

Fairfax Station ❖ Laurel Hill
CONNECTION

Clifton ❖ Lorton ❖ Lorton Valley ❖ Crosspointe

VERIFIED
AUDIT CIRCULATION
APPROVED

PRSR STD
U.S. POSTAGE
PAID
ELKTON, MD
PERMIT #31

ATTENTION POSTMASTER:
TIME SENSITIVE MATERIAL.
REQUESTED IN HOME 12-23-08

Non-Profits
See High Demand

NEWS, PAGE 3

Clifton's Link
To Titanic Sinking

NEWS, PAGE 4

Holiday decorations adorn the window and porch of the Carriage House Restaurant in Clifton.

Happy
Holidays

CALENDAR, PAGE 8 ❖ SPORTS, PAGE 10 ❖ CLASSIFIED, PAGE 12

PHOTO BY ROBBIE HAMMER/THE CONNECTION

CHEVY MALIBU



EPA EST.
30
MPG HWY.

'09 CHEVY MALIBU LS 4-CYL.

CURRENT NON-GM LESSEES WITH AN EXPIRING LEASE

\$20,655 RED TAG PRICE
- **\$4,000** TOTAL CASH BACK

\$16,655 RED TAG PRICE¹
AFTER ALL OFFERS OR LESS

YOU'LL BE SURPRISED HOW MUCH YOU LOVE IT. EVERY PART OF YOU.



2 YEARS² 
WITH TURN-BY-TURN
NAVIGATION



2 YEARS² 



2 YEARS² NO-COST
SMARTCARE MAINTENANCE³
BY Goodwrench TECHNICIANS

The best coverage in America
100,000 mile/5-year
Whichever comes first. See dealer for details.

- Transferable Powertrain Limited Warranty
- Roadside Assistance Program
- Courtesy Transportation Program

ChevyFirst.com



DRIVE WITH TOTAL CONFIDENCE

¹ Current non-GM lessees with leases ending on or before 6/30/09. Includes all applicable offers. Tax, title, license, dealer fees, and optional equipment extra. Not available with special GMAC finance rates. At participating dealers only. Take delivery by 1/5/09. See dealer for details. ² Take delivery by 1/5/09. Residency restrictions apply. Visit onstar.com for details and system limitations. Turn-by-Turn Navigation not available in all areas. XM subscription required after two years. Go to gm.xmradio.com. SmartCare Maintenance is for two years or 30,000 miles, whichever comes first. ³ Go to goodwrench.com for details. The XM name and related logos are registered trademarks of XM Satellite Radio Inc. The names, emblems, slogans, vehicle body designs, and other marks appearing in this document are the trademarks and/or service marks of General Motors Corporation, its subsidiaries, affiliates, or licensors. ©2008 GM Corp. Buckle up, America! 1-800-950-2438 or chevy.com

Demand Up for Non-Profits

Non-profits say calls for assistance are at unprecedented levels.

BY JULIA O'DONOGHUE
THE CONNECTION

For more than 20 years, Judy Duncan has been answering the phone at Herndon-Reston FISH, Inc. an all-volunteer organization that provides emergency assistance to local families. In all that time, Duncan has never seen a situation like the current one.

In the past, most of the calls Duncan fielded were "repeat" requests, in which the person asking for food, clothes or help paying their bills had called FISH before. These days, the people phoning in are predominantly first-time callers, people who have never asked the organization for assistance, she said.

"This month is 20 years for me. I answer the line every day and in that entire period of time there has never been a time where there has been such a need. ... There is just a huge increase. It is overwhelming to the organization and to the volunteers. These are just very, very sad calls," said Duncan.

DUNCAN'S EXPERIENCE reflects what other local non-profit organizations providing emergency assistance to Fairfax County residents have seen recently. Government officials labeled the locality's unprecedented surge in requests for urgent help a "crisis" and called a press conference to address the situation Dec. 12.

Since January 2006, Fairfax County has seen a 69 percent increase in requests for food stamps, a 46 percent increase in requests for emergency housing assistance and a 60 percent increase in requests for subsidized housing.

During this same period of time, the county population has only grown by 1 percent, said county spokesperson Merni Fitzgerald.

"With the worsening economy, middle class folks are now in need of help. Some of the same people who used to give their time and money to these organizations are now coming to them for help," said Fitzgerald.

The situation only appears to be growing worse. In 2007, approximately 9,900 people contacted the county for help seeking a job. In 2008, Fairfax fielded 22,000 of the same calls, even though the end of the year hasn't finished yet, said Fitzgerald.

"They exhaust every other option before turning to a non-profit for help."

— Judy Duncan



Ann Harahan sorts coats for ECHO, Inc., a non-profit organization in Springfield.

Fairfax County's latest unemployment rate grew from 2.3 percent in June 2007 to 3.1 percent in June 2008. This rise equates to 4,671 more residents going without a job in June 2008 than a year earlier.

Fairfax County Public Schools has also seen a 40 percent increase in the number of homeless students, up to 1,270 now from 900 at the same time in 2007.

"This is the highest I have ever seen at this point in the school year and I have been doing this job for eight years," said Kathy Sheffel, the school system's homeless liaison.

MANY LOCAL non-profit organizations said they are seeing a particularly acute need in the areas of emergency food and housing assistance.

"We have just about doubled the amount of food we were giving out a year ago. We started out the fiscal year, which starts July 1, thinking we would probably feed about 4,500 people. We have since revised that estimate to about 8,500," said Cynthia Hull, executive director of United Community Ministries, the largest provider of emergency services in southern Fairfax County.

In the three months, the number of people asking United Community Ministries for help with job training employment has grown 139 percent, with about 50 percent of people using those programs for the first time, said Hull.

"I can't get into my office because there are too many people parked out front and I can't get into the parking lot. It is kind of

To Help

- ❖ United Community Ministries, Mount Vernon, 703-768-7106
- ❖ 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
- ❖ Capital Area Food Bank, Lorton, 703-541-3063
- ❖ 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.

scary," she said.

ECHO Inc., another county non-profit that specializes in emergency services, said their rate of increased requests for services are very similar to the countywide statistics provided by Fairfax officials.

"There is a tremendous increase in demands for food and financial assistance to help pay rent and utilities. ... We helped about 4,000 family members last year and this year we are definitely going to be up. We are going to way up," said executive director Pat Gauthier, whose organization serves people in Springfield, Burke, Fairfax Station and parts of Lorton.

THE DECLINING ECONOMY has become a hot topic recently, but several of the non-profits that provide emergency assistance said they have seen the need for those types of service rise steadily over the past

SEE INCREASED DEMAND. PAGE 7

Target: Teen Drivers

County initiative aims at educating, enforcing laws that govern teens.

BY DEREK B. JOHNSON
THE CONNECTION

Fairfax County Police are teaming up with six high schools in the West Springfield District throughout December and January to educate and enforce a set of underage driving laws. Fairfax County Police spokeswoman Lucy Caldwell said the initiative was part of an outreach attempt to better inform teens of the laws that apply to them when they hit the road.

"We're trying to do a good job of targeting the information to the people who need it," she said.

Assigned resource officers will be visiting class rooms at Woodson, South County, West Springfield, Lake Braddock, Robinson and Annandale high schools to outline three area laws concerning teenage drivers.

A series of state laws passed over the last decade have targeted teen drivers, statistically the highest at-risk group for road fatalities. County police are focusing on three laws that mandate a curfew from the hours of midnight to 4 a.m., prohibit cell phone use and limit the number of passengers in the car. According to Officer J.T. Frey with the department's crime prevention unit, the idea was developed because the county felt many young drivers weren't aware of the laws that applied to them. Issuing tickets and summonses is only part of the solution, he said.

"We want to take away as many distractions as we can for them. [The laws] are out there and we do try to enforce them, but there are too many teens on the road," said Frey.

THROUGH CLASS visits, pamphlets and PA announcements in December, police officials hope to spread awareness about the laws to newly licensed drivers, before shifting the program to warning and enforcement of them.

SEE EDUCATING. PAGE 9

Rams Reunion At RFK

When Wake Forest and Navy met for the EagleBank Bowl at RFK Stadium last Saturday morning, Robinson football coach Mark Bendorf enjoyed a rare treat: watching a few of his former players compete live.

Bendorf's fall weekends generally consist of film study, meetings and the occasional game on TV. But on Saturday morning, he was able to watch Chip Vaughn (Wake Forest), Kevin Campbell (Navy) and Craig Schaefer (Navy) duke it out.

"With the demands of our season, I don't get out to see many games unless guys make it to bowl games," Bendorf said.

Vaughn, who graduated from Robinson in 2004, had 83 tackles his senior year. Schaefer graduated in 2005 and later switched to linebacker at Navy, while Campbell, who graduated a year later, totaled 462 rushing yards and 23 touchdowns at Robinson.

"We're fortunate here at Robinson that most of our players have excelled at the next level," Bendorf said. "That's a real source of pride because it's not an easy transition."

Connolly Hosts Open House

U.S. Rep.-elect. Gerry Connolly (D-11) will have an open house on Tuesday, Jan. 6, from 2-6 p.m. at his new congressional office following his swearing in to the U.S. House of Representatives. The event will take place in room 327 of the Canon House Office building on Capitol Hill and is open to friends and Connolly supporters.

Connolly, who is currently chairman of the Fairfax County Board of Supervisors, intends to resign from his local government position Jan. 2.

Correction:

An article "FCPS May Freeze Employee Pay" incorrectly stated level of funding would trigger superintendent Jack Dale to consider freezing particular cuts, including employee pay, increasing class size, eliminating secretarial and janitorial positions and imposing an unpaid vacation day. Due to increased costs, these measures will be on the table even if the amount of money the school system receives from the county is the same as it was last year, not just if funding is less than last year.

Going Down with the Mail

Museum to recognize Clifton man Oscar Scott Woody's role during Titanic's tragedy.

BY DEREK B. JOHNSON
THE CONNECTION

In Clifton, the Masons at Acacia Lodge No. 16 are proud of all their former members. Perhaps no member is as high profile as Oscar Scott Woody, the postal clerk who by several twists of fate found himself in Southampton, England on April 10, 1912, the day the R.M.S. Titanic set sail.

"We're looking to spread some awareness about him now," said William Baumbach, a member of Acacia Lodge No. 16.

"We admire his steadfastness in trying to live up to the trust that he had assumed when he took charge of the mail," said Joe Jones, master at the lodge.

Acacia members will do their part through their planned Clifton Museum, which will chronicle the history of the lodge, its members and the Town of Clifton. They hope to open the museum sometime next

year after renovations and improvements are made to their building on Main Street. Woody will have his own exhibit, featuring the doomed clerk's story and some of the possessions that were eventually recovered from his body.

HIS STORY is both bizarre and tragic. Born in Roxboro, N.C. in 1868, Woody's postal route caused him to spend most of his days traveling back and forth from Clifton to his Tar Heel State origins. As a result, both the Town of Clifton and Roxboro would come to claim ownership of him and his story.

On April 2, 1912, Woody traveled on assignment to Europe aboard the S.S. Kaiser Wilhelm der Grosse. After arriving in England, he was bounced around jurisdictions

before being told to depart back to New York just eight days later. His port would be Southampton. His ship would be the Titanic.

On April 14, 1912, the night the massive liner met its fate at the hands of an iceberg, Woody was busy delivering mail and most likely thinking of how to spend his birthday. He would officially turn 44 at midnight.

Initially after the ship was hit, Woody and four other postal clerks on the ship were seen running back and forth between the decks, saving the mail. Baumbach did re-

search on Woody for the Clifton museum. He said that the threat of the breach had not been fully realized at that point, and that Woody most likely considered the flooding a minor annoyance.

