

# Oak Hill ♦ Herndon CONNECTION

VERIFIED  
AUDIT PENDING

PRSR STD  
U.S. POSTAGE  
PAID  
MARTINSBURG, WV  
PERMIT #86

ATTENTION POSTMASTER:  
TIME SENSITIVE MATERIAL.  
REQUESTED IN HOME 08-20-09



Anita Helm of Woodbridge, whose Resurrection Baptist group meets in Reston, measures Herndon resident Luis Orellana's height in order to calculate his body mass index at a free health fair held at the First Baptist Church in Herndon as part of this year's Works Sunday.

## Opportunity To Serve

NEWS, PAGE 3

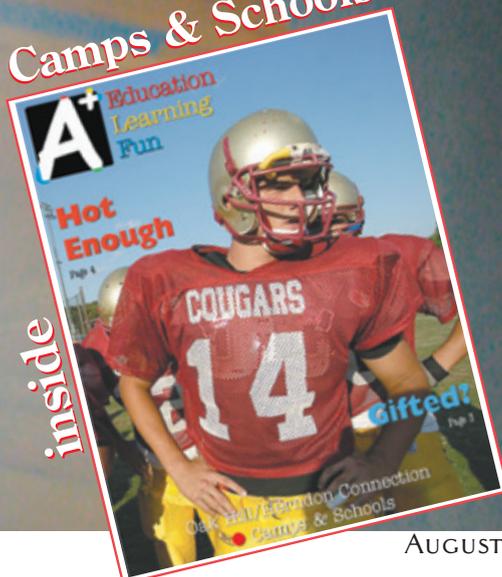
## Herndon Police Take First

NEWS, PAGE 3

## Herndon Man Pleads Guilty in Conspiracy

NEWS, PAGE 2

### Camps & Schools



OPINION, PAGE 4 ♦ CALENDAR, PAGE 6 ♦ CLASSIFIEDS, PAGE 9 ♦ SPORTS, PAGE 8

PHOTO BY MIKE DICICCO / THE CONNECTION

# Herndon Man Pleads Guilty in Conspiracy

Tech company said to have bribed officials, defrauded D.C. government.

A 44-year-old Herndon man, Sarosh Mir, pleaded guilty last week to a charge of conspiracy to commit wire fraud, in a case where he helped a technology company defraud the

Washington, D.C. government. Mir was to be tried in the district's federal court.

According to court documents, Mir was charged on Aug. 5 with both conspiracy to commit wire fraud and conspiracy to defraud

the U.S. government. He waived his right to a trial on Aug. 13 and accepted a plea agreement the next day.

Court documents detail Mir's involvement with a scheme initiated by Dunn Loring resident

Sushil Bansal, owner of Advanced Integrated Technologies Corporation (AITC), which did work for the D.C. government and others. Mir worked for AITC until June 2007, when Bansal asked him to start another company, Innovative

IT Solutions (IITS). Mir received a \$10,000 raise to nominally act as the president of the new company and represent IITS in meetings, but Bansal was in control of the company.

Bansal wanted to start IITS because he wanted to expand his

SEE GUILTY PLEA, PAGE 11



**PUBLIC HEARINGS**

The Metropolitan Washington Airports Authority is hosting three public hearings to inform, and solicit comments from, the community about proposed toll rate increases along the Dulles Toll Road to support the Dulles Corridor Metrorail Project and Dulles Toll Road improvements.

The public hearings will be conducted in an open house format, from 5:00 p.m. to 8:00 p.m.

**Monday, August 24, 2009**  
Ashburn Elementary School - Cafeteria  
44062 Fincastle Drive  
Ashburn, VA 20147

**Thursday, September 3, 2009**  
McLean High School - Cafeteria  
1633 Davidson Road  
McLean, VA 22101

**Wednesday, September 9, 2009**  
South Lakes High School - Cafeteria  
11400 South Lakes Drive  
Reston, VA 20191

There will be informational exhibits about the Metrorail Project, the cost and financing of the Metrorail Project, the Dulles Toll Road and potential improvements that may be made to the Toll Road, the revenue anticipated to be raised as a result of the proposed toll increases, and how this additional revenue will be spent. Representatives from the Airports Authority will be present to discuss these items.

Informational exhibits and an on-line comment form will be available on the Airports Authority website at [www.mwaa.com/tollroad](http://www.mwaa.com/tollroad) during the official comment period, August 14-September 14, 2009. Comments may also be submitted at the public hearings, or mailed to: Dulles Toll Road Proposed Toll Rate Increases, 3900 Jermantown Road, Suite 300, Fairfax, VA 22030.

For special assistance for persons with disabilities or limited English proficiency, citizens may call (703) 934-4639, at least 10 days prior to the hearing they wish to attend.



Being in the Top 25 feels good.  
**KNOWING THAT WE HELPED THOUSANDS**  
of women live healthier lives feels even better.

Inova Fairfax Hospital ranked #25 in the nation for gynecology services by *U.S. News & World Report*

Inova Alexandria Hospital ranked among top 5% of hospitals for women's services by independent healthcare-ratings organization HealthGrades Inc.

Inova Fairfax Hospital and Inova Alexandria Hospital ranked among the top 10% of hospitals in the country for women's stroke care by HealthGrades

*U.S. News & World Report* ranks Inova Fairfax Hospital Women's Center among the Top 25 gynecology programs in the nation for quality and outcomes.

It's no wonder we're ranked among the best. Inova's surgeons use minimally invasive techniques including daVinci® robotic-assisted surgery to help women get back on their feet faster, with smaller incisions and less pain.

Our gynecology cancer program is one of the region's most experienced, providing specialized care and access to the latest clinical trials to women with reproductive cancers.

And with our world-class pelvic-floor program, we help women stay active and confident.

We also have one of the largest and most advanced obstetrics programs in the country. Just ask the tens of thousands of happy mothers and fathers who have trusted us to bring their babies into the world.

That's the Inova difference – a commitment to innovative care, leading-edge technology and superior patient outcomes.

To learn more about Inova's women's services, visit [inova.org/women](http://inova.org/women).



Inova Health System is a not-for-profit healthcare system.



From left are Michael Moseley, Jim and Anne Ryan, Jacqueline Vasquez, Rae Crabtree, Dave Collyer, Sonja Vaughan, Suzanne Rudiselle and Raul Cruz, all of whom volunteered at Saturday's health fair. Some are members of the Lions Club, while others belong to area churches that support Works Sunday.

## Works Sunday Gives Opportunity to Serve

Volunteer event continues to expand, with hundreds helping those less fortunate.

BY MIKE DICICCO  
THE CONNECTION

Two people, one of whom was experiencing chest pains, were sent directly to the hospital from a free health fair at the First Baptist Church in Herndon, said the event's chair, Suzanne Rudiselle, emphasizing the program's importance.

Although it was held on Saturday, the

health fair was the largest of 20 volunteer activities that made up this year's Works Sunday, some of which will continue this weekend. What began 14 years ago with three Presbyterian churches has expanded to include hundreds of volunteers from 21 faith communities, including Christians, Jews and Muslims throughout Reston and Herndon.

SEE COMMUNITY, PAGE 6



Sonja Vaughan of United Christian Parish in Reston takes Sterling resident Adrian Cabezas' blood pressure at the health fair at the First Baptist Church in Herndon.



Herndon Police Chief Toussaint Summers Jr., center, accepts the first place award. Summers is joined by David Mosley, statewide program manager for the Department of Motor Vehicles' (DMV) Virginia Highway Safety Office, left, and Fairfax City Police Chief Richard Rappoport, president of the Virginia Association of Chiefs of Police.

## Herndon Police Take First

Town police department wins its category for traffic safety programs.

The Virginia Association of Chiefs of Police awarded the Herndon Police Department first place for traffic safety programs for 2008 as part of the Virginia Law Enforcement Challenge. The Herndon department, which has 58 officers, competed with five other police departments with 51 to 75 badges.

Chief Toussaint Summer Jr. accepted the award Monday, Aug. 10 during the association's annual training conference in Newport News.

**THE COMPETITION** is to identify the most effective overall traffic safety programs in police departments throughout the state. Among the Herndon department's traffic safety programs are the Smooth Operator program, Click It or Ticket, drunk driving and driver's license checkpoints, and pedestrian and bicycle safety programs.

"You kind of put everything you did for the last calendar year together and you submit it to a panel," said Herndon police spokesman Jeff Coulter.

