

# Burke CONNECTION

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Honor Guards from around the country visited Fairfax last week for a three-day training seminar. Here, officers salute a casket during a mock funeral.

## Memorial Fund for Diana Whitfield

NEWS, PAGE 3

## Roving Senior Center Opens

COMMUNITY, PAGE 8

# Servants Of the Fallen

NEWS, PAGE 4

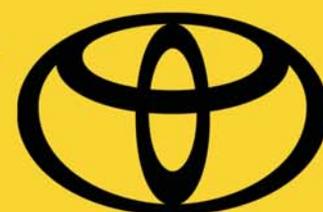
CALENDAR, PAGE 9 ♦ SPORTS, PAGE 12 ♦ CLASSIFIED, PAGE 13

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PHOTOS BY GINA J. URICOLI/THE CONNECTION



The parade began at Kings Park Elementary School and ended at Kings Park Park.

## Holiday Parade

Kings Park celebrates July 4th with parade to neighborhood park.



Ethan Specht makes a snow cone at Saturday's celebration in Kings Park.



Parade participants dress to impress.

# Burke Workmates Remember a Friend

Long & Foster establishes memorial fund in memory of Diana Whitfield.

BY JUSTIN FANIZZI  
THE CONNECTION

**D**iana Whitfield was loved and respected in all facets of life. In her professional life, she was a top real estate agent at Long & Foster Realtors. At home, she was a loving wife and mother of two children and grandmother to five. In the community, she was an ordained deacon who spent her free time tutoring children.

According to Julie Verrier, Long & Foster's public relations director, the members of Long & Foster's Gold Team, which honors agents who exceed \$5 million in sales volume, recently established the Diana Whitfield Memorial Fund for Cancer Research. The fund was created within the National Foundation for Cancer Research to honor the memory of Whitfield, who suc-

cumbed to cancer Dec. 31, 2008.

Whitfield, an agent at Long & Foster for 15 years, was recognized as a top agent at the company, becoming a member of the Gold Team and eventually ascending to its presidency. While at the company, she endeared herself to nearly everyone she worked with and even her customers through her hard work and warm personality.

"She was able to draw people to her because they understood that she was a caring person," said Linda McKee, current president of the Gold Team. "Once people saw the attitude and caring spark, they not only came back but referred friends and family to her."

**WHEN SHE** was not at work, Whitfield spent time at Terra Centre Elementary School tutoring students and organizing

field trips and book fairs through a partnership between Long & Foster and the school. Whitfield was also an ordained deacon at Burke Presbyterian Church and headed up a social group called People in Touch Socially that organized social events within the church.

The fund was a logical way to accomplish their goal, as Long & Foster already had a connection with the Foundation through a former agent and friend of Whitfield's, Ed Sears. Sears was an agent at the company for more than 20 years who left to work with the Foundation, and after Whitfield died, he saw an obvious way to honor her. Working jointly with McKee and the Gold Team, Sears introduced the concept of a memorial fund, and it was quickly approved by an internal vote of the Team's Board of Directors.

"We, as a group, were trying to think of ways to honor and support her," said McKee. "We certainly wanted to honor her as a team



Diana Whitfield

CONTRIBUTED

and this was the best way to do it."

The money that is raised by the memorial fund will be used for cancer research at research and testing centers at leading hospitals around the country, and when money is given, Whitfield's husband, Jim, will receive a card saying who donated the money.

Though the group does not have any fund raisers planned to supplement the fund, McKee said that many of the company's agents are deeply involved

with the fund and are planning on making either monthly or yearly donations. In addition, McKee anticipates that the fund would also be supplemented by all of those many people Whitfield touched during her life that are seeking to donate money in her honor.

"It's a noble mission to donate to cancer research," Sears said. "By donating in her name, they are honoring her at the same time."

## VDOT Resumes Construction On HOT Lanes Project

The Virginia Department of Transportation has resumed construction in the areas of the Capital Beltway High Occupancy Toll [HOT] Lanes project that had been halted June 22 due to environmental concerns.

VDOT ceased construction in three segments of the 14-mile construction area after fences built to prevent sediment runoff failed and therefore, did not comply with environmental regulations. Though initially declared responsible for the failure of the sediment control measures, after meeting several additional requirements set forth by VDOT, contractor Capital Beltway Express LLC was allowed to continue construction.

“We put together a plan to satisfy the environmental needs that need to be met,” said VDOT spokesman Steve Titunik. “We have a policy regarding environmental enforcement that needs to be followed when working on state property.”

Concerns were raised after area residents and environmental groups noticed that the fences installed to control sediment runoff were consistently failing during rainstorms. Larry Cloyd, VDOT senior project manager even noted in a letter to the Connection that a Virginia Department of Conservation and Recreation inspection determined that the contractor failed to comply with environmental regulations.

“We had an excessive amount of rain and [the fences] just didn’t hold in certain areas,” Titunik said. “There’s no reason why [the fences] do not hold. You just have to put up more protection. You keep adding to it until you reach the level of protection you need.”

In addition to putting up more fencing, Titunik said that Capital Beltway Express also agreed to create a Field Environmental Action Team, which would be on site daily to ensure that the project is adhering to VDOT policy. Titunik said that the team would consist of five members who will divide each of the 14-mile construction areas in each direction into sections and inspect them. The team would be on site for the duration of the project.