"My assumption is that [he thought] OK, we're flooding a little bit. We're not going to go down so let's save the mail," said Baumbach.

Jones felt the act added to some of Woody's mystique.

"That's one of the things we really admire about him. Not just that he was associated with the wreck but that if anybody recalled seeing him, he was doing his best to save the mail," he said.

Lynne Garvey-Hodge, Fairfax County History Commissioner for the Springfield District researched Woody for "Clifton," a book that details the history of Clifton in photos and captions, available to the public Jan. 1, 2009. Woody's historical value does not solely lie in his connection to the Titanic.

"He again gives us information about what life was like at that point in time," said Garvey-Hodge, also a Clifton resident.

Postal clerks were well-paid and were considered to be something of an elite crowd around town. Woody's Masonic ties

"My assumption is that [he thought] OK, we're flooding a little bit. We're not going to go down. so let's save the mail."

— William Baumbach,
Acacia Lodge No. 16



COURTESY OF THE ACACIA LODGE

Oscar Scott Woody, Clifton resident and member of the Masonic Acacia Lodge No. 16, was an unlucky postal clerk on the S.S. Titanic.

ran deep, Garvey-Hodge said it functioned as a way to keep most men in town on the straight and narrow.

IN SEARCHING for artifacts related to Woody, Baumbach has been able to track down various possessions of the clerk's, most of them in the possession of Masonic lodges throughout the Washington, D.C. area.

Woody has also become something of a sensation in North Carolina, where Roxboro declared July 12 "Oscar Scott Woody Day" and Gov. Mike Easley declared the same for Nov. 24. He is represented on a U.S. postage stamp and in 2004 the post office in Roxboro was named after him.

Baumbach and Jones want Woody to be recognized in Clifton as much as he is in North Carolina, and hope their upcoming museum furthers that goal. According to Garvey-Hodge, they may have their work cut out for them. When asked if residents knew Woody's story and association with Clifton today, she said: "He probably is not well-known anymore. Maybe among some of the older residents."

CRIME REPORT

Activities reported by the Sully District of the Fairfax County Police Department through Dec. 12.

PETIT LARCENY FROM VEHICLE/ UNLAWFUL ENTRY/ ARREST

14900 block of Carlbern Drive. On Monday, Dec. 8, a 49-year-old Centreville woman discovered around 9:15 p.m. that someone entered her 2003 Dodge Durango and Jeep Wrangler parked in the 14900 block of Carlbern Drive. Several items had been stolen from inside both vehicles. The victim saw a male figure running through her yard but was unsure if he had been inside her cars.

Approximately 20 minutes later, police responded to an assault in the 14700 block of Braddock Road. An investigation led to the arrest of Angel Samayoa Prada, 18, of the 15200 block of Bicentennial Court in Chantilly, and an investigation determined he was allegedly the suspect who stole items from the Dodge and Jeep. Prada was transported to the Fairfax County Adult Detention Center and charged with two counts of petit larceny from a vehicle and three counts of unlawful entry.

LARCENIES

13900 block of Antonia Ford Court. Wallet stolen from vehicle.

6100 block of Barros Drive. Tires stolen from

vehicle
5600 block of Lierman Circle. Camera and jewelry stolen from residence.
4100 block of Meadowland Court. GPS unit stolen from vehicle.
13500 block of Northbourne Drive. Camera stolen from vehicle.
5600 block of Pickwick Road. Watches stolen from business.
Pickwick Road/Wharton Road. UPS packages stolen from residence.
5600 block of Stone Road. Lotion stolen from business.
5600 block of Stone Road. Beer stolen from business.

SEE CRIME REPORT, PAGE 5

NEWS

Alex Reed To Play at Loyola

On Saturday, Dec. 13, South County junior Alex Reed, a midfielder/forward on the girls soccer team, verbally committed to play soccer at Loyola College (Md.) in the fall of 2010.

Reed scored 16 goals and eight assists this past spring for a Stallion team that went 13-2-2, losing to Chantilly in the Northern Region quarterfinals.

"It was starting to get a little bit stressful," said Reed, who also posted two hat tricks this season. "But it feels great to get it out of the way, and I'm so happy with my decision."

Reed had received offers from such Atlantic Coast Conference stalwarts as N.C. State, Virginia Tech and Boston College, as well as Big East powers West Virginia and Louisville among others.

But in the end, Reed chose Loyola, a Division I school located in Baltimore. The Greyhounds finished 10-6-4 last season, 7-0-2 in the Metro Atlantic Athletic Conference.

"I went there and it was beautiful. I loved the coaches, it was the perfect size," said Reed, whose brother is a freshman rugby player at the school. Her grandfather also graduated from Loyola.

"It seemed like the perfect fit for me," Reed added.

CRIME REPORT

FROM PAGE 4

- 5900 block of Trinity Parkway.** Cellular phone stolen from business.
- 14100 block of Willard Road.** Chipping hammer and construction equipment stolen from vehicle.

Activities reported by the West Springfield District of the Fairfax County Police Department through Dec. 12.

LARCENIES

- 6800 block of Brian Michael Court.** Grill, bumper and license plate stolen from vehicle.
- 7900 block of Cluny Court.** License plate stolen from vehicle.
- 9000 block of Daum Court.** GPS unit stolen from vehicle.
- 8200 block of Donset Drive.** Computer, camera, scanner, chop saw and cell phone stolen from vehicle.
- 6200 block of Draco St.** Work tools stolen from vehicle.
- 8300 block of Duck Hawk Way.** Smart Trip Metro card, work bag and iPod stolen from vehicle.
- 9000 block of Golden Sunset Lane.** GPS unit stolen from vehicle.
- 5500 block of Hecate Court.** Cash and cellular phone stolen from residence.
- 5600 block of Herberts Crossing Drive.** Stereo stolen from vehicle.
- 8200 block of Laurel Heights Loop.** GPS unit and phone charger stolen from vehicle.
- 7200 block of Ox Road.** Purse stolen from vehicle.
- 8800 block of Redman St.** Purse stolen from vehicle.

Family & Cosmetic Dentistry

Dr. Gwendolyn Jones & Associates

Rolling Valley Professional Center
9263 Old Keene Mill Rd.
Burke, Virginia 22015
At the intersection of Sydenstricker & Old Keene Mill Rds.

(703) 455-3338

Most Insurances Accepted

DELTA DENTAL **UNITED CONCORDIA**
Insuring America's Dental Health

New Year's Eve Fun Starts at 4 o'clock
14th annual

MADD 5k Red Ribbon Run

Benefiting Mothers Against Drunk Driving Northern Virginia

Put on your running shoes before putting on your party shoes

A Great New Year's Eve Family Event

When: Wednesday, December 31, 2008 at 4:00 PM
Where: George Mason University - Fairfax Campus (Concert Hall) - 4400 University Drive, Fairfax, VA 22030
Park in the Visitor Parking Deck by the pond. Check-in will be in front of the Concert Hall (Bldg. 60 on Mason Pond Drive). Further details will be posted at www.racepacket.com.
What: USATF certified 5k race - course is two clock-wise loops around the Patriot Center
Registration: \$20 on or before Wednesday, December 17th, 2008, \$25 after December 17th and on race day
Packet Pick-up: Tuesday, December 30, 2008 at Metro Run & Walk from 6:00-8:00 PM (7516 Leesburg Pike, Falls Church, VA)
Race Day Registration: GMU Concert Hall, Wednesday, December 31st from 2:30 to 3:30 PM
(& Packet Pick-up)

Register online at www.racepacket.com

For info, see www.maddnova.org
or 703-379-1135

Sponsor
THE CONNECTION
NEWSPAPERS

Clifton
Wine Cellars
703.266.WINE

Great Selection of Wines
& Gourmet Foods

7145 Main Street
Clifton, VA 20124

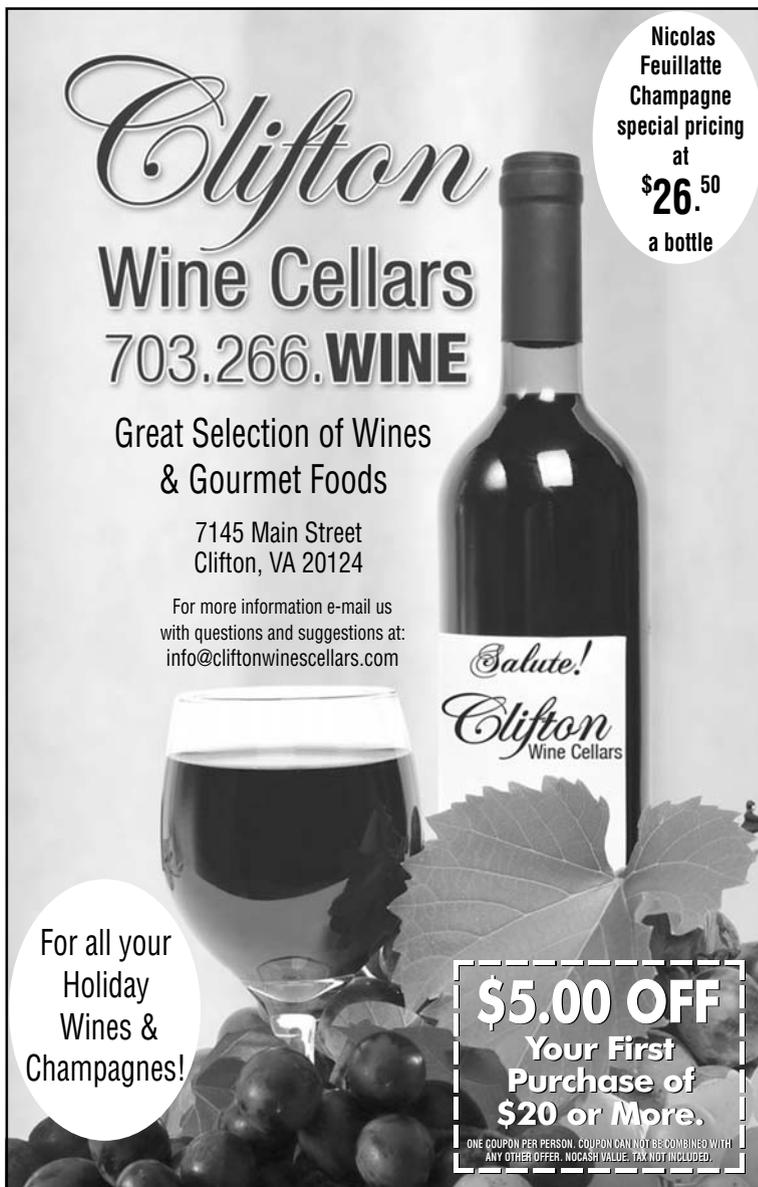
For more information e-mail us
with questions and suggestions at:
info@cliftonwinescellars.com

For all your
Holiday
Wines &
Champagnes!

\$5.00 OFF
Your First
Purchase of
\$20 or More.

ONE COUPON PER PERSON. COUPON CAN NOT BE COMBINED WITH ANY OTHER OFFER. NO CASH VALUE. TAX NOT INCLUDED.