The Law Enforcement Challenge has been in place for 20 years, and Coulter said this was the first time in the last decade or so that the Herndon Police Department took first place. However, he said, "We have won first place several times in the past 20 years. Last year, we were in second place."

The department's Smooth Operator program, developed about 10 years ago, is an enhanced enforcement campaign targeting aggressive drivers. It runs four times per year, penalizing drivers who

speed, don't use their turn signals, cut other drivers off or follow others too closely, Coulter said.

**TO PROMOTE BICYCLE SAFETY,** Herndon police have partnered with other organizations, primarily the Rotary Club of Herndon, to supply bikers with headlights. "We have a lot of bicycles at night," Coulter said. "Officers stop people riding at nighttime who are riding without proper markings and supply them with headlights." The lights are purchased by area nonprofits for \$4 or \$5 apiece. "That's usually done in the springtime, when we see a rise of bicycles on our streets," Coulter said.

There is no penalty for jaywalking in Virginia, unless the pedestrian aggressively interrupts traffic, but the Herndon police carry out a campaign that encourages walkers to cross streets on crosswalks on the "walk" signal. The department has also expanded its drunk driving checkpoints to include license checks in the last several years. "We've seen a large escalation in people driving without a license," Coulter said. Herndon police carry out about four checkpoints each year. Coulter said the department also has a child safety seat program.

Next year, the Herndon police will compete against departments of various sizes in the Class of Champions, consisting of departments that won first place this year.

— MIKE DICICCO

# OPINION

## Public Options

Government jumps into business for a variety of reasons.

While private options of this amenity are plentiful, they are so expensive that they are out of reach for many even in our affluent area.

So government has jumped in to offer the opportunity at greatly reduced prices, making it available to almost everyone. It's not clear what the impact of the public option has been on the private businesses involved.

We're talking, of course, about golf courses.

Joining a private country club can cost tens of thousands of dollars in original membership fees, plus thousands in annual fees.

But around Northern Virginia, there are many public options for golf, some nationally acclaimed, where one can swing the clubs around 18 holes for under \$30.

Offering access to recreational facilities at cost well below private options is a common activity for local governments. Water parks, indoor and outdoor pools, indoor and outdoor

tennis are all available in our area at reduced prices via government involvement. Recreation centers provide an affordable alternative to health clubs.

Localities offer summer day camps of many varieties, all at a fraction of the cost of private camps.

Public colleges and universities offer lower cost tuition than private colleges and universities.

### EDITORIAL

Publicly owned historic sites and park facilities compete with restaurants and banquet halls to host weddings and other events.

Do these public options hold down the prices at private camps, private colleges, private country clubs? That's unknown, but what we do know is that the public options make many things affordable and accessible to people who would not be able to afford them otherwise.

Meanwhile people continue to pay a premium for the amenities, services and added value and availability of the private options, keeping those businesses in business.

### Local 'Public Options'

For public recreational opportunities, see:

- ❖ Northern Virginia Park Authority, <http://www.nvrpa.org/>
- ❖ Fairfax County Park Authority, <http://www.fairfaxcounty.gov/parks/>

Governments are also offering a private option for many things that previously have been strictly free public goods. One example is roads.

A private company is widening the Beltway, 495, from the Virginia side of American Legion Bridge to the Springfield Mixing Bowl. When it's finished, drivers will have the option to pay a significant toll to the company to ride in the "High Occupancy Toll" lanes to avoid the crowded but free lanes. Vehicles with at least three occupants will be able to ride in the new lanes for free.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

## Kids R First for Area Charity

Organization fills cafeteria with school supplies for distribution.

BY KENNETH BURCHFIEL  
THE CONNECTION

Not all families can take school supplies for granted. The volunteer organization Kids R First has unpacked multiple truckloads of school supplies in Reston for distribution to disadvantaged students at 85 area schools.

"I really see how important it is that everybody have what [they need]," said Patty Gehring, a Kids R First board member.

Kids R First has purchased school supplies for students for 11 years. Susan Ungerer, its founder and president, started the organization after her involvement with Herndon-Reston FISH, an organization providing emergency funds to needy residents. Ungerer had heard requests there from multiple families forced to make choices between purchasing school supplies and paying for basic essentials.

"I knew firsthand the need that existed," Ungerer said. She collected school items in her garage when Kids R First began, but the products for the upcoming



PHOTOS BY KENNETH BURCHFIEL/THE CONNECTION



Herndon resident Lachelle Wallace, 18, volunteered at Langston Hughes Middle School in Reston to help recount the school supplies. She first assisted in Kids R First's distribution program in seventh grade.

**Kids R First president and founder Susan Ungerer displays one of multiple receipts from the organization's purchase of school supplies.**

ing school year now fill a school cafeteria.

Wal-Mart employees arrived at Langston Hughes Middle School on Aug. 4 to sort and label the boxes of school supplies. One of the workers on hand to help was Reynaldo De la Cruz, a Burke resident. He came from a desire to "Try to help anybody here," and hoped to participate again.

**KIDS R FIRST** has a complex process for equipping the 85 participating schools with supplies for needy students. Before the academic year began, Gehring explained, teachers in each school

made lists of the items their classes would need. This data was used to make "master sheets" for each institution. They display the quantity of items that students receiving free or reduced-price meals would need. The organization then purchased the necessary products from Wal-Mart and Office Depot, which have supported the school supply initiative for much of its existence.

"I really see how important it is that everybody have what [they need]," Gehring said. She added that children "stand out" if they don't have the proper items for school.

Kids R First depends on donations and support from sponsors, which include Wal-Mart, Office Depot, JK Movers and Northrop Grumman, to purchase the supplies. The current state of the economy, according to Ungerer, has not caused a large drop in funding.

"It has [almost] been a reverse

effect," she said, as donors understand the increased needs of area students.

**UNGERER** would like to expand the concept of school supply assistance to all of Virginia and to secure the aid of additional stores. "I'd love to see it go nationally," she said.

Kids R First also maintains a College and Career-Bound Program, which will equip 19 schools in the coming year with \$2,500 to help pay students' academic expenses.

"It gives more kids an opportunity," said Ungerer.

Lachelle Wallace, an 18-year-old Herndon resident, first became involved with the school supply distribution program when she was in seventh grade. On Aug. 4, she assisted in recounts of the supply inventory.

"Knowing that I'm helping people ... [makes] me feel better about myself," she said.

## THE CONNECTION

www.ConnectionNewspapers.com

Newspaper of  
Herndon

An independent, locally owned weekly newspaper delivered to homes and businesses.

1606 King Street  
Alexandria, Virginia 22314

**NEWS DEPARTMENT:**  
To discuss ideas and concerns,  
Call: 703-778-9410  
e-mail:  
herndon@connectionnewspapers.com

**Kemal Kurspahic**  
Editor ♦ 703-778-9414  
kemal@connectionnewspapers.com

**Justin Fanizzi**  
Editorial Assistant  
703-224-3032  
jfanizzi@connectionnewspapers.com

**Mike DiCicco**  
Community Reporter  
703-778-9441  
mdicicco@connectionnewspapers.com

**Julia O'Donoghue**  
Education & Politics  
703-778-9436  
jodonoghue@connectionnewspapers.com

**Ken Moore**  
Courts & Projects  
kmoore@connectionnewspapers.com

**Rich Sanders**  
Sports Editor  
703-224-3031  
rsanders@connectionnewspapers.com

### ADVERTISING:

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

Display ads 703-778-9410  
Classified ads 703-778-9411  
Employment ads 703-778-9413

**Rebecca Nenner**  
Display Advertising, 703-778-9423

**Winslow Wacker**  
Display Advertising, 703-778-9424

**Andrea Smith**  
Classified Advertising, 703-778-9411  
classified@connectionnewspapers.com

**Barbara Parkinson**  
Employment Advertising  
703-778-9413  
classified@connectionnewspapers.com

**Editor & Publisher**  
Mary Kimm  
703-778-9433  
mkimm@connectionnewspapers.com

**Editor in Chief**  
Steven Mauren  
**Managing Editors**  
Michael O'Connell, Kemal Kurspahic

**Photography:**  
Robbie Hammer, Louise Krafft,  
Craig Sterbutzel

**Art/Design:**  
Geovani Flores, Laurence Foong,  
John Heinly, Wayne Shipp,  
John Smith

**Production Manager:**  
Jean Card

**CIRCULATION: 703-778-9426**  
**Circulation Manager:**  
Linda Pecquex  
circulation@connectionnewspapers.com

**CONNECTION NEWSPAPERS, L.L.C.**  
**Peter Labovitz**  
President/CEO

**Mary Kimm**  
Publisher/Chief Operating Officer  
703-778-9433  
mkimm@connectionnewspapers.com

**Jerry Vernon**  
Executive Vice President  
jvernon@connectionnewspapers.com

**Wesley DeBrosse**  
Controller

**Debbie Funk**  
National Sales, 703-778-9444  
debfunk@connectionnewspapers.com

# WEEK IN HERNDON

## Labor Day Holiday Schedule

Town of Herndon government offices and services will be impacted by the Monday, Sept. 7 Labor Day holiday as follows:

Town Offices - Closed.

