crowd, it stays open until 3 a.m. from Thursday through Saturday.

BUSINESS PARTNER Carlos Politano says the focus is on lighter products, organic greens and smaller portions. "We want to provide consumers with higher quality, healthier meals, lower prices, five minutes to the table once they place their order," said Politano.

The idea is to give consumers their time back by allowing them to control their dining experience. Food is delivered to the table using a GPS system, so customers can sit wherever they want.

"I think what really sets us apart is when you walk in you will be greeted by someone," said Kitchen manager Jason Oberg. "The only difference is you have all the benefits of a full service restaurant without the actual waitress."

The all-day breakfast features a three-egg omelette for \$6.99, breakfast flatbread grills for \$4.99 (full), and on-the-go favorites like yogurt, strawberry and granola parfait for \$3.49. It's a healthier, lighter fare, says Politano, and no other fast-casual restaurant offers breakfast all day long. "Our silver dollar pancakes are much smaller in size," he said.

The dinner menu has a traditional, home-style feel. Take the Metro Blueplates for \$9.99. There's flatbread chicken pot pie (an open top), BBQ glazed turkey meatloaf, herb crusted salmon and maple glazed tenderloin. "Instead of having the heavier sauces you would find at a diner, we use a barbecue glaze,

SEE DINER, PAGE 14

"It's an upscale, fast, casual diner for the next generation with healthier options."

— Kitchen manager
Jason Oberg

Metro Silver Diner business partner Carlos Politano holds a platter of mini-burgers with kettle chips.



PHOTO BY STEVE HIBBARD/THE CONNECTION

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- Inova Fair Oaks Hospital has applied to the American Nurses Credentialing Center (ANCC) for the prestigious designation of Magnet. The Magnet designation recognizes excellence in nursing services.
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- Inova Fair Oaks Hospital has submitted information for the appraisers to review. That information is available, twenty-four hours a day, to you for review at or in the main lobby of the hospital.

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CRIME

FROM PAGE 5

received a letter and check stating he had been selected as a "mystery shopper" and was to deposit the check into his account and send his own check to a specified address. After doing so, the victim became suspicious and put a stop payment on the check. His bank advised that the "mystery shopper" scheme was an Internet scam.

10521 Judicial Drive / Davis Law Office. On Dec. 10, at 11:51 a.m., the victim advised that in Oct. 2007 a subject had paid for legal services with a check that was returned for insufficient funds, and the subject had not responded to subsequent attempts to contact her regarding the debt.

HIT AND RUN

Main St. and Fairfax Blvd. On Dec. 9, at 7:33 p.m., the victim reported that while she was stopped for a red traffic signal a vehicle struck her vehicle from behind and fled the scene.

LARCENY

11015 Fairfax Blvd. / AT&T Wireless. On Dec. 6, at 6 p.m., an unknown subject stole a cellular telephone from the display shelf inside the business.

10308 Willard Way / Virginia ABC Store. On Dec. 11, at 2:17 p.m., an employee reported that a suspect had concealed a bottle of liquor and left the store without paying. The suspect was apprehended by officers nearby. Dennis Lee Dickens, 48, of no fixed address, was charged with petit larceny and drunk in public and taken to the Fairfax County Adult Detention Center. His bond was set at \$500.

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P082009 11/16/08

CALENDAR

FAIRFAX CONNECTION ASSISTANT EDITOR PAULA FRIEDRICH
703-917-6459 OR FAIRFAX@CONNECTIONNEWSPAPERS.COM

To have community events listed, email southcalendar@connectionnewspapers.com or call 703-917-6459 with questions. Deadline for calendar listings is two weeks prior to event.

THURSDAY/DEC. 18

3 Doors Down featuring Switchfoot. 7:30 p.m. Tickets are \$29.50-\$55, available online at www.ticketmaster.com or at 703-573-SEAT. The George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. Visit www.3doorsdown.com.

Rude Buddha and Cerca Trova. Rock. 8 p.m. \$10. Jammin' Java, 227 Maple Ave. N.E., Vienna. 703-255-1566 or www.jamminjava.com.

FRIDAY/DEC. 19

Bill Kirchen and Too Much Fun Holiday Show. Rock/country/rockabilly. 8 p.m. \$20. Jammin' Java, 227 Maple Ave. N.E., Vienna. 703-255-1566 or www.jamminjava.com.

Holiday Cookie Party for Teens, from 5:30-7 p.m. at The Net Teen Center, 8100 Old Keene Mill Road, Springfield. An evening of fun, music, and a cookie baking party. All supplies are provided by the Fairfax County Department of Community and Recreation Services' Teen Services. 703-912-4687, TTY 711 or www.fairfaxcounty.gov/rec.

SATURDAY/DEC. 20

Oasis Dig Out Your Soul World Tour, featuring Ryan Adams. 7 p.m. at the George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. Tickets are \$49.50-\$69.50, through www.ticketmaster.com or at 703-573-SEAT. 703-993-3000 or www.patriotcenter.com.

Rocknocos Holiday Show and Sing-a-long. 11 a.m. and 2 p.m. \$10. Jammin' Java, 227 Maple Ave. N.E., Vienna. 703-255-1566 or www.jamminjava.com.

A My Favorite Highway Christmas and Chelsea Lee. Pop/rock. 7 p.m. \$15. Jammin' Java, 227 Maple Ave. N.E., Vienna. 703-255-1566 or www.jamminjava.com.

"Over the North Pole," 4 p.m. and 8 p.m. at the Harris Theatre, George Mason University, 4400 University Drive, Fairfax. \$17 adults, \$15 students and seniors 703-222-5511 or www.ensemble-tap.org.

A Classical Christmas with Jubilant Sykes and Christopher Parkening. 8 p.m. at George Mason Center for the Arts, on the Fairfax campus of George Mason University at the intersection of Braddock Road and Route 123. Holiday classics, sacred songs and hymns. Tickets are \$22-\$44. Charge at 888-945-2468 or www.tickets.com. Visit www.gmu.edu/cfa.

Kitten and Cat Adoption Extravaganza, 11 a.m.-5 p.m. at the City of Fairfax Regional Library, 3915 Chain Bridge Road, Fairfax. All cats and kittens are fully socialized, vaccinated and de-wormed, and can be selected on the adoption site. Many may be taken home the same day. Commonwealth Cat Rescue, Inc. 703-568-3600.