Nicolas
Feuillatte
Champagne
special pricing
at
\$26.⁵⁰
a bottle



SALE

50% Off

All Holiday DECORATIVE ITEMS
DECEMBER 26 - 31

STEP OUT IN STYLE
with SIGNIFICANT SAVINGS ON SELECTED
OUTFITS, SEPARATES AND ACCESSORIES
THROUGHOUT THE STORE

WATCH FOR OUR PRE-INVENTORY SALE
JANUARY 2 - 10

BEST WISHES FOR A VERY
HAPPY NEW YEAR FROM ALL OF US
OPEN NEW YEARS EVE 10 - 4
CLOSED NEW YEARS DAY

Judy Ryan

O F F A I R F A X
Twinbrooke Centre • 9565 Braddock Rd.
Open 7 Days • (703) 425-1855

Warmer Beach Waters Worth the Drive

Explore golf passion at more than 100 courses



Drive a couple hours south of the Outer Banks and discover ocean breezes and soothing golf for months longer at quiet, quaint Sunset Beach, NC, located just across the state line and 30 minutes' drive time from the airport in busy Myrtle Beach, SC. Furnished 3 or 4 bdrm, 2 bath, \$525,000. Newly remodeled, bright and airy single family, beach island home on a secluded area of the island surrounded by views of the canal, marsh and ocean inlet. Sit on one of the newly built front porches (1 screened) and capture a gorgeous sunrise with your morning coffee or unwind with friends in the evening on the back deck and experience stunning sunset views.

Whether looking for an investment property with excellent rental history, a vacation home on an unique island, or a little bit of both, this is the house for you.

Call Carly or David, 336-282-1870

OPINION

Happy Holidays

Much cause for optimism, but also many reasons to help others.

We wish our readers a Merry Christmas, a Happy Hanukah, and an exciting New Year. There is much to fuel optimism here, despite the drumbeat of dismal economic news.

While Northern Virginia is certainly feeling some of the effects of the economic crisis, this is probably the best place in the nation to weather the storm. Employment is strong here, with unemployment still below 4 percent.

This region's economy will get a boost from the January change in administration. Events and visitors for the inauguration itself will bring an infusion, the movement of officials in and out of the region will create economic activity.

And the sheer optimism and enthusiasm for change, and for this particular change, will lift spirits and boats.

Close-in real estate, inside the Beltway, is holding its value. At the bottom end of the real estate spectrum, some condos, townhouses and even some single family detached homes have reached levels of affordability not seen in many moons, and that should bring out first-time home buyers. When first time homebuyers enter the market, this can kick off a kind of

domino effect, allowing owners of the houses they buy to move up.

At the same time, we'll all feel the effects of budget cuts in local government, from reduced library hours and other services to the possibility of larger class sizes. There are many more families in Northern Virginia feeling the pain of the recession, with thousands of foreclosures and, while unemployment is low, the loss of some jobs.

This has dramatically increased demand on groups that provide emergency help for food, housing, utilities and more.

EDITORIALS

EVEN GROUPS that help animals are seeing a huge surge in trouble. Some owners are giving up beloved pets when they face foreclosure, while others say they can no longer afford to feed their pets. The Humane Society of Fairfax County, for example, has started a PET food pantry to help people keep their pets.

Enjoy the holidays, and remember to give locally.

For a list of local charities in need, see "Give Locally," <http://connectionnewspapers.com/article.asp?article=322554&paper=68&cat=110>

January = Fun

This is the last "regular" edition of the Connection for 2008. The edition that will be delivered after Christmas is our annual Children's Connection, featuring the writing and art of area students.

Our first publication date in January will appear on Jan. 7, kicking off a four-part series on fun, with more than 100 ideas for fun local activities in each of our 17 weekly papers. This will no doubt add up to more than 1,101 ways to have fun near home. We'll include tips on free fun, outdoor fun, indoor fun, arts, music, theater, fun at home, food fun and more.

If you have an idea that you think we should include, please let us know.

The Jan. 7 issue will also be our chance to catch up on news and events that happen between Dec. 18 and the beginning of the New Year.

In the meantime, we encourage you to check our Web site to read hundreds of stories from Northern Virginia. See www.ConnectionNewspapers.com.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Resolve To Be a Better Consumer

Use common sense in the new year to save and protect your money.

BY EDWARD JOHNSON
BETTER BUSINESS BUREAU

The celebration is over and the confetti has been cleared. It is time to make good on those resolutions you made to bring in the New Year. Chances are your resolve is to eat better, exercise more, lose weight and cut back on unhealthy habits. Chances are that some of your new resolutions are the same old ones from last year. Indeed, promises are little more than wishful thinking if you do not act on your good intentions.

Whatever your personal goals are for the New Year, the Better Business Bureau (BBB) encourages you to add one more resolution to your list: Be a better consumer. In light of the tough economic times we are in, it is all the more important that consumers seek ways to eliminate risk in their life and make sound buying decisions. In doing so, be alert to scam artists. They will try to tap into your desire to improve your lot in life. The BBB anticipates an increase in fraudulent loan offers, work-at-home promotions, "miracle" weight loss schemes, false lottery notices and other tempting solicitations.

One of the most important New Year's resolutions consumers can make would be to contact the BBB before responding to any enticing, too-good-to-be-true promotion and before

making a major purchasing or investment decision. The BBB system serves markets throughout the United States, Puerto Rico and Canada, and is the marketplace leader in advancing trust between businesses and consumers. The Web site (www.mybbb.org) offers a world of information.

COMMENTARY

You can obtain objective reports on more than two million businesses, consumer scam alerts, complaint filing services and tips on a wide variety of topics that help consumers make wise purchasing decisions.

In addition to checking with the BBB, consumers are advised to keep the following **NEW YEAR** resolutions in mind for 2009:

Never succumb to the hard sell, "one day only" offer. Resolve to avoid sales or investment pitches demanding you "act now" or lose the opportunity forever — think things through, talk to family and friends and check with the BBB for information.

Everything should be in writing. Always make sure contract provisions match what the salesperson or advertisement said. Before you sign, read and understand every provision in the contract.

With a plan, comes action. If your household operates without a budget, you may be just one paycheck away from a financial crisis.

Resolve to establish and adhere to a budget that provides the means to deal with unexpected expenses, while enabling you to decrease debt and increase savings.

You haven't won anything. Sweepstakes and lottery scams abound. Resolve to never send money to collect prizes — legitimate sweepstakes and lotteries do not require winners to pay money to claim awards. Be leery if you receive a check, are told to deposit the "winings" and instructed to forward money to pay taxes or other fees. It's pie in the sky, don't bite.

Easy money is never easy. Resolve to resist work-at-home promotions from unknown companies promising big bucks. Be similarly suspicious of ads from lenders "guaranteeing" a loan regardless of your income, credit history or financial situation. Advance fee loan and work-at-home offers invariably ask for money "up front" and deliver little, if any, value in return.

Always deal with reliable merchants. Resolve to always ensure a business has a permanent address and phone number, check customer references and contact the BBB about the company's marketplace record.

Resolve to safeguard your personal information. Don't give out your credit card, bank account, driver's license or Social Security numbers to anyone you don't know, no matter how tempting the offer.

Edward Johnson is president and CEO of the Better Business Bureau serving the metro Washington, D.C. region.

THE CONNECTION

www.ConnectionNewspapers.com

Newspaper of Fairfax Station, Laurel Hill & Clifton
An independent, locally owned weekly newspaper delivered to homes and businesses.

7913 Westpark Drive
McLean, Virginia 22102

NEWS DEPARTMENT:
To discuss ideas and concerns,
Call: 703-917-6444
Fax: 703-917-0991
e-mail:

burke@connectionnewspapers.com

Michael O'Connell
Editor / 703-917-6440

Derek B. Johnson
Community Reporter, 703-917-6458
djohnson@connectionnewspapers.com

Paula Friedrich
Assistant Editor / 703-917-6459

Julia O'Donoghue
Education & Politics, 703-917-6433
jodonoghue@connectionnewspapers.com

Ken Moore
Courts & Projects, 703-917-6417
kmoore@connectionnewspapers.com

Jason Mackey
Sports Editor, 703-917-6438
jmackey@connectionnewspapers.com

ADVERTISING:
To place an advertisement, call the ad department between 9 a.m. and 5 p.m., Monday - Friday.

Display ads 703-821-5050
Classified ads 703-917-6400
Employment ads 703-917-6464

Steve Hogan
Display Advertising
703-917-6463

Tammy Johnson
Display Advertising
703-917-6478

Andrea Smith
Classified Advertising, 703-917-6401
classified@connectionnewspapers.com

Barbara Parkinson
Employment Advertising
703-917-6418
classified@connectionnewspapers.com

Editor & Publisher
Mary Kimm
703-917-6416
mkimm@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editors
Steve Hibbard, Michael O'Connell,
Kamal Kurspahic

Photography:
Robbie Hammer, Louise Krafft,
Craig Sterbutzel

Art/Design:
Zohra Aslami, Geovani Flores,
Laurence Foong, John Heinly,
John Smith, Stu Moll,
Wayne Shipp

Production Manager:
Jean Card

CIRCULATION: 703-917-6481
Circulation Manager:
Ann Oliver

CONNECTION NEWSPAPERS, L.L.C.
Peter Labovitz
President/CEO
Mary Kimm
Publisher/Chief Operating Officer
703-917-6416
mkimm@connectionnewspapers.com

Jerry Vernon
Executive Vice President
703-917-6404
jvernon@connectionnewspapers.com

Wesley DeBrosse
Controller
Debbie Funk
National Sales
703-518-4631
debfunk@connectionnewspapers.com

John Lovaas
Special Assistant for Operations

Increased Demand

FROM PAGE 3

few years.

"I know the economic downturn has broken into the headlines in the past six months. But over the past several years, we have been seeing an increase in need. ... We have been noticing trend in that direction for quite some time," said Amy McDowell, events and communications manager for Reston Interfaith, a non-profit social services organization mostly serving northern Fairfax County.

McDowell and others did acknowledge that a sharp increase occurred in requests for emergency services over the past six months to two years. Some said that over the past three months, the situation appeared to have gotten significantly worse.

"[The upturn in emergency services] has been going on a good 18 months to two years but there has probably been an increase since mid-summer," said Gauthier.

LIKE RESTON-HERNDON FISH, many non-profits said most of the surge in demand for assistance is coming from new people who have not needed help in the past.

"We are seeing people we have never seen before. There is a group of people coming that have lived independently always. People who were always able to make ends meet. Barely perhaps, but they did. Now, those people are losing employment or can't do it anymore because their expenses are higher," said Hull.

"It is agonizing for many of callers that ask for help."

— Judy Duncan

"There is a definite increase in people seeking services due to unemployment and several instances of people who used to donate to us now coming to us to seek emergency services, which is alarming," said McDowell.

For people who have never had to turn to a non-profit organization for help, making that first call for assistance can be difficult, said Duncan.

"It is agonizing for many of callers that ask for help. Generally, what brings them to the organization is their children. They have no light, no heat and absolutely nothing for Thanksgiving or Christmas. Many mothers are crying. They wait until the very end. They exhaust every other option before turning to a non-profit for help," she said.

The times could prove to be financially difficult for non-profits as well as their clients. Most of the organizations see a boost in individual giving during the holidays but many are worried what will happen in the new year and how they are going to meet increased demands on a limited budget.

"At this point, it is difficult to say what the future impact is going to be. Clearly, we are looking at a long economic downturn and we will need to work much harder to meet the increasing needs of the community. The concern is that if we see a drop off in our financial resources, we will need to scale back our programming," said McDowell.

Several local social service agencies, including United Community Ministries and Reston Interfaith, are already facing a financial hit due to Freddie Mac and Fannie Mae's recent troubles. It is unclear what will happen to the two mortgage companies foundations and charitable giving now that they have been taken over by the federal government.