Refuse Collection - Refuse will not be collected. Refuse normally collected on Monday will be collected on Tuesday, Sept. 8. This is a change from information published in the annual "At Home in Herndon" town calendar.

Herndon Community Center - Closed.

Herndon Golf Course - Open 6:30 a.m. until dark.

Labor Day Event - Herndon Labor Day Jazz and Wine Festival - will take place on Town Green, 12-6 p.m. Information: www.herndon-va.gov or 703-787-7300.

## Keeping Your Children Safe Online

The Herndon Police Crime Prevention Council will host "Cyber Safety for Kids" an informational session for keeping children

safe online. The seminar is Thursday, Sept. 10, from 7-8:30 p.m., at the Herndon Police Department, 397 Herndon Parkway. For additional information or to register, contact Pfc. Giron at 703-787-7627 or e-mail Beatrice.Giron@herndon-va.gov.

## Teams Needed for Dulles Plane Pull

Come test your strength and support Special Olympics Virginia at the 17th Annual Dulles Day Family Festival and Plane Pull on Saturday, Oct. 3 at Washington Dulles

International Airport.

At the Plane Pull, teams of 25 people play tug-of-war with a FedEx jet.

Registered teams must raise a minimum of \$1,000 - that's just \$40 per person - to participate. All proceeds benefit Special Olympics Virginia, and the team who raises the most money above the \$1,000 minimum entry fee also wins a prize.

Teams and volunteers may sign up through our Web site at www.planepull.com.

For more information, call 703-359-4301.

Authorized Agent of *Karastan*

**ROBERTS CARPETS**  
**ORIENTAL RUG CO.**

**Oriental Rug Cleaning & Repairs In Our Plant**  
Wall-to-Wall Carpet Cleaning  
In-Home or Office • High Rise a Specialty

Master Weaving • Restoration • Pet Odor Removal  
Woolguard • Water Damage Experts

**FREE Pickup & Delivery for Rolled & Ready Rugs**  
681 Spring Street, Herndon • Under same ownership for 46 years

Around the corner from the Ice House • Across the street from the Fire Station  
Same block as Jimmy's Tavern

Hours: Mon, Tues, Thurs & Fri: 9-6  
Wed: 9-5 • Sat: 10-3

INSTITUTE OF INSPECTION CLEANING and RESTORATION CERTIFICATION

Call for **FREE** pickup!  
**703-471-7120**



**25% OFF** All Trees, Annuals, Perennials, & Shrubs, Orchids, Bonsai, Cacti

**60-75% OFF ALL POTTERY**  
3 New Truckloads  
New Cast Iron Shipment

**MUMS ARE HERE & HARDY VEGETABLES**  
3 Cubic ft. Shredded Hardwood Mulch \$2.99

**PA. Wall Stone Sale**  
1/2 pallet \$149<sup>99</sup> | full pallet \$299<sup>99</sup>

**Bulk Mulch** REG. 29.99 19.99 cu. yd.

**OFF SEASON PRICING**  
Free Estimates  
Hardscape/Landscape, Patios, Walls, Walkways & so much more

Open 9-6 • 7 Days  
9023 Arlington Blvd., Fairfax, VA  
**Cravens Nursery & Pottery** 703-573-5025  
2 miles west of I-495 on Rt. 50 (Vienna Metro)  
CravensNursery.com

**AIR DUCT CLEANING**  
**Clean Air Begins At Home!**  
INDOOR AIR QUALITY SPECIALIST

BEFORE AFTER

**Only \$59.95**  
**FREE DRYER VENT CLEANING UP TO 6' FOR THE FIRST 25 CALLERS**

Includes: 10 Vents, 1 Main & 1 Return

WE ALSO OFFER: UV Light Air-purifiers • Mold Removal • Sanitizer  
Maintenance Programs • Outside Condenser Cleaning • Dryer Vent Cleaning  
Electrostatic Filters With Lifetime Warranty • Workmanship Guaranteed

Additional vents returns and mains priced separately.  
Vents \$10, Returns \$15, And Mains \$50 Each. Multiple Systems Will Vary.  
Written Work Order And Complete System Inspection Included With This Offer. Expires 9/4/09

**CARPETS STEAM CLEANED**  
ANY SIZE ROOM  
**Only \$9.95** 2 ROOM MINIMUM Expires 9/21/09

**FREE HALLWAY W/5 ROOM ORDER**  
**Only \$49.75** Expires 9/21/09

**Specials Include:**  
• Heavy Duty Pre-treatment  
• Maintenance Cleaning  
• For Lightly Soiled Carpets  
• Free Demonstration  
• Of Our Deep Scrub Method  
• Most Furniture Moved As Requested  
• Color Brightener  
• Helps Rid Fleas

**We Also Offer:**  
• Two Step Corrective Cleaning for Heavily Soiled Carpet-PSF  
• Dupont Teflon -20c PSF (1 yr warranty)  
• Commercial Rates -15c PSF  
• Pet Odor Removal - 20c PSF  
• Sanitizer- 20c PSF  
• Pre Conditioner- 20c PSF  
• Stairs- \$2.00 each  
• Expert Oriental Rug Cleaning

Ask about our other carpet cleaning services exp. 9/4/09

**UPHOLSTERY CLEANING**  
Includes: • Steam Cleaning • Deodorizer • Mild Detergent

**CHAIR \$19.95 LOVESEAT \$29.95 SOFA \$39.95**

Ask about our other services

DRY CLEAN ONLY. FABRICS PRICED SEPARATELY. SECTIONALS PRICED SEPARATELY. EXP. 9/4/09

**CAPITAL CLEANING AND RESTORATION SERVICES**  
Licensed, Insured & Bonded For Your Protection. Let Our Experience And Knowledge Work For You & Your Family

VIRGINIA WASHINGTON D.C. MARYLAND  
**1-703-276-7600 • 1-202-393-3900 • 1-410-290-8010**

CELEBRATING 25 YEARS IN THE INDUSTRY

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

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

10% OFF SENIOR CITIZEN AND GOVERNMENT WORKERS DISCOUNT

LOCALLY OWNED AND OPERATED. WE SERVICE, DC METRO, the WHOLE state of Virginia, the WHOLE state of Maryland, THE WHOLE state of DELAWARE. We will travel to any destination, absolutely NO travel charge. 018

**HERNDON ANIMAL MEDICAL CENTER**  
Welcomes Dr. Amanda Higdon

Dr. Higdon is a 2008 graduate of The Virginia-Maryland Regional College of Veterinary Medicine and recently completed an internship at Veterinary Referral Associates in Gaithersburg, Maryland where she received advanced training in Internal Medicine, Surgery, Oncology, Ophthalmology, Radiology, Neurology and Critical Care from Board Certified Specialists.

Dr. Higdon joins Dr. Barry at The Animal Medical Center which is a full service veterinary medical facility; offering wellness care, surgery, laboratory diagnostics, radiology, and treatments. Our veterinarians are continually updating their knowledge and skills so that they may provide the best medical care possible for your pet.

**DR. AMANDA HIGDON**

**NOW ACCEPTING NEW PATIENTS**

Call 703-435-8777 to schedule an appointment  
Drop-off services available as early as 7:30am

**HERNDON ANIMAL MEDICAL CENTER**  
720 JACKSON STREET  
HERNDON, VA 20170



# Community Helps Less Fortunate

FROM PAGE 3

"It's been very successful. We've gotten a lot of volunteers, more than usual, from the community," said Marilyn Silvey, who organized the event through Reston's United Christian Parish, the church that originated Works Sunday. "We had all of the volunteers we needed for every single project."

