

Guilty Pleas in Embezzlement

NEWS, PAGE 3

City Business On the Move

COMMUNITY, PAGE 8

Oooohs and Ahhhhhs

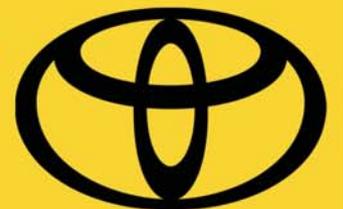
NEWS, PAGE 4

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Let's Have a Parade

Bands, floats and small cars highlight annual City of Fairfax Independence Day parade.



Balloons are inflated in a parking lot prior to the start of the parade.



The Kena 500 is a crowd favorite every year.



Much to the crowd's pleasure The Washington Redskins Marching Band, above, made an appearance in the parade and played 'Hail to the Redskins' as they made their way down the street.



The Redwing High School Marching Band, left, traveled all the way from Minnesota to be a part of the City of Fairfax's Fourth of July celebrations on Saturday.

PHOTOS BY GINA J. URICOLI

Smith-El Enters Guilty Pleas

Fairfax woman pleads guilty to embezzlement at Vienna bank.

BONNIE HOBBS
THE CONNECTION

When a man with a gun robbed teller Mekeda Smith-El at the Wachovia Bank in Vienna in January, she was no victim. In reality, she'd planned the whole thing.

On Wednesday, July 1, in Fairfax County Circuit Court, the 26-year-old Fairfax woman pleaded guilty to one count each of embezzlement and solicitation to embezzle. As a result, she's now facing a possible 25 years in prison when she's sentenced in September.

"Are you entering these pleas of guilty, freely and voluntarily, and because you are, in fact, guilty of these crimes?" asked Judge Michael McWeeny. "Yes, sir," replied Smith-El, of 3800 block of Fairfax Square.

He advised her that, by doing so, she gave up the right to a trial by jury and to confront any witnesses against her. He also noted that there's no agreement as to her sentence, but the commonwealth previously dropped two related charges against her, in exchange for her guilty pleas on these two charges and her

agreement to pay restitution.

The Assistant Commonwealth's Attorney Dylan Gallagher explained what the prosecution's evidence would have been, had this case gone to trial. He said that, on Jan. 28, Vienna police responded to the Wachovia Bank on Maple Avenue for a report of a robbery.

Det. A.E. Sylmar spoke with Smith-El, who'd worked there four years and was the teller supervisor. In a Feb. 12 affidavit, Sylmar wrote that the bank later reported a loss of \$66,700. But, he added, "According to bank supervisors and security, this amount of money was unusually large because Wachovia Bank has a policy that restricts the money in a teller station to \$15,000."

In court, Gallagher said Smith-El told the detective that an unknown man had called the bank, the day before the robbery, to say he wanted to cash a \$40,000 check. So, said Gallagher, "She signed out \$55,000 to cover that withdrawal and other banking requests she'd have during the day."

"She said that, about 2:30 p.m., a black man in a hooded sweatshirt approached her and passed her a note," continued the prosecutor. "She said the note read, 'Give me all of your money, \$100s and \$50s, out of your second drawer; give me the note back or I'll shoot you.' And she said he showed her a black-handled pistol in his jacket pocket."

However, after reviewing the surveillance tape of



PHOTO COURTESY OF KIM BEATY

During the annual Fourth of July Parade, firefighters and EMTs from the City of Fairfax Fire and Rescue Department help a spectator who experienced a seizure. The rescue personnel were taking part in the parade when the incident occurred.

Always on the Job

To the Editor:

During this year's Fourth of July Parade, the City of Fairfax Fire and Rescue Department began their parade route with the intention of waving to the crowds of men, women and children decked out in their patriotic colors of red, white, and blue and waving flags.