"We are really affected by the fact that Freddie Mac is not giving out its grants. Everyone is kind of waiting with bated breath to see what Freddie is going to do. They just don't know what to tell us, but I have to be skeptical at this point," said Hull, who said her organization received a \$50,000 grant directly from Freddie Mac in 2008 and had initially hoped to get more money for programs related to housing in 2009.

"I have a feeling that the funding will be worse next year than it is this year. A lot of foundations have their money in the stock market and who knows what is going to happen with that," she added.

Freddie Mac is one of a handful of Reston Interfaith's "strategic partners" and the non-profit received at least \$600,000 from the company this year. Fannie Mae contributed at least \$70,000 through a single event called "Hoops for the Homeless," said McDowell.

"At this point, we are in a bit of a holding pattern. We are on what [Freddie and Fannie's] role are going to be in the future and how the government take over is going to affect their charitable giving," she said.

How would you like state of the art LASER dentistry without drills or needles?

What would you say if you could have your fillings placed painlessly without drills or needles, with laser precision and comfort? You'd probably say, "Where do I sign up?" Well, now you can with a revolutionary new laser we call the Water Laser. You may have seen it on TV lately.

This new Waterlase® is a breakthrough in comfortable dentistry. The laser sprays a computer-controlled spray of air, water and laser energy at the decay in the tooth. The laser energy is absorbed by the water and the energized microscopic water droplets are what actually remove the tooth decay. Rarely is a shot necessary to numb the patient. Since no heat is generated from the laser the Waterlase® is very safe to use on everyone.

What are the benefits of Waterlase® dentistry?

■ Patient Comfort

Heat, vibration and pressure are the primary causes of pain associated with the use of the traditional dental drill. Since cutting both hard and soft tissues (teeth and gums) with the Waterlase® does not generate heat, vibration or pressure, many dental procedures can be performed with fewer shots, less need for anesthesia, less use of the drill and fewer numb lips!

The Waterlase® allows us to prepare teeth with less trauma which results in significantly less tooth sensitivity after new fillings.

Additionally, using the Waterlase® for gum procedures reduces bleeding, post-operative pain, swelling and the need for pain medication in many cases. That means a new level of comfort and satisfaction for your entire family.

■ Sterilization

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.

■ Great for Teenagers

The Waterlase® is especially great for teenagers. Sure, if the dentist is very good, shots should not really be painful. But **KNOWING** you're getting a shot is psychologically painful even if you can't feel the needle--especially for teenagers. By not getting a shot, not feeling the vibration of the drill, and by not hearing the loud drill, kids never become **afraid of the dentist**, so they don't grow up to be adults afraid of the dentist.

By incorporating laser technology into our dental practice, we are changing dentistry. It is no longer yesterday's world of painful shots, large silver mercury fillings, and fearful patients. Lasers have improved the lives of patients and their dentists.

Technology is something that makes life better. Better in this case is better clinical results, improved patient comfort, less use of anesthesia and antibiotics.

We are proud to be one of the first dentists in Fairfax County to offer this revolutionary technology. Since August 2003, Dr. Fox has completed over 3,000 laser fillings with no needle/no pain/no numbness. If you've been putting off going to the dentist because you were nervous about the drill and needle, you don't have to put it off any longer!

For more information about our dental practice please visit our website at

www.larryfoxdds.com



LAWRENCE T. FOX, DDS

5200 Lyngate Court

Burke, Virginia 22015

703-978-5253

Office Hours: Mon. - Thurs. 7 am - 4 pm

New Patients and Emergencies Welcome

All types of general dentistry done at our office.

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

FRIDAY/DEC. 26

Don Cobert. 8:30 p.m. Kate's Irish Pub, 6131 Backlick Road Springfield. 703-866-0860 or katesirishpub.com.

SATURDAY/DEC. 27

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.

Don Cobert. 8:30 p.m. Kate's Irish Pub, 6131 Backlick Road Springfield. 703-866-0860 or katesirishpub.com.

SUNDAY/DEC. 28

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.

Karaoke. 8 p.m. Kate's Irish Pub, 6131 Backlick Road Springfield. 703-866-0860 or katesirishpub.com.

MONDAY/DEC. 29

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 theater and puppetry. 703/818-0926 or www.fxplayers.org.

Open Mic. 8 p.m. Kate's Irish Pub, 6131 Backlick Road Springfield. 703-866-0860 or katesirishpub.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.

WEDNESDAY/DEC. 31

Exercise Classes at the Workhouse Arts Center, 9601 Ox Road, Lorton. Pilates at 9 a.m. and

Yoga at 9:45 a.m. Free. Lesley Spalding, 703-584-2965 or lesleyspalding@lortonarts.org.

THURSDAY/JAN. 1

Exercise Classes at the Workhouse Arts Center, 9601 Ox Road, Lorton. Balletone at 10:30 a.m. and Yoga at 11:15 a.m. Free. Lesley Spalding, 703-584-2965 or lesleyspalding@lortonarts.org.

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. The George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. 703-993-3000 or www.patriotcenter.com. Visit www.jeffdunham.com.

Johnny 3 Legs, Frayz, John Cerda, BLVD and more. 8:30 p.m. Tickets \$10 in advance, \$15 day of show. Jaxx Night Club, 6355 Rolling Road, Springfield. 703-569-5940 or jaxxroxx.com.

Terry Lee Ryan. 8:30 p.m. Kate's Irish Pub, 6131 Backlick Road Springfield. 703-866-0860 or katesirishpub.com.

Exercise Class at the Workhouse Arts Center, 9601 Ox Road, Lorton. Yoga at 9 a.m. Free. Lesley Spalding, 703-584-2965 or lesleyspalding@lortonarts.org.

SATURDAY/JAN. 3

Concert for Cancer Awareness, hosted by D-Rock with Members of the Monster Madness TV Show. Roadducks, Not-Liable, Sordid, Bitter, Dirtydaws, Punk Rodgers, G19, Unskilled Professionals, Engulfed in Flames, Bucket and Undisputed. 2 p.m. \$10 in advance, \$15 at the door. Jaxx Night Club, 6355 Rolling Road, Springfield. jaxxroxx.com.

Terry Lee Ryan. 8:30 p.m. Kate's Irish Pub, 6131 Backlick Road Springfield. 703-866-0860 or katesirishpub.com.

Exercise Classes at the Workhouse Arts Center, 9601 Ox Road, Lorton. Pilates at 9 a.m. and Yoga at 9:45 a.m. Free. Lesley Spalding, 703-584-2965 or lesleyspalding@lortonarts.org.

SUNDAY/JAN. 4

Karaoke. 8 p.m. Kate's Irish Pub, 6131 Backlick Road Springfield. 703-866-0860 or katesirishpub.com.

MONDAY/JAN. 5

Open Mic Night. 8 p.m. Kate's Irish Pub, 6131 Backlick Road Springfield. 703-866-0860 or katesirishpub.com.

Pohick Rangers Jr., 3-5 p.m. For 6-8 year olds at Hidden Pond Nature Center, 8510 Greeley Blvd., Springfield. \$75 for six sessions. 703-451-9588.

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. Enjoy fun, food and great book discussions. Age 12-18. Burke Centre Library, 5935 Freds Oak Road, Burke. 703-249-1520.

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

WEDNESDAY/JAN. 7

Rotting Christ with Mantic Ritual, Epicurean, Apothys, The Red Horse of War and more. 7 p.m. \$22 in advance, \$25 at the door. Jaxx Night Club, 6355 Rolling Road, Springfield. 703-569-5940 or jaxxroxx.com.

Practice Your English Conversation Group, 10:15 a.m. and 7:30 p.m. Adults. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. 703-339-4610.

Girls Night Out book group, 7 p.m. Call for title. Age 12-15 with adult. John Marshall Library, 6209 Rose Hill Drive, Alexandria. 703-971-0010.

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

THURSDAY/JAN. 8

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.

Daytime Book Discussion Group, 12:15 p.m. "Babbitt" by Sinclair Lewis. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. 703-339-4610. Adults.

Don Cobert. 8 p.m. Kate's Irish Pub, 6131 Backlick Road Springfield. 703-866-0860 or katesirishpub.com.



Jeff Dunham brings the 'Spark of Insanity' tour with ventriloquism and character puppets to the George Mason University Patriot Center, Friday, Jan. 2.

FRIDAY/JAN. 9

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

Localpalooza, Violet Says 5, Noo Shots for Ben, Pain! and more. 6:15 p.m. Tickets \$10 in advance, \$12 day of show Jaxx Night Club, 6355 Rolling Road, Springfield. 703-569-5940 or jaxxroxx.com.

Don Cobert. 8:30 p.m. Kate's Irish Pub, 6131 Backlick Road Springfield. 703-866-0860 or katesirishpub.com.

SATURDAY/JAN. 10

Friends Book Sale, 10 a.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. 703-339-4610.

Flu Vaccinations, 12 p.m. Shots \$25 or Medicare Part B; must be 18 or older. Call Inova for details at 703-698-2424. Adults. Lorton Library, 9520 Richmond Highway, Lorton. 703-339-7385.

Tales To Take Hold Of, 2 p.m. Juggling and folk tales from around the world with juggling storyteller Renee Brachfeld. John Marshall Library, 6209 Rose Hill Drive, Alexandria. 703-971-0010.

Don Cobert. 8:30 p.m. Kate's Irish Pub, 6131 Backlick Road Springfield. 703-866-0860 or katesirishpub.com.

Birding for Beginners, 8-10:30 a.m. at Huntley Meadows Park & Visitor Center, 3701 Lockheed Blvd., Alexandria. Reservations required. \$6 per person. 703-768-2525.

Landscape Design for Homeowners, 9:30-11 a.m. at Green Spring Gardens, 4603 Green Spring Road, Alexandria. \$160 workshop fee includes three lectures and workshops. 703-642-5173.

SUNDAY/JAN. 11

Karaoke. 8 p.m. Kate's Irish Pub, 6131 Backlick Road Springfield. 703-866-

0860 or katesirishpub.com.
Vegan Cooking Class: Soups and Stews. 10 a.m.-1 p.m. at 9302 Hallston Court, Fairfax Station. \$50 per person. Includes food samples and recipes. Pre-registration required. 703-643-2713 or www.localdc.com/cooking.

Livable Landscapes, 1:30-3 p.m. at Green Spring Gardens, 4603 Green Spring Road, Alexandria. \$20. Strategies for creating private gardens and shared landscapes. Book signing with Rick Darke, author of "The Encyclopedia of Grasses for Livable Landscapes," follows the lecture. 703-642-5173.

MONDAY/JAN. 12

Happy Birthday, Princess Priscilla, 10:30 a.m. Celebrate the branch teddy bear's birthday with stories and songs. Age 24-35 months with adult. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. 703-339-4610.

Winter Crafts, 3:30 p.m. It's time to make a winter craft. Age 6-12. John Marshall Library, 6209 Rose Hill Drive, Alexandria. 703-971-0010.

Open Mic Night. 8 p.m. Kate's Irish Pub, 6131 Backlick Road Springfield. 703-866-0860 or katesirishpub.com.

Pohick Rangers, 3-5 p.m. at Hidden Pond Nature Center, 8510 Greeley Blvd., Springfield. Seven sessions for age 9-12 on animal evidence, freshwater ecosystems, nocturnal wildlife, geology and more. Reservations required. \$90 per child. 703-451-9588.

TUESDAY/JAN. 13

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

Teen Game Night, 7 p.m. Play games and have fun at the library. Age 12-18. Burke Centre Library, 5935 Freds Oak Road, Burke. 703-249-1520.