“We know it costs more, but it’s one of those things we expect a partner to do as necessary,” Titunik said. “You need to have an eye on the whole thing even as you build it.”

Titunik said that the community’s assistance would be crucial regarding the compliance with environmental policy moving forward. He encouraged citizens to report anything of concern, as it will help VDOT to identify and address any problems that may arise down the road.

“We want to make sure citizens bring to our attention anything they may see,” Titunik said. “If people see anything, they can pick up the phone and call me; I’d love to hear from them. It’s an extra pair of eyes and ears out there.”

— JUSTIN FANIZZI



Officers practice the presentation of the flags before the ceremony begins.



A visiting officer from Canada salutes an officer of the Lima Police Department as he receives the folded American flag to present to the fictitious family.

## Dress Rehearsal

### Honor Guards gather in Fairfax for three-day training seminar.

For three days last week, the Fairfax County Police Department Honor Guard hosted a training seminar for other Honor Guard teams from across the U.S. and Canada. The training began with two days of classroom lecture, and hands-on training sessions. The classes included flag folding, presentation of colors, a 21-gun salute and casket carrying and more.

On the third day, the Honor Guards, adorned in their dress uniforms, participated in a mock Line-of-Duty funeral procession at the Fairfax Memorial Funeral Home in Fairfax.



The firing squad poses around their arranged rifles.



Officers show their respect as the casket is placed under the tent.



Officer Dalz stands with the Honor Guard.



Officers carry the casket out of the chapel.



Officers remove the flag from the casket and carefully fold it to present to the fictitious family member.

PHOTOS BY GINA J. URICOLI/THE CONNECTION

## COLLEGE

**Christina Jinshim Park** of Burke graduated from Villanova University (Villanova, Pa.) during a commencement ceremony on Sunday, May 17, in Villanova Stadium. Park earned the degree of bachelor of science in business administration (finance and international business).

**Elizabeth White** of Burke, daughter of Judge Richard F White and Diane Marie White of Burke, was named to the dean's list of Emory College, the undergraduate, liberal arts college of Emory University in Atlanta, Ga., for the 2009 spring semester.

**Jonathan Austin Kilbourn**, a rising sophomore at Hampden-Sydney College, was named to the dean's list for the second semester of the 2008-09 academic year. Kilbourn is a graduate of Robinson Secondary School and is the son of Donna and Timothy Kilbourn of Burke.

**Elizabeth White** of Burke, daughter of Judge Richard F White and Diane Marie White, received a bachelor of arts from Emory College of Emory University at its 164th commencement ceremony on May 11.

**Sarah Binder** of Burke, daughter of Stanley J Binder and Jeanne C Binder, received a bachelor of arts from Emory College of Emory University at its 164th commencement ceremony on May 11.

The following students from Burke recently graduated from the College of William and Mary with bachelor of arts degrees: **Radford Clark, Julie Collins, Kayvan Farchadi,**



**Cheryl Seroka of Burke received a doctor of veterinary medicine degree from the Virginia-Maryland Regional College of Veterinary Medicine during spring commencement ceremonies.**

**Maximilian Gordon, Katelin Lee, Danila Podobed, John Regan, Laura Rodriguez and Alanna Whytock.**

**Christina Chen** of Burke received a doctor of medicine from the School of Medicine of Emory University at its 164th commencement ceremony on May 11, 2009.

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## Class of 2009

THANK YOU!! The Robinson Secondary Class of 2009 All Night Grad Party Committee thanks all of the parents for their time and donations, as well as the following businesses and organizations for their generous contributions to a safe celebration for our graduates.

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*Mr. & Mrs. Robert Java*

*Laurel Ridge Elementary PTA*

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*Middlebridge Women's Club*

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*ProTech Pest Control*

*Mr. Tom Raffa*

*Raygada & Schneider, DDS*

*Robinson Drama Boosters*

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*The Washington Redskins*

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*Kristin Donohue DDS*

*Dunkin Donuts - Fairfax*

*Flowers "n" Ferns*

*Giant Foods - Burke Town Centre*

*Great Harvest Bread Company*

*Hopsfrog Grille & Tavern*

*Anthony Hutcherson*

*Jerry's Subs & Pizza*

*Knights of Columbus*

*Laurel Ridge, PTA*

*Mr. Gregory Meadows*

*Brian Moran*

*Oakview Garden Club*

*Oakview Elementary School PTA*

*Olde Creek Elementary School PTA*

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*Sisterhood of Olam Tikvah*

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*The Flood Family*

*The Hargarten Family*

*The Hutcherson Family*

*The Molleda-Scott Family*

*The Smith Family*

# No Texting While Driving

Virginia's new law banning drivers from texting while driving went into effect on July 1, and no one can argue that anyone should be behind the wheel of a moving car while they type or read information on a cell phone.

It's clear, given the state of transportation funding in Virginia (there is none) that we can all expect to be spending more time in traffic.

My new commute into Old Town Alexandria includes traversing almost the entire length of the George Washington Memorial Parkway. (Alternatively, I can traverse nearly the entire length of the Beltway between the American Legion and Woodrow Wilson bridges.)

The GW Parkway is a beautiful drive, with views of the Potomac River; the road is still lined with forests, and a variety of birds sail overhead.