Shortly after turning the onto to the corner of Main Street and University Boulevard, however, they were called into action as an unknown male began seizing while watching the parade. Their fire truck already stopped to wave to the crowd, the firefighters jumped out of the truck after being waved over by parade attendees. The ambulance that had just passed representing the Fairfax City EMTs turned around and also joined the firefighters in their effort to stabilize the seizing man. They brought out their defibrillators to check the man's heart and while the

LETTERS

SEE SMITH-EL, PAGE 7

SEE EMTs, PAGE 5

Fairfax Woman Charged With Two Bank Robberies

Fairfax County Police have charged a 24-year-old Fairfax woman with robbing two banks. She is Stephanie Marie Nightingale of the 4400 block of Holly Ave. They believe she robbed a McLean bank last week, as well as a bank in Fair Oaks on June 5.



POLICE PHOTO

Nightingale

In the most recent incident, police say a woman entered Cardinal Bank at 8270 Greensboro Drive in McLean, on Wednesday, July 1, around 4:05 p.m. She then approached two female tellers, ages 20 and 42, at the counter, brandished a handgun and demanded money. The tellers complied, and the robber fled.

Investigating detectives later developed Nightingale as a suspect and arrested her in the early morning hours of Thursday, July 2. Police say further investigation reportedly determined she was also allegedly responsible for the June 5 robbery of the M&T Bank, at 11721 Lee Highway in Fair Oaks.

In that incident, police said a woman entered the bank around 11:12 a.m., with her face covered. Brandishing a handgun, she demanded money and was given an undisclosed amount of cash before fleeing.

Following her arrest, Nightingale was held in the Adult Detention Center without bond and charged with two counts each of robbery and use of a firearm in the commission of a felony. She has an Aug. 5 court date.

Police Seek Information About Car Vandalisms

Fairfax County Crime Solvers is asking for the public's assistance in identifying the persons responsible for a series of car vandalisms in Centreville and Fairfax. During the overnight hours of June 24 and June 28, the culprits shot the windows of at least 32 parked vehicles with a pellet gun.

The incidents occurred on the following streets: Cedar Lakes Drive, Fair Crest Court, Autumn Woods Way, Hampton Forest Way, Hampton Forest Court, Autumn Willow Court, Autumn Willow Drive and Union Village Circle. Damage to the vehicles is estimated to be more than \$10,000.

Anyone with information is asked to contact Crime solvers at 1-866-411-TIPS/8477, e-mail at www.fairfaxcrimesolvers.org or text "TIP187" plus a message to CRIMES/274637 or call police at 703-691-2131. A \$100 to \$1,000 cash reward will be paid for information leading to an arrest. Callers do not have to give their names or appear in court.

2 Men Charged with Robbery

City of Fairfax Police have charged two men with robbery. They are Omar Jimenez, 40, and Jose Hernandez-Martinez, 38, both of no fixed address. The incident occurred on June 25.

The victim, a 22-year-old man, reported that he was accosted in the alley behind the Fairfax Boulevard Shopping Center at 9542 Fairfax Blvd. He said several unknown males assaulted him and stole his cell phone and wallet. Afterward, he was treated for minor injuries at Inova Fairfax Hospital and then released.

The suspects left the area on foot but, at 12:15 p.m., officers on routine patrol took two men into custody for public intoxication. According to police, it was determined

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NEWS



The crowd gathers in the Fairfax High School football stadium to watch fireworks on Saturday, July 4.

The Big Show

Fireworks cap Fairfax City's Fourth of July celebration.

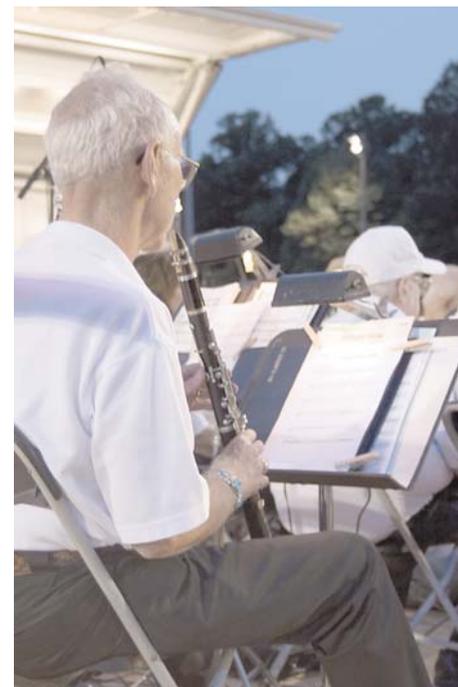


PHOTOS BY GINA J. URICOLI/THE CONNECTION

The Fairfax City Band performs with the help of Holly Bingham and Will Gartshore who sang along with the band.