SUNDAY/DEC. 21

A My Favorite Highway Christmas and Chelsea Lee. Pop/rock. 7 p.m. \$15. Jammin' Java, 227 Maple Ave. N.E., Vienna. 703-255-1566 or www.jamminjava.com.

"Over the North Pole," 1 p.m. and 4 p.m. at the Harris Theatre, George Mason University, 4400 University Drive, Fairfax. \$17 adults, \$15



Fairfax Station Violist Kaleigh Elizabeth Acord will perform with Russian pianist Irina Kats on Sunday, Dec. 21 at The Lyceum, Alexandria's History Museum.

students and seniors 703-222-5511 or www.ensemble-tap.org.

Burke Lake Rd., Burke. 703-827-5922

Night Boys and Mercy Mercedes. 5 p.m. and 8:30 p.m. \$15. Jammin' Java, 227 Maple Ave. N.E., Vienna. 703-255-1566 or www.jamminjava.com.

TUESDAY/DEC. 23

Todd Wright's Sixth Annual Christmas Spectacular. 8 p.m. \$15. Jammin' Java, 227 Maple Ave. N.E., Vienna. 703-255-1566 or www.jamminjava.com.

Mothers First of Burke/Fairfax, 10 a.m. at Kings Park Library, 9000

WEDNESDAY/DEC. 24

Jewmongous. 7 p.m. \$17 in advance, \$20 at the door. Jammin' Java, 227 Maple Ave. N.E., Vienna. 703-255-1566 or www.jamminjava.com.

FRIDAY/DEC. 26

The Bigger Lights, The Friday

SATURDAY/DEC. 27

Virginia Ballet Company's 59th "Nutcracker," 2 p.m. and 7 p.m. at

SEE CALENDAR, PAGE 11

Glorious Sounds of Christmas

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CALENDAR

FROM PAGE 10

the Northern Virginia Community College, Ernst Cultural Center Theater, Annandale Campus. Tickets \$30 adults, \$20 children, students and seniors. 703 249-8227 or www.virginiaballetcompany.org.

Polar Science. 2:30 p.m. Explore polar animals with simple science experiments. Age 6-12. Pohick Regional Library, 6450 Sydenstricker Road, Burke. 703-644-7333.

SUNDAY/DEC. 28

Tom O'Connor and Brent Shuttleworth. Pop/rock. 2 p.m. \$8. Jammin' Java, 227 Maple Ave. N.E., Vienna. 703-255-1566 or www.jamminjava.com.

Jonasay Reunion Show and Trustfall. Pop/rock. 7:30 p.m. \$12. Jammin' Java, 227 Maple Ave. N.E., Vienna. 703-255-1566 or www.jamminjava.com.

Virginia Ballet Company's 59th "Nutcracker," 2 p.m. and 7 p.m. at the Northern Virginia Community College, Ernst Cultural Center Theater, Annandale Campus. Tickets \$30 adults, \$20 children, students and seniors. 703 249-8227 or www.virginiaballetcompany.org.

MONDAY/DEC. 29

Open Mic Hosted by David Cotton. 7 p.m. Free. Jammin' Java, 227 Maple Ave. N.E., Vienna. 703-255-1566 or www.jamminjava.com.

Virginia Ballet Company's 59th "Nutcracker," 2 p.m. and 7 p.m. at the Northern Virginia Community College, Ernst Cultural Center Theater, Annandale Campus. Tickets \$30 adults, \$20 children, students and seniors. 703 249-8227 or www.virginiaballetcompany.org.

INOVA Blood Drive. 1 p.m. Photo ID required. Appointments preferred, call 1-866-256-6372. City of Fairfax Regional Library, 10360 North St., Fairfax. 703-293-6227.

Monday Movies. 3:30 p.m. See a movie based on a book, discuss which was better. Age 6-18. Kings Park Library, 9000 Burke Lake Road, Burke. 703-978-5600.

Fairfax High School Theatre Department Winter Break Drama Camp for grades 1-8, 9 a.m.-4 p.m. at Fairfax High School, 3501 Rebel Run, Fairfax. \$75 for three half-day sessions or \$165 for the full three-day camp. Activities include musical theatre and puppetry. 703/818-0926 or www.fxplayers.org.

TUESDAY/DEC. 30

INOVA Blood Drive. 1 p.m. Photo ID required. Appointments preferred, call 1-866-256-6372. Pohick Regional Library, 6450 Sydenstricker Road, Burke. 703-644-7333.

WEDNESDAY/DEC. 31

First Night Fairfax, in Old Town Fairfax. 703-352-ARTS or www.fairfaxva.gov.

- ❖ Bonfire at the Kitty Pozer Garden, 6 p.m.
- ❖ Magic, Music and Mayhem children's entertainment at the Old Town Hall, 6-8 p.m.
- ❖ Irish Festival at Old Town Village Plaza Marketplace, 6-9 p.m.
- ❖ Carriage Rides on North Street, 6-11 p.m.
- ❖ Live performances at the Kitty Pozer Garden, Old Town Village Plaza Marketplace, Wind House Terrace Theater, Potbelly Sandwich Works and the Fairfax Railway Museum, 6 p.m.-12 a.m.

❖ Fairfax Four-Miler, 7 p.m.

❖ Head Over Heels Swing Dance and Fairfax Swing Band at the Old Town Hall, 8-11:30 p.m.

"Robbie-noceros" New Years Eve Party for Kids: Robbie Schaefer and Rocknoceros ring in the New Year . 11 a.m. and 2 p.m. \$12. Jammin' Java, 227 Maple Ave. N.E., Vienna. 703-255-1566 or www.jamminjava.com.

Virginia Coalition New Years Eve Celebration. 8 p.m. \$75 plus \$25 optional bar package. Jammin' Java, 227 Maple Ave. N.E., Vienna. 703-255-1566 or www.jamminjava.com.

FRIDAY/JAN. 2

Jeff Dunham 'Spark of Insanity' tour. 8 p.m. Ventriloquism with his featured character puppets. Tickets \$49.50, at www.ticketmaster.com or 703-573-SEAT. Visit www.jeffdunham.com. George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. 703-993-3000 or www.patriotcenter.com.

Melodime and Louis Fabrizi. Rock/blues/country. 7:30 p.m. \$10 advance, \$12 at the door. Jammin' Java, 227 Maple Ave. N.E., Vienna. 703-255-1566 or www.jamminjava.com.