Over the course of a week, the trip invariably includes some time at a standstill, usually for one of several road improvement sites, at the "hump-back" bridge, and at Spout Run, to name two.

Most commutes via auto in Northern Virginia probably include periods of standing still each week.

For the sake of productivity, it might make sense to amend Virginia's new anti-texting-while-driving law slightly for drivers actually stopped in traffic. Drivers over 21 who are in cars that are actually standing still (and in "park") should be allowed to use their phones for texting or checking email or even looking up traffic cameras to see what the hold up is.

## New Law on Drunk Driving Began July 1

Also beginning on July 1, 2009, drivers who have been convicted of driving under the influence in Virginia twice within a 10-year period are required to use ignition interlock devices for a minimum of six months.

This is an improvement over current Virginia law that mandates the same for drivers twice

convicted of driving drunk within five years.

Mothers Against Drunk Driving identifies ignition locks as an effective tool in the battle against drunk driving, with studies showing that they reduce repeat drunk driving offenses by 64 percent. The interlock device requires that a driver blow into the equivalent of a breathalyzer before the car will start.

The Washington Regional Alcohol Program cites statistics from the National Highway Traffic Safety Administration: Drunk drivers killed in traffic crashes are eight times as likely to have a prior conviction than fatally injured sober drivers. People whom have been arrested for drunk driving are at greater risk for a future traffic fatality, and the risk increases with the number of drunk driving arrests.

In 2007, 378 people died in alcohol-related crashes in Virginia's roadways. Virginia recorded 28,787 convictions for driving under the influence in 2007.

— MARY KIMM

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### EDITORIALS

## Young Legislators

Delegate delivers hands-on experience to area fourth-graders.

BY DEL. DAVE MARSDEN  
D-41

In fourth grade classrooms across the Commonwealth, students learn about the history of Virginia and its government, from 1607 Jamestown to Richmond today. My friend Jim Dillard served as delegate in the 41st District for 32 years. In that time, he became chairman of the Education Committee. His commitment to civic education has continued, and I am committed to keeping this at the forefront of the work I am doing in the House of Delegates.

More than a year ago, I started visiting fourth grade classrooms, talking to the students about Virginia's history and what I do as a delegate. Most of this time however is spent holding a mock General Assembly session in which the students get to debate and vote on a bill to have year-round schools.

In this mock General Assembly, students represent members of the government, a governor, a secretary of education, delegates and senators. Among the senators and delegates, students eagerly raise their hands to be chosen for bigger roles — speaker of the House, president of the Senate and bill patrons. Once the clerk introduces the bill in the mock House of Delegates, which would have schools open 12 months per year, students try to convince others to agree with their opinion. With some sample arguments that I have provided, the debate never stops and the students add their own thoughts on why this bill is a good idea or bad idea. After the bill is debated in the House, the students in the Senate get their chance. It is not surprising that only a couple of classes have passed such a bill.

I enjoy being a guest speaker in these classes and talking with some younger constituents. Learning about civic education is extremely important to being an active citizen. By acting out the process of how a bill becomes a law, students are given an active, first-hand experience on what we do in the House of Delegates and the State Senate. I hope that some of these students will become intrigued with the democratic legislative process we pioneered in Virginia and will seek elected office one day. I have already run into a few students I would not want to run against — they are too good!



PHOTO BY ISABEL BODROG

## Spreading the Message of Love

To the Editor:

As the United States of America faces financial, economic and moral problems, there are still glimmers of hope in these rough times. When I attended a local fireworks show at Fairfax High School, I was honored to be sitting behind a young girl from North Carolina named Isabella. At a point when the speakers were blaring country music, she felt so moved as to stand up in this crowd of thousands of people and hold up her hand forming the sign language symbol for "I love you."

Isabel Bodrog  
Annandale

### LETTERS

## PEOPLE

# Shooting for The Stars

Burke native recently named to NASA's Astronaut Class of 2009.

BY JUSTIN FANIZZI  
THE CONNECTION

**A**chieving the dream that countless young children hold but never get to realize, Burke native and Robinson Secondary School graduate Kjell Lindgren was selected as a member of NASA's Astronaut Class of June 29, 2009.

According to Duane Ross, NASA's manager for astronaut candidate selection and training, Lindgren, 36, was selected from a pool of 3,566 who applied to be astronauts from fields all across the job spectrum, including aerospace contractors and the military among others. Lindgren's role in the class is to provide medical support to class members doing hazardous training such as spacewalk training in pools and hypobaric training.

"This is a very talented and diverse group we've selected," said Bill Gerstenmaier, NASA associate administrator for space operations. "We look forward to working with them as we transcend from the shuttle to our future exploration of space, and continue the important engineering and scientific discoveries aboard the International Space Station."



Kjell Lindgren

CONTRIBUTED.

**"As long as I could remember, I've always wanted to be an astronaut."**

— Kjell Lindgren

According to Lindgren, he wanted to be an astronaut as long as he could remember, influenced by science fiction books and movies and also by the thrill of exploring uncharted areas. As a first step down the aeronautical path, Lindgren went to medical school at the University of Colorado and then studied emergency medicine

to complete his master's degree at the University of Minnesota. Lindgren was then sent to the University of Texas' Medical Branch in Galveston for two years for his medical residency in aerospace medicine, spending the first year studying public health and the second year in a hands-on program run through a partnership between the U.S. Air Force and NASA.