The city provided multiple moon bounces for children to play on while waiting for the show to begin.



A member of the Fairfax City Band plays along.



Chelsea Harrup and Rachael Marshman relax on their blanket as they wait for the show to start.

NEWS

EMTs Respond at City Parade

FROM PAGE 3

designated parade EMTs arrived on their bikes, stabilized the man and loaded him into the ambulance.

This year's parade not only gave attendees a chance to see the firefighters and EMTs and honor them, but to watch them in action, doing what they do each and every day.

Kim Beaty
Manassas

Parade Rescue All in a Day's Work

Although City of Fairfax Fire and Rescue had EMS units stationed along Main Street during the Independence Day parade, units participating in the parade were the ones called into action on Saturday, July 4.

"The timing couldn't have been better," said Assistant Fire Chief Tim Butters, on Monday afternoon, describing the incident. As EMS units proceeded down Main Street, the daughter of the victim flagged down emergency personnel when her father began to have what Butters called a "medical episode." EMTs left the parade to treat the man, who was then transported to Inova Fairfax Hospital by an ambulance that had been part of the parade.

"We train in case this happens," said Butters, "but this was an opportunity to do it in front of a live audience.

Once the EMTs finished their work, they resumed their place in the parade to the sounds of applause from the parade spectators.

**"The timing
couldn't have been
better."**

— Assistant Fire Chief
Tim Butters

— MICHAEL O'CONNELL

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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.

EDITORIALS

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

MKIMM@CONNECTIONNEWSPAPERS.COM

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.

COMMENTARY 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

LETTERS

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

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Smith-El

FROM PAGE 3

Smith-El giving the robber "stacks of money," said Gallagher, Sylmar became suspicious and asked her to come to the Massey Building for a polygraph test.

"When the test indicated she hadn't told the truth, she said it was all her idea and admitted she'd been taking money from the bank for some time and was now \$14,000 in debt [to the bank]," said Gallagher. "She said she took \$10,000 of it in the last year."

Then, said Gallagher, "She learned that the bank would be audited soon, so she and her friend ... formulated a plan to have someone commit a robbery to cover her thefts. The robber was worried about the icy condition of the roads, but she met him at a Taco Bell nearby and assured him she wouldn't activate the alarm until he had time to get away. They'd arranged to meet at Taco Bell a few days later for her to receive her share of the money."

Judge McWeeny then found Smith-El guilty and set her sentencing for Sept. 4. He also allowed her to remain free on bond.

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COMMUNITY



PHOTO BY BONNIE HOBBS/THE CONNECTION

Speedy Printing recently moved to 10692 Fairfax Blvd. From left are owners Kia and Brahm Arian and their daughter Bahar, 4.

New Home, Same Service

Speedy Printing moves to new location on Fairfax Boulevard.

BY BONNIE HOBBS
THE CONNECTION

Speedy Printing recently moved to a new location in Fairfax, and it's celebrating with a grand-opening ceremony and ribbon cutting, Friday, July 17, from 4-7 p.m. Planned are a wine-tasting, music with a deejay, sub sandwiches, international food, appearances from local dignitaries and a raffle for charity.

"Being a small business, we've really felt the support and encouragement of the local community," said Kia Arian, co-owner of the business with her husband Brahm. "So this event is to thank and recognize everyone."

Speedy Printing is a retail printer for small-to-medium-sized businesses that need printing done quickly, such as 250 fliers or 500 business cards. It also offers professional graphic design, Web design and business-marketing services including direct mailing and logo creation.

Although the Arians bought the business in August 2004, it's been a Fairfax institution for more than three decades. In their previous Fairfax location, the couple survived a fire and two floods. Now at 10692 Fairfax Blvd., near Party City and Panera Bread, they're now in the process of turning their business around and are determined to survive the current recession, along with other local business owners.