PJtheVIKING, Young Enough, The Grenade and more. 10 p.m. \$5. Jammin' Java, 227 Maple Ave. N.E., Vienna. 703-255-1566 or www.jamminjava.com.

SATURDAY/JAN. 3

Ammar Malik, The OK Corral and Pretzcoat. Pop/acoustic. 7:30 p.m. \$8 advance, \$10 at the door. Jammin' Java, 227 Maple Ave. N.E., Vienna. www.jamminjava.com.

SEE CALENDAR, PAGE 12



Virginia Ballet Company will present their 59th annual 'Nutcracker' from Dec. 27-29 at the Northern Virginia Community College Richard J. Ernst Cultural Center Theater, Annandale Campus.

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CALENDAR

FROM PAGE 11

SUNDAY/JAN. 4

Ghosts of Pluto, Priceless
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MONDAY/JAN. 5

Old Town Hall Children's Series: 'Mad for the Road' music and laughter. 10:30 a.m. at Old Town Hall, 3999 University Drive, Fairfax. Free. 703-352-ARTS or www.fairfaxarts.org.

Calling All Guys, 7 p.m. Book discussion group for boys. The Dark Hills Divide: The Land of Elyon, Book 1, by Patrick Carman. Age 9-12 with adult. Kings Park Library, 9000 Burke Lake Road, Burke. 703-978-5600.

Open Mic Night with Ron Goad. 7-10 p.m. \$2. Jammin' Java, 227 Maple Ave. N.E., Vienna. 703-255-1566 or www.jamminjava.com.

TUESDAY/JAN. 6

Computer Tutoring. 3 p.m. and 4 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. 703-249-1520.

Teen Book Club, 7 p.m. Join us for fun, food and great book discussions! Age 12-18. Burke Centre Library, 5935 Freds Oak Road, Burke. 703-249-1520.

Let's Go Sledding, 10:15 a.m. Stories, fingerplays and activities. Age 3-5 with adult. Pohick Regional Library, 6450 Sydenstricker Road, Burke. 703-644-7333.

Bibliomaniacs Book Discussion Group, 7 p.m. Family book

discussion of "A Wrinkle in Time" by Madeleine L'Engle. Age 8-12 with adult. Pohick Regional Library, 6450 Sydenstricker Road, Burke. 703-644-7333.

WEDNESDAY/JAN. 7

Edwin McCain. 8 p.m. Soulful acoustics at The Barns. Tickets \$25. Wolf Trap Foundation for the Performing Arts, 1645 Trap Road, Vienna. 1-877-WOLFTRAP.

Your Health, 11 a.m. Learn how to manage your medications and prepare for doctor's visits. Pohick Regional Library, 6450 Sydenstricker Road, Burke. 703-644-7333.

THURSDAY/JAN. 8

JP McDermott, 8 p.m. at The Old Town Hall, 3999 University Drive, Fairfax. Free swing lesson at 7:30 p.m. Admission \$10. 703-424-1745 or www.headoverheelsdance.com.

Puppy Tales, 10:30 a.m. Stories, songs and activities about puppies. Age 13-23 months with parent. Burke Centre Library, 5935 Freds Oak Road, Burke. 703-249-1520.

Teen Book Chat, 7:30 p.m. Mother-daughter book discussion group. Pride and Prejudice by Jane Austin. Call branch to register. Age 12-16 with adult. Kings Park Library, 9000 Burke Lake Road, Burke. 703-978-5600.

Independent Living Exercise Class, 12 p.m. Build strength, improve balance and reduce falls. Pohick Regional Library, 6450 Sydenstricker Road, Burke. 703-644-7333.

FRIDAY/JAN. 9

Lavay Smith & Her Red Hot Skillet
SEE CALENDAR, PAGE 13

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CALENDAR

FROM PAGE 12

Lickers. 8 p.m. Swing dance of the 1940s and '50s at The Barns. Tickets \$22. Wolf Trap Foundation for the Performing Arts, 1645 Trap Road, Vienna. 1-877-WOLFTRAP.

U. S. Navy Sea Chanters classical chorus. 8 p.m. at the Old Town Hall, 3999 University Drive, Fairfax. Free. 703-352-ARTS.

USN Sea Chanters, 9 p.m. at Old Town Hall, 3999 University Drive, Fairfax. Free. 703-352-ARTS or www.fairfaxarts.org.

Lunch Bunnies, 12 p.m. Bring lunch and listen to stories. Birth-5 with adult. Kings Park Library, 9000 Burke Lake Road, Burke. 703-978-5600.

Eric Scott, The Method and Marie Miller. Pop/funk. 9:30 p.m. \$12. Jammin' Java, 227 Maple Ave. N.E., Vienna. 703-255-1566 or www.jamminjava.com.

SUNDAY/JAN. 10

Cathy and Marcy's Family Jamboree with Special Guests: music for families. 5-7 p.m. \$10. Jammin' Java, 227 Maple Ave. N.E., Vienna. 703-255-1566 or www.jamminjava.com.

John Eddie. Rock. 9:30 p.m. \$15. Jammin' Java, 227 Maple Ave. N.E., Vienna. www.jamminjava.com.

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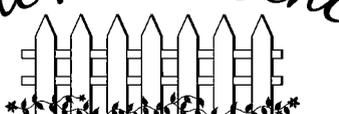
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DINING

Diner Rethink

FROM PAGE 8

which is a much lighter sauce, a light balsamic au jus," said Politano.

In addition, Metro Diner offers mini burgers (angus, turkey or chipotle veggie patties) on buns or greens — two for \$5.99 or three for \$7.99. The fresh greens include summer citrus salad, Metro Caesar salad, capri salad, five-spice Thai salad and Metro Cobb salad for \$5.99.

Late-nighters can enjoy metro munchies like two late-nite sliders of scrambled eggs, bacon, sausage, white American, salsa with Old Bay kettle chips for \$4.99.

OBERG HELPED develop the menu. "All our produce is locally sourced when in season. I actually go up to the farmer's market and see what's there," said Oberg. "We're trying to do everything we can to be environmentally friendly."

Oberg comes from a background in fine dining, graduating from Scottsdale Culinary Institute in Arizona, and working at the Desert Mountain in Scottsdale, Kincaid's in D.C., and Le Ferm in Chevy Chase.