**AFTER HIS** residency, Lindgren got a job with NASA as a flight surgeon, the position he held until being selected as an astronaut. According to Lindgren, the job title is slightly misleading, as he was not involved in surgery of any kind, but rather was a general practitioner for the organization.

"As long as I could remember, I've always wanted to be an astronaut," Lindgren said. "[But after holding this job], I resigned myself to playing some role in human space travel and not necessarily as an astronaut."

However, that resignation soon gave way to hope as NASA announced in the summer of 2007 that it was seeking to add the 20th astronaut class since the original seven Mercury astronauts in 1959. Seeing an opportunity to realize his long-standing dream, Lindgren quickly applied for the class and a year later, received word that he was one of 120 finalists to be invited to the Johnson Space Center in Houston for the first round of interviews.

According to Ross, the criteria for this particular class were different than in the past due to NASA's announcement that it

SEE LINDGREN, PAGE 10

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## COMMUNITY

# Building Bridges, Not Walls

Corazon Foley's efforts to bring a senior center to her area have paid off.

BY JUSTIN FANIZZI  
THE CONNECTION

After nearly two years of hard work and tireless effort, Burke resident Corazon Foley has finally accomplished her goal to provide healthy living programs for the seniors in her community who have gone so long without them.

Foley, with the aid of local officials, has created the Burke/Springfield District Senior Center Without Walls, a roving network of local organizations that will provide ongoing wellness programs for seniors in the two districts. The network was launched July 1, with a pilot program at Accotink Unitarian Universalist Church kicking off the center's activities to give local seniors a feel for what future programs will be like.

The idea, which is based on the Beacon Hill Model according to Evan Braff, supervisor of Fairfax County's Office of Senior Services, is to reach out to different community-based organizations in the hope that they would provide facilities for wellness programs to be staged so that a central se-

nior center is not needed. Those organizations include churches, schools and others that are able to provide open space and consistent availability.

"We're trying to bring together community-based organizations to form a network that comes together to provide services to older adults in the Burke and Springfield areas," said Braff. "We're trying to use the existing resources in the community and link them together."

Foley began her quest for a senior center in the area in late 2007, when she said she was driving an elderly friend to the Lorton Senior Center for a wellness program. While at the center, Foley was struck by the number of people attending the program that lived in the Burke and

Springfield area. Aware that the area was lacking a senior center, Foley promptly contacted then-Springfield Supervisor Elaine McConnell (R).

"I noticed that a lot of the people in the wellness program [at the Lorton Senior Center] were from my area and also that the people were old and had difficulty driving," Foley said. "So I inquired about the possibility of having a senior center near

**"We're trying to use the existing resources in the community and link them together."**

— Evan Braff, supervisor of Fairfax County's Office of Senior Services



CONTRIBUTED

More than 25 senior citizens participated in the first installment of the Center Without Walls' pilot program at Accotink Unitarian Universalist Church July 1.

where my friends are from."

**FOLEY SAID** when she approached McConnell, the supervisor was very receptive but told Foley that due to budget constraints, funds to build a new senior center was nonexistent. Instead, McConnell suggested that Foley pursue alternative options that would be more feasible economically. However, while Foley was researching alternatives, McConnell decided to retire and Supervisor Pat Herrity (R-Springfield) took her place, putting Foley's request in limbo.

Seeing that her project might be lost in the shuffle during the transitional period,

Foley took her concerns straight to Chairman of the Board of Supervisors Sharon Bulova (D-At Large). Bulova was receptive to the issue, as she was the former supervisor of the Braddock District, making this an issue that is both literally and figuratively close to home. Bulova soon set up meetings with her staff and Foley and her supporters. At those meetings, the idea for the center "without walls" was spawned.

After the completion of the pilot program, which will run once a week for two hours through Aug. 19, Foley and Braff plan to

SEE FLOATING, PAGE 13

## 'Silvery' Soprano Takes the Stage in D.C.

Burke resident Lizzy Cole to participate in Washington National Opera Institute.

BY JUSTIN FANIZZI  
THE CONNECTION

Lizzy Cole has lived in different countries, traveled the world and now she stands in front of the master class of the Washington National Opera Institute translating "Après un Rêve" line by line. She nods to her accompanist on the piano, and as the first few keys are struck, her powerful soprano voice draws all eyes in the room to her.

Though it may sound like the life of a professional singer traversing the globe, performing at packed opera houses, it is merely another day in the life of a 17-year-old rising senior at Lake Braddock Second-



PHOTO BY JUSTIN FANIZZI/THE CONNECTION

Lizzy Cole receives instruction from Aundi Moore, an alumna of the Washington National Opera's training program for emerging young opera singers, coach-accompanists, directors and conductors.

ary School. Cole, a Burke resident, was selected from more than 100 applicants to fill one of 30 spots at the National Opera's Institute at American University in Washing-

ton, D.C.

The National Opera's Institute is a three-week summer training program for 15- to 18-year-old high school singers and accom-

**"She has a crystal clear voice and it has a silvery quality to it, which we like."**

— Cindy Oxberry, National Opera Institute, drama teacher and opera scenes stage director

panists that have high-caliber opera and classical voice training. Cole applied last summer without success but now is a year wiser and more experienced, and it shows.

