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ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM
PHOTO BY MIKE DICICCO/THE CONNECTION

McLean CONNECTION Run Walk And Wheel Returns

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Middle Eastern Food Festival Comes to McLean

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Illegal Solicitors Target McLean

NEWS, PAGE 6

Renie Freedman of Oak Hill started the Super H 5K Run Walk and Wheel, taking place Sept. 13 in Tysons Corner, after her husband, Harry 'Super H' Freedman, lost his leg in 2004. The race now benefits the BlazeSports Club for people with physical disabilities.

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WEEK IN MCLEAN

Police Investigate Unattended Death

Police were called to a wooded area in Greenway Heights Park, near Hunting Hill Lane and Shetland Court shortly after 4:30 p.m. on Sunday, Aug. 30. Walkers discovered a body several hundred yards away from the road. Detectives from the Criminal Investigation Bureau responded along with Crime Scene technicians. This incident is not being investigated as a criminal matter at this time. Positive identification as well as cause and manner of death will be determined by an autopsy.

Anyone with information is asked to contact Crime Solvers by phone at 1-866-411-TIPS/8477, e-mail at www.fairfaxcrimesolvers.org or text "TIP187" plus your message to CRIMES/274637 or call Fairfax County Police at 703-691-2131.

Two-Alarm House Fire in McLean

Fairfax County Fire and Rescue Department units responded to a house fire Sunday, Aug. 30, at approximately 5 a.m. in the McLean area of Fairfax County. The single-family home is located at 929 Woburn Court.

Firefighters encountered fire and smoke coming from the attic and rear of the home upon arrival. A second alarm was struck, bringing approximately 60 firefighters to the scene. The fire originated in the basement and then traveled the walls and up and into the first and second floors of the home. Firefighters brought the bulk of the fire under control in approximately 50 minutes. It took firefighters over an hour to seek out and extinguish several pockets of fire inside the walls. Occupants were alerted by sounding smoke alarms and escaped unharmed. Two adults have been displaced. Red Cross was not needed. One firefighter was transported to a local hospital for non-life threatening injuries.

Damage is estimated at \$500,000. According to fire investigators, the fire was accidental. The cause of the fire was an electrical anomaly involving the home's circuit breaker panel.



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A special thank you to the Navy Federal Credit Union
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Run Walk and Wheel Returns

McLean 5K inspired by Oak Hill man helps fund sports program for disabled.

BY MIKE DICICCO
THE CONNECTION

The first Super H 5K race in 2004 was to raise money to buy prosthetic legs for Oak Hill resident Harry Freedman, who had just lost his left leg in a workplace accident. Since then, the race, which will be hosted by the Tysons Corner Sport & Health Club in McLean this year on Sunday, Sept. 13, has raised money for the National Rehabilitation Hospital's BlazeSports Club for people with physical disabilities.

Freedman said he wanted to give back to the hospital that had taught him how to function again. He had arrived at the Washington, D.C. hospital just days after his amputation, doctors having spent almost two months trying to save his leg after it was run over by a front end loader at the business where he is the vice president, Auto Recyclers of Leesburg.

"I had no idea what the next step was," he said, adding that he had only wanted to get back to his usual regimen of running, biking and swimming as quickly as possible. "They sort of showed me the way at National Rehabilitation Hospital." He said the hospital had half a car set up to teach injured patients how to drive again and models of kitchens, bathrooms and banks, where patients could learn how to go about familiar tasks under the new circumstances of their injuries.

"They teach you how to live again," said his wife, Renie, noting that the hospital offered a combination of recreational, occupational and physical therapy. "They know what they're doing. They're great. They're really great."

THE EVENT, which has become a "run, walk and wheel" race that invites people with physical disabilities to participate any way they can but is also a timed and certified 5K for serious runners, raised about \$40,000 to buy equipment for the hospital's BlazeSports program last year, said hospital media relations manager Derek Berry. Around 300 people participated.

BlazeSports, he said, provides sporting programs such as wheelchair basketball, soccer, sled hockey, quadriplegic rugby and various sports clinics for about 360 physically disabled individuals of all ages each year. "We do clinics all over the area from time to time and, in many cases, all over the country," he said, noting that the program often sends partici-



Harry 'Super H' Freedman poses with his daughter Erin at last year's Super H 5K.

Join In

The Super H 5K Run Walk and Wheel to benefit National Rehabilitation Hospital's BlazeSports Club in Washington, D.C. will Sunday, Sept. 13, at the Tysons Corner Sport & Health Club, 8250 Greensboro Drive, McLean. Registration begins at 7 a.m. and costs \$25. The race begins at 8 a.m., to be followed by festivities at 9 a.m. Call 202-877-1781 for more information or register online at nrhrehab.org/superh5k.

pants to competitions like wheelchair sports tournaments in distant locations. Also, Berry said, the program works closely with military hospitals like Walter Reed Army Medical Center and the National Naval Medical Center, commonly known as the Bethesda Naval Hospital, to stage sports programs for injured veterans.

While companies such as Chicken Out, where Renie Freedman is a vice president of marketing, and the Darren Star Foundation, run by Harry Freedman's cousin, Hollywood scriptwriter Darren Star, sponsor the event, Berry said, the \$25 registration fee provides a good chunk of the proceeds. Also, ever since Freedman's accident, Chicken Out has put out collection boxes in all of its outlets that collect money for the National Rehabilitation Hospital throughout the month of September, Renie Freedman said.

"He's a member of our club and that's why we're running the race," said Jason Hall, general manager

SEE BLESSING, PAGE 15

McLean High Continues 'Transition Model'

On Sept. 8, McLean High School will open its doors to more than 1,800 students for the start of the 2009-10 school year.

"We're always thinking of how to better serve our students and families," said Deborah Jackson, McLean High School principal. McLean will continue with its ninth grade transition model, making sure students' social and emotional needs are appropriately served while they adapt to the new environment. All ninth graders are paired with an upperclass mentor, which helps freshmen acclimate to the school and allows upperclassmen to take on leadership roles. Students won't be the only ones learning. Continued staff development will let teachers take advantage of learning opportunities as well.