The company has 17 Silver Diners in Maryland, Virginia and New Jersey. A second Metro Silver Diner opened Oct. 12 in Annapolis. The Fairfax site is the first one with 40 employees.

Because there is no tipping, and the menu pricing is about 10 percent lower than full-service restaurants, Politano says it's about a 25 percent savings.

All the packaging is "green" with corn-based plastic cups that are biodegradable. The straws are paper versus plastic.

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Metro Silver Diner, 3950 University Drive, Suite 105, Fairfax. Open Monday-Wednesday, 7 a.m. to 9 p.m.; Thursday-Saturday, 7 a.m.-3 a.m. Phone: 703-383-0990. Fax: 703-383-0991. Catering is available. Order online: www.MetroSilverDiner.com.



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At Home Bakery

FROM PAGE 4

Although high fat butter is used in most of the cakes because it bakes so well, Mingleдорff is trying to lean towards a lower calorie cake with organic ingredients. Her Cranberry Ginger Cake is yogurt based and has half the butter, so it is the healthiest one she has on the menu. She doesn't use artificial sweeteners either and is keeping an eye on the Food and Drug Administration's ruling on a new sweetener called "Stevia" that is used in Europe but not in baked goods in the U.S. yet. She also composts all her unused ingredients instead of throwing the away.

"I'm really focused on the environment," she said.

Mingleдорff met her husband Adam while they were both in the Marine Corps in Camp Pendleton, Calif., marrying shortly after that. Now they both have jobs at computer help desks in the area. Kathy works the night shift and fits the baking in when she can. She has an assistant, Kerrie Fisher, to help out a few days a week.

IN ADDITION to Stacy's, Mingleдорff's baked goods are featured at Bernie's Delicatessen in the City of Fairfax, and more recently at the Conscious Bean coffee shop in Great Falls. She plans on taking out an ad in the Bridal magazine soon. "I'm pushing up my marketing," she said.



PHOTO BY MIKE SALMON/THE CONNECTION

Kathy Mingleдорff's baked goods are featured at Bernie's Delicatessen in the City of Fairfax.

CON

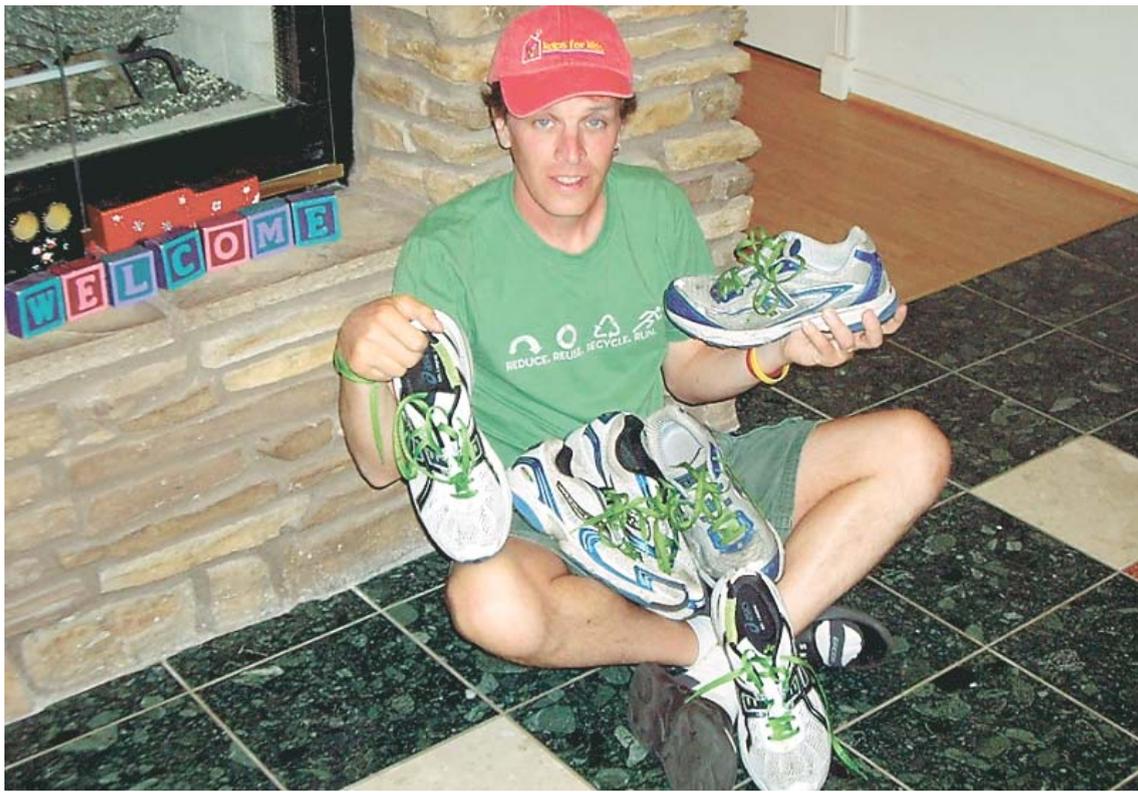


PHOTO BY BRENDA SIMMS/THE CONNECTION

Tommy Neeson, on a quest to run from Maine to Florida in 77 days, sits in the Ronald McDonald House in Falls Church.

Running down the Coast

Runner stops at Ronald McDonald House during trek from Maine to Florida.

BY BRENDA SIMMS
THE CONNECTION

Entering the campus of Inova Fairfax, a medical helicopter lands atop the hospital and visitors pass emergency signs, ambulances and medical personnel. Tucked along a roadway at the back of the campus, away from Gallows Road, is a gray-and-white house that welcomes hospital-weary families.

On Sept. 19, this Ronald McDonald House welcomed Tommy Neeson with dinner and a place to rest for the night. Neeson is on a 2,300-mile run along the East Coast, from Maine to Florida, to benefit Ronald McDonald House Charities.

Ronald McDonald Houses provide accommodations near hospitals or treatment centers for families of seriously ill children. The Northern Virginia house, built in 1998, has eight rooms for families and large areas outside the sleeping quarters — living rooms, dining tables, a kitchen and courtyard.

“We try to make it unlike a hotel,” said Claudia Lewis, director of marketing and communications for the two houses in the greater Washington area. She said that the house ensures that

families visiting sick children “Don’t have to sleep on the floor or sleep in their car, which some families do.”

A family must live at least 25 miles away from the hospital to stay at the house.