About 80 of those volunteers from nine religious institutions were at the health fair alone, where a wide variety of services were offered, from obesity and diabetes screening to chiropractic care to blood pressure checks. The Lions Club gave vision and hearing screenings. It was the health fair's second year, and some new additions to the event included acupuncture treatment, information on Alzheimer's disease, oral health checks and additional children's education, said Rudiselle, who is a retired pastor from United Christian Parish.

The Reston Lions Club and the Jeanie Schmidt Free Clinic were the primary cosponsors for the fair, where organizers estimated that close to 400 people came over the course of five hours to get checked out and learn about various health issues.

A nutritionist taught healthy eating habits, the National Institute of Mental Health gave presentations on drug and alcohol awareness, an ultraviolet light was used to check for sun-damaged skin, and another such light was used in hand-washing demonstrations. "They put a special ink gel on your hands that only shows up under an ultraviolet light," said Reston Lions Club President Jim Ryan.

Everyone got a card with his or her height, weight, body mass index, blood pressure and sugar levels, which they presented to a volunteer doctor for personalized advice. On the back of the card were phone numbers for free health care.

"We gave out a lot of important literature, both in English and in Spanish," Rudiselle said. Children got backpacks with educational game books and personal hygiene items.

Many of the people who came to the health fair had lost their health insurance when they were laid off, and some had found new work but had not been on the job long



PHOTOS BY MIKE DICICCO/THE CONNECTION

**Des Horton of Reston, a member of St. Thomas à Beckett Catholic Church, hands out wish lists for Reston Interfaith's food pantry at the North Point Giant as part of a food drive.**

enough to get insurance, Ryan said. He said everyone who attended would be followed up on to make sure they were carrying out the recommendations made for them and had seen a doctor if they were supposed to. And the Lions Club would be buying glasses for many of them after the Health Department had referred them to an eye clinic, he said.

**"It's just a good service project, helping those who are not as well-off as I am."**

— Jeff Confer

The next afternoon, at a townhouse on Colts Neck Court, six men from United Christian Parish were working on a job they had started the weekend before and would not finish for another week. The house was one of three Gabriel Homes — residences for the mentally retarded who are able to live on their own — being repaired as part of Works Sunday. The three together were considered just one of the event's 20 projects.

"We try to wait for the second-hottest day of the year," cracked Elliot Wicks as he helped to screw another board into the front deck the men were rebuilding.

"The old deck was kind of a safety hazard," said Bob Pitulej, who was cutting the boards down



**Jodi Imel of the Unitarian Universalist Church of Reston and Jean Banks of United Christian Parish manage a games night at the Embury Rucker Shelter in Reston.**

to size with a circular saw. Earlier, a group of people from St. John Neumann Catholic Church and elsewhere had been working on the backyard, weeding, laying mulch, edging and trimming.

"It's just a good service project, helping those who are not as well-off as I am," said Jeff Confer, who was helping Pitulej trim the boards. He said he and some of his workmates had been involved in Works Sunday for many years. "This is just one of many projects we do all year long," Confer said.

At the North Point Giant supermarket, Reston resident Des Horton of St. Thomas à Beckett Catholic Church was handing out lists of items needed for Reston Interfaith's food pantry to the steady stream of customers entering the store. "Would you like to help Reston Interfaith?" she asked each arrival. Most took the flyer.

**"We've gotten a lot of volunteers, more than usual, from the community."**

— Marilyn Silvey, Works Sunday coordinator

"It's something to do for the community and just help out, go outside our own little world," Horton said.

The Reston Interfaith food drive expanded this year from three to five supermarkets, with volunteers working two-hour shifts. Silvey said she had been worried that not enough people would volunteer, but the shifts all ended up being filled. However, she said, the drive still only took in about what it had in the past, despite the expansion. "We did see the effects of the economic conditions," she said.

Lauren Wingate had been at the Gabriel House on Colts Neck Court earlier that day, and in the evening, she played with children at the Embury Rucker Shelter. "We ran out of mulch, so we were just standing around watching them build a deck," she recalled. So she had left.

The Reston resident said she did not belong to any particular church but volunteered to look after children at the center a couple of times a month. When she learned that someone was needed to entertain children during Works Sunday's games night at the shelter, she signed up. "I just feel like I'm fortunate in life," she said. "And I love kids."

Inside, about 10 residents were playing bingo for Target gift cards and having an ice cream social, accompanied by chips and soda, as games night got underway. Jodi Imel of the Unitarian Universalist Church of Reston was overseeing the evening for the second year running. She said games night at the shelter had run for several years but only recently switched to bingo, as it was more social and gave an opportunity to give out prizes. "They really like to play too, especially when there are gift cards involved," she said.

Jean Banks of United Christian Parish had played the piano that morning for a Works Sunday service at Hunters Woods Fellowship House and was now helping Imel supervise games night. "In Reston, we just have so much. Most of us have been so blessed," she said, noting that the event provided a way to reach out to those less fortunate. She invoked a biblical quotation of Jesus: "As you did unto the least of these, you did unto me."

"This community is really great, you know, in terms of caring," Silvey said. "I think that's the strongest thing about the Reston community is people really do care about their neighbors."

## CALENDAR

Send announcements to herndon@connectionnewsletters.com or call 703-917-6437. Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit www.connectionnewsletters.com.

### THURSDAY/AUG. 20

**Peter McCory One-Man Band.** 11 a.m. Lake Anne Village Center, 1609 Washington Plaza, Reston. www.lakeanneplaza.com.

**Iona.** Traditional Pan-Celtic music, 7 p.m. at the Reston Community Center. Free. 703-476-4500.

**Matinee With Mommy.** 11 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Bring a picnic lunch and enjoy a movie. Call for title. Age 3-5 with adult. 703-242-4020.

**Zoom and Soar Storytime.** 11 a.m. Herndon Fortnightly Library, 768 Center St., Herndon. Hear stories and songs celebrating things that go. Age 2-5 with adult. 703-437-8855.

### FRIDAY/AUG. 21

**Passion, a musical based on Ettore Scola's film 'Passione D'Amore'** and the 1869 novel 'Fosca.' 8 p.m. at the Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. \$22; \$19 students and seniors. 703-481-5930.

**Family Fun Night.** 6:30-9 p.m. at the Lake Anne Village Center, 1609 Washington Plaza, Reston. Free family fun, live entertainment, chaperoned games, prizes, free hot dogs and drinks for children. Presented by TLC 4 Kids Children's Center, Washington Plaza Baptist Church, Friends of Lake Anne.

### SATURDAY/AUG. 22

**The Fairfax Symphony Orchestra's OTO Percussion Duo: What is**

## BULLETIN BOARD

To have community events listed in the Connection, send to herndon@connectionnewsletters.com or call 703-917-6437 with questions. Deadline is Friday.

### THURSDAY/AUG. 19

**Dulles Regional Chamber of Commerce new and prospective members lunch.** 11:45 a.m.-1:30 p.m. at the Dulles Regional Chamber's Chantilly Office, 3901 Centerville Drive, Suite R, Chantilly. Learn about the impact of this regional chamber and avenues for promoting a business. Extensive networking on site; attendees are asked to bring business cards. Lunch will be provided. Pre-registration is required at 571-323-5300 or dullesherndonregionalchamber.org.

### TUESDAY, AUG. 25

**Town Hall meeting hosted by Rep. Jim Moran (D-8), featuring Gov. Howard Dean, M.D.,** former governor of Vermont, Democratic National Committee Chair Emeritus, author, and national grassroots leader on health care, will discuss current efforts in Congress to reform our nation's health care system. 7-9 p.m. at the South Lakes High School Auditorium, 11400 South Lakes Drive in Reston. Free and open to the public. Seating is limited, available on a first come first serve basis.

### WEDNESDAY/AUG. 26

**Dulles Area Transportation Association Board of Directors and General Membership Meeting.** Registration 7:30 a.m. Meeting 8 a.m. at 2201 Cooperative Way, Herndon. "Taxes and Tolls:



CONTRIBUTED

**Rhythm?** 10 a.m. at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. In case of inclement weather, call 703-324-7469 for cancellation updates. www.fairfaxcounty.gov/parks/performances/.

**Passion, a musical based on Ettore Scola's film 'Passione D'Amore'** and the 1869 novel 'Fosca.' 8 p.m. at the Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. \$22; \$19 students and seniors. 703-481-5930.