Jackson said she was proud of the school community at large. "McLean High School is so fortunate," she said. "The kids here have so



McLean High School Principal Deborah Jackson

many gifts and talents. You don't always find that in one school. When you bring it all together, you end up with an amazing place."

BACK TO SCHOOL

— HANNA HOWARD

Going Green at Churchill Road

The cement path leading to the main entrance of Churchill Road Elementary is bordered by a garden overflowing with pale yellow black-eyed Susans. A peace garden and a bird and butterfly garden can also be found on the side of the school.

"We have beautiful gardens," said Principal Don Hutzel, "but they are not just gardens, they are classrooms."

Churchill Road students take part in a program called Outdoor Odyssey. Students participate in hands on lessons and are involved in service learning projects. Students pick up trash, plant bulbs, compost and plant trees.

However, this year's lessons will be added to the Outdoor Odyssey program that enforce the importance of recycling. "We want to ensure that everything we are doing for children is purposely preparing them to be successful citizens of the 21st century," said Hutzel. "One goal we have for the new school year is to embrace a green school."

Kathryn Manoatl, the school's assistant principal, said that Churchill Road will be starting its third year of PBS (Positive Behav-



Principal Don Hutzel

ior System). PBS is a school-wide initiative that promotes good citizenship by recognizing positive behavior of students.

Hutzel awaits the 80 additional students that Churchill Road will be accommodating next year. "I am looking forward to welcoming many new families to our community," Hutzel said. "We are extremely lucky that we have great facilities that can accommodate these extra classes."

— NICOLE MAGNUSSON

SEE BACK TO SCHOOL, PAGE 15

Getting Ready To Vote What questions would you like to ask?

On Nov. 3, about two months from now, Virginia voters will go to the polls to vote for Governor, Lieutenant Governor, Attorney General and every member of the House of Delegates.

Some local races are also on the ballot.

Here at the Connection, we invite our readers to tune in and help us fine tune questions and coverage of local candidates. Its common for Northern Virginia residents to be more focused on national politics than local politics.

EDITORIAL

But be forewarned that the winners of the state and local elections coming up will have an impact on your daily life, often in a very personal way.

Local elected officials will spend billions of dollars. With the current budget shortfalls, the winners will also decide how where to cut tens of millions of dollars by cutting programs, projects and schools dear to many people's hearts. The safety net for the most vulnerable people in Virginia is in danger as well.

Over the next two months, editors and reporters at the Connection Newspapers will interview each local candidate in a contested race. We'll ask questions to learn about each individual, his or her knowledge of local is-

ssues and whether they come to the race with a sense of public service. Do they bring intelligence, creativity, collegiality to problem solving? Where do they stand on issues ranging from funding mental-health care to providing a revenue stream to address transportation?

We invite our readers to help with the ques-

Register

The deadline to register to vote or update your address for the Nov. 3 election is Monday, Oct. 5. To register to vote, download a form from:

www.sbe.virginia.gov/cms/Forms_Publications/Index.html

Fill it out and mail it to your local elections office. You can also register in person at the elections office during business hours, or pick up a form in a library or other public places.

After you register, you will receive confirmation and a voting card in the mail. You can call the elections office to verify that you are registered. If you are already registered to vote at your current address, you do not need to register again.

tioning process. What do readers and voters here want to know from their representatives in the House of Delegates? What qualities are you hoping for in the next Governor?

Send questions and comments to Mary Kimm, at mkimm@connectionnewspapers.com or 1606 King Street, Alexandria, VA 22314.

To find your polling place, go to www.sbe.virginia.gov and click on "voter information." Polling places will be open from 6 a.m. to 7 p.m. on election day. Check with your local elections office for information on absentee voting.

IN FAIRFAX COUNTY:

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703-324-4700 for 24-hour recorded information

Students Need 'Education for Work'

BY MARGI VANDERHYE
STATE DELEGATE (D-34)



Before our area students return to school, the Labor Day holiday offers an opportunity to reflect on some important questions about our own potential and future workforce: Are we preparing our students for the world they will face when they graduate — at whatever level — and enter the workforce? Are we organized to provide the training they will need regardless of the profession they choose? What are the talents, beyond academic achievements, that they will need to compete in a global economy?

Here in the 34th District, we share a broad consensus that we must raise our students to be first class critical thinkers, not just test takers. Living close to Washington, D.C. and the Tysons Corner business center, we know that demands for innovation and entrepreneurship are driving business decisions every day, and we want to make sure our students have the necessary skills to compete. Yet here and nationwide, we are facing a shortage of highly skilled workers, especially writers, engineers, technology and math experts, nurses and technical support

staff. We have some great business partnerships and apprentice programs in place, particularly at the community college level, but we need more of them.

A 2008 national study spearheaded by The Conference Board identified several areas of "high need" for workforce readiness — areas where potential workers most often require remedial training — among them creativity and innovation, critical thinking and problem solving. Regardless of academic achievement, workers were most often lacking in these skills as they prepared for their respective jobs.

In Virginia, we compound the problem by not being sufficiently well organized to prepare our workforce, especially at the high school and community college levels. A state level review is currently underway, because we currently have 23 different workforce training programs in nine different state agencies. Virginia's Workforce Investment Boards and One Stop Career Centers deal with too many redundant and duplicative programs that waste time, money, and precious human talent. We can and must streamline

these programs through legislation and, where possible, administrative remedies. We will have a better prepared workforce if we do.

Most fundamentally, The Conference Board identifies workforce readiness skills that are hard to acquire from a text book, but are nevertheless critical to success in the global economy: a grounding in ethics and social responsibility, a "work ethic" and sense of professionalism, and the discipline necessary for self-directed lifelong learning. These skills cannot be measured by Standards of Learning exams or achievement tests, but they are essential at every educational level if we want a workforce that can compete globally. Targeted academic concentrations are only part of the solution.