PART OF THE motivation that keeps Neeson going is the memory of his daughter, Randi, who died in 1999 of a brain tumor at age 2. Neeson, his wife,

Elaine, and their 5-year-old daughter Shelby stayed at a Ronald McDonald House in New York during Randi’s treatment.

He said staying there made a difference for them. It “allowed us to have time together as a family ... you can have memories that aren’t so bad.”

Neeson, who lives in Virginia Beach, has set up a Web site to accept donations. He runs with a baby stroller containing his belongings and a GPS unit to guide him.

Some people have told him he’s crazy to attempt the run, enduring blistered feet and roads with no shoulders. The campaign’s name is based on his estimation of how many steps he’ll take during the run.

However, he also has admirers, who volunteer to run with him when he arrives in town, as well as donate money.

“I try not to have the amount of money be the focal point of determining if this is successful. Just like the houses are more than just a place to sleep, this is also about raising awareness.”

“You never know who’s going to walk in the door to check out the place and walk out a volunteer.”

ONE VISITOR who’s been affected by Neeson’s efforts was Jeremy Litchfield, founder of Atayne, LLC. His Arlington company, which creates athletic apparel made of renewable or recycled materials, is sponsoring Neeson along his run.

On the morning of Sept. 20, he, his business partner and two friends accompanied

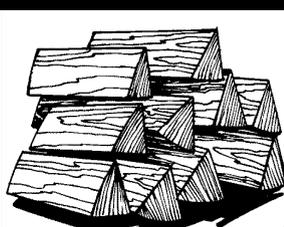
Neeson on the next leg of the trip from the house in Falls Church headed toward Charlottesville.

Litchfield’s contribution included pushing the stroller for much of Saturday’s 21-mile run, which he said was no small feat. “It’s packed with all his stuff for the next 75 days ... and it turns like a Mack truck.”

Neeson may not be finished in November. He has said, “I’d love to do a West Coast version.”

To learn more about Four Million Steps, visit www.runnersociety.com. The Ronald McDonald House is located at 3312 Gallows Road, Falls Church. To learn more about the Ronald McDonald House, call 703-698-7080 or visit www.rmhc.greaterdc.org.

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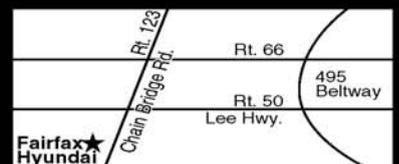
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OPINION

When To Chase?

How to judge when benefits outweigh risks to police, public?

In the past week, there were two instances of police chasing perpetrators through multiple jurisdictions that raise some questions.

In one case, a tractor trailer driven by a man fleeing police in Montgomery County crossed the American Legion Bridge on the Capital Beltway into Fairfax County and then exited in Tysons Corner before crashing down the block from this newspaper's offices on Westpark Drive. Dozens of police cars from Maryland and Virginia participated in the chase, broadcast live on some channels via helicopter.

The chase ended with a few fender benders and the suspect being tasered. No one else was hurt.

But we wonder what kind of damage could have occurred.

When does it make sense to chase a suspect driving a vehicle with contents unknown into the center of one of the largest shopping districts in the United States during the holiday shopping season? With helicopters in pursuit perhaps this is a case where tracking the truck until it ran out of gas was a possibility.

Last week, a 19-year-old bank robbery sus-

pect from McLean was shot dead by police within sight of a middle school after a foot chase led them to an Arlington neighborhood.

Last February, a Fairfax County Police Officer drove her police cruiser through a red traffic signal on Richmond Highway on the way to answer a call, striking the car of 33 year-old Ashley McIntosh and killing her. The officer was cleared of charges of reckless driving.

We don't pretend to understand all of the factors that come into play in making such decisions in general or these decisions in particular. We do know that we would like police to be open with the public about their policies.

More on Poor Students

Several thoughtful e-mails were sent responding to our editorial, "Don't Lump Poor Students Together." [Dec. 3, 2008, www.connectionnewspapers.com/article.asp?article=322904&paper=65&cat=110]

Some writers pointed to many factors besides concentration of student poverty that affect the

quality of a school.

For example, Graham Road Elementary, with a high percent poverty rate, performs comparably to many schools with wealthy student populations. Graham Road, at least one writer said, is a good school because of great principal, great resources and parents who care.

The way the editorial was written does present too simplistic a picture.

While concentration of poverty in schools creates significant and often unnecessary challenges, and decreasing the concentration has benefits, this is far from the only factor involved in creating a successful school and student achievement.

Absolutely a great principal can inspire staff and parents; teachers and parents who care can make an incredible difference. And it is also quite possible for a school populated by affluent families to be mediocre.

Any yet, as the school system draws new boundaries, it is a mistake to create this additional challenge of concentrating poor students in one school.

But there is much more work than that involved in creating great schools.

— MARY KIMM

Later Start Time

To the Editor:

In your Nov. 5, 2008, article "Budget Facts of Life," Bonnie Hobbs reported that Kathy Smith stated that "implementing later start times could cost about \$7 million and that she didn't know whether [changing the bell schedule] would be in the 2010 budget." The next day, at a School Board work session, the board directed Dr. Dale to include a line item for changing the bell schedule in the budget. The amount of the line item is "to be determined" as staff is still developing a plan to take to the community.

While a specific plan hasn't been adopted, we do know that it is possible to improve bell schedules at all levels for considerably less than the \$7 million mentioned by Ms. Smith. The most recent staff estimate is for \$4.5 million and one-third of that cost is to lease/purchase additional buses that the County doesn't need. The next draft from staff is expected to further decrease the cost for implementation.

To put this in perspective, the proposed transportation budget for next year is \$125 million.

The article indicated that one parent doubts that students would actually sleep more. On that, all the facts are in: Students with later start times do sleep longer. There are many studies that show beyond a doubt that teen students fall asleep at about the same time (about 11 p.m.) no matter what

time school starts. Later school start times result in extra morning sleep. Having enough sleep improves performance in the classroom, on the playing field and behind the wheel.

Lisa Newmark
Fairfax

Coming to Terms with I-66

To the Editor:

Interstate 66 is not a local road or community street. It carries 145,000 vehicles per day inside the Beltway. By 2030, the number will be at least 152,000.

LETTERS

I-66 is a federal, state and regional highway. The need for an additional lane in each direction for better daily mobility and evacuation capability in this corridor has been apparent for years. Federal, state and regional officials have a responsibility to address this deficiency.