"We moved to a better location, but we're not out

of the woods," said Kia Arian. "However, we're doing much better and we want to let other business owners know it's possible. We encourage other small-business owners, especially in this economy, to stick with it, and we ask the community to support these businesses."

Raffle proceeds from the grand opening will be donated to the nonprofit, Inova Fairfax Hospital for Children.

"At Speedy Printing, we believe the life of every child is a miracle, so we're raffling some really terrific prizes to raise money for IFHC," said Arian, parent of a daughter, 4. "People can buy raffle tickets in advance, and they don't have to be present to win." The tickets are \$2 each, three for \$5, or seven for \$10.

The grand prize, valued at \$1,200, is a three-night stay in a luxury, hotel-condo in Miami Beach. The event will also a free, wine-tasting party, valued at \$200, for six people from Clifton Wine Cellars, as well as a four-week, customized fitness and training program, valued at \$600, by a top personal trainer.

Other prizes include a small-business marketing kit and one hour consultation valued at \$900, and a custom logo, business card design and 1,000 color business cards, valued at \$600, from Zine Graphics.

The Fairfax Arts League will be involved in the grand opening because the Arians commissioned League member and local artist, Mark Isaacs, to create an original artwork. Then during the event, it will be dedicated to a longtime, Fairfax City resident who's supported them in their business endeavors.

Arian is looking forward to the festivities and says it should be lots of fun. "We're hoping for a good turnout," she said. "It'll be a chance to meet some local people and officials and to give a boost to the businesses sponsoring this event."

"Being a small business, we've really felt the support and encouragement of the local community."

— Kia Arian

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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.



PHOTO BY ROBBIE HAMMER/THE CONNECTION

Children's musical entertainers Rocknoceros plays Saturday, July 11, at the Kings Park Library, and Monday, July 13, at Pohick Regional Library.

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.

SATURDAY/JULY 11

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

Rocknoceros 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.

Plant Clinic. At 10 a.m. the Fairfax County Master Gardeners Association will be giving gardening advice to home gardeners in the lobby of the City of Fairfax Regional Library, 10360 North St., Fairfax. 703-293-6227.

SUNDAY/JULY 12

Sunday Brunch 11-2 p.m. Reservations always welcome. The Auld Shebeen Irish Pub and Restaurant, 3971 Chain Bridge Road, Fairfax. 703-293-9600.

Plant Clinic. At 1 p.m. the Fairfax County Master Gardeners Association is putting on a plant clinic in the lobby of the Pohick Regional Library, 6450 Sydenstricker Road, Burke. 703-644-7333.

MONDAY/JULY 13

"Twilight". The movie will be shown in the meeting room of the Kings Park Library, 9000 Burke Lake Road, Burke. The film is rated PG-13. Bring your own blanket and snacks. 703-978-5600.

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14800 RYDELL RD #102	\$115,000	Sun. July 12 from 1-4pm	Samson Realty	Troy Sponaugle	703-408-5560
12601 CLIFTON HUNT LANE	\$749,990	Sun. July 12 from 1-4pm	Keller Williams Realty	Diane Lenahan	703-283-7328

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9027 PINEY GROVE DR	\$349,500	Sun. July 12 from 1-3pm	Hounshell	Maria Princi	703-405-7557
4320 FOREST HILL DR #XX	\$456,000	Tues. July 14 from 1-2 pm	Long & Foster	Patricia Rehill	(703) 503-1993
11627 FOREST HILL CT	\$824,988	Sun. July 12 from 1-4pm	Century 21	Kelly Normand	703-869-2985
10821 ORCHARD ST	\$380,000	Sun. July 12 from 1-5pm	Carter	Leslie Carter	703-587-4575
13008 MELVILLE LN	\$599,000	Sun. July 12 from 1-4pm	Weichert	Maureen Almaleki	571-263-7040
5386 ASHLEIGH RD	\$740,000	Sun. July 12 from 1-4pm	Weichert	Donna Carpenter	703-901-1313
13115 HEARTHSIDES LN	\$399,900	Sun. July 19 from 1-4pm	Samson Realty	Dana DeSarno	571-212-7770
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9601 BEL GLADE ST	\$510,000	Sun. July 12 from 1-4pm	Coldwell Banker	Susie Carpenter	703-906-6598
10417 FYFE CT	\$410,000	Sat. July 11 from 1-4pm	ERA Elite	Kathleen Stafford-Walter	703-629-8091
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PEOPLE

Shooting for the Stars

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

BY JUSTIN FANIZZI
THE CONNECTION



Kjell Lindgren

CONTRIBUTED.