The 2010 Virginia General Assembly session offers the chance to direct and improve state programs to prepare our students in critical disciplines like technology and writing, while encouraging critical thinking and creativity. We must organize training programs that will both educate students and help them find employment in Virginia as well. We must instill a commitment to lifelong learning and a work ethic that begins in the classroom. Next week, thousands of our students will head back to classes in pre-K through college. One day they will be heading off to jobs here in northern Virginia and beyond. Our job is to make sure we prepare them well. And for all of us together, that is going to take a lot of work.

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors.
Send to:

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The Connection
1606 King St.
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By e-mail: mclean@connectionnewspapers.com

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LETTERS TO THE EDITOR

Candidate Opposes Spending, Tax Hikes

To the Editor:

I'm writing in response to Mr. Volkert's letter to the editor ["Author Offers No Real Solution," Connection, Aug. 19-25]. I have hosted a meet and greet and have donated to Barbara Comstock's campaign. Mr. Volkert has hosted a meet and greet and has donated to Mrs. Vanderhye's campaign. But unlike Mr. Volkert, I prefer to outline why I support Barbara Comstock and why I oppose his party at the federal and state level, rather than specifically criticize Mrs. Vanderhye's record.

I was a Democrat during my early years, and later registered as a Republican. But over the years, I have never actively campaigned for any candidate. Instead, I just wrote checks. This year, I'm talking to neighbors, sponsoring fund raisers, and writing a letter to the editor. And this year, I became a delegate to the Virginia Republican convention (another first) because I am opposed to the profligate government spending in the pork-laden stimulus and budget which has driven the federal deficit to an unimaginable all-time high. Government control of banks and businesses and a fully-government-controlled health care program are more wrong-track initiatives. I had also opposed the big spending of the Bush administration and their bank bailouts. But they were pikers compared to the current administration.

As a retiree largely on fixed income, my taxes will increase and my health care will decrease if these spending initiatives are not curtailed. The specter of Virginia following the spend and tax paths of California, Illinois and New Jersey is frightening. I have talked to fiscally-conservative Democrats, Independents and previously-disaffected Republicans who share my concerns.

Barbara Comstock will oppose profligate spending and increased taxes. Her Web site [www.comstockfordelegate] outlines her positive solutions on all other important issues in this campaign, from creating jobs to improving education to getting a fair share for Northern Virginia to better roads. Mr. Volkert attacked the transportation solutions that Barbara had outlined in a mid August article in The Connection. He did not propose an alternative to Barbara's plan, but it's pretty obvious that the alternative will be higher taxes. As for bipartisanship, which Mr. Volkert mentioned, the bipartisan commission championed by Barbara was also endorsed by House of Delegates Minority Leader Ward Armstrong.

Similarly, offshore drilling has bipartisan support, including, until recently, Gov. Kaine who has since changed his mind. On the other hand, Gov. Kaine's proposal to spend \$94 million on weatherizing homes is an example of unwise spending priorities. Barbara's letter to the governor is also on her Web site.

Our family has known Barbara and her family for many years. We can verify that Barbara is a highly intelligent and very hard working lady with great common sense and a wonderful sense of humor who is dedicated to public service.

Karl E. Pierson
Great Falls



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
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Thursday, September 3, 2009

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Wednesday, September 9, 2009

South Lakes High School - Cafeteria
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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 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.



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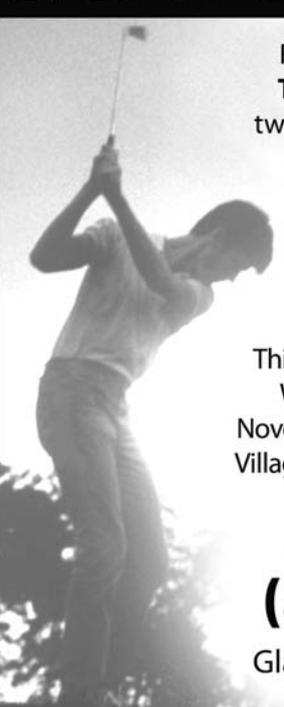
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Illegal Solicitors Target McLean

Police ask residents to report unlicensed salespeople.

A group of people illegally selling magazines door-to-door has been targeting neighborhoods in McLean, said Pat Lucas, McLean District Station crime prevention officer. He said it was unclear whether the salespeople had moved on, but such groups are common in the area. In general, Lucas said, it is rare that people with legitimate business sell door-to-door anymore.

He said members of this particular group were telling residents they were selling magazine subscriptions that would go to patients at St. Jude's Children's Hospital or to troops serving overseas. "They're not really selling you something that you're going to receive, and so you have no idea whether the hospital gets the magazines or not," he said, not-



PHOTO CONTRIBUTED

Door-to-door salespeople are required to carry a solicitor's license.

ing that this also made it difficult for officers to determine whether fraud was being committed. In 2005, a group came through the area, falsely claiming to represent the McLean High School baseball team.

ON JULY 25, he said, "One of the neighbors that had gotten burned once before called us in and one

of our officers came down and actually arrested someone." Door-to-door solicitation is illegal without a solicitor's license from the county, although Lucas said certain groups, such as the Girl Scouts, are exempt from the requirement.

The two-sided license displays a photo of the bearer, along with thumbprints and other identifying information and has a strip of security tape on top. Anyone who has been convicted of larceny, embezzlement or otherwise obtaining money under false pretenses cannot get a license. Therefore, Lucas said, if a salesperson is unlicensed, there is a reasonable chance that he or she has a criminal background.

However, he said, police cannot arrest someone suspected of illegal solicitation unless they have a witness or see the crime being committed. So, although they have encountered groups of people with the same pamphlets, only one arrest has been made. "It's a challenge because we really do depend on citizens to call us when they're doing this," he said.

He said members of the group were not local, although they claimed to be, and appeared to be staying in a hotel and traveling into neighborhoods in a 15-passenger van.