'Ringing in the New Year' is an exhibit of watercolors by Lorrie Herman of Chantilly, and baskets by Barbara Weber of Arlington, running from Jan. 6-Feb. 2 at The Artists' Undertaking Gallery, 309 Mill St., Occoquan. The gallery is open 11 a.m.-5 p.m. daily. 703-494-0584.



Educating Teen Drivers

FROM PAGE 3

Frey said many students were not up-to-date on the rules that apply to them.

"Lots of people have to know them to take their test, but lots of teens don't know those laws exist after they get their license," he said.

Throughout the month of January, the department plans to test out the results of the education program at each of the six participating schools.

"Officers will be positioned at different spots around the schools to look for these or other violations," said Frey. "We're going to initiate a stop and give [students] a warning. Eventually, we're going to start issuing traffic summonses."

According to the U.S. Center for Disease Control, car crashes are the leading cause of death for teen-

"We're trying to do a good job of targeting the information to the people who need it."

— Lucy Caldwell, FCPD

agers in the United States, responsible for 36 percent of fatalities within the 16-19 age group. According to Partners for Safe Free Driving, an advocacy group for safer teenage driving, incidents of teen distraction were responsible for 15 percent of teen driving fatalities in 2003.

Caldwell said police were hopeful that the timing of the initiative, before and after the winter holiday season, would cast a wider than usual net.

BULLETIN BOARD

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

TUESDAY/DEC. 30

Town of Clifton Planning Commission Meeting, 7:30 p.m. at the Clifton Town Hall. 703-923-3500.

WEDNESDAY/JAN. 7

Community Revitalization and Reinvestment Advisory Group, 3 p.m. at the Fairfax County Government Center, Board Conference Room, 12000 Government Center Parkway, Fairfax. 703-246-6504, TTY 711, FAX 703-273-2294.

Community Revitalization and Reinvestment Advisory Group, 3 p.m. at the Fairfax County Government Center, Board

Conference Room, 12000 Government Center Parkway, Fairfax. 703-246-6504.

THURSDAY/JAN. 8

Affordable Dwelling Unit Advisory Board, 4 p.m. at the Department of Housing and Community Development Main Offices, HCD Center, 3700 Pender Drive, Fairfax. 703-246-5164, TTY 703-385-3578.

SUPER SERVICE CENTER

ALL MAKES & MODELS

OPEN SUNDAYS

Tires/Batteries & Alignments **\$19.95** ~~\$84.99~~

Oil Change
4 cyl. only

Winterization Special
Coupon Expires 12/31/08

VA Emissions & Inspections

10% Off Service Repairs
except oil, filter & coupons

Mon-Fri 7-5 • Saturday 8-4 • Sun 10-4

6571 Backlick Rd., • 703-451-2381

THIS IS "AMBER"

She is a Himalayan. Her D.O.B. is 10/1/97. Amber was rescued from an animal shelter where she had only days to live. She is a real beauty and a special little lady. She is declawed on all four feet and is spayed. She needs someone to take her to her forever home to be loved.



HUMANE SOCIETY OF FAIRFAX COUNTY

Hours: Monday-Friday 10-4 and Saturdays 10-3.

4057 Chain Bridge Rd., Fairfax, VA 22030 • 703-385-7387

Season's Greetings
from
Fireside Grill

9000 Lorton Station Blvd.
Lorton, Virginia 22079
(703) 372-1923
www.firesidegrillVA.com

"Surprising Suburban Sophistication"
Washington Post

New Year's Eve Menu
Five Course Dinner \$39 per person
Live Music 8:30PM-12PM
Reservations Recommended
A la Carte Menu Available

"Top quality at reasonable cost"
Potomac News

Presented by the Northern Virginia Regional Park Authority

BULL RUN

Festival of Lights

A Festival of Lights from the comfort of your car!

November 26 to January 4

Admission per car:
Monday to Thursday: \$15
Friday, Saturday, Sunday: \$20

\$3 off

weekday admission price. Coupon good Monday through Friday, excluding holidays. Holidays include Dec. 24, 25, 31 & Jan. 1. Offer valid for 2008 season. Coupon good for one car only, cannot be combined with other offers.

Bull Run Regional Park
7700 Bull Run Drive, Centreville

www.nvrpa.org

Athletic Cuts Get Poor Reception

With indoor track and girls gymnastics on chopping block, FCPS could save \$471K.

BY JASON MACKEY
THE CONNECTION

Dan Hayden knows that he's the exception, not the rule. With a daughter that's an accomplished club gymnast who also competes at Herndon High School, Hayden spends between \$400 and \$500 every month and shells out as much as \$5,000 for a five-week camp over the summer for her to compete at a local gymnastics club.

The money is worth it to Hayden because gymnastics has become something Maria Hayden, a junior at Herndon, enjoys. She'd have to. She spends 17 to 18 hours a week doing it.

And then there's her high-school career. "High-school gymnastics allows girls that don't compete in club to compete," Dan Hayden said. "High-school gymnastics gives them the opportunity to stay in gymnastics, but not commit their whole life to it."

At a Fairfax County Board of Supervisors meeting midway through November, Schools Superintendent Jack D. Dale unveiled three proposals that included cuts to sports as part of closing a \$180 million budget shortfall for the school district.

In all three options, girls gymnastics would be cut from the 2010 budget, while indoor track and field was nixed in the most severe case.

"Systemwide we have to make significant cuts," said Bill Curran, Fairfax County director of student activities. "It's one of those situations where you hope for the best and prepare for the worst."

Curran cited the availability of gymnastics at the club level and its declining level of participation as a high-school sport as the two overriding factors. Girls gymnastics is currently the county's smallest sport, with approximately 125 female-athletes total.

But parents and coaches say the sport is growing and it has many benefits for the girls who participate.

"Lake Braddock had the most girls try out this year in 10 years and had cuts for the very first time," said Janelyn Price, whose daughter is a freshman on the girls gymnastics team at Lake Braddock. "I'm very disappointed that Fairfax County is considering something like this."

"Being a gymnast, you learn a lot about hard work, dedication and there's a little bit of perfectionist that's thrown in there," said Angela Peterson, Oakton girls gymnastics coach. "You really understand the work that it takes to achieve at a certain level."

But the hottest point of contention among parents and those associated with the sport is that club gymnastics is very different than high-school gymnastics.

The cost is one difference, with the cost of club competition soaring beyond what many or most families can pay. At the club level, the emphasis is on the individual, too.

"On a club team you're more competing for yourself," said Olympian Justin Spring, who graduated from Lake Braddock and won the all-around national championship as a senior. Boys gymnastics was eliminated as a sport the following year.

"When you're competing for your school against other schools, you start to build that team identity," said Spring, who was a member of the U.S. men's gymnastics team that won a bronze medal in the Beijing Olympics this past summer. "I think that's really crucial because gymnastics is a team sport, despite how a lot of people see it."

It's not realistic to think that club competition will be a viable alternative if girls gymnastics is eliminated as a high-school sport, coaches point out.

"I've got 16 girls and not one of them competes at the club level," said Becky Slaight, South Lakes coach. "It's hard because

they can't just walk into a club at their age and compete. They can play around and take a class, but they can't compete."

Indoor track and field is the only sport that is offered multiple seasons, with cross country in the fall and an outdoor season in the spring.

"The reason that the athletic department came up with indoor track [as a proposed cut] is because the school system will continue to support outdoor track in the spring," said Dale, the schools superintendent. "So the opportunity to support the sport will still be available."

But more than 2,700 students participated in indoor track and field last winter, which is the third highest number among sports in Fairfax County. Some participants might want to keep occupied between cross country season and outdoor track and field and others might want to improve their quickness for football or lacrosse.

For some students who play other sports in the spring and fall, indoor track and field provides a shot at trying something new that would not have been possible if not for the winter indoor season.

As a freshman at Westfield High School, Karen Woolley couldn't wait for the spring soccer season to start.

But after a meeting with Westfield's girls

less frequently.

Shortly after the cuts were proposed, Chantilly cross country and track and field coach Matt Gilchrist joined five others in starting a Facebook group to rally support.

As of Wednesday evening, 3,033 members had joined the group titled "Save Fairfax Indoor Track" and 1,978 had signed a petition addressed to Curran, Dale and



A pack of runners takes off during the Northern Region indoor track and field championships at the George Mason Field House last winter.

FILE PHOTO

soccer coach, who convinced Woolley that she should run indoor track and field to improve her conditioning, soccer lasted only one more season. Woolley was hooked.

Now, she's a heptathlete at Dartmouth.

"We know that Fairfax County needs to tighten its budget. That's a foregone conclusion," said Dan Woolley, Karen's father and President of Friends of Indoor Track (FIT). "The reality is that the wholesale elimination of a sport is not a viable alternative, nor do we think it's a well thought-out decision."

Others, like Edison parent Julie Homes, said that indoor track and field gave her son, Teddy, who's a sophomore at the school, a sense of confidence and a narrowed focus.

For West Springfield parent Debbie Tobin, indoor track and field gave her son, Steven, something to do between cross country and outdoor track and field.

Steven Tobin has Attention Deficit Disorder and chronic migraines. When he began running track and field, the ADD became easier to control and the migraines occurred

the Board of Supervisors.

"We've got a grassroots campaign that's building and we know that we don't have a lot of time, but I feel like we're started in the right direction," Gilchrist said.

But is it enough?

County officials originally projected the county budget shortfall for the next fiscal year at \$450 million, but it has now ballooned to more than \$600 million and could continue to grow. The proposed cuts in these two sports are merely a drop in the bucket, saving only 2.6 percent of the school district's shortfall.

The School Board will have a budget hearing Thursday, Jan. 21, at 6 p.m., at Jackson Middle School. School Board

members are also invited to the FIT (Friends of Indoor Track) Invitational at the Prince George's Sports and Learning Center Dec. 29.

Connection staff writers Julia O'Donoghue and Mark Giannotto contributed to this report.

By the Numbers

Girls Gymnastics:
\$221,000

Indoor Track and Field:
\$250,000

Total Saved, if cut:
\$471,000

FCPS' estimated shortfall:
\$180 million

FAITH

Arabic Bible Baptist Church is located at 5424 Ox Road in Fairfax Station. Pastor: Tony Ghareeb. Call 703-273-5599 or e-mail 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. 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. 703-817-1770 or www.st-andrew.org.

A casual worship service with a praise band is at 9:45 a.m. at Sydenstricker United Methodist Church, 8508 Hooes Road in Springfield. www.sumcdisciples.org or 703-451-8223.

The Immanuel Bible Church MOPS group meets every Monday 7-9 p.m., at Immanuel Bible Church, 6911 Braddock Road, Springfield. MOPS is a group for pregnant or parenting mothers of children from infancy to kindergarten. 703-922-4295 or www.MOPS.org.

Congregation Adat Reyim offers services Friday at 8 p.m., Saturday at 9:30 a.m. and Wednesday at 7:40 p.m. Hebrew school is available on Sunday at 9 a.m. and Sunday and Mondays at 5:30 p.m. Preschool is Monday-Friday at 9:30 a.m. Located at 6500 Westbury Oaks Court in Springfield. 703-569-7577 or www.adatreym.org.

HEALTH NOTES

Healthy Heart Pass at South Run RECenter, on sale Jan. 1-Feb. 14. Passes include membership at nine RECenters, use of fitness facilities and equipment, use of pool, spa and sauna, free XYO classes and Fitlinx Computer Systems. 7550 Reservation Drive, Springfield. 703-866-0566

The Clifton Presbyterian Church has a Caregiver Support Group that meets the second and fourth Thursday of each month at 6:30 p.m. at the church, 12748 Richards Lane, Clifton. This group is for caregivers of seniors with Alzheimer's, dementia, and other age-related problems. 703-830-9175 ext. 17.