Arlington's interests are clearly advanced by these spot improvements. By siphoning regional traffic from local streets, I-66 spot improvements protect Arlington neighborhoods. Not widening I-66 means more neighborhood traffic, air pollution and greenhouse gases.

VDOT has gone to extraordinary expense to assess, explain and listen to citizen input related to an

obvious need. The fact that only about one hundred citizens attended the meeting also shows that most Arlingtonians recognize the benefits of widening I-66.

It's time to construct the west-bound spot improvements and move forward to add a full new lane in each direction.

Robert O. Chase
Northern Virginia
Transportation Alliance
Vienna
www.nvta.org
info@nvta.org

20-Foot Wall

To the Editor:

I'm writing on behalf of the residents of Yorktowne Square Condominiums. Our community parallels the Capital Beltway, where a Hot Lane project is presently underway. Plans are in place to remove the trees from our community, which have served as far back as many of us can remember as a buffer between the Beltway and our community, cleaning the atmosphere and giving us a bit of greenery. The county plans to replace these trees with a wall, ostensibly to "protect" us from the noise, pollution and dust. Original plans called for a 20-foot wall. It is our understanding that the county now plans to provide only a 6-foot wall to provide this protection.

The current proposal suggests providing us with less than half the promised sound barrier and none

of the pollution and environmental protection afforded us by our trees. The point has reportedly been made by various county officials that this is a "transient" community about which nobody cares, thus a "token" barrier would suffice. I have lived in this community for 19 long years and have raised my family here. We have raised two children here, and we are all registered voters, and consider ourselves to be solid citizens who go to school and/or work full time.

We are acquainted with a number of residents in this community who have been here longer than we have. This is not a "transient" community for most of us who live here. The point should be irrelevant in any case if you consider that everyone is entitled to equal protection. This community is comprised of a mix of working class people, infants, the elderly and obviously some who are supported by the county.

We accept that the Beltway must be expanded. We ask only that you return to the original promise of a 20-foot barrier between this community and the Beltway, as originally planned. It will be woefully inadequate compared to our trees, but it's the least that we deserve. I find it hard to imagine this request is unreasonable.

Thatcheus Sealey
Vice President
Yorktowne Square
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Senior Frances Dowd, along with classmates Theresa Harvey, Jean DeOrnellas and Ellyn Baumgardner, will lead the Fairfax girls swim and dive team this season.



Behind senior Robbie Munch, the Robinson boys swim and team hopes to win its seventh consecutive Virginia AAA state title.

PHOTOS BY ROBBIE HAMMER/THE CONNECTION

Kuter Signs with George Mason

From the beginning of the recruiting process, Robinson senior Brandon Kuter knew that he wanted to stay close to home. But in the end, the school just a long toss away from home won out.

Kuter, a 6-foot-6 right-handed pitcher, recently signed a national letter of intent to play baseball at George Mason University. Kuter will join a Patriot squad that already boasts one Robinson graduate in senior outfielder Spencer Wiggins.

"I got a good offer from Mason, and I decided to run with it," said Kuter, who also plays basketball at

Robinson and averaged 14.4 points and six rebounds

WEEK IN SPORTS

per game last winter. "I didn't want to go too far; I wanted to stay in Virginia. It just felt like the right thing."

This past spring, Kuter amassed a 3-3 record on the mound with a 3.11 ERA and 28 strikeouts. The Rams finished 14-10 and lost to West Springfield, 1-0, in the Northern Region quarterfinals.

Kuter's fastball has been clocked between 89 and 92 miles per hour. In addition to switching between two- and four-seam fastballs, he also relies on a curveball and changeup to keep hitters off balance.

"Widely considered to possess unlimited potential, he will be ready to assume a big role for us as a freshman," said Mason coach Bill Brown, whose team finished 30-25 overall, 18-10 in the Colonial Athletic Association this past spring.

Paul VI on a Roll

The Paul VI boys basketball team improved its record to 7-0 with three road wins in three days last week. These wins include a come-from-behind victory over Washington Catholic Athletic Conference foe, St. Mary's Ryken, along with wins over Trinity Christian (N.C.) and the host Christ Church School, which helped the Panthers take home the John Stone Memorial Basketball Tournament title. Against St. Mary's, Paul VI closed on a 17-2 run and came away with a 58-51 win. Less than 24 hours later, the Panthers posted a 65-55 win over Trinity Christian, which has made the North Carolina state semifinals five of the last six years. Blake Bozeman knocked down six 3-pointers against Trinity. The Panthers finished the tournament on Saturday with a 73-57 vic

SEE WEEK IN SPORTS, PAGE 19

Teams Face Similar Battle

Robinson, Fairfax swim and dive teams deal with losses, regroup and move on.

BY JASON MACKEY
THE CONNECTION

When the last fist pounded its last locker and the pre-meet chants settled for a moment, the Robinson boys swim and dive team poured out of the Oak Marr RECenter locker room Friday night and headed straight for its dual-meet opponent, the Fairfax Rebels.

Fairfax greeted Robinson with several cheers of its own, and the two teams combined for a moment of noise that would've made a football game sound like background noise.

"It gets us pumped up and ready to go," Fairfax senior Alex Price said of the verbal exchange. "It's our trademark."

In good fun, the four teams — boys and girls together — spent the next five minutes exchanging boisterous chants directed at one another. The moment didn't turn nasty and it's a regular occurrence at meets such as this one, but nobody would've blamed the two teams for venting a little bit with one another.

As expected, the Robinson boys earned a 182-133 win over Fairfax, as the girls scored

a significant upset, 167.5-147.5.

While the Fairfax girls and Robinson boys teams both won state titles this past February, both coaches, Matt Salerno of Fairfax and Rich Gordon of Robinson, relinquished their positions in the months that followed.

Salerno left to become an assistant coach at Davidson College and Gordon stepped away from coaching altogether, leaving the Rebels to assistant coach Meredith Harris

"We've been trying to prove our team now for a couple years."

— Alex Price

and the Rams to 23-year-old Tom Koucheravy, who graduated from nearby George Mason and is a Robinson alum.

"The biggest thing is just the chain of command for the kids," said Koucheravy, who had his own storied career at George Mason and finished sixth in the 2008 Olympic Trials in the 1,650-meter freestyle.