LUCAS said this was not just a local problem, as magazine sales companies such as Fresh Start Opportunities offer young people a "second chance" and an opportunity to travel the country. "So they're obviously going after people who are questionable from the beginning," he said. "This is going on across the entire country."

Around this time of year, it is also not uncommon for people to go door to door offering to do tree work, Lucas said, adding that these individuals also were often unlicensed.

The station is hosting a neighborhood watch coordinators meeting on Sept. 10, and Lucas said officers would be going over information about unlicensed solicitation there. "A lot of it is common sense," he said.

— MIKE DICICCO

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Mustangs Take National Stage

It was "dream come true" for the McLean Mustangs youth football team, coached by Frank Kolencik. They scrimmaged against Maryland's Silver Hill team during half time at the Redskins' pre-season game against the Patriots at the FedEx Field Friday evening, Aug. 28.

The event was sponsored by the USA Football, the sport's national governing body on youth and amateur levels, which conducts more than 100 football training events annually to further strengthen the game.



PHOTO BY NED DISHMAN/REDSKINS

McLean Mustangs before playing of the national anthem.

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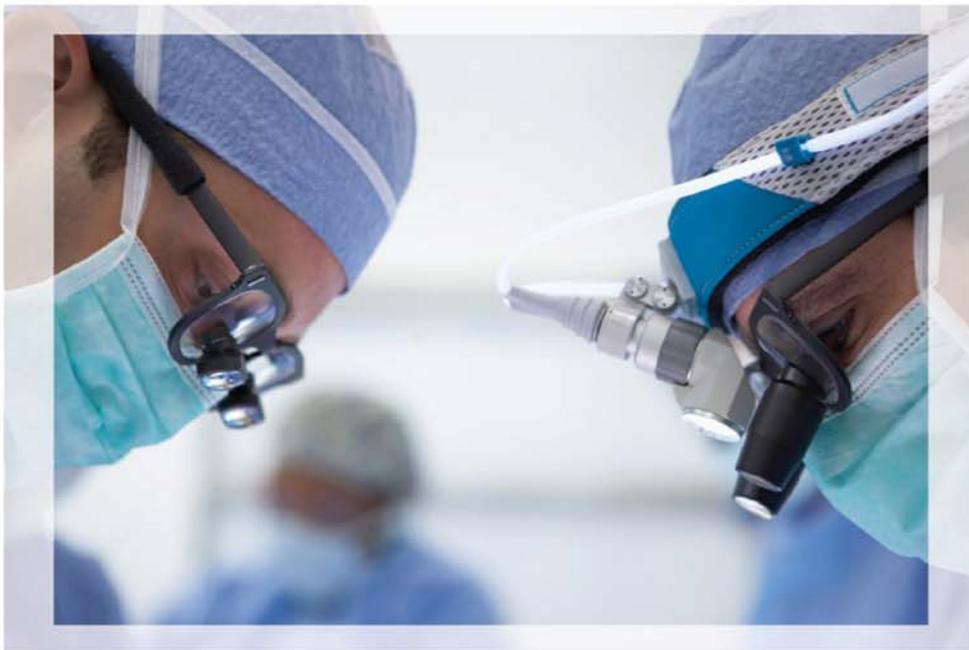
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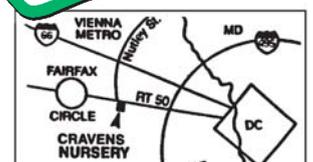
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Marianne Tahhan, Barbara Fleshman, Jennifer Bawab, back, and Nikki Haddad take orders for the Middle Eastern main dishes sold inside the hall of Holy Transfiguration Church in McLean.



Omar Samaha tends to meat roasting on spits at the Middle Eastern Food Festival. The meat made its way into kebabs and gyros.



More than 30 feet of gooey sweets line a wall in the food hall at the Middle Eastern Food Festival at Holy Transfiguration Church in McLean.

PHOTOS BY DONNA MANZ/THE CONNECTION

CALENDAR

Send announcements to mclean@connectionnewspapers.com. Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit www.connectionnewspapers.com

THURSDAY/SEPT. 3

The Hip-Hop Against Human Trafficking Tour w/ Flex Mathews and The Franchise Players. 8 p.m. At Jammin' Java, 227 Maple Ave. E., Vienna. 703-255-1566 or www.jamminjava.com.
Disney's High School Musical, 8 p.m. at the Filene Center. \$25 - \$80. Wolf Trap Foundation for the Performing Arts, 1645 Trap Road, Vienna. 1-877-WOLFTRAP.

FRIDAY/SEPT. 4

The Sketches. 8 p.m. At Jammin' Java, 227 Maple Ave. E., Vienna. 703-255-1566 or www.jamminjava.com.
Disney's High School Musical, 8 p.m. at the Filene Center. \$25 - \$80. Wolf Trap Foundation for the Performing Arts, 1645 Trap Road, Vienna. 1-877-WOLFTRAP.

SATURDAY/SEPT. 5

Barbara Martin and Mac Walter, 5-7 p.m. at the Palladium Civic Green, 1445 Laughlin Ave., McLean. Free. thepalladiumatmclean.com or 703-288-9505.
Disney's High School Musical, 2 p.m. and 8 p.m. at the Filene Center. \$25 - \$80. Wolf Trap Foundation for the Performing Arts, 1645 Trap Road, Vienna. 1-877-WOLFTRAP.
Northern Virginia Country Western Dance Association, at Luther Jackson Middle School, 3020 Gallows Road, Falls Church. Line dance

lessons at 7:30 p.m., couples specialty dance at 8 p.m. Open dancing 8:30-11 p.m. www.nvewda.org or 703-860-4941.

Holy Transfiguration Melkite Greek-Catholic Church 16th Annual Middle Eastern Food Festival. 11 a.m.-11 p.m. at 8501 Lewinsville Road, McLean. The festival will be held rain or shine. Admission and parking are free. 703-734-9566 or www.holytransfiguration.org.
Used Book Sale. 10 a.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. 703-790-8088.