**Reston Farmers Market at Lake Anne Village Center.** 8 a.m.-12 noon. A variety of locally grown fruits, vegetables, meats, poultry and goat and cow cheeses. Plus four bakers and large selection of flowers, plants and cut flowers. Home made organic butterfat ice cream, honey and kettle corn round out choices at Reston Farmers Market. Go to: www.restonfarmersmarket.com or call 703-318-9628.

**Neighborhood Plant Clinic.** 10 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. 703-242-4020.

**The Stanley Jordan Trio.** Reston Concerts on the Town, 7:30 p.m. www.stanleyjordan.com

### SUNDAY/AUG. 23

**Northern Virginia Hebrew Congregation Annual Open House Ice Cream Social.** 2-4 p.m. at 1441 Wiehle Ave., Reston. For new and prospective members. Meet with Rabbi Robert A. Nosanchuk and other temple leaders, tour the temple, and learn about NVHC services and programs. 703-437-7733 or www.nvhcreston.org.

**Middle Eastern Dance.** Mosaïque Language & Cultural Arts presents its premiere Dance Showcase, entitled, "Dances from a Colorful World," featuring Middle Eastern Dance performances by students, instructors and guest artists. The family oriented event will be at 5 p.m. at the Reston Community Center in the Hunters Woods Plaza. Admission is free and open to the public.

### TUESDAY/AUG. 25

**Assistance League Annual Social.** 7 p.m. ALNV, a volunteer organization

**Stanley Jordan trio performs at Reston Town Center, Saturday, Aug. 22, 7:30 - 10 p.m., rain or shine. This concert is part of the Reston Concerts on the Town series that takes place every Saturday night.**

that promotes literacy and well-being of women and children, will welcome potential new members in Herndon. ALNV runs two reading programs in Fairfax County and provides layettes to newborns and comfort items to sexually assaulted women and children and others in need. 703-648-1822 or www.northernvirginia.assistanceleague.org.

**Bingo the Clown.** 11 a.m. Lake Anne Village Center, 1609 Washington Plaza, Reston. www.lakeanneplaza.com.

### WEDNESDAY/AUG. 26

**The Spinal Research Foundation Seminar on Osteoporosis,** with Dr. Christopher R. Good. 6-8 p.m. at The Virginia Spine Institute, 1831 Wiehle Ave., Reston. Free. Register at www.SpineMD.com or 703-709-1114.

**Spanish Chats.** 6 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Informal refresher for adults who want to practice Spanish. 703-689-2700.

### THURSDAY/AUG. 27

**Unicycle Lady Pirate Show.** 11 a.m. Lake Anne Village Center, 1609 Washington Plaza, Reston. www.lakeanneplaza.com.

**Farmers' Market at Reston Town Center Pavilion.** 3:30 p.m. at Reston Town Center, 11900 Market St., Reston. Locally grown fruits and vegetables, locally raised meats and poultry, bread and cheese, salsa and sausage. 703-689-4699.

### SATURDAY/AUG. 29

**Neighborhood Plant Clinic.** 10 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. 703-242-4020.

**Allsports Grand Prix**  
High Speed Indoor Kart Racing

Looking for a fun and inexpensive corporate outing?  
Forget those costly retreats and boring banquets, take your team out to RACE!  
Give us a call and plan your next team outing here at Allsports!  
\*Please visit our website for more details and reservations  
www.ALLSPORTSGP.com

Allsports Grand Prix  
45915 Maries Road  
Dulles, VA. 20166

Office (571) 434-9566  
Fax (571) 434-9570  
www.AllsportsGP.com

## The WFCM Thrift Store Has Doubled Its Size!

We have made room for more:

- Furniture
- Clothing for All Ages
- Jewelry
- Accessories
- Costumes
- Seasonal Items
- Linens
- Small Appliances
- Books
- Movies
- Kitchenware
- Sporting Goods
- Baby Items
- Collectibles...and more!



**WFCM**  
13989 Metrotech Drive  
Chantilly, VA 20151  
www.wfcmv.org  
703-988-9656, x 109

**tranzon AUCTION**

**BANKRUPTCY**

**15,000+sf Mansion**

• 30 minutes from DC  
• 5 bedrooms, 5 full & 3 half baths  
• Conservatory, library, morning room  
• Master retreat fills entire wing  
• Formal LR plus 2-story grand salon

• Gourmet kitchen, dumbwaiter, butler's pantry  
• Upper level office, study & studio  
• Lower level rooms: lounge/bar, media, billiards, wine tasting, wine cellar & more!

Sale subject to US Bankruptcy Court approval

**Thurs, Sept. 10<sup>th</sup> @ 11am**

**11215 Stuart Mill Rd, Oakton, VA**

**tranzon FOX**

**888-621-2110 | www.tranzon.com**

**Merrifield Garden Center**

ENJOY THE BEAUTY OF YOUR LANDSCAPE

PERENNIALS

An outstanding collection for color and interest including  
Hardy Hibiscus • Summer Phlox • Black Eyed Susan  
Sedum • Russian Sage • Ornamental Grasses

More beautiful bloomers –  
Crape Myrtle • Butterfly Bush  
Knockout and Flower Carpet Roses

And just arrived –  
Fall Vegetable Plants,  
Hardy Mums and  
fresh, beautiful Annuals!

Don't miss  
"MERRIFIELD'S  
GARDENING ADVISOR"  
every Saturday at 8 a.m.  
on NewsChannel 8

Join us each week for great ideas  
for your landscape, timely tips  
and viewer call-in questions!

Special Buy  
CONEFLOWERS  
Assorted colors in bloom  
\$7.25  
2 gal. cont. - reg. \$12.99-\$18.99  
Good 8/20-8/26/09

Join us for free  
WINE TASTINGS  
Every Saturday in August, from 1-5 p.m.  
at our Gainesville Location  
Discover our wonderful selection of fine  
wines from vineyards around the world!

MERRIFIELD 8132 Lee Hwy., Merrifield, VA 703-560-6222  
FAIR OAKS 12101 Lee Hwy., Fairfax, VA 703-968-9600  
GAINESVILLE 6895 Wellington Rd., Gainesville, VA 703-368-1919

Hours: Monday - Saturday 8:00 a.m. - 8:00 p.m. • Sunday 9:00 a.m. - 6:00 p.m.  
www.MerrifieldGardenCenter.com

# SPORTS



Game 2 on July 31 at Estadio Cibao in Santiago. Connor Bach, Nate Favero, Nick Amano-Dolan, Nate Slater and Sean Murphy (holding the Dominican flag) greet the Dominican players before the game.



PHOTOS BY KATHLEEN BACH

Game 6 on Aug. 5 at Cabarete Field in Cabarete. Connor Bach about to throw to Joey Zarella to pick a runner off first in the bottom of the seventh.

## Team Virginia Sweeps Series in Dominican Republic

Area team wins all six games.

A team of Northern Virginia high school baseball players recently visited the Dominican Republic on a goodwill tour playing local teams and experiencing the Dominican culture. Teams from other parts of the U.S. have made similar trips with mixed results on the field. Team Virginia swept all six of its games but more importantly came away with a greater appreciation for the opportunities and comforts of growing up in America.

The squad was led by area high school coaches Mark "Pudge" Gjormand, Morgan Spencer and Justin Counts and included 15 players who played for eight Washington area public and private high schools last Spring. The players were: Ryan Ashooh, Connor Bach, Chris Campbell, Nick Amano-Dolan, Eli Facenda, Nate Favero, Jonny Graham, Matt Moore, Sean Murphy, Mike Norton, Kevin Pence, Daniel Shill, Nathan Slater, Josh Smith and Joey Zarella.

**THE TEAM** opened the trip with two games in Santiago at a modern stadium that is home to the premier team in the Dominican winter professional league. Then, they traveled to Santo Domingo for three games at Centro Olimpico, a once grand multi-sport facility that has fallen into disrepair. The tour concluded with a game on a neighborhood field in the small town of Cabarete that was Norman Rockwell in the Caribbean. As the quality of the fields diminished, the venue itself took on more character and the home fans became more animated.

Team Virginia won its opening game 2-0 behind a combined no hitter from Connor Bach and Ryan Ashooh. Mike Norton drove in the game's first run and Bach stole home for the second run. Bach and Chris Campbell had two hits apiece.

In a rematch the next day, the U.S. romped to a 15-3 victory. Daniel Shill and Eli Facenda combined on a four hitter. Josh



Game 6 on Aug. 5 at Cabarete Field in Cabarete. Team Virginia surrounded by the Cabarete team after the game. The Americans later gave their hats and jerseys to their Dominican opponents.