Body & Soul Fitness classes are cardio and strength training sessions set to contemporary Christian music. Mondays and Fridays from 9-10:15 a.m. at Prince of Peace Lutheran Church, 8304 Old Keene Mill Road, Springfield. 703-372-2332 or salbanese@cox.net.

Registration for weekday and weekend **Lamaze childbirth** classes in Springfield is available at www.lamaze-dc.com or by calling 703-549-2226.

Body and Soul aerobics and strength training classes meet every Monday, Wednesday and Friday, from 9-10:30 a.m., at Burke Community Church, 9990 Old Keene Mill Road. Body and Soul is a complete cardiovascular and strength workout to contemporary Christian music. 703-372-2332.

The Leukemia & Lymphoma Society 'First Connection' program, which matches patients newly diagnosed with leukemia, lymphoma, myeloma or another blood-related cancer with cancer survivors of a similar illness. 703-960-1100, ext. 231.

WWW.CONNECTIONNEWSPAPERS.COM

MASON NATION
2006 NCAA Final 4

GEORGE MASON VS. UNC WILMINGTON
Saturday, Jan. 3 at 7 pm
Kid's Day - Sponsored by Minnieland Private Day School. First 1,000 youth fans receive a team bracelet

GEORGE MASON VS. GEORGIA STATE
Monday, Jan. 5 at 5 pm
Youth League Jersey Night
Youth get in free with youth league jersey on*

*Must have one paid adult for every 5 youth league fans.

For Tickets Call **703-573-SEAT** or visit **ticketmaster.com**

COMMUNITIES OF WORSHIP

BURKE PRESBYTERIAN CHURCH
5690 Oak Leather Drive
Burke, VA 22015
703-764-0456
www.BurkePresChurch.org

SERVICES:
Saturday — 5:30 pm Coffee House Worship
Sunday — 8:30 am & 11:15 am
Sunday school — 9:45 am

All are Welcome!
Rev. Dr. Beth Braxton, Pastor
Rev. MaryAnn Dana, Associate Pastor

Christmas Eve, Dec. 24
5:00 pm: Family Lessons & Carols with Children's Choirs
7:30 pm: Candlelight Service of Lessons & Carols with IMPACT & Chancel Choirs
9:30 pm: Candlelight Service with Folk Group
11:00 pm: Candlelight & Communion Service

Calvary Christian Church
9800 Old Keene Mill Rd.
703-455-7041
Sunday School 9:15 AM
Worship Service 10:30 AM
www.calvaryfamily.com
"Continuing the ministry of Christ on earth"

Jubilee Christian Center
Celebrating the Sounds of Freedom
Realtime Worship - Sunday 8:45 & 11 AM
Sunday School 10:10 AM
Sunday Evening - 6:30 PM Youth Meeting
Family Night - Wednesday 7:15 PM
Call for Sunday Evening Worship Home Group Schedule visit our website: www.jccag.org
4650 Shirley Gate Road, Fairfax
Bill Frasnelli, PASTOR 703-385-1170
"Experience the Difference"

Baha'i Faith
Baha'is of Fairfax County Southwest... 703-912-1719
Baptist
Antioch Baptist Church... 703-425-0940
Clifton Baptist Church... 703-263-1161
Community Baptist Church... 703-250-9060
Fairfax Baptist Temple... 703-323-8100
Harvest Assembly Baptist Church... 703-550-1874
Jerusalem Baptist Church... 703-278-8166
Shiloh Baptist Church... 703-550-8557

Virginia Korean Baptist Church
703-425-1972
Buddhist
Ekoji Buddhist Temple... 703-239-1200
Catholic
St. Clare of Assisi... 703-266-1310
St. Raymond Penafort... 703-690-6650
Church of God
Church of the Living God of No. Va... 703-250-7980
Congregacion La Cena Del Senor... 703-550-1204
Episcopal
St. Peter's in the Woods... 703-503-9210
Pohick Church... 703-339-6579
Lutheran
Living Savior Lutheran Church
703-352-1421

Methodist
Christ Church of Fairfax Station... 703-690-3401
Cranford United Methodist Church... 703-339-5382
Non-Denominational
Grace Bible Church... 703-339-7292
Gunston Bible Church... 703-339-5395
Iglesia La Gran Comision Asambleas De Dios... 703-541-0816
New Hope Church... 703-971-4673
New Jerusalem Temple of Worship... 703-593-6153
Pentecostal
Christ Pentecostal International Church... 703-339-2119
First United Pentecostal Church... 703-339-2402
Presbyterian
Clifton Presbyterian Church... 703-830-3175
Seoul Presbyterian Church... 703-764-1310
Sikh
Sikh Foundation of Virginia... 703-323-8849

To Advertise Your Community of Worship, Call 703-917-6463

OPEN HOUSE LISTINGS

Will Return after the Holidays



To add your Realtor represented Open House to these weekly listings, please call 703-821-5050

The Doctors of BURKE PROFESSIONAL PLAZA Wish You HAPPY HOLIDAYS!

The Corner of Rt. 123 (Ox Rd.) & Burke Centre Pkwy.

Henry F. Dutson, DDS MS *Orthodontic Specialists for Adults and Children*
D. Michael Ellis, DDS

5631-B Burke Centre Parkway
Burke, VA 22015
703-250-2214

4600 John Marr Dr., Suite #401
Annandale, VA 22003
703-750-9393



- Free Initial Exam
- 40+ Years Experience
- Two Board Certified Orthodontists
- Ceramic Braces
- Invisalign Treatment



www.dutson-ellisortho.com

Gary Kramer, D.D.S.

DIPLOMATE OF THE AMERICAN BOARD OF PEDIATRIC DENTISTRY
DENTISTRY FOR CHILDREN, ADOLESCENTS & THE HANDICAPPED

703-978-0051



Suite F • 5631 Burke Centre Parkway • Burke, VA 22015

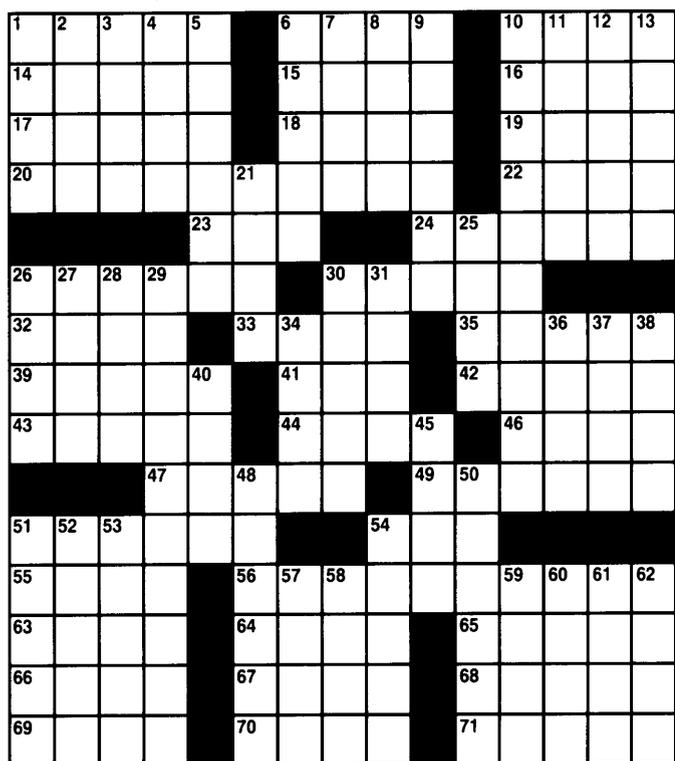
Weekdays • Saturdays • Evenings
United Concordia Participant
24 Hour Emergency Care

To advertise please call Steve Hogan at 703-917-6463

NEW YORK TIMES CROSSWORD

Edited by Will Shortz

No. 0413-2



Puzzle by Fred Piscop

ACROSS

- 1 False witnesses
- 6 Vocalizes like the Beastie Boys
- 10 Parks in 1955 news
- 14 Venezuela's — Falls
- 15 Clairvoyant's start
- 16 Has a tab
- 17 Suffix with sea or moon
- 18 Grocery vehicle
- 19 College course division
- 20 Production in a given period
- 22 Trait determinant
- 23 Pirouette point
- 24 MacNeil's longtime partner
- 26 Sombrero accompanier
- 30 Transparent
- 32 "—" Clock Jump
- 33 Classic soft drink
- 35 Italian tourist center
- 39 Third-stringer

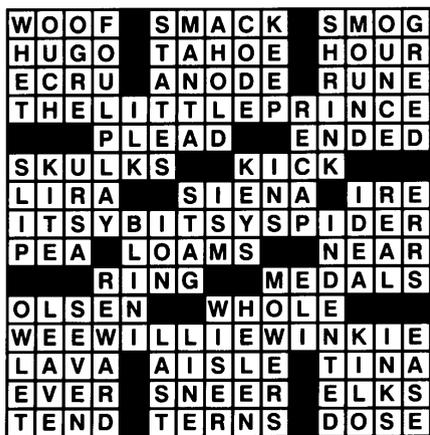
- 41 Sharpshooter's gift
- 42 Beat by a whisker
- 43 Use weasel words
- 44 Meat loaf serving
- 46 "Holy moly!"
- 47 Papa Doc ruled it
- 49 Stats for a porous defense
- 51 Battle site of 1916
- 54 Gulped down
- 55 Mideast bigwig
- 56 Pro-slavery Northerners, before the Civil War
- 63 Mission cancellation
- 64 Folklore fiend
- 65 Speechify
- 66 Lone Star State sch.
- 67 Chemicals giant
- 68 Hertz — Car
- 69 Slippery critters
- 70 Sit a spell
- 71 Alma —

DOWN

- 1 In the cellar

- 26 Swanky
- 27 Years ago
- 28 Uncool sort
- 29 Cold comfort?
- 30 Burger or dog topper
- 31 Vegetable soup bean
- 34 All-star game side, often
- 36 Waffle brand
- 37 Warm, so to speak
- 38 States further
- 40 Belle's man
- 45 One of Alcott's "Little Women"
- 48 Like some pools or paint
- 50 — Judaism
- 51 Stage or stadium, say
- 52 Ham it up
- 53 Star in Orion
- 54 Insurance seller
- 57 Look lustfully
- 58 "QB VII" author
- 59 Field of study
- 60 Defeatist's word
- 61 Politically incorrect suffix
- 62 Mark with a branding iron

ANSWER TO PREVIOUS PUZZLE



SEE YOUR NAME IN PRINT!

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

Note: Due to space limitations, the crossword may not appear from time to time. In that case, you may look on our Web site: www.connectionnewspapers.com and click on the "Print Editions" button. It should appear in a newspaper from a different Classifieds zone.

EMPLOYMENT

703-917-6464

ZONE 2 Ad DEADLINE:
WEDNESDAY 11 A.M.

ZONE 2: • BURKE
• FAIRFAX • SPRINGFIELD

SALES REP NEEDED
No Experience Needed
800-517-6989

TELEPHONE
A great opportunity to
WORK AT HOME!
NATIONAL CHILDRENS CENTER
No sell! Salary + Bonus + Benefits!
301-333-1900
Weekdays 9-4

TELEPHONE
A great opportunity to
WORK AT HOME!
NATIONAL CHILDRENS CENTER
No sell! Salary + Bonus + Benefits!
301-333-1900
Weekdays 9-4

M.C. DEAN

BUILDING INTELLIGENCE
M.C. Dean, Inc. is currently looking for talented Communication Technicians for large infrastructure build outs in the MD, VA and DC area.