SUNDAY/SEPT. 6

Between the Trees, Farewell, Punchline and Action Item. 6 p.m. At Jammin' Java, 227 Maple Ave. E., Vienna. 703-255-1566 or www.jamminjava.com.
Disney's High School Musical, 2 p.m. and 8 p.m. at the Filene Center. \$25 - \$80. Wolf Trap Foundation for the Performing Arts, 1645 Trap Road, Vienna. 1-877-WOLFTRAP.
Holy Transfiguration Melkite Greek-Catholic Church 16th Annual Middle Eastern Food Festival. 2-6 p.m. at 8501 Lewinsville Road, McLean. 12.50 Roast Lamb Dinner served 2-6 p.m. Admission and parking are free. 703-734-9566 or www.holytransfiguration.org.

TUESDAY/SEPT. 8

Choir Open Rehearsal. 7:30 p.m., Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. The season's first rehearsal of Mosaic Harmony, a multi-faith, multi-denominational community choir

drawing on the African-American inspirational music, is open to all. 703-474-1221 or mdoan96@yahoo.com.

David Mead with his new album *Almost & Always*, 7 p.m. At Jammin' Java, 227 Maple Ave. E., Vienna. 703-255-1566 or www.jamminjava.com.

WEDNESDAY/SEPT. 9

Rob Rider (CD Release) and Ann Blair. 7 p.m. At Jammin' Java, 227 Maple Ave. E., Vienna. 703-255-1566 or www.jamminjava.com.

Puppet Play: Rolling on a River. 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. A puppet show will introduce children to some animals that live along the Potomac River. 703-356-0770.

Personalized Microsoft Office Training. 7:15 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. A 45-minute one-on-one Microsoft Office training session with a technology volunteer. Call for appointment. Adults. 703-790-8088.

THURSDAY/SEPT. 10

Happily Ever After: A Cinderella Tale. 2 p.m. at the McLean Community Center, 1234 Ingleside Ave., McLean. Age 4 and up. 703-790-0123.

David Mead and Scott Simons. 8 p.m. At Jammin' Java, 227 Maple Ave. E., Vienna. 703-255-1566 or www.jamminjava.com.

FRIDAY/SEPT. 11

Peter Turk (from The Monkees) and Shoe Suede Blues. 7 p.m. At

SEE CALENDAR, PAGE 10

Middle Eastern Food Festival Comes to McLean

BY DONNA MANZ
THE CONNECTION

What do 2,000 pounds of meat, more than 10,000 pieces of confections, live Middle Eastern music and dance and a moon bounce have in common? The an-

Meats, sweets, music and games highlight Labor Day festivities.

nual Labor Day weekend Middle Eastern Food Festival of Holy Transfiguration Melkite Greek-Catholic Church, that's what. Meat — beef, lamb and chicken

— is barbecued outdoors. Inside the Church hall is a kitchen making fresh platters and wraps and

SEE FESTIVAL, PAGE 10

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MIDDLE EASTERN FOOD FESTIVAL

Labor Day Weekend

Saturday, Sept. 5, 11:00 am - 11:00 pm
Sunday, Sept 6, 12:00 noon - 6:00 pm

Holy Transfiguration Melkite Greek - Catholic Church
8501 Lewinsville Road, McLean, Virginia (near Spring Hill Road)
703-734-9566 • www.holytransfiguration.org

Free Admission!

<i>Middle Eastern Food</i>	<i>Live Music</i>
<i>Kabobs</i>	<i>Folk Dancing</i>
<i>Gyros</i>	<i>Moon Bounce</i>
<i>Grape Leaves</i>	<i>Vendors</i>
<i>Falafel</i>	<i>Backgammon & Chess</i>
<i>Tabbouleh</i>	<i>50-50 Raffle</i>
<i>Baklava &</i>	<i>Church Tours</i>
<i>Other Favorites!</i>	<i>Icon Shop</i>

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Roast Lamb Dinner \$12.50
Sat., Sept. 5, 7-9 pm
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Discover some surprising gems at this popular sale!

McLean Fall Community Flea Market

Saturday, Sept. 12
9 a.m.-1 p.m.
Free Admission and Parking
Business Bank Parking Garage
1451 Dolley Madison Blvd.
at Ingleside Ave.

Rather sell than shop?
Rent a 10-ft x10-ft space for \$45. Open to individuals selling household items and commercial flea market dealers. Last day to register is Thursday, Sept. 10.

Space has been provided through the courtesy of Food Processing Suppliers Association, McDonald's, and J. Gilbert's Restaurant.

The McLean Community Center
703-790-0123/TTY: 711
www.mcleancenter.org/special-events

McLean Community Center

Work Session on Draft FY2011 Budget

(July 1, 2010-June 30, 2011)
Thursday, Sept. 10, 2009 at 7:30 p.m. at the Center

Public Hearing on Proposed FY2011 Budget

Wednesday, Sept. 23, 2009 at 7:30 p.m. at the Center
The current fiscal year has a tax rate of 2.4 cents per \$100 of real estate assessment, reduced from the previous 2.6 cents.

Residents who wish to speak are asked to call 703-790-0123, TTY: 711, to be placed on the speakers' list. Details of the proposed budget will be available at the Center and on the Center's Web site beginning Thursday, Sept. 3, 2009.

The McLean Community Center
1234 Ingleside Ave., McLean VA 22101
703-790-0123/TTY: 711
www.mcleancenter.org

CALENDAR

FROM PAGE 9

Jammin' Java, 227 Maple Ave. E., Vienna. 703-255-1566 or www.jamminjava.com.

The McLean Branch of the American Association of University Women's 40th Used Book Sale, 9 a.m.-7 p.m. at the McLean Community Center, 1234 Ingleside Ave., McLean. 40,000 used books, videos and CD's are sorted for adults and children. Admission is free. 202-337-2294 or www.mcleanaauw.org.

SATURDAY/SEPT. 12

All-you-can-eat crab feast, 1-5 p.m. at the Great Falls Firehouse. Unlimited crabs, hot dogs, corn on the cob, soft drinks, and iced tea. Tickets are \$41 for adults and \$22 for children 12 and under.