### Team Virginia

Team Virginia players who participated in a trip include: Madison High School students Nate Favero, Eli Facenda, Jonny Graham and Matt Moore; Centerville High School's Ryan Ashooh, Connor Bach and Chris Campbell; Langley High School's Nick Amano-Dolan and Joey Zarella, both of Great Falls; Herndon High School's Kevin Pence and Daniel Shill, both of Reston; as well as Nate Slater, Robert E Lee High, of Springfield; Sean Murphy, Gonzaga High, of Vienna; Mike Norton, Georgetown Prep, of Great Falls, and Josh Smith, St. Stephens/St. Agnes High, of Great Falls.

Smith had three hits and Kevin Pence collected a pair. Smith, Jonny Graham and Sean Murphy drove in three runs apiece.

Games 3 and 4 were rain-shortened. Team Virginia was leading 3-1 when a downpour ended Game 3 in the third inning. Joey Zarella did the pitching. Zarella, Eli Facenda and Nathan Slater each drove in a run.

Rather than resuming the game, the opposing coach opted for a rematch the next day. Once again the U.S. was ahead 7-3 when rain ended the contest in the fourth inning. Facenda and Bach took care of the pitching. Bach and Slater both scored a pair of runs.



Game 5 on Aug. 2 at Fedobe Field in Centro Olimpico, Santo Domingo. Connor Bach chases a ball during warm ups down the right field line.

Game 5 was played later that day with Team Virginia winning 7-1. Matt Moore and Ashooh pitched three innings apiece and Shill closed the game. Ashooh recorded 8 of 9 outs on strikeouts. Slater had two hits including the only USA home run of the trip.

**THE CLIMACTIC GAME** of the trip was also the most thrilling. Nick Amano-Dolan singled home a run in the sixth to give the U.S. a 1-0 lead. Zarella pitched brilliantly, but defensive lapses allowed the home team to score three unearned runs in the bottom of the sixth. Bach came in to finish the sixth which ended dramatically when right fielder Moore gunned down a runner at the plate for the second time in the game.

Zarella started the seventh with a single and after three walks and two outs produced one run, Pence drove in the tying and go ahead runs with a bad hop single over the second baseman's head. Bach closed the game out picking a runner off first and striking out the last two hitters. The confident Dominicans were stunned as Team Virginia snatched victory from the jaws of defeat. After the game, the victors gave their USA hats and jerseys to the Dominican players.

Some Americans even gave away their spikes, bats and gloves. All were received gratefully by the home team.

"The Dominican Republic is one of the top baseball countries in the world," said Gjormand. "We didn't know what to expect, and when we took the field in a pro stadium in Santiago, there were a lot of nerves. We knew it was still the same game though, and we played with discipline and fundamentals throughout the trip. In Santo Domingo, we entered the arena, the heart of Dominican baseball. The finale in Cabarete was the craziest, coolest environment I've ever coached in. Coming back from a 3-1 deficit was like winning the state championship. Literally giving them the shirts off our backs after the game was a terrific gesture by our players. I'm real proud of the effort our guys gave and the way they carried themselves. They were a credit to their families, Northern Virginia and the USA."

— DAVE GRAHAM

# Infuse to Lose



By KENNETH B. LOURIE

Your hair. Your appetite. Your energy. Your sense of taste. Your sense of immortality. Your sense of order. Your boyish figure. But you can never lose hope or your dignity, and you especially can't lose the battle with your emotions. Moreover, you absolutely can't lose your sense of humor. If I've heard it from one health care professional, I've heard it from many; if I've heard it from one friend and/or acquaintance touched by cancer, I've heard it from many: staying positive about this incredibly negative set of health circumstances in which I find myself immersed, is the best way to fight.

What's the alternative, really? Be a dismal Jimmy? A gloomy Gus? A stick in the mud (to quote one of my wife, Dina's, favorite Kenny-characterizations)? Hardly. Where's the fun in any of that? Or rather, what's the point in feeling sorry for yourself? From what I've seen and read and heard from friends, family members and readers (thank you all very, very much), there are already plenty of people feeling sorry for me; sending and remembering me in their prayers, encouraging and supporting me in my hours of need, offering assistance and information, all of which I definitely need and appreciate.

However, moving forward, I am not going negative nor am I feeling hopeless. An unexpected outpouring of emotional back-stopping will do that. Life goes on, although when I look in the mirror, I do see Uncle Fester (Jackie Coogan) from The Addams Family staring back at me (a chemo moment, you might say). In this incarnation, Fester is not wearing that black tunic thing with the Elizabethan-type collar he always wore; he is bald, though, with no eyebrows, minimal facial hair and eyes with no lashes. As a result of this stark – and somewhat self-conscious – appearance, I am often seen wearing a Boston Red Sox baseball cap (unlike Fester), forever supportive of my hometown team.

The hat/head cover has been my only concession/acceptance of the cancer. I just can't go around bald; having had a full head of thick, curly black hair my whole life; seeing myself without a strand would have been too much to bare. I don't mind feeling the fear, living the life and walking the walk (one of the side effects from one of the chemo drugs makes it hard to run), but looking the part is a bit more than I can take. In my mind, so long as I don't look like I feel, I won't feel like I look, lousy. I suppose it's sort of like mental gymnastics, a kind of mind-over-what-really-matters. However, when the going gets tough, it's tough not to react in ways unforeseen and maybe even unanticipated. Finding ways (or rationalizations) to hold your head up high and reinforce whatever positive vibe you can emotionally embrace helps to defeat the demons.

As Herman Edwards, former head football coach of The New York Jets and most recently, The Kansas City Chiefs, is famous for saying: "You play to win the game!" And that's exactly what I'm trying to do. Except this is no game of football, this is the game of life.

*Kenny Lourie is an Advertising Representative for The Almanac & The Connection Newspapers.*

ZONE I: • RESTON  
• HERNDON • LOUDOUN

# EMPLOYMENT

703-917-6464  
ZONE I Ad DEADLINE:  
TUESDAY 4 P.M.

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

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

**AVON** Need an Extra \$500 - \$1000 per mo. to pay Bills ??  
Call Sue @ 703-451-5864  
Email: avonsatosell@yahoo.com  
www.youravon.com/sanderson5864

## MARKETING ASSOCIATE

Concert Technologies, Dulles, VA is seeking a fulltime results-driven individual to assist in our Marketing & Sales efforts. Competitive salary + bonuses, paid healthcare/dental, vacation, holidays and more. Send resume to: careers@concerttech.com

## EARN PAID TIME OFF!

**CNA's/Companions/Live - Ins**  
Needed immediately to help with daily meals, errands, chores, laundry, etc. Flexible schedules - work when you want. Paid training, double time for holidays. PT/FT. Call now 703-766-4019.

## ADMIN ASSISTANT/ ACCOUNTING TECH

Fairfax CPA firm seeks F/T professional indiv. Applicant should have administrative exp in a professional setting, be detail-oriented, team oriented, possess strong computer skills, including MS Word and Excel, and have excellent writing and grammar skills. Overtime hrs, including Sats, are req'd during tax season. 4 year degree preferred. Clerical accounting/bookkeeping exp a plus. Fluency in English req'd. We offer competitive salaries and benefits pkg. E-mail resume to resumes@tgccpa.com

## Sales Associate & Cashier

American Plant, an eco-friendly garden center in Great Falls is looking for a full-time, seasonal sales associate and a part-time, seasonal cashier (an excellent opportunity for a student who is able to work after school and weekends - the garden center is open until 6 p.m. every day) to provide excellent customer service; run a cash register; unload, organize, and maintain plant material, and clean and organize assigned work areas. Flexibility and hard working are key qualities for this position. If interested, please apply in person at 10106 Georgetown Pike or email mary@apfgarden.com. No telephone calls please!