Achieving 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."

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

SEE LINDGREN, PAGE 11

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

— Kjell Lindgren

Tastes Like Chicken

Chick-fil-A opens Fairfax restaurant with early morning giveaway.

Hundreds of people camped out in the parking lot of the new Chick-fil-A restaurant on Fairfax Boulevard last week, with the hope of winning a year's worth of free chicken.

The restaurant chain presented 100 of those waiting in line on Thursday, July 2, with free-chicken coupons. Some redeemed the coupons when the restaurant near Fairfax Circle opened its doors at 5:30 a.m.

The very first customer **Danny Lamonte** cuts the ribbon along side **John Natolly**, the store's owner. The first 100 people that arrived at the Chick-fil-A parking lot were given permission to camp out and receive free chicken sandwiches for a year.



PHOTO BY GINA J. URICOLI/THE CONNECTION

PEOPLE

Lindgren Chosen as Astronaut

FROM PAGE 10

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 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

"Frankly, I was excited just to be considered. ... Just to be a part of that group is a tremendous honor."

— Kjell Lindgren

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."

NEWS BRIEFS

FROM PAGE 4

that these men — Jimenez and Hernandez-Martinez — allegedly matched the description of the robbery suspects.

Police Det. Michael Boone of the Criminal Investigations Division investigated the case and later served warrants charging them with robbery. Both men were held without bond at the Fairfax County Adult Detention Center.

Police Charge Three with DWI

Fairfax County Police officers conducted DWI directed patrols throughout the Fair Oaks District, from Friday, July 3, at 11 p.m. until Saturday, July 4, at 3 a.m. to deter and apprehend drunk drivers. Some 26 motorists were stopped for suspicion of driving while intoxicated and were checked to assure that their abilities to drive had not been impaired by drugs or alcohol.

Police charged three people with DWI, made one additional criminal arrest and issued nine summonses for miscellaneous traffic offenses. Eight officers and one auxiliary police officer participated.

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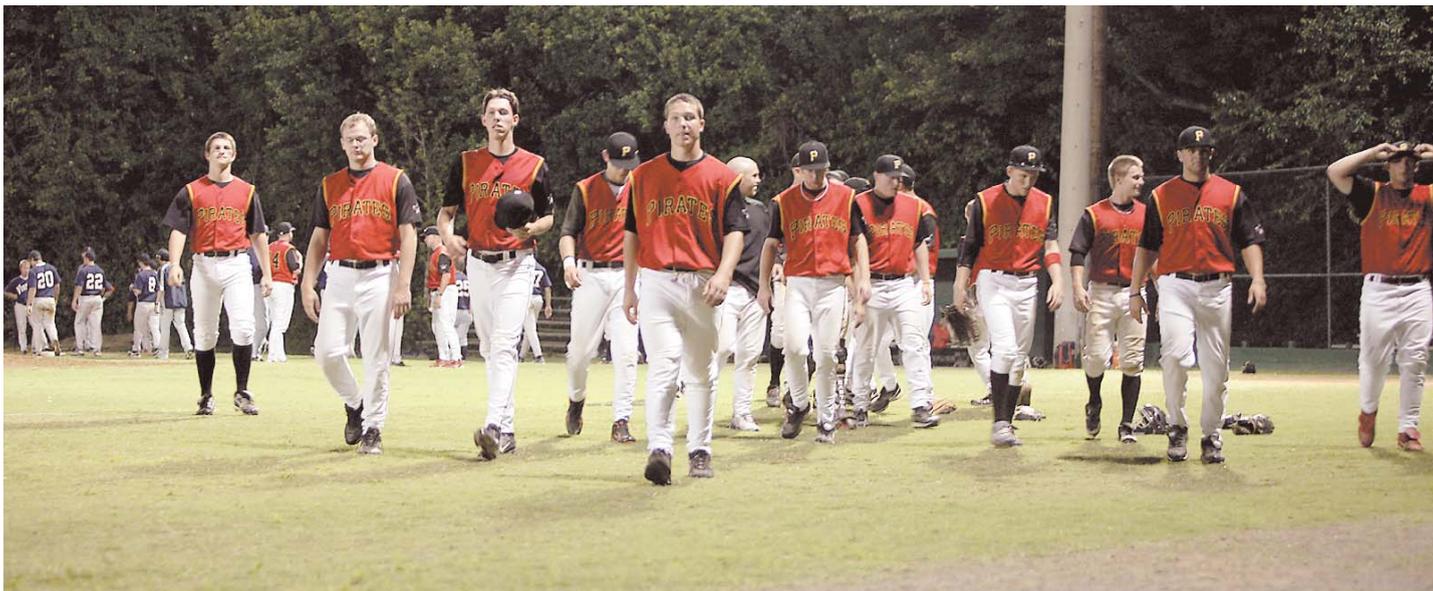