Songs for Danny, Local artists. 4:30 p.m. at Smith Chapel UMC, 11318 Beach Mill Road, Great Falls. Free. 571-434-9680.

The McLean Branch of the American Association of University Women's Used Book Sale, 10 a.m.-6 p.m. at the McLean Community Center, 1234 Ingleside Ave., McLean. Admission is free. 202-337-2294 or www.mcleanaauw.org.

McLean Fall Community Flea Market, 9 a.m.-1 p.m. Free admission and parking inside at the Business Bank Parking Garage, 1451 Dolley Madison Blvd. and Ingleside Ave., McLean. Open to both individuals and flea market dealers, 10x10-foot spaces are available for \$45. 703-790-0123, TTY 711.

Fairfax Symphony Orchestra, 8 p.m. at the George Mason University's Center for the Arts, 4373 Mason Pond Drive, Fairfax. Christopher Zimmerman, Music Director. opens with Bernstein's Symphonic Dances from West Side Story, followed by Elgar's Introduction and Allegro for Strings and Stravinsky's Rite of Spring. Pre-concert lecture free to ticketed patrons, 7 p.m. Tickets \$25 to \$55; \$15 for students with valid ID. 1-888-945-2468 or Tickets.com

Miss Belle's Family Sing-Along, 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Songs and hugs. 703-356-0770.

RESOLVE: The National Infertility Association free educational workshops on embryo donation, 8 a.m.-2:45 p.m. at the Tysons Corner Hilton, McLean. Experts will introduce the legal, medical and mental health issues potential recipients and donors should consider about embryo donation as a family building option. Register at resolve.org/embryodonation.

SUNDAY/SEPT. 13

Sarah Bettens from K's Choice, 8 p.m. At Jammin' Java, 227 Maple Ave. E., Vienna. 703-255-1566 or www.jamminjava.com.

The McLean Branch of the American Association of University Women's 40th Used Book Sale, 12-4 p.m. at the McLean Community Center, 1234 Ingleside Ave., McLean. Admission is free. 202-337-2294 or www.mcleanaauw.org.

Festival Celebrates Food, Music

FROM PAGE 8

staging area for live Middle Eastern dance.

"Almost everything we offer is made by church members," said Jo Ellen Quint, food coordinator. "Some sweets are outsourced for larger inventory. Otherwise, we'd be baking all-year long."

Quint said that, although the festival increases the number of sweets available for purchase each year, every year they still sell out.

"Eating is a basic human activity," said Father Joseph Francavilla, Holy Transfiguration priest for 37 years. "When you sit down and share a meal with people, how can you be an enemy with them? You can't be an enemy with someone you've shared bread with."

Francavilla called Middle Eastern hospitality legendary. "Welcoming guests, sharing food with them, is part of their culture," he said.

"**OUTDOOR GRILLING** is so enticing because you can smell the aromas of the meat and the spices that they use," said Quint. A spit-roasted lamb dinner, with rice cooked with ground lamb, onions, aromatic spices and pine nuts, and

sides of salad, yogurt sauce and pita bread is \$12.50. A m'nezeleh platter, baked eggplant stuffed with ground lamb, onions, aromatic spices and pine nuts, and served with rice and vermicelli, salad and pita bread is \$8.50. Sandwiches and wraps, from kebabs to kafta of ground beef and lamb to gyros are priced from \$6.50 each.

While the spiced fragrant beef, lamb and chicken are the big draw, a variety of vegetarian dishes are available, as well.

Grilled hot dogs are available for children, and the sweets table offers American-style pastries, as well as the syrupy, nutty, orangey, fragrant Middle Eastern sweets.

Strong, dark Arabic coffee and American coffee are sold, too.

Not that anything other than food is anticipated at a food festival, but for families, there is live music, dancing, games, a moon bounce, activities and tours of the uniquely ornate Middle Eastern church, Holy Transfiguration. The church, in the Spring Hill area of Lewinsville Road, is adorned with colorful and gilded statuettes and paintings in the Eastern style. Church tours will be conducted throughout the afternoon on both festival days.

See www.holytransfiguration.org or call 703-734-9566 for more information on the festival.

Middle Eastern Food Festival

Holy Transfiguration Melkite Greek-Catholic Church, 8501 Lewinsville Road, McLean

SCHEDULE OF EVENTS

SATURDAY, SEPT 5, 11 A.M.-11 P.M.

Door Prize Drawings: 1 p.m., 2 p.m., 3 p.m., 4 p.m., 5 p.m., 5:50 p.m.
11 a.m.-5 p.m. - Moon Bounce
12-6 p.m. - Backgammon and Chess Hourly, 12-7 p.m. - Church Tours
1:30 p.m., 3:30 p.m. and 5:30 p.m. - Debkeh Dancers & Group Debkeh/Dancing
6 p.m. - Vespers in Church
7-9 p.m. - Roasted lamb dinner

6:30-10 p.m. - Live Middle Eastern Music / Group Dancing
❖ Kitchen closes at 9 p.m.
❖❖ Outdoor Grilling Closes at 10 p.m.

SUNDAY, SEPT. 6, 12-6 P.M.

Hourly, 1-5 p.m. - Door Prize Drawings
12-5 p.m. - Moon Bounce
12-5 p.m. - Backgammon and chess
Hourly, 1-5 p.m. - Church tours
1:30 p.m. and 3:30 p.m. - Debkeh dancers & group Debkeh/dancing
2-6 p.m. - Roasted lamb dinner
6 p.m. - Festival Closing
Free admission and parking



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Saint Ann Catholic Church

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1914 PICE PL	3	1	0	...	FALLS CHURCH	\$350,000	Detached	0.25		PIMMIT HILLS
8370 GREENSBORO DR #1006	2	1	1	...	MCLEAN	\$334,000	Hi-Rise 9+ Floors			ROTONDA
2834 HOGAN CT	3	2	2	...	FALLS CHURCH	\$332,000	Townhouse	0.03		PINEWOOD GREENS
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REAL ESTATE

To have real estate information listed in the Connection, send to mclean@connectionnewspapers.com. Deadline is Friday.