## CAREER EDUCATION

**WESTWOOD COLLEGE**  
Earn a bachelor degree in just three years at Westwood College  
Call 877-852-9712 today to receive your free Career Success Kit!  
www.westwood.edu/locations

## Leesburg Dental Office Business Department

Busy Dental Office seeking only qualified Professionals Full Time  
Dentrix experience is necessary.  
Top Salary and Benefits  
Please Call  
703-759-3011

## P/T NANNY / HOUSEKEEPER

Professional family in Fair Oaks area seeking dependable, mature indiv for housekeeping, cooking & some after school childcare & driving. Flex hrs, afternoons. Must have own car & good driving record. Duties incl: cleaning, cooking, laundry, light driving & childcare. Friendly, warm environment. Call Karen 703-802-6304, M-F, 9:30a-4:00p only. Fax: 703-802-6307 or email: manager@unionmillpediatrics.com

## F/T Maintenance Assistant

Needed at a condominium in Reston Town Center. Ideal applicant will possess good maintenance ability and have general knowledge of handyman type repairs. Strong communication skills are a must. \$15/hr plus general benefits package and must be able to pass screening. Please either fax resume to 703-638-6757 or e-mail to brose@cmc-management.com

## Daytime Caregiver

For 86 year old woman. MUST: speak English fluently, at least 3 yrs exp working with elderly, able to drive, cook, be able to do it house-keeping (including laundry). Other care-giving resps such as, assisting with baths, personal hygiene, transportation to and from doctors aptmts and medication reminders. Background and refs checked. Position near Leesburg, Va. Fax resumes to: 703-904-7240 or email DonnaTInc@aol.com - No calls pls.

# Internships Available

Unusual opportunity to learn many aspects of the newspaper business. Internships available in reporting, photography, research, graphics. Opportunities for students, and for adults considering change of career. Unpaid. Email internship@connectionnewspapers.com

THE CONNECTION  
NEWSPAPERS

# HOME & GARDEN

CONNECTIONNEWSPAPERS.COM CONTRACTORS.COM

THE CONNECTION  
NEWSPAPERS

CLASSIFIED

For Local...

- Employment
- Employees
- Services
- Entertainment
- Announcements
- Real Estate
- Cars
- Trucks
- Vans
- RV's
- Boats
- Pets
- Yard Sales
- Crafts
- Hobbies
- And More!

For All  
Your  
Advertising  
Needs...

It Works.  
Week  
After Week.

703  
917-6400

Place  
Your  
Ad  
Today!

THE CONNECTION  
to your community

## CLEANING

ENGLISH-SPEAKING ONE-WOMAN HOUSECLEANING. 14 Years Experience. Honest, reliable, loves animals. Reasonable rates. 703-855-3302

**CARE MORE CLEANING SOLUTIONS**  
Residential & Commercial  
10% Senior Citizen Discount  
703-862-5904 or 703-780-6749  
LIC caremorecleaning.com INS

## DECKS

**High Pressure Cleaning & Sealing**  
• Decks  
• Fencing • Siding  
For Free Estimate call Bill  
703-944-1440

## GUTTER

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

## HAULING

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

**AL'S HAULING**  
Junk & Rubbish  
Concrete, furn., office,  
yard, construction debris  
Low Rates NOVA  
703-360-4364  
703-304-4798 cell

## 7 DAYS A WEEK

## IMPROVEMENTS

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

## LANDSCAPING

**ANGEL'S LAWN MOWING**  
• Trimming • Edging  
• Mulching • Yard Cleaning  
• Hauling • Tree Work  
703-863-1086  
New# 571-312-7227

# HOME & GARDEN

703-917-6400

ZONE I: • RESTON  
• HERNDON • LOUDOUN

CONNECTIONNEWSPAPERS.COM CONTRACTORS.COM

ZONE I Ad DEADLINE:  
MONDAY NOON

# CLASSIFIED

703-917-6400

ZONE I Ad DEADLINE:  
MONDAY NOON

## LANDSCAPING

**A&S LANDSCAPING**  
Spring Clean-up • Planting  
Mulching • Sodding • Patios  
Decks • Retaining Walls  
Drainage Solutions  
**703-863-7465**

## LAWN SERVICE

**Green Lawn Companies**  
20-40% off all services  
• Mowing • Trimming  
• Mulching • Seeding  
• Sodding • Planting & Designs  
• Power Washing  
**703-400-8664**

## PAINTING

**PATRIOT PAINTING**  
www.PatriotPainting.net  
**Wallpaper Removal, Carpentry, Power Washing, Int/Ext Painting**  
Free Est. • Satisfaction Guar.!  
Lic./Ins. Int./Ext.  
**703-502-7840**  
Cell **571-283-4883**

Nothing is too small to know, and nothing too big to attempt.  
-William Van Horne

## ROOFING

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

## TREE SERVICE

**ANGEL'S TREE & HEAVY TRASH HAULING**  
• Mulch  
• Clean-up Grounds  
• Lot Land Clearing  
**703-863-1086**  
New#- 571-312-7227

## CLEANING

**A CLEANING SERVICE**  
Since 1985/Ins & Bonded  
Quality Service at a Fair Price  
Satisfaction Guaranteed  
Comm/Res. MD VA DC  
[acleanserviceinc.com](http://acleanserviceinc.com)  
**703-892-8648**

## CLEANING

## STRONG PACE CONSTRUCTION

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

## ELECTRICAL

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

## ELECTRICAL

## R.N. CONTRACTORS, INC.

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

## GUTTER

**PINNACLE SERVICES, INC.**  
**LAWN SERVICE**  
MOWING, TRIMMING, EDGING, MULCHING & TRIM HEDGES  
Group Rates Avail.!  
**703-802-0483**

## GUTTER

## A&S Landscaping

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

## Metro Gutter

Clean/Install/Repair  
• Wood Replace & Wrapping • Pressure Washing  
• Chimney Sweeping & Repair  
20 YEARS EXP.  
**703-354-4333**  
[metrogutter.com](http://metrogutter.com)

## LAWN SERVICE

## J.E.S Services LANDSCAPE & CONSTRUCTION

• Patios • Walkways  
• Retaining Walls  
• Drainage Problems  
• Landscape Makeovers  
Call: **703-912-6886**  
Free Estimates

## HANDYMAN

**HOME IMPROVEMENT**  
Repairs & Remodeling:  
Plumbing, Electrical, & Painting!  
**703-455-3858**  
[www.ZenouZHomeImprovement.com](http://www.ZenouZHomeImprovement.com)  
No Job too Small

## HANDYMAN

## TREE SERVICE

**EXPERT TREE CUTTING, STUMP REMOVAL AT AFFORDABLE FEES**  
**Mulch, Gutter, Landscape**  
Lic. HES Co. LLC. Ins.  
**703-203-8853 • 571-437-8383** (cell)  
[hestreco@gmail.com](mailto:hestreco@gmail.com)

## 21 Announcements

## 21 Announcements

## 21 Announcements

## 26 Antiques

**need better grades?**

Our unique **One Subject Plan** has been helping students improve their grades for more than fifty years. In 2008, 23 of our 97 seniors earned **full academic scholarships** to college. In the past two years combined, our graduating classes have earned over \$16 million in total college scholarships.

Need better grades to get into the college you want? Looking for a really good college prep school with structure, discipline, and Christian values?

Act today! It's not too late to enroll for the fall. Download our report on The One Subject Plan at: [needbettergrades.com](http://needbettergrades.com)

**Fork Union MILITARY ACADEMY** Success stories begin here.

We consign/pay top \$ for antique/semi antique furn. including mid century & danish modern Teak furniture, sterling, mens watches, painting/art glass, clocks, jewelry, costume jewelry, etc. Call Schefer Antiques @ 703-241-0790.

## 28 Yard Sales

Ashburn Station Community Yard Sale, 8/22 from 8-12. Lots of clothes, furn, and kids stuff. Community located off of Ashburn Road & Haven Crest Way

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

Try a better way to fill your employment openings



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

**THE CONNECTION**  
to your community

**703-917-6464**  
Fax **703-917-0992**  
E-mail: [classified@connectionnewspapers.com](mailto:classified@connectionnewspapers.com)  
Great Papers • Great Readers  
Great Results!