PHOTO BY MADDIE MEYER/THE CONNECTION

Wednesday morning, the Carney Pirates were challenging the Vienna Senators in the Clark C. Griffith Collegiate Summer Baseball League.

The New Team in Town

In first full year, Carney Pirates challenging upper crest of Clark C. Griffith League.

BY JASON MACKEY
THE CONNECTION

Following Matt Murakami's freshman year on the baseball team at Paul VI High School, his family made the decision to house a collegiate summer league player that year.

Don Brown was from Camarillo, Calif., played his college baseball at Pepperdine University near Malibu and was set to join the Vienna Senators in the Clark C. Griffith Collegiate Baseball League. An outfielder, Brown would stay with the Murakami family during the summer of 2005.

After nine years of operating out of Arlington, the Vienna Senators were born in 2004, and no matter the name or location, the franchise has consistently been one of the CGL's best, averaging 32.4 wins per summer before this current one with an overall record of 389-178.

"It looked like a joke," said Murakami, who just wrapped up his freshman season as a member of the University of Maryland baseball team, hitting .297 in 74 at-bats. "They'd just put a beating on everyone."

But in the four years following that 2005 season, a few things have happened to skew the CGL's hierarchy. Last summer, the Carney Pirates entered the wood bat league as a provisional team, meaning they would play only a half-season slate against CGL opponents before becoming a full-time entrant this summer.

Murakami, who had just graduated from Paul VI and was about to start his freshman year at Maryland, played on last year's squad, which went 10-10 against CGL opponents. This summer, with a full CGL slate, the Pirates have challenged Vienna atop the league standings.

In five head-to-head meetings this season, the Pirates hold a 3-2 advantage, although

they've lost the past two contests, including Tuesday night's 7-1 decision that dropped Carney's record to 15-7 this summer.

The team has had success with a batch of local products, too. In addition to Murakami, the Pirates dress 12 players who graduated from Paul VI. Team also boasts a pair of Westfield High School products in twin brothers Matt and Mike Snyder. During a breakout freshman campaign at Ole Miss, Matt Snyder hit .298 with a team-high eight home runs and 31 RBIs for the Rebels, who nearly traveled to Omaha, Neb. for the College World Series.

From a baseball standpoint, Carney has been supported by its dynamic pitching staff. Before Monday's game against the Southern Maryland Cardinals, Carney pitchers had a combined ERA of 2.29 and allowed a league-low 42 earned runs.

THE THING that first-year manager Billy Emerson enjoys about this team is the same thing that sometimes makes his head spin. Because he has coached almost the entire group during his still-going, seven-year tenure at Paul VI, Emerson is familiar with his players and how they operate. They, in turn, are familiar with him.

"I still have to stay on them about everything," Emerson joked.

The coach also pointed out that staying home to play summer ball has its share of distractions, whether those include after-game plans or more money in players' pockets.

When traveling away from home to play

summer baseball, working often rivals practice time and weight lifting, leaving players poor but strong.