"We are very excited about her," said Cindy Oxberry, who is in her ninth summer as drama teacher and opera scenes stage director with the Opera Institute. "She has a crystal clear voice and it has a silvery quality to it, which we like. She's definitely got all the pieces."

Cole, who participates in the chorus and

SEE BURKE OPERA, PAGE 13

WWW.CONNECTIONNEWSPAPERS.COM

# CALENDAR

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

## THURSDAY/JULY 9

**JP McDermott and Western Bop**, 8-10 p.m. at the Old Town Hall, 3999 University Drive, Fairfax. Complimentary swing lesson, 7:30 p.m. \$10 per person. 703-424-1745 or www.headoverheelsdance.com.

**Rude Buddha, Ballyhoo, Prettier in Person and Groovestain**. 7 p.m. At Jammin' Java, 227 Maple Ave. E., Vienna. 703-255-1566 or www.jamminjava.com.

**The Auld Shebeen D.J. Dance Party**. 10 p.m.-1:30 a.m. \$5 cover charge, 21 and up only. Ladies free until midnight. The Auld Shebeen Irish Pub and Restaurant, 3971 Chain Bridge Road, Fairfax. 703-293-9600.

**Picnic time**. At 11:30 a.m. young children and their parents can bring a lunch and enjoy movies in meeting room half at the Pohick Regional Library, 6450 Sydenstricker Road, Burke. 703-644-7333.

**Chess Club Meeting**. They will convene at 3:30 p.m. in meeting room half at Pohick Regional Library, 6450 Sydenstricker Road, Burke. Learn the rules and strategy of chess as well as play the game 703-644-7333.

**City of Fairfax Band Summer Concert**. Free family friendly concert of mixed classical pieces and Broadway tunes performed by the Fairfax Community Band. 8 p.m. at the Veterans Amphitheater, City Hall on Armstrong St., Fairfax. To learn more, call 703-757-0220 or visit www.fairfaxband.org.

## FRIDAY/JULY 10

**WD Miller Band at 7 p.m. and Viking's Bday Bash with PJtheViking (original set), The Grenade, Young Enough, Static Brigade, TerrorDactel and CJ Milli (DJ set)**. 10:30 p.m., at Jammin' Java, 227 Maple Ave. E., Vienna. 703-255-1566 or www.jamminjava.com.

**Falls Church Concert Band**. 7:30 p.m. Lake Accotink Park, 7500 Accotink Park Road, Springfield. 703-324-SHOW.

**Reggie Wayne Morris**. 7:30 p.m., at Royal Lake Park, 5344 Gainsborough Drive, Fairfax. 703-324-SHOW.

**Traditional Irish Music 7-9:30 p.m.** Live music in the restaurant. The Auld Shebeen Irish Pub and Restaurant, 3971 Chain Bridge Road, Fairfax. 703-293-9600.

**The Auld Shebeen Live in the Cellar**. 10 p.m.-1:30 a.m. \$5 cover. The Auld Shebeen Irish Pub and Restaurant, 3971 Chain Bridge Road, Fairfax. 703-293-9600.

**Story time**. At 12 p.m., young children and their parents can enjoy lunch and stories in the meeting room of the Kings Park Library, 9000 Burke Lake Road, Burke. 703-978-5600.

**Fairfax County Fire and Rescue Department Puppet Show**. 1 p.m., in meeting room a/b of the City of Fairfax Regional Library, 10360 North St., Fairfax. The show will focus on the importance of fire safety. Participants will receive a helmet, activity book and parent brochure. 703-293-6227.

Haven Lane, Fairfax Station. Candle illumination, temple tours, Japanese garden, children's games, Japanese folk dancing and food. 703-239-0500.

**Billy Jonas**, 11 a.m. and 2 p.m. at Jammin' Java, 227 Maple Ave. E., Vienna. \$10. 703-255-1566 or jamminjava.com.

**Traditional Irish Session**. 12-2 p.m. Listen to musicians practice and play traditional Irish music. The Auld Shebeen Irish Pub and Restaurant, 3971 Chain Bridge Road, Fairfax. 703-293-9600.

**Traditional Irish Music**. 7-9:30 p.m. Live music in the restaurant. The Auld Shebeen Irish Pub and Restaurant, 3971 Chain Bridge Road, Fairfax. 703-293-9600.

**The Auld Shebeen D.J. Dance Party**. 10 p.m.-1:30 a.m. \$5 cover charge, 21 and up only. Ladies free until midnight. The Auld Shebeen Irish Pub and Restaurant, 3971 Chain Bridge Road, Fairfax. 703-293-9600.

**Plant Clinic**. At 10 a.m. the Fairfax County Master Gardeners Association is giving gardening advice in the lobby of the Kings Park Library, 9000 Burke Lake Road, Burke. 703-978-5600.

**Read aloud to a trained therapy dog**. 1 p.m. in meeting room half of the Pohick Regional Library, 6450 Sydenstricker Road, Burke. Call or sign up online for a 15-minute session. 703-644-7333.

**Rocknoco performance**. 2:30 p.m. in the meeting room of the Kings Park Library, 9000 Burke Lake Road, Burke. Register all children and adults. 703-978-5600.