**Vacation At Home**  
In Your Own New Sunroom!

Sunrooms of Floor to Ceiling Glass, Our Edge-To-Edge Advantage®

Call Now For... **12% Off up to \$4,000\*** on any New Sunroom, Solarium or Conservatory

**100% Bank Financing!**

**patio ENCLOSURES, INC.**  
Northern Virginia 1-800-277-2846  
Central Virginia 1-800-277-7790  
www.reamco.com VA #20345

**Dutchway Pole Barns**  
ECONOMICAL

\$4,999! 16 x 20 x 8 1 garage door	\$15,999! 30 x 64 x 10 1 slider door
24 x 24 x 8 \$6,599	40 x 80 x 12 \$25,799
30 x 32 x 10 \$9,499	50 x 96 x 14 \$39,299
30 x 50 x 12 \$15,399	60 x 120 x 16 \$63,799

Specials include: (1) garage/slider door • (1) entry door • material • delivery • construction

**CONESTOGA Buildings**  
AFFORDABLE QUALITY

**\$22,199! 24 x 32 x 10**  
Includes Second Floor!

[www.conestogabuildings.com](http://www.conestogabuildings.com) • [www.dutchwaypolebarns.com](http://www.dutchwaypolebarns.com)  
**1-877-434-3133**

ZONE I: • RESTON  
• HERNDON • LOUDOUN

# CLASSIFIED

703-917-6400

ZONE I Ad DEADLINE:  
MONDAY NOON

100 Music

100 Music

28 Yard Sales

28 Yard Sales

## Conn Organ for Sale

### Electronic Prelude 315 Italian Provincial Style

Good condition, rich sound,  
good beginners instrument.  
You pick-up. **\$350 obo**

**703-534-9586 Cell: 703-283-6282**



## Tuscan Valley Construction

**Italian Craftsmanship for all your home improvement needs. Will beat any written estimate. \$100 off any job over \$1,000. For free estimate, call 540-336-6191**



101 Computers

21 Announcements

21 Announcements

21 Announcements

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

- > TRAINING
- > INSTALLATION
- > TROUBLE-SHOOTING
- > LET US TAME THAT BEAST FOR YOU

Serving Area Since 1995  
**(703) 765-2222**  
JSMITHHDI@aol.com

**PUBLIC REAL ESTATE AUCTION**  
Amazing English Country Estate Home  
8718 Woodside Ct., McLean, VA 22102  
Saturday, Sept. 26 at Noon  
5BR/5FBA/7HBA home on 1.75+ ac gated lakefront lot  
Originally listed for \$3MM, Starting Bid is \$600K  
Terms: \$25,000 in cash or cert. funds required to bid,  
high bidder must increase dep. to 5% of high bid within 3 days.

Call or see TRACauctions.com for full terms & conditions,  
including buyer's prem. and settle. requirements,  
or to request a brochure. Broker co-op welcome.  
Broker open house Wed., Aug. 26.  
Please call Kevin Regan for open house info.

**TRAC**  
Paul Sobwick, Auctioneer, VA Lic. #3504  
**888.704.TRAC x. 130**

25 Sales & Auctions

25 Sales & Auctions

25 Sales & Auctions

25 Sales & Auctions

**BANK OWNED HOMES IN YOUR AREA!**

# Auction

Your last opportunity  
to buy these homes  
at auction pricing!

**Bid Online Today**  
**BidKW.com**

**2702 Greenmount Avenue, Baltimore, MD**  
Condo • 3 bed • 1 bath • 1,352 sq. ft.

**417 Robert Street, Baltimore, MD**  
Condo • 4 bed • 1 bath • 1,800 sq. ft.

**3401 Holmes Avenue, Baltimore, MD**  
Condo • 3 bed • 1 bath • 1,400 sq. ft.

**3308 Chesterfield Avenue, Baltimore, MD**  
Condo • 2 bed • 2 bath • 1,120 sq. ft.

**KENNEDY WILSON**

Your home...Your price! **877-292-2995**

## THE CONNECTION CLASSIFIED

Classified or Home • Lawn • Garden:  
**703-917-6400**

Employment: **703-917-6464**  
Fax: **703-917-0992**

E-mail: [classified@connectionnewspapers.com](mailto:classified@connectionnewspapers.com)

## NEWS

# Guilty Plea in Conspiracy Case

FROM PAGE 2

business without losing its Certified Business Enterprise status, and also so that he could submit more résumés for bids and because the original company had developed a questionable reputation in some circles, documents say.

Around July 2008, the two men began submitting fraudulent time sheets and invoices with inflated hours and “ghost employees” — names of people who did not work for their companies — to the D.C. government and elsewhere. One of the men to whom the fraudulent documents were sent was Yusuf Acar of D.C., who worked for the city’s Office of the Chief Technology Officer and was allegedly taking bribes from Bansal.

Mir did not know that Bansal, who was charged in March with conspiracy to bribe a public official and conspiracy to launder money, was bribing officials, but documents say Mir helped to create the fraudulent invoices and in one case supplied the name of one of his friends to be used as a ghost employee. Prosecutors estimate that more than \$124,000 was improperly gained with Mir’s assistance.

Acar was charged with conspiracy to commit bribery, wire fraud, conflict of interest

and conspiracy to launder money. A fourth man, Farrukh Awan of South Riding, has also been charged in the case and is accused of bribing Acar, as well as conspiracy to launder money.

Mir took a plea agreement that dropped the charge of defrauding the U.S. government provided that he waive his right to a grand jury indictment, his right to appeal and the statute of limitations on the case. The punishment for the wire fraud charge carries a penalty of up to five years in prison and a fine of up to \$250,000 or twice the amount that was improperly gained, as well as restitution and three years of supervised probation.

However, prosecutors said that since Mir had accepted responsibility for the crime, given quick notice of his intent to plead guilty and, moreover, had been determined to be a minor participant in the conspiracy, his punishment would likely be along the lines of six to 12 months in jail and a possible fine of \$2,000 to \$20,000. The prosecution also said it would not oppose a sentence of probation that would substitute at least some of the jail time with house arrest.

— MIKE DICICCO

## CONNECTION

### Photo Galleries

Now! Thousands of pictures of sports, graduations, current events and more—never published, but posted on the Web. Free for evaluation, available for prints.



Connection Newspapers.com  
Click on “Photo Gallery”

## COMMUNITIES OF WORSHIP



**GOOD SHEPHERD**  
LUTHERAN CHURCH  
*Making more and better disciples of Christ*

1133 Reston Avenue, Herndon, VA 20170  
Sunday Worship: 8:30 and 10:30 am

Summer Worship Hours  
Church Office: 703.437.5020  
Preschool: 703.437.4511  
[www.gslcva.org](http://www.gslcva.org)

Child care available at all services



Progressive & Welcoming  
**ST. ANNE'S EPISCOPAL CHURCH- Reston**



8:00 a.m. Holy Communion  
10:00 a.m. Holy Communion  
(Children’s Chapel & Nursery Provided)  
5:00 p.m. Contemporary Service  
The Rev. James Papile, Rector  
The Rev. Jacqueline Thomson  
The Rev. Denise Trogdon  
703-437-6530  
[www.stannes-reston.org](http://www.stannes-reston.org)  
1700 Wainwright Dr., Reston



# CASH 4 CLUNKERS

FairfaxCashForClunkers.com

**CARS**  
car allowance rebate system

**EARN UP TO \$4500 FOR YOUR CLUNKER**

HYUNDAI  
Assurance



powered by **pricelock**

\*\*



**ACCENT**



**ELANTRA**



**SONATA**

**NEW**  
**HYUNDAIS**  
**FROM**  
**\$9,495**

**America's Best Warranty\***

**10-Year/100,000-Mile**  
Powertrain Limited Warranty

\*See dealer for LIMITED WARRANTY details.

**WWW.FAIRFAXHYUNDAI.COM**

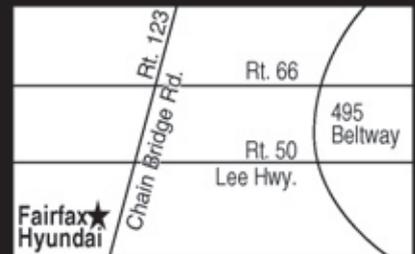


**703-352-0444**

**10601 Fairfax Blvd • Fairfax, VA 22030**

**(3 minutes from Rt. 66)**

**#1 Volume Dealer for over 23 years!**



Prices plus \$660-\$700 Freight. Taxes, tags and \$389 processing fee. All rebates assigned to dealer. Hyundai Assurance is valid on any new Hyundai model financed or leased at participating dealers only, for up to one year after purchase. Restrictions apply. See dealer for details. \$9495 Hyundai is a 2009 Hyundai Accent. Limited to dealer stock of 09 Accent GLS base model \* For complete CARS details go to www.cars.gov. \*\*For one year, you pay \$1.49 per gallon of gas. HMA pays difference between actual gas price at pump and \$1.49. Only at participating gas stations. Restrictions apply. \$1.49 gas promotion will reduce HMA rebate in the amount of \$1000. See dealer for details.

© 2009 Letizia Ad Team, LAT-02