FAIRFAX GRADUATED three of its top eight swimmers from a year ago, losing Laura Benevento, Kristina Massie and Emily

Ferguson from the state champion 200-yard medley relay team but the Rebels still return Ellyn Baumgardner, Theresa Harvey, Frances Dowd and Jean DeOrnellas. Kelli Stockton will also be an asset in the diving events.

That foursome will provide the Rebels with a steady stream of points this season not only the 200-medley relay but in the 400-freestyle relay as well. Baumgardner (breaststroke, individual medley), Harvey (200 freestyle), Dowd (breaststroke) and DeOrnellas (freestyle) have their specialties as well.

"We won states and that's awesome, but we need to focus on this year and accomplishing the goal that we set for ourselves," said Dowd, who also runs for the school's indoor track and field team and has a scholarship to run at Virginia Tech next year.

"I don't want them to think that we lost three girls and that they can't do it again," said Harris, who swam in high school at Hayfield. "I think they have it in them and can do it again."

The stiffest competition that the Fairfax girls team will face this season may have come on Friday night. Robinson, which won its first Northern Region title since 1994 last season when it split the honor with Fairfax, lost Hailey Hewitt but returns several key swimmers including seniors Amanda

SEE NEW COACHES, PAGE 19

SPORTS

New Coaches Lead Fairfax, Robinson

FROM PAGE 18

Kendall and Madison Rupp and juniors Christine Canty and Hannah Walden.

Rupp posted a pair of first-place finishes, while also combining with Canty and Hannah Walden on the victorious 200 freestyle relay team. Kendall missed the dual meet with Fairfax due to a club commitment.

"We're a team and we keep each other motivated for help and support," Canty said. "Losing states last year put our hopes down because we thought that was our only chance at winning states, but now we have a whole new group of girls and we hope to win."

WHILE THE Robinson boys team may still hope to win its fair share of meets, the program Gordon created operates with more of an expectation to win than anything. The Rams have won the past six Virginia AAA state crowns and this year's group doesn't want to become the first group since Koucheravy's junior year not to.

The Rams lost speed with swimmers like Tim Wingert and Derek Bui, but seniors Geoff Bobsin, Robbie Munch and Joe Zanellato all scored wins against Fairfax and, if Koucheravy's new, difficult practice structure serves as any indication, they should have Robinson competing for a region title down the stretch.

"I feel pressured to uphold the Robinson tradition," said Munch, who finished first in the 50 freestyle and swam both anchor legs on the first-place 200 freestyle and 200 medley relay teams. "All the great people



PHOTO BY ROBBIE HAMMER/THE CONNECTION

Fairfax senior Theresa Harvey, who anchors the Rebels' 200-yard medley and 400 freestyle relay teams, helped the her squad to its first-ever state title last winter.

that came before me, I look at them and feel inspired because I know I can do it."

The Fairfax boys team lost only two meets last season, which equated to the best season for the Rebels in nearly 15 years, but it was mostly overlooked because of the girls

team's string of success. But nearly two hours after Price led his team through the pre-meet hysteria, the Rebels proved that they might be a force to be reckoned with.

"We've been trying to prove our team now for a couple years, always being in the girls'

shadows," said Price, who posted third- and fourth-place individual finishes and swam on the second-place 200 and 400 freestyle relay teams. "This meet was a big meet for us to come out and prove our power and emergence in the region."

WEEK IN SPORTS

FROM PAGE 18

tory over Christ Church, courtesy of 25 points from Erick Green and several strong dunks by Raven Barber and Eugene McCrory.

Paul VI Hockey Falls To McLean

On Friday night, Dec. 12, the Paul VI ice hockey team outshot McLean, 35-14, but it wasn't enough to secure a win. McLean scored three of its five goals on the power play during a 5-4 win. Paul VI chipped away at an early 2-0 deficit with 8 minutes, 51 seconds left in the first period with senior Zach DePont's goal from junior Nick DiBiasio. In the second period, Paul VI continued its aggressive play and found the net four minutes into the period. Senior Michael Summers stole the puck at center ice and scored with a backhand shot to the net, and at 9:58 senior Adam Kosna scored off of assists from senior Aaron Lim and DePont. In the final period, Paul VI was able to pull ahead, 4-3, on a power-play goal from sophomore Frank Duggan, but

McLean tied it at 5:21 and got the game winning goal on a power play at 5:07. Paul VI's next game is Friday, Dec. 19 at 6:10 p.m. against Madison at SkateQuest of Reston.

Renner's Lead Squad In Hawaii

In the first-ever Hawaii/Polynesia-Mainland Bowl, which took place Friday, Dec. 12 in front of 4,497 fans at Aloha Stadium, West Springfield senior quarterback Bryn Renner led the Mainland squad to a 22-8 win. The game featured 42 players who have verbally committed to Division I programs.

Renner, playing for his father, former West Springfield coach Bill Renner, completed seven of his 16 passes for 124 yards and two touchdowns.

"The intensity was turned up a notch compared to high school, and you just had to think quicker and react quicker to what you saw," said Bryn Renner, who has verbally committed to play football and baseball at North Carolina. "It took a little time, but I think we did pretty well."

The Mainland team arrived on Monday and practiced for the first time Tuesday morning. After two solid practices, Hawaii was hit with a batch of rain and Thursday's practice was cancelled.

With a brief walk-through on Friday morning, coupled with the news that two wide receivers from California wouldn't be available because of high school commitments, the Mainland squad found itself on tough sledding for the game that night.

But Bill Renner used three running backs, a backup quarterback and his two remaining receiving options, as the team piled up 282 yards of offense.

"We hadn't practiced with any of those kids at any of those positions, and all of a sudden in the middle of the game we had to re-teach the whole thing, so that was a little bit of a challenge," Bill Renner said. "But with good kids who are good athletes, they made it happen."

Fastpitch Softball Team Seeks Players

The Leesburg Revolution, a U-10 girls fastpitch softball team, is recruiting girls

from all over Northern Virginia who are interested in playing travel softball. The Revolution has two open roster spots. Girls interested in trying may contact Dave Carver at 10Urevolution@leesburggirlsoftball.org. The Revolution will conduct an open tryout in early March. For more, including dates and a location for the tryout, visit the team's Web site at www.revolutionfastpitch.org/.