**Burke Farmers Market**. 8 a.m.-12 p.m. in the Virginia Railway Express parking lot at 5671 Roberts Parkway, Burke.

## SATURDAY/JULY 11

**Obon Summer Festival**. 5:30-9 p.m., at Ekoji Buddhist Temple, 6500 Lake

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The secret of all victory lies in the organization of the nonobvious.  
—Oswald Spengler

## PEOPLE

# Lindgren Chosen as Astronaut

FROM PAGE 10

was retiring the space shuttle program in 2010. As a result of the program's closure, the astronauts selected in this class had to have the skills for extended missions with a small group of people, because the group would most likely travel to the International Space Station to do research. So, Ross said that NASA was seeking "team players" in addition to applicants with a good deal of relevant experience.

"The key thing for this class was background and experience," Ross said. "[Lindgren] had a good mix of all of that. It just wasn't one thing that got him selected for the job."

**NOW THAT** he is officially part of the class, Lindgren can look ahead to the two years of training, beginning in August at the Johnson Space Center that he and his classmates must receive before they are ready to embark on any mission of any kind. According to Ross, Lindgren and the others will receive extensive spacecraft systems, robotics and space walk training and will be required to fly a certain number of hours to maintain their flight readiness.

Once the training is finished, Lindgren said that he would be assigned to a technical job in which he would travel to the other space centers around the country to provide input on projects as he awaits assignment to a flight. Lindgren said that the assignment would come five to 10 years after training is completed, and that he would most likely be sent in a Russian capsule to the International Space Station, where he would do tests to identify the changes that occur in the body while in space and ways to counter those changes.

Currently, Lindgren is in Russia, awaiting the start of the training program. He is learning the language and training in their facilities. Though a myriad of work remains before he can soar into the stars, Lindgren has not lost sight of the honor and prestige that accompanies the selection to be a NASA astronaut.

"Frankly, I was excited just to be considered," Lindgren said. "I thought I had a competitive application, but it was quickly apparent that there were some amazing people with incredible experience involved. Just to be a part of that group is a tremendous honor."

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### COLLEGE NOTES

The following students from Burke recently graduated from the College of William and Mary with B.B.A. degrees **Alice Hahn, Claudia Hill, Kevin Jarcho and Breah**

#### Samuels.

**Erin Ramsey** from Burke recently graduated from the College of William and Mary with an E.D.S. degree.

The following students from Burke recently graduated from the College of William and Mary with bachelor of science degrees: **Christine McGown and Jeff Yang.**

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# BIRTHS



Julia and Rodney Grove of Arlington are happy to announce the birth of their son, Jagger Lew Grove on March 3, at 10:23 a.m. at Alexandria Hospital in Alexandria. Jagger weighed 6 pounds, 11 ounces and was 20 inches in length at birth. Proud grandparents are Jess and Suon Ford of Burke, and the late grandparents Larry Grove and Jody Mullens of Fort Myers, Fla.

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To add your FREE Realtor Open House listing in Springfield/Kingstowne, Burke, or Fairfax Station/Laurel Hill Contact Steve Hogan at [shogan@connectionnewspapers.com](mailto:shogan@connectionnewspapers.com) All listings due by Tuesday at noon.

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# Danner's Summer of Swimming for Fun

**L.B. Grad, GMU Star,  
Ashley Danner swims  
for Kings Ridge.**

BY ALEXIS DEEGAN  
THE CONNECTION

**N**orthern Virginia Swim League is a league that fosters having fun and being with friends, which even applies to swimmers who have All-American accolades and Division-I university records.

Ashley Danner, who just finished her freshman year at George Mason University, earned honorable mention All-American honors in the 100-yard breaststroke, among others this year. Still, she has decided to swim her final season in the NVSL for the Kings Ridge Water Wizards.

For her final summer season, Danner wanted to have fun. She wasn't sure if anyone her age at her previous pool was going to swim again this summer, so she switched to Kings Ridge, where one of her close friends, Robinson graduate Amanda Kendall, swims.

"I thought it would be fun, especially to be on a relay with her," Danner said.

The pair's parents are close as well, and Kendall said that they travel to away meets together and room together, even though they are on different club teams. Not only are the two good friends, they provide stiff competition for each other as well.

Kendall won a Virginia AAA state title in the 50-yard freestyle four years in a row and earned All-American honors as well.

"I like racing Ashley," Kendall said. "It gives me an edge."

**DANNER'S FAVORITE** summer league events are the 50-meter breaststroke and the 100-meter individual medley, while Kendall prefers the sprint freestyle and butterfly.

"They both have a great desire to compete and a great desire to win," said Kings



PHOTO COURTESY OF GMU ATHLETICS

**After a record-setting freshman year on the George Mason University swim and dive team, Lake Braddock graduate and Springfield native Ashley Danner decided finish her Northern Virginia Swim League career this summer.**

Ridge co-head coach Cody Kendall. "They compete within themselves and push each other. It's good for younger kids to see them and aspire to them."

He said that Kendall has been a vocal team leader since around the age of 13. It's been harder for Danner since it's her first year on the team, but still she's managed to fit in nicely.