The Communication Technicians will be responsible for splicing, testing, terminating and troubleshooting copper cable; terminating and testing fiber optics, grounding and bonding; reading plans and specifications.

Requirements:

- High School Diploma
- 2-5 years of experience in the communications industry;
- BICSI Installer certification is a plus.

Qualified candidates should submit their resume to recruiting@mcdean.com or via fax to 703-463-2904.

BURKE RACQUET & SWIM CLUB

is now interviewing for part time **Weight Room Instructors**. Afternoons, evenings and weekends. Call Lynnnda 703-250-1299.



COMPANIONS & CNA's NEEDED

Enable seniors to live independently in their own homes with our non-medical companionship and home care services. Rewarding P/T days, evenings, weekends, live-ins, medical benefits offered.
Home Instead Senior Care.
Call Today: 703-750-6665

Internships Available

Unusual opportunity to learn many aspects of the newspaper business. Internships available in reporting, photography, research, graphics. Opportunities for students, and for adults considering change of career. Unpaid. Call John Lovaas, 703-917-6405 or email internship@connectionnewspapers.com



Optometrists

Springfield, VA; F/T. Req. O.D. and TPA Certified. Examine eyes to determine visual acuity and perception, focus and coordination, and to diagnose diseases and other abnormalities. Prescribe, supply, and fit eyeglasses, contact lenses, and other vision aids. To apply, fax cover letter and resume to 703-569-3366 (Attn. Christine). Michael J. Davidson, O.D., P.C. 8350 Traford Lane, Springfield, VA 22152

Computer Programmer

code, write, develop, update, test, debug, support programs. Reqs: Bach in Comp Sci, CIS, MIS, Engineering, Math or foreign equivalent + 2 yrs exp in job offered or in designing, developing & testing software OR Master's or foreign equivalent in any above field. Must have working knowledge of Java/J2EE, Servlets, Struts, XML, UNIX. Location: Fairfax, VA + candidate must be willing to travel/relocate to various unanticipated locations throughout the US. Multiple openings. Send resume/cover letter: Attn: CGI Federal Inc. Mallory Simmons: 12601 Fair Lakes Circle, Fairfax, VA 22033 Ref. # 22-2506

Employers:
Are your recruiting ads not working in other papers?

Try a better way to fill your employment openings



- Target your best job candidates where they live.
- Reach readers in addition to those who are currently looking for a job.
- Proven readership.
- Proven results.



703-917-6464 • Fax 703-917-0992
E-mail: classified@connectionnewspapers.com

Great Papers • Great Readers • Great Results!

Computer Systems Analysts

analyze user requirements; formulate system scope & objectives; design, develop, test, maintain, monitor, modify computer systems & software. Reqs: Bach in CS, CIS, MIS, Eng, Business or equivalent + 2 yrs exp in job offered or in systems analysis & design OR Master's or equivalent in any above field. Must have experience/working knowledge in Tekla, Presto, Unified Modeling Language (UML), project management & coordination, & strong technical writing & analytical skills. Location: Fairfax, VA + candidate must be willing to travel/relocate to various unanticipated locations throughout the US. Multiple openings. Send resume/cover letter: Attn: CGI Federal Inc. Mallory Simmons: 12601 Fair Lakes Circle, Fairfax, VA 22033 Ref. # 22-2106

HOME & GARDEN

703-917-6400

ZONE 2 AD DEADLINE:
TUESDAY NOON

ZONE 2: • BURKE
• FAIRFAX • SPRINGFIELD

CONNECTIONNEWSPAPERS.COM

CONTRACTORS.com

CLEANING GUTTER GUTTER HAULING HAULING IMPROVEMENTS LANDSCAPING ROOFING

A CLEANING SERVICE
Since 1985/Ins & Bonded
Quality Service
at a Fair Price
Satisfaction Guaranteed
Comm/Res. MD VA DC
acleaningserviceinc.com
703-892-8648

MR. GUTTER
GUTTER CLEANING & REPAIRS
Townhouses \$50
Houses \$85
Ext. Painting • Power-Washing
LIC 703-323-4671 INS

PINNACLE SERVICES
• GUTTER CLEANING
• SMALL REPAIRS
• SCREENING
• POWER WASHING
703-802-0483
GROUP RATES AVAILABLE
FREE EST.

ANGEL'S TRASH HAULING
Construction Debris,
Residential, Office
& Tree Removal
703-863-1086
New#- 571-312-7227

AL'S HAULING
Junk & Rubbish
Concrete, furn., office,
yard, construction debris
Low Rates NOVA
703-360-4364

KITCHEN & BATH DESIGN
Refacing,
Facelifts,
Basements,
Decks, Porches
MichaelsRemodeling.com

ANGEL'S TREE & HEAVY TRASH HAULING
• Mulch
• Clean-up Grounds
• Leaf Removal
703-863-1086
New#- 571-312-7227

Roofing & Siding
(All Types)
Soffit & Fascia Wrapping
New Gutters
Chimney Crowns
Leaks Repaired
No job too small
703-975-2375

ASPHALT ASPHALT

ASPHALT

HANDYMAN HANDYMAN

HANDYMAN

IMPROVEMENTS

IMPROVEMENTS

MULCH

TREE SERVICE

Need to Fix Your Driveway?
Call 703.582.2110
Asphalt, Concrete and Brick
Residential and Commercial
Resurfacing, Repair, Resealing
Sidewalks, steps, Patios
7AM - 11PM • 7 Days/wk
Check Out my website
Pete's Driveways
www.PetesDriveways.com

AL'S HOME SERVICES
Painting, Wallpapering,
General Repairs & Everyday Projects
Call for Free Estimates
Fairfax Station (703) 943-6928

The HANDYMAN
A DIVISION OF NURSE CONSTRUCTION
HOME INSPECTION LIST
REPAIRS, CERAMIC TILE,
PAINTING, DRYWALL,
CARPENTRY, CUSTOM
WOOD REPAIR, LT. PLUMBING &
ELECTRICAL, POWER WASHING
Since 1964
We Accept VISA/MC
703-441-8811

703-764-9563
Since 1979 Free Est.
Bigsculpture.org
Class A Lic. Insured

LANDSCAPING
A&S LANDSCAPING
Planting • Mulching • Sodding
Patios • Decks • Retaining Walls
Fall Clean-Up • Drainage Solutions
703-863-7465

OAK FIREWOOD
Full Cord
Guaranteed to Burn
or money back
Beware of truckloads
or racks
703-327-4224
703-568-8014 cell
Curtis Neil

ANGEL'S TREE & HEAVY TRASH HAULING
• Mulch
• Clean-up Grounds
• Leaf Removal
703-863-1086
New#- 571-312-7227

RCL HOME REPAIRS
Handyman Services
Springfld • Burke • Kingstowne
Light Electrical • Plumbing •
Bathroom Renovation • Ceramic Tile •
Drywall Repair
703-922-4190
LIC. www.rclhomerepairs.com INS.

IMPROVEMENTS IMPROVEMENTS
HOME REMODELING
KITCHENS, BATHS, TILE, TRIM, INT.
ALTERATIONS, all HOME REPAIRS!
Steve's Remodeling
LIC. • INS. BONDED Call Steve Paris OWNER OPERATED
(703) 830-5681 - 703-932-0270
30 YEARS EXPERIENCE • FREE ESTIMATES

PAINTING
Deep Winter Discounts
Free Est. • Satisfaction Guar!
Lic./Ins. VISA MasterCard Int./Ext.
703-502-7840
Cell
571-283-4883

Now! Complete Print Editions Online!
The full print editions of all 16
Connection Newspapers are now
available on our Web Site in PDF format,
page by page, identical to our weekly
newspaper editions, including print
advertising. Go to
www.ConnectionNewspapers.com
and click on "Print Editions."

ELECTRICAL ELECTRICAL

ELECTRICAL

K&D ELECTRIC
COMMERCIAL / RESIDENTIAL SERVICE
Family Owned & Operated
Recessed Lighting
Ceiling Fans
Phone/CATV
Computer Network Cabeling
Service Upgrades
Hot Tubs, etc...
Licensed/Bonded/Insured
Office 703-335-0654
Mobile 703-499-0522

Hand and Hand Handyman
General Remodeling
Residential & Commercial
Specializing in:
Kitchen/Bathroom/Basement Remodeling
Plumbing • Electrical • Custom Carpentry
Doors Windows • Hardwood Floors
Crown Molding • House Cleaning
Interior/Exterior Painting • Brick/Stone Work
Ceramic Tile • Decks, Fences, Patios
HOA Maintenance, Granite Counter Tops
Realtors Work and Much More
Licensed and Insured Serving Northern Virginia
703-296-6409

STRONG PACE CONSTRUCTION
15 Yrs Class A VA Lic.
• Additions • Kitchens
• Basements • Comm Offices
• Decks • Painting • Drywall
• Windows & Wood Repairs
703-644-5206 • 703-750-0749

PAINTING PAINTING

PAINTING

FALL SPECIAL
10% to 20% OFF All Services
Nuance Painting Inc.
Family Owned and Operated
Serving Northern Virginia for Over a Decade
Winner of American Painting Contractors
Residential Top Job Award
Residential and Commercial Services
• Interior and Exterior Painting
• Faux Finishing
• Drywall Hanging, Finishing and Repairs
• Interior Moldings Crown-Chair Rail-Shadow Boxing
• Exterior Trim Repair/Replacement
• Decks cleaned and Sealed
• General Contractor Services
• For Evaluation and Consultation Call
703-437-3037
Licensed Insured
On the web at www.nuancepainting.com
We Accept VISA MasterCard Discover American Express

GUTTER GUTTER

GUTTER

PINNACLE SERVICES, Inc.
• LEAF REMOVAL
• GUTTER CLEANING
703-802-0483
GROUP RATES AVAILABLE
FREE EST

Brian M. Sperty Remodeling
Kitchens and Baths
30% less than Home Store Prices
Class A and Insured
703-791-2003
Bsperty2@comcast.net

A&S Construction
• Basement Finishing
• Retaining Walls • Patios
• Decks • Porches (incl. screened) • Erosion & Grading Solutions
• French Drains • Sump Pumps
• Driveway Asphalt Sealing
703-863-7465
LICENSED

GUTTER GOPHER
Gutter Cleaning
Power Washing
AND MORE
703-401-9384
GUTTER GOPHER
Free Estimates

M. C. Lynch Home Improvement
Family Owned & Operated
Rotten Wood, Wind Damage, Trims,
Windows, Doors, Deck, Stairs, Vanity,
Basement Framing, Garbage Disposal,
Painting, Power Wash, Siding Repairs.
Licensed, Bonded, Insured
703-266-1233

LANDSCAPING LANDSCAPING

A&S LANDSCAPING
Fall Cleanup • Planting • Mulching •
Sodding • Patios • Decks • Retaining
Walls • Drainage Solutions
703-863-7465

PLUMBING PLUMBING

PLUMBING

ROGER ROOTER PLUMBING
MENTION THIS AD FOR 10% OFF
No Job too Small
Senior & Govt. Discounts
Visa, MC Accepted
703-299-4999

Metro Gutter
Clean/Install/Repair
• Wood Replace & Wrapping • Pressure Washing
• Chimney Sweeping & Repair
20 YEARS EXP.
703-354-4333
metrogutter.com

LAWN SERVICE LAWN SERVICE

J.E.S Services
LANDSCAPE & CONSTRUCTION
• Patios • Walkways
• Retaining Walls
• Drainage Problems
• Landscape Makeovers
Call: 703-912-6886
Free Estimates