Volunteer Sport Officials Wanted

The Fairfax County Department of Community and Recreation Services' Teen Services Division needs volunteer sports officials to work the annual Friday Night Lights event and intramural sports programs (flag football, basketball and soccer). Volunteers must be 21 or older; know the rules of the selected sports and have past experience participating in the sport he or she chooses to officiate. Contact Paulette Armstrong at 703-324-5679 (TTY 711), or paulette.armstrong@fairfaxcounty.gov.



Cody Smith, left, Joey Fenimore and Andy Vigil, all 12, test the water temperature.

Students Study Stream

FROM PAGE 3

sus. "I thought the water was cleaner than I thought, and the animals could actually live in it," she said.

"I learned that all the rivers do not have clean water," said George Peters, 11.

D.J. Clarke, 11, who wants to be a chef, said "I learned when you test stream water that what the pH level is. I also learned about their air and water temperature is and how it can change over time."

The Virginia Department of Game and Inland Fisheries' Virginia Naturally School

Recognition program also recently honored Daniels Run for its environmental stewardship during the 2007-08 school year.

For continuing its efforts past the first year of the program, the school has received a state symbol pennant featuring one of Virginia's state symbols (bird, flower, shell, fish, insect, bat or fossil) and is eligible to receive more pennants in future years. Daniels Run students will also be able to participate in a workshop to help support their conservation efforts, sponsored by the Virginia Naturally School Recognition program.

Supporting Autism Bill

FROM PAGE 3

down to the state and families for years to come," he said.

Sen. Chap Petersen (D-34) has signed on to the bill as a co-sponsor in the State Senate and said that insurance companies who do business inside Virginia should provide a reasonable amount of coverage for autistic children.

"Believe me, the investments we make early in a child's life to combat autism will pay great dividends over the duration of their lives," said Petersen.

Hugo said members should look at ways to minimize any additional costs as a result of the coverage, but that ignoring the problem might ultimately lead to higher costs in the future.

"If you don't help some of these kids when they're young, they may not have the opportunity to be fully functioning citizens in years to come," he said.

According to a 2006 Center for Disease Control study, approximately one out of every 150 children in the United States has an autism-related disorder. Over 1,800 chil-

dren in the City of Fairfax have been diagnosed with autism, a rate of 1 for every 91 children, according to a 2007 report by Virginia Department of Education.

Mary Ann Cassell, senior managing supervisor of the Center for Autism Related Disorders in Springfield said that there is no single reason for higher autism rates in the county and the cause could be attributed to a number of factors. A wealthier area like Fairfax County may provide better services and therefore attract more families with Autistic children. Diagnosis and identification of the developmental disability may also be more accurate in those areas as well.

"Unfortunately, there is no simple answer as to why the rate Autism is higher here than the national average," said Cassell.

In addition to the City of Fairfax, the Loudoun County Board of Supervisors and the Leesburg Town Council also passed resolutions supporting the mandate. Supervisor Sharon Bulova (D-Braddock) is expected to introduce a similar resolution when the Fairfax County Board of Supervisors reconvenes Jan. 12.

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21 Announcements

Public Notice – Environmental Permit

PURPOSE OF NOTICE: To seek public comment on a draft permit from the Department of Environmental Quality to limit air pollution emitted by a facility in Fairfax County, Virginia.

PUBLIC COMMENT PERIOD: December 18, 2008 to January 20, 2009

PERMIT NAME: State Operating Permit to Operate Issued by DEQ, under the authority of the State Air Pollution Control Board

NAME, ADDRESS AND REGISTRATION NUMBER OF PROPOSED PERMIT HOLDER: Impressions Marketing, Inc. 7951 Angleton Court, Lorton, VA 22079; Registration Number: 73714

PROJECT DESCRIPTION: Impressions Marketing, Inc. has applied for a State Operating for their Lorton, Virginia facility. The facility manufactures store and office displays and is comprised of four spray booths, three printing presses, and wood cutting and milling machines. The facility is classified as a minor source of air pollution. The proposed permit would allow the facility to operate this equipment. The pollutant of concern is Volatile Organic Compounds (VOC). The facility has a permitted limit of 30.88 tons per year of VOC.

HOW TO COMMENT: DEQ accepts comments by e-mail, fax or postal mail. All comments must include the name, address and telephone number of the person commenting and be received by the DEQ within the comment period. The public may request a public hearing. The public may review the draft permit and application at the DEQ office named below. The draft permit is also available on the DEQ web site at www.deq.virginia.gov. To request a public hearing, written comments must include: 1) the names, mailing addresses and telephone numbers of the requester and of all people represented by the requester. 2) The reason a hearing is requested, including associated air quality concerns. 3) A brief, informational statement regarding the extent of the interest of the requester, including how the operation of the facility affects the requester.

CONTACT FOR PUBLIC COMMENTS, DOCUMENTS, REQUESTS AND ADDITIONAL INFORMATION:

Thomas M. Valentour, Environmental Engineer, Sr. Northern Regional Office, Department of Environmental Quality, 13901 Crown Court, Woodbridge, VA 22193, phone: 703-583-3800, email: tmvalentour@deq.virginia.gov

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TRUSTEE'S SALE OF VALUABLE IMPROVED REAL ESTATE
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12101 Henderson Road, Clifton, Virginia

In execution of a Deed of Trust from Linda R. Clary, dated May 3, 2007, and recorded August 14, 2007, in Deed Book 19511 at page 365 among the Land Records of Fairfax County, Virginia, the undersigned substitute trustee will offer for sale at public auction at the front entrance of the Judicial Center for Fairfax County, at 4110 Chain Bridge Road, Fairfax, Virginia, on

Thursday, December 18, 2008 at 11:00 a.m.
the following property being the property contained in said Deed of Trust, described as follows:

Tax Map No. 095 3 01 0015
Commonly known as 12101 Henderson Road, Clifton, Virginia 20124.

TERMS OF SALE: A deposit of \$10,000.00 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 7.0 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.

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.

This sale is being made subject to a superior trust.

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

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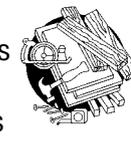
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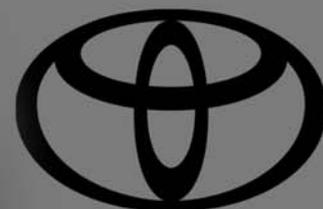
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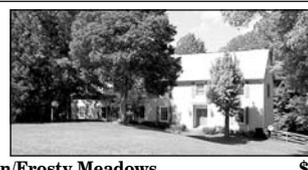
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