"There are more distractions for the local guys playing in this league than there are for the out-of-town guys," Emerson said. "The out-of-town guys are here to play baseball."

"They don't know anybody else here, and they don't have anything else going on. So you have the stuff where guys are itching to get out of here [after a game] because they might have something going on."

THE SNYDER twins are prime examples. Although Ole Miss manager Mike Bianco wanted both to play in South Carolina's Coastal Plain League this summer, Matt and Mike Snyder lobbied to come home and play for

Emerson. Both wanted to gain weight. Both wanted to focus on baseball.

Turns out, those home-cooked meals have worked out fairly well so far this summer.

"I'm crushing my mom's cooking right now," Matt Snyder said. "She makes some good food, and she's putting all kinds of weight on us. That's exactly what we needed. She's telling us that we have to eat and helping us out a lot with that."

In 20 games before Wednesday night's contest with the D.C. Grays, Mike Snyder was hitting .286 with a team-high two home runs and eight RBIs. In six games with the Pirates, Matt Snyder had five hits.

"We've played together before, and I think that gives us an edge," said Murakami, who was hitting .308 with eight RBIs and 12 runs scored.

"We just come out here every at-bat, every pitch and make the plays and have good at-bats," Mike Snyder said. "We string 'em all together, and that's why we've been doing pretty well in this league so far."

Recognize Those Rams

Three members of the Robinson girls' lacrosse team were honored by U.S. Lacrosse, earning All-American and All-American Academic Team honors. Megan Dunleavy, the Northern Region Midfielder of the Year, was named to the first team, along with Sam Barber, a standout defender and the region's Defensive Player of the

Year. Meanwhile, Sarah Moody, a first team All-Region

midfielder, was selected to the first team All-Academic squad. Dunleavy will play lacrosse for Virginia next spring, while Barber will suit up for Maryland and Moody for Villanova. Robinson captured Concorde District and Northern Region titles this spring but suffered a 13-4 loss to Chantilly in the Virginia AAA state title game.

WEEK IN SPORTS

Representing 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 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.

Unbeaten Still

The Kings Ridge swim team improved to 3-0 with a 265-137 win over Rolling Valley on Saturday, July 4. Ashley Danner broke two pool records, including marks in the 15-18-year-old girls' freestyle and breaststroke events with times of 26.74 and 33.24 seconds, respectively. Relay swimmers from Kings Ridge won 11 of 12 events, while 46 swimmers posted personal-best times. Anna Kate Fahey and Abigail Pett each dropped more than 3 seconds in freestyle and breaststroke. Ryan Elrod dropped more than 7 seconds in breaststroke, and Gabby Mendoza, Trent Morgan, Cyrus Keyvanfar, Katherine Glynn, Klara Van Wamelen, Connor Glynn and Austin Kirkland all had personal-best times to contribute to Kings Ridge's success.

MetroWest Development May Add More Offices

Developer asks Fairfax County for option of shifting residential to commercial.

BY JULIA O'DONOGHUE
THE CONNECTION

The Fairfax County Board of Supervisors is likely to give Pulte Homes the flexibility to more than triple the amount of office space that is currently proposed for the company's MetroWest development near the Vienna Metro station.

MetroWest is the county's first large, pedestrian-friendly construction project designed around a transit hub. It is sometimes seen as a "test run" for redevelopment of Tysons Corner around the Metro system's incoming Silver Line.

MetroWest is expected to include not only office space but also as many as 2,250 residential units. It would also have ground floor restaurants and retail shopping with easy access to the Orange Line subway stop.

SUPERVISOR Linda Smyth (D-Providence) said she has not heard a lot of concern from either the community or other supervisors about a proposal to increase office space from 300,000

"Those retail shops are going to need some offices there to create daytime activity."

— **Supervisor Linda Smyth (D-Providence)**

square feet to as much as 1,000,000, square feet. The Fairfax County board is likely to vote to give the developer the option as part of its planning process July 13.

"Those retail shops are going to need some offices there to create daytime activity," said Smyth, about why more office space might be helpful, particularly retail outlets and restaurants located on the site.