ROOFING ROOFING

ROOFING

MR. GUTTER
GUTTER CLEANING & REPAIRS
Townhouses \$50
Houses \$85
Ext. Painting • Power-Washing
LIC 703-323-4671 INS

R.N. CONTRACTORS, INC.
Remodeling Homes, Flooring,
Kitchen & Bath, Windows,
Siding, Roofing, Additions &
Patios, Custom Deck, Painting
We Accept All Major Credit Cards
Licensed, Insured, Bonded • Free Estimates
Phone: 703-887-3827 Fax: 703-803-3849
E-mail: rncontractorsinc@yahoo.com

Since 1981 VA License #2705 023803
SHINER
ROOFING SIDING & TRIM WINDOWS
DOORS GUTTERS REPAIRS
703-560-7663 ShinerRoofing.com/Connection

ZONE 2 • BURKE
• FAIRFAX • SPRINGFIELD

CLASSIFIED

703-917-6400

ZONE 2 AD DEADLINE:
TUESDAY NOON

21 Announcements

21 Announcements

101 Computers

15 Getaways

Designated
"Qualified in Submarines"
JOIN



Call: Submarine Veterans
Northern Virginia Base
Steve Jaeger
703-696-5354
Treasurer@USSVINOVA.org

HDI
EASY COMPUTER SOLUTIONS
FOR INDIVIDUALS
& SMALL BUSINESSES
JENNIFER O. SMITH
COMPUTER CONSULTANT

➤ TRAINING
➤ INSTALLATION
➤ TROUBLE-SHOOTING
➤ LET US TAME THAT BEAST FOR YOU
Serving Area Since 1995
(703) 765-2222
JSMITHHDI@aol.com

Enjoy warm beach waters
past Labor Day

Extend your beach season into the fall with soothing and warmer ocean waters at this Sunset Beach, NC vacation home. Furnished 3 or 4 bdrm, 2 bath, \$525,000. Newly remodeled, bright and airy beach island home on a secluded area of the island surrounded by views of the canal, marsh and ocean inlet. Sit on one of the newly built front porches (1 screened) and capture a gorgeous sunrise with your morning coffee or unwind with friends in the evening on the back deck and experience stunning sunset views. Whether you're looking for an investment property with excellent rental history, a vacation home on a unique island, or a little bit of both, this is the house for you.

Sunset Beach, a small barrier reef island 2 1/2 miles long and 1/3 mile wide, is quiet and family oriented and only 30 minutes from Myrtle Beach, South Carolina. Call Carly or David at 336-282-1870 for more details

21 Announcements

21 Announcements

21 Announcements

Donate Your Car!
Rated One of the Top Charities in America!
1-888-909-SONG(7664)

FREE TOWING • ANY CONDITION • 24 HR P/U
BOATS ACCEPTED • TAX-DEDUCTIBLE • IRS RECOGNIZED & DMV COMPLIANT



Providing Personalized Songs
for Seriously Ill Children
www.songsoflove.org

Se Habla Español

Featured on 60 Minutes and NBC Nightly News!

21 Announcements

21 Announcements

21 Announcements

SAVE 50% ON YOUR HEATING BILL THIS WINTER!
One Time Only Factory Direct Sale SAVE \$100's

AS SEEN AND HEARD ON POPULAR TV AND RADIO PROGRAMS
iHeater Quartz Infrared Heating System IH-1000

- Safely and efficiently heats wall to wall, for Pennies a day!
- Puts money in your pocket every month
- Heats up to 1000 Sq. Ft. for \$1/Day
- Lifetime Air Filter
- Factory Warranty
- Safe for kids and pets
- Cannot start fires
- Heats multiple rooms
- Save \$1000's on your heating bill

REG. PRICE \$379
NOW ONLY
\$279



ONLY \$279 and FREE Shipping (while supplies last)

Call Now to order **1-800-469-0456**

Phones busy? Order online 24-7 www.BestPriceHeater.com

iHeater
Environmentally Safe • Energy Efficient

21 Announcements

21 Announcements

21 Announcements

Two Brands. Endless Options.



Dutchway Pole Barns

www.dutchwaypolebarns.com

20th Anniversary



www.conestogabuildings.com

CONESTOGA Buildings

1-877-434-3133

Selling Confidence With Every Building.

117 Adoption

ADOPT A Dream to complete our family! We are a loving family who will provide your newborn a home filled with laughter, learning, security and endless love and support. Expenses paid. pls call Debbie & Mike 1-866-531-8961

ADOPT Active, young couple, desires to give a newborn all the advantages of a loving home and family. Confidential. Expenses paid. Pls call Susan and John 1-800-680-8422

An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.
-Werner Heisenberg



DONATED PHOTO

Heidi Greene, the office assistant at Newington Forest Elementary, competed in the Marine Corps Marathon on Oct. 25.

Getting To Know ...

Heidi Greene, FCPS employee, marathon runner.

When Heidi Greene of Springfield crossed the finish line of the 2008 Marine Corps Marathon on Oct. 25, she clocked a time of 4 hours 2 minutes and 43 seconds. This was the fifth marathon that the 41-year-old office assistant at Newington Forest has run.

Number of years in the community.

I have been living in Springfield for a year and a half now since my move from Canada. It feels like home to me already.

Family.

Husband Mike with FCPS as well and Baby Cheeba our French Bulldog and Newington Forest has welcomed me into their family as well.

Education.

I completed my travel and tourism degree in Ontario as well as veterinary management.

Your first job.

When I was 14-years old, I got my first job in Fish and Chip shop in St. Catharines Ontario. My boss became one of my best friends and I still communicate with him to this day.

Activities/interest/hobbies.

Running, I love to travel and enjoy photography, boating, golfing and cycling.

Favorite local restaurants.

Mike's American Grill, Delia Pizza and Saratoga Pizza.

Community concerns.

I haven't been involved long enough to voice anything major, but I do hate the traffic lights at Bonnie Mill and the parkway.

When you were younger, what did you want to be when you grew up?

I was always the class clown and naturally wanted to be an actress, but the last five or six years my ideal dream job would

have to be a travel photographer.

Community "hidden treasure" you think more people should know about.

I finally found the trail behind South Run Rec Center to Burke Lake Trail and boating on Pohick Bay and Mattawoman Creek.

Personal goals.

The plan is to Stay at Newington Forest until I retire and either semi retire and get a rental property back in northern Ontario and spend the winter in the Keys or fully retire and sail off on our boat down the Intracoastal Waterway with Mike and Cheeba to explore tropical islands

How did you get interested in running?

I used to work at White Oaks Fitness & Hotel in Niagara-on-the-Lake from 1987-91 and hung out with a lot of the members who were runners and they got me hooked on racing. I took a few years off from 2000-03 due to a hectic work schedule, but I couldn't stay away from that "runners' high."

Was this your first marathon?

Actually, it was my fifth. I still can't believe it.

How many have you run and how do you train for them?

My first, I went on a bus trip with a group from Toronto and ran it in 3:58. I was so proud to be under 4 hours. Then I did two in Niagara Falls, the Casino International marathon, the Reggae Marathon in Negril, where I met my hubby, n December 2006 and then Marine Corps this year. Mileage, mileage and stubbornness to finish them all.

What did you take away from the experience of running in the Marine Corps Marathon?

That it is possible to get better with age. The three marathons in between I ran in 4:12, 4:20 and 4:32 and came back this year to run a 4:02. Next goal is back under 4 hours and maybe another exotic destination. And it really helps to have your hubby there cheering you on.

— MICHAEL O'CONNELL

**JACK
TAYLOR'S
ALEXANDRIA
TOYOTA**

**TOYOTATHON
OF TOYOTATHONS**



**THE ALL NEW
VENZA HAS
ARRIVED!**



**GREAT DEALS ON
ALL HYBRIDS!**

PRIUS



CAMRY



HIGHLANDER



**AS LOW
AS 0%
APR***

UP TO \$5,000 CUSTOMER CASH BACK!

NEW '09 CAMRY



**FROM
\$17,595**

NEW '09 SIENNA



**FROM
\$20,995**

**GOT
MPG?
WE DO!**

NEW '09 RAV4



**FROM
\$18,895**

NEW '09 COROLLA



**FROM
\$13,995**

WWW.ALEXANDRIATOYOTA.COM

(703) 684-0700

**3750 Jefferson Davis HWY Alexandria, VA
South of Reagan National on Rt. 1**

**OPEN SUNDAY
12-5**

PRICES PLUS TAX, TAGS, FREIGHT: \$720 ON CARS AND \$745 ON LT. TRUCKS, & \$379 PROCESSING FEE. INCLUDES ALL INCENTIVES. *APR ON APPROVED CREDIT THROUGH TOYOTA FINANCIAL SERVICES ON SELECT MODELS. 0% FOR 60 MONTHS IS \$16.66 PER \$1,000 FINANCED. CUSTOMER CASH PROVIDED BY CAT. **EPA HIGHWAY FUEL ESTIMATE. OFFER EXPIRES C.O.B. 12/31/08.



XD



TC



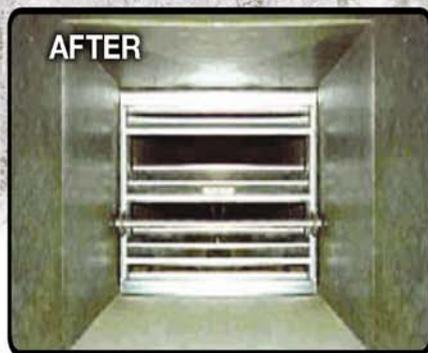
XB



WINTER SAVINGS

AIR DUCT CLEANING

**Musty Odors When Heat Is Running? Excessive Dust?
Allergies? Asthma? Breathing Problems? High Utility Bills?
Air Duct Cleaning Could Be Your Answer!**



1 WEEK ONLY

ONLY \$69.95

FREE FURNACE CHECK-UP WITH AIR DUCT CLEANING!

Was ~~\$49~~ *Now* **FREE**

INCLUDES: 10 Vents, One Main And One Return And A Free Evaluation Of All Furnaces, Blower Motors, Coils, Compressor, All Wires, Drain Pan & Thermostat

Expires 12/31/08

- WE ALSO OFFER**
- A/C Coil Cleaning • Blower Motor Cleaning
 - UV Light Air-purifiers • Mold Removal • Sanitizer
 - Maintenance Programs • Outside Condenser Cleaning
 - Dryer Vent Cleaning • Electrostatic filters with lifetime warranty
 - Workmanship Guaranteed

Additional Vents, \$10 Each, Returns \$15, And Mains \$50 Each. Multiple Systems Will Vary. Written Work Order And Complete System Inspection Included With This Offer.

“CALL TODAY, CLEAN TODAY”

CAPITOL CLEANING AND RESTORATION SERVICES.

Licensed, Insured & Bonded For Your Protection. Let Our Experience And Knowledge Work For You & Your Family

VIRGINIA

WASHINGTON D.C

MARYLAND

1-703-276-7600 • 1-202-393-3900 • 1-410-290-8010

CELEBRATING 25 YEARS IN THE INDUSTRY



TOLL FREE FOR YOUR CONVENIENCE 1-866-955-1521



10% OFF SENIOR CITIZEN AND MILITARY DISCOUNT

6AM-9PM MONDAY THROUGH SUNDAY for your convenience.

LOCALLY OWNED AND OPERATED. WE SERVICE, DC METRO, the WHOLE state of Virginia, the WHOLE state of Maryland, THE WHOLE state of DELAWARE. We will travel to any destination, absolutely NO travel charge.