Mark Ackermann, Branch Vice President of Coldwell Banker Residential Brokerage in Vienna, recently announced the office's top producers for the month of July: Sylvia Davis Thompson - Top Sales Agent and Top Producer, Susie Carpenter - Top Listing Agent, Sylvia Jurek/Lisa Moffett - Top Sales Team, Top Producing Team and Top Listing Team.

For more information about buying or selling a home in Fairfax County and its surroundings, contact Coldwell Banker in Vienna at 703-938-5600. To view listings, visit www.cbmove.com/Vienna.

Seminar to Help First-Time Homebuyers. To help prospective first-time buyers understand the advantages of the \$8,000 tax credit and capitalize on this financial incentive before it expires, Weichert Realtors® will host a seminar on Saturday, Sept. 26 in each of its approximately 500 company owned and franchised offices nationwide. Through the seminar, Weichert, Realtors, along with its affiliate companies, Weichert Financial Services and Weichert Real Estate Affiliates, Inc., will educate first-time homebuyers on the specifics of the tax credit created by Congress and the other benefits of buying a home in the current market.

This free, no-obligation seminar, beginning will include a brief presentation followed by a question and answer session. To reserve your seat or to learn more about the time and location of the seminar nearest you, call your local Weichert office. For a directory of Weichert locations, visit Weichert.com.

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SPORTS

Highlanders Determined To Get a Taste of Winning in '09

Patrick's squad opens new football season this Thursday at Washington-Lee.

BY RICH SANDERS
THE CONNECTION

A day after last year's season-ending 42-7 loss at cross-town rival Langley, the McLean High football team gathered for a final team meeting. Following such a demoralizing loss that capped a winless season for the Highlanders, head coach Bruce Patrick, who was completing his first season at the helm of the struggling program, was uncertain what his players' overall mindset would be for the day-after gathering.

All things considered, the Highlanders' mentality was not bad. The players, while disappointed, frustrated and perhaps embarrassed by the team's record, also expressed a determination to improve. Patrick was impressed that everyone attended the Saturday meeting and, from that moment, had confidence about the program's future.

"Going 0-10 is not what any [coach] would want to be in their first year," said Patrick. "[Going winless] had the potential to be demoralizing and to be a program killer. But there was a 100 percent showing at the meeting and we talked about the season."

THE HIGHLANDERS talked about the season's lack of success and the reasons behind it. The overwhelming sentiment afterwards was that better preparation by the returning players would be the key to improvement.

"We had to have a major commitment level," said Patrick.

Over the ensuing spring and summer,



PHOTO BY CRAIG STERBUZEL/THE CONNECTION

McLean High football head coach Jim Patrick, left, is beginning his second season at the helm of the Highlanders.

Patrick said his team worked extremely hard in both its offseason weight room and running programs. McLean coaches, players and fans are hoping all the dedication and hard work will pay off with a handful of wins in the 2009 season.

"The kids worked hard [in the offseason] and enjoyed it, even though it was one of the hardest things they ever did," said Patrick. "They really responded. Kids will work hard if you demand it."

The Highlanders open up the new season Thursday, Sept. 3, in Arlington against non-district opponent Washington-Lee.

"They are really excited," said Patrick, son of legendary and former Mount Vernon High football coach Bruce Patrick, who is the special teams' coach on his son's staff. "They're in better shape. They're excited to get the monkey off their back [of not having won in over a year]. They are well aware they haven't won a game since 2007."

ONE OF MCLEAN'S closest games last year came in an early season, 21-14, loss to visiting Washington-Lee. The Highlanders are hoping to turn the tables on the Generals in the season opener between the two teams this week.

"That would be a great feeling," said Patrick, of a potential win. "It will be an exciting game."

The Highlanders will be led by such players as returning starting quarterback Will Hecht, who started all 10 games at the position last year, and game-breaker threat Riley Beiro, McLean's top skill position player who missed the final half of last season as a result of stress fracture injuries to both ankles.

"I think we have to control the football and not turn it over," said Patrick, on keys for his team when it clashes with Washington-Lee. "I think we will be a good running team. The other thing is we need to control

their [team] speed a little bit."

One of the important factors to McLean winning some games this season will be keeping Beiro healthy for the season. One of his best games last year came in a season-opening home loss to Annandale in which Beiro rushed for two touchdowns and also scored on a kickoff return. Despite playing in just half his team's games in '08, Beiro earned Second Team All-Liberty District honors.

"The kid is a player," said Patrick, of his versatile standout who averaged 8 yards per carry in 2008. "If we can keep him healthy, I think our chances will be better this year. This year he will be our primary ball carrier."

Hecht, the team's tall, 6-foot-3-inch signal caller, had his ups and downs at the position last year. But with a year's varsity experience behind him, he is an improved player.

"Will has the tools," said Patrick. "We're looking for consistency. He had a lot of [pass rush] pressure on him [in '08] and several dropped balls. His statistics didn't look great."

This preseason, Hecht played exceptionally well when he threw for 200-plus yards against non-Northern Region opponent C.D. Hylton of Woodbridge.

"He has the potential to be one heck of a quarterback," said the coach. "He's got such good arm strength."

One of Hecht's key throwing targets will be senior tightend Jonathan Freeman, a solid receiver and blocker who caught six balls for 104 yards against Hylton.

"He's a big target and he has soft hands," said Patrick, of the 6-foot-3-inch receiver.

Other key players and leaders on this year's McLean team include senior lineman (center, defensive tackle) Anthony Maestri; junior cornerback Chase Mills, who had four interceptions and earned Second Team All-District accolades last year; and senior linebacker Bobby Ludwick.