Increasing the amount of office space available near the Vienna-Fairfax-GMU Metro station may also encourage "reverse" commuting on the subway system, said Stewart Schwartz, executive director of the local Coalition for Smarter Growth.

"Those Metro trains as they head outbound from Ballston, they have a lot of empty seats on them now," said Schwartz.



PHOTO BY GINA J. URICOLI/THE CONNECTION

MetroWest is planned for a large, vacant tract south of the Vienna-Fairfax-GMU Metro Station and north of Route 29.

According to text of the proposed plan amendment, the developer would have to keep the intensity of development on the site equal to what was previously proposed, regardless of whether he added more office space. So if Pulte Homes increases the project's office and commercial use, the company would have to decrease the number of residential units to create a balance of development overall.

Pulte Homes must also design the development such that commercial units and offices, not residential homes, are located closest to noisy corridors, like Interstate 66.

Some of the residents do have concerns that an increase in commercial use could aggravate traffic congestion in the area.

"If they could bring in more commercial space without impacting the traffic situation, that would be a good thing," said Charlie Hall, a member of the Providence District land-use task force.

The proposed plan text does require that the increased office space not create more transportation problems than the original development proposal would have. If the increased office space does create more traffic congestion, then the necessary road and traffic improvements must be implemented to mitigate the problem.

If road and other transportation improvements cannot be made to deal with the increased volume of traffic, then the developer must reduce the amount of office space on the site such that the traffic situation returns to what would have occurred under the development of the original project.

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Any person wishing to comment on this application may file his or her comments, in writing, with the regional director (DOS) of the Federal Deposit Insurance Corporation at its regional office located at Suite 800, 10 Tenth Street, NE, Atlanta, Georgia 30309-3906, not later than 15 days after the date of this publication, unless the comment period has been extended or reopened in accordance with regulation 303.9 (b)(2). The non-confidential portions of the application are on file in the regional office and are available for public inspection during regular business hours. Photocopies of the non-confidential portion of the application file will be made available upon request.

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By: E. Hunt Burke
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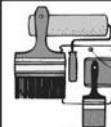
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 Great South Run Oaks neighborhood. Recently remodeled with wood floors in LR/DR/FR. Granite kitchen with new appliances. Super deck off kitchen and family room. Very well kept original owner home and very clean. Ready for you to move into. Lawn mower & snow thrower can convey!
 For an appointment to view call Laura at 703-380-8993



Buzz & Courtney Jordan
 Your Local Father/Daughter Team!
703-503-1866 or 703-503-1835
TheJordanTeam@longandfoster.com
www.TheJordanTeam.com



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
 Call Buzz for an appointment.

STEVE CHILDRESS

"Experience...with Innovation!"
 Life Member NVAR Top Producer
 Buyer Broker since 1973!
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\$8,000 TAX CREDIT

If you haven't owned a home for at least 3 years.....and it does not have to be repaid as long as you own home at least 3 years! And credit can be used in 2009.....possibly as part of cash down payment.
 Call me for full details.....703-981-3277



ANN & HAL GRAINGER, CRS
 Assoc. Broker, 32+ Years of RE Experience
 Top 1% Nationwide - Lifetime Member NVAR Top Producer
703-503-1870
ann.grainger@longandfoster.com



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.



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.



Barbara Nowak & Gerry Staudte
"My Virginia Home Team"
703-503-1802, 703-503-1894
gerry.staudte@longandfoster.com
www.MyVirginiaHomeTeam.com



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

Direct: **703-278-9313**
 Cell: **703-362-2591**
 NVAR Top Producers
 Multi-Million Dollar Sales Club



Coming Soon Too New for Photo!

Fairfax/Middlebridge mid \$500K's
 Beautiful colonial in Middlebridge ... this home is exquisite and has been lovingly maintained by the owners. You'll love the updated kitchen, hardwood floors, finished lower level and great yard. Call Catie and Steve for more information on this home today! 703-278-9313

LISTING YOUR HOME? CALL LONG AND FOSTER'S #1 OFFICE!
 Call Dale Gabardy at 703-425-8000 • Email: gabardy@longandfoster.com