"Back on my old team, some of the younger kids would come up to me and ask me stuff," Danner said. "With this team, there's already people who've been here their whole swimming career and kids look up to them more."

For her final season, Danner wants to set one more record. She has her sights set on the 50-meter freestyle. On Saturday, her time was only .3 seconds off, as she finished with a breezy 26.74.

The Lake Braddock graduate and Springfield native currently holds six records, including the 11-12 and 13-14 50 freestyle, the 11-12 and 15-18 50 breaststroke and

the 13-14 and 15-18 100 individual medley.

Danner got her start in the NVSL at the age of 9. She began swimming just because one of her friends from school was on the team, and Danner thought that it would be a fun way to hang out with her during the summer.

From there, her summer coach told her about the Victor Swim Club, which Danner swam with all the way through high school.

Danner tries to practice at least eight times per week. Most of the week she spends with Victor, but she enjoys going to Kings Ridge's pep rallies on Fridays and spends her weekends focusing on NVSL meets.

Although most weekends during the summer are spent at local pools, from July 7-11, Danner will compete at the national level, swimming at the ConocoPhillips USA Swimming National Championships.

If she records a top-two finish there, she'll advance to the world championships in

**"It will be fun to go race with all the faster, more experienced people."**

— Ashley Danner, sophomore,  
George Mason University

Rome.

"It will be fun to go race with all the faster, more experienced people," Danner said.

Danner will look to build on her accomplishments at Mason where she was named the Colonial Athletic Association's Rookie Swimmer of the Year after winning the 100 breaststroke, 200 breaststroke and 200 individual medley at the conference meet. She also set school, meet and CAA records in those events. Danner also holds the 400 individual medley record for Mason.

"The year went pretty well," Danner said. "I was really happy with everything. I got best times in basically everything. It was a different atmosphere, but I really liked it."

## Parents Can Also Swim at Kings Ridge

Members of the Kings Ridge swim team aren't the only ones that have been active in the water this season. Their parents have been pretty busy too. Two nights a week, Kings Ridge runs a program in which adults can take lessons from the team's coach, Tom Koucheravy.

The one-hour sessions start with a warm-up that includes kickboard work. Following that are drills that focus on the four major strokes: freestyle, breaststroke, backstroke and butterfly. At a recent practice, the adults even practiced flip turns.

A former Water Wizard himself, Koucheravy coached the Robinson boys' and girls' swim and dive teams to Virginia AAA state titles this past winter. He's currently competing in the ConocoPhillips USA Swimming National Championships Tuesday-Saturday in Indianapolis, swimming in the 400-meter and 1,500 freestyle events.

## Lyles Looks Smart

Lake Braddock graduate Kristin Lyles, now a junior on the women's crew team at the U.S. Naval Academy, was recently recognized as a member of the Patriot League's Academic Honor Roll. A chemistry major, Lyles had a 3.24 grade-point average during the spring semester. In order to garner eligibility for the academic honor roll, a student-athlete must have a GPA of 3.20 or higher during that semester and earn a varsity letter. Across the Patriot League this spring, 96 women's crew team members earned the distinction. In 2009, the Navy women's crew team was 11-4 and fin-

ished second in the Patriot League.

## Friedman Represents Her Country

Fairfax resident Simone Friedman along with five other junior gymnasts will represent the United States at the 18th Maccabiah Games, which will be July

12-23 in Israel. Friedman trains at Capital Gymnastics in Burke as a U-10 competitor. She's excited for her first international competition and feels that it's an honor to represent her country, and her trip will also

### WEEK IN SPORTS

include some sightseeing as a way to celebrate her Jewish heritage. Friedman has been training as a gymnast since she was a toddler and has been an All-Around Virginia State Champion at Levels 7 and 8. She's also been at the top of the Level 9 and 10 standings, taking third in Level 9 and fifth in Level 10.

## Starting Strong

The Northern Virginia Youth Mountain Bike Series opened its season with several impressive performances. Maddie Simpson (13-14-year-old girls' division) and Michelle David (U-10 girls') began the season with two consecutive victories, while Laura

Martinez and Carolina Aravello battled it out for first in the 15-16 girls' category with one win each. Laurette Expinoza is leading the 11-12 girls' division. On the boys' side, the competition is just as tough, as Cameron Mader leads the U-10 category with one win and one second-place finish. Michael Raiti leads the 15-16 boys' series, while David Taylor and Joneil Angeles are battling it out in the 17-18 boys' category. In what may be the toughest category of the year, Collin David improved upon his opening second-place finish to capture a victory and the lead in the 13-14 boys' category. With five more races, the Rider of the Year awards are still up for grabs.

# Burke Opera Singer

FROM PAGE 8

theater department at Lake Braddock, was born into a military family in Fort Still, Okla., and immediately music became a part of her life. Her mother, Midge Cole, majored in vocal performance at Converse College in South Carolina and sang throughout Lizzy's childhood in their local church. Lizzy, according to her mother, was always singing as a young child, but the family did not realize how talented she was until she performed in an elementary school concert.

"When she was in fifth grade, she got a solo in a Christmas concert at school," Midge Cole said. "That was when I realized that she had lots of potential and talent. She always sang around the house, but that was the first time I saw that spark."