SPORTS ROUNDUPS

The Inaugural Capital Cup Golf Tournament was recently held at Woodmont Country Club. The event was sponsored by the Mid Atlantic Professional Golf Association (MAPGA). In the competition format similar to the Ryder Cup, a team from Virginia competed against one from Maryland. Chas Bassing of Great Falls was a member of the Virginia Team. Bassing, in a prior tournament, finished first in the ages 14-15 division at the Nordlinger Cup on Aug. 11. And at the Bob Riley Junior Open at Bellhaven Country Club on Aug. 4 in Alexandria, he finished a strong second place.

George Marshall High School has announced the hiring of Ann Orrison Germain as its new head girl's soccer coach. Coach Germain brings a wealth of knowledge and experience to the Statesmen women's soccer program. She was a member of the US Women's National Soccer Team from 1984 to '86. She has coached at the high school or club level since 1980. Most recently, coach Germain has been working with the Olympic Development Program.

Jimmy Lange (30-3-2, 21 knockouts) will return to the ring on Saturday, Sept. 26 at the Patriot Center in Fairfax City to defend his World Boxing Council (WBC) U.S. - Ice Promotions has announced.

Lange, in a 154-pound title fight, will go up against his former teammate from The Contender, Jonathan Reid (34-11, 19 KOs), in a 12-round main event. Tickets are on sale and available for purchase through the Patriot Center box office and all area Ticketmaster outlets.

Lange, of Great Falls, is currently ranked No. 11 by the NABF and No. 34 in the world by the WBC at 154 pounds.

Team Sunrise will hold a bike ride on the C&O Canal the weekend of Sept. 12 and 13. Besides having fun, the participants will raise money for the search for a cure for Alzheimer's disease. The event offers three ride options:

184 miles (84 on Saturday and 100 on Sunday), 100 miles (45 on Saturday and 55 on Sunday) or 20 miles on Sunday. To register, go to <http://alz.kintera.org/faf/home/default.asp?ievent=305046>

This Tour de Canal website contains everything participants need to know.

Arlington Sage seeks players for a 14U Travel Softball team for 2009-10 to join a team that qualified for USSSA & NSA Nationals in 2009. Contact Coach Doug Kaufman at dougk99@gmail.com or 703-932-1101 for tryout information.

The Reston Triathlon is looking for volunteers to help with the

event scheduled for Sunday, Sept. 13. Volunteers for Saturday set-up (Sept. 12) are needed at the swim course, transition areas at Lake Audubon boat ramp, and South Lakes High School. They are also needed for packet pickup. And on Sunday's race day (the race begins at 7a.m.), helpers are needed for the two transition areas (Lake Audubon boat ramp and the high school stadium), as well as for post race food, run sentry, markings, bike marshalling and the finish line. Volunteers will receive a free Triathlon T-shirt and free food following the race. Please e-mail restontri@aol.com, or go to restontriathlon.org (follow the links to volunteers).

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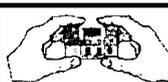
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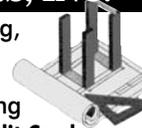
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21 Announcements

21 Announcements

Virginia Waste Management Board Public Notice
 An enforcement action has been proposed for Virginia Hospital Center Arlington Health System and Aramark Healthcare Support Services, LLC for alleged violations at the Virginia Hospital Center in Arlington, VA. The proposed action seeks to resolve violations of the Virginia Waste Management Act stemming from improper disposal of regulated medical waste. A description of the proposed action is available at the DEQ office named below or online at www.deq.virginia.gov. Sarah Baker will accept comments by e-mail sarah.baker@deq.virginia.gov, fax (703) 583-3821 or postal mail DEQ Northern Regional Office, 13901 Crown Court, Woodbridge, VA 22193 from September 2, 2009 through October 2, 2009.

21 Announcements

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-William Van Horne

21 Announcements

21 Announcements

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21 Announcements



Public Information Meetings I-66 Transit/ Transportation Demand Management (TDM) Study

The Virginia Department of Rail and Public Transportation (DRPT) is studying potential short- and medium-term transit and TDM enhancements to increase mobility in the I-66 corridor between Washington D.C., and Haymarket, Virginia. Improvements could include new bus services such as Bus Rapid Transit (BRT) and commuter choices such as carpooling, vanpooling and park and ride lots.

Public information meetings will include a continuous open house with representatives available to provide information on the study corridor and alternatives under consideration. In addition, a presentation will be given twice (at 7 p.m. and 8 p.m.) with an opportunity for questions and answers afterward.

Meeting Dates and Locations

Tuesday, May 12, 2009 Williamsburg Middle School Auditorium 3600 N Harrison St. Arlington, VA 22207	Thursday, May 14, 2009 Oakton High School Auditorium 2900 Sutton Rd. Vienna, VA 22181
Wednesday, May 13, 2009 Battlefield High School Auditorium 15000 Graduation Dr. Haymarket, VA 20169	Schedule for all Meetings: 6:30 p.m. to 9:00 p.m. - Open House 7:00 p.m. - Presentation and Q&A 8:00 p.m. - Presentation and Q&A

For more information on the study, visit
www.drpt.virginia.gov/activities/I66study.aspx.

If you are unable to attend a meeting, comments on the study may be sent to Public Information Office, DRPT, 1313 E. Main St., Suite 300, Richmond, VA 23219, or DRPTPR@DRPT.Virginia.gov. Comments will be accepted until May 22, 2009.

DRPT ensures nondiscrimination in all programs, services and activities in accordance with Title VI of the Civil Rights Act of 1964. For special assistance or information, call (804) 786-4440 or TDD 711 at least 48 hours in advance of the meeting date.

BACK TO SCHOOL

Finishing Renovation

At Franklin Sherman Elementary, new technology in renovated school.

The front of Franklin Sherman Elementary is busy with construction trucks and containers. This fall, Franklin Sherman will be finishing up the school renovation that has been going on since August 2007.

Principal Vicki Duling said the school's renovation will help Franklin Sherman, "forge a new path forward." Before the renovation, the school had 22 trailers. Franklin Sherman's renovation consists of an