Lizzy, who in her words "had caught the bug" after the performance, began to take music more seriously and started training regularly. By the next year, her mother was doing voice lessons with her, introducing Lizzy to classical singing and soon Lizzy was singing entire art songs in Italian. Lizzy also sang regularly in church and in various school concerts during this time.

**AS LIZZY** entered high school, she starred in several comedy productions, including "Thoroughly Modern Millie," "High School Musical" and "Lunch," but it was not until she found out about the Opera Institute that she thought about moving her career down an operatic path. Now, she is considering the program as a way for her to decide what musical style she wants to pursue.

"I really thought I wanted to do musical

theater," Lizzy said. "But this [program] has been one of those experiences that will help me decide what I want to do."

The program will certainly help Lizzy make a decision, as it has introduced her to the intense culture of the opera world. As part of the program, she will receive training in drama, sight reading, Italian diction and more and will take opera history, voice, movement and even yoga lessons. Twice during the program, the students perform an Italian Art Song recital, for which Lizzy sang "Nevicata" by Ottorino Respighi, and a July 10 Opera Scenes Recital, where Lizzy will perform a scene from Mozart's "Magic Flute."

**IF LIZZY** shines through during the classes and at the recitals, she could be selected by her coaches and teachers to be a part of a July 11 performance at the Kennedy Center in Washington, D.C. reserved for the program's top students. Oxberry noted Lizzy is on the short list of students being considered for the show, of which Lizzy said she would be thrilled to be a part.

Looking ahead, Lizzy said that she plans to keep starring in school productions her senior year then after graduation, attend a liberal arts college and major in vocal performance and eventually go to a conservancy and get her master's degree. For now, though, she plans to stay focused on the task at hand and improve her skills at the prestigious opera program.

"It's been intense but everyone has been very supportive and is ready and willing to help each other," Lizzy said. "I've been working pretty hard so I think I'll do well."

## Floating Senior Center

FROM PAGE 8

have a "kick-off meeting" in September with Bulova, Herrity and Supervisor John Cook (R-Braddock), where local seniors and other concerned citizens can come and pitch ideas for expanding the program.

"So much of the need is simply making these connections," said Cook, who reached out to his church, Burke United Methodist, to host some of the programs. "It's a question of having the contacts and making the calls to urge someone to help out. It is nice to be able to help out with an innovative concept like this."

Following that meeting, Foley and Braff plan to start another eight-week wellness program in October and then have a continuous cycle of programs offered year-round for a nominal fee of \$5 per program, which would go to pay for instructors. By that time,

Foley said, she hopes to be setting an example for other localities that do not have centers so that all senior citizens can enjoy healthy and independent lives.

"By next year, we should have a full-fledged program with different programs each day, five days a week," Foley said. "It will be a model for other areas of Fairfax County."

### To Join

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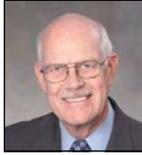
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**Burke Village \$269,000**  
 3 bedrooms \* ceramic tile \* brick fireplace \* fenced backyard w/ deck and shed \* recreation room.  
 Call or email Judy for details.



**Alexandria**  
 3 bedrooms \* 2.5 baths \* eat-in kitchen \* fenced back yard with patio and deck overlooking common area \* garage \* fireplace \* walkout recreation room.  
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**Fairfax Station \$550,000**  
 Great South Run Oaks neighborhood. Recently remodeled with wood floors in LR/DR/FR. Granite kitchen with new appliances. Super deck off kitchen and family room. Very well kept original owner home and very clean. Ready for you to move into. Lawn mower & snow thrower can convey!  
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**King George Sale/Rent \$318,000/ \$1900**  
 Large Home 4Br/2.5Ba\*full walkout basement\* Large family room w/frpl\*den/study on main level\*large open kitchen\* 2 car gar\*large level lot\*laundry on upper level\*huge mstr bedroom w/2 walk-ins\* Close to Dahlgren Naval Base\*Potomac River  
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**Fairfax Station \$975,000**  
 Great Location!  
 Stunning home, lovingly maintained & updated by original owners, located in sought after Devereux Station minutes to public transportation & all amenities. 4BR, 4BA, open floor plan, freshly painted, upgraded kitchen & baths, hardwood floors, generous room sizes, natural gas utilities. Beautiful 5 acre lot on private cul-de-sac. It's great!!  
 See this property at [www.GraingerTeam.com](http://www.GraingerTeam.com).



**Clifton \$859,000**  
 Summer Fun!  
 Charming Colonial with Swimming Pool in serene setting on 5 acres! Total privacy yet very close to Historic town of Clifton. 5BR, 4BA, 3 fireplaces. All new Kitchen with Granite counters and upgraded appliances. Fully finished walkout lower level with 5th bedroom/den, full bath, & rec. room. Great Value!  
 See this property at [www.GraingerTeam.com](http://www.GraingerTeam.com).



**Barbara Nowak & Gerry Staudte**  
*"My Virginia Home Team"*  
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[gerry.staudte@longandfooster.com](mailto:gerry.staudte@longandfooster.com)  
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**Springfield \$255,000**  
**Updates Galore**  
 This 3 BR, 2 BA SF home on 1/4 Acre has been updated to include new Kit, replacement windows, hardwood LR & DR & much more.

**Catie & Steve**  
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**Fairfax/Middlebridge mid \$500K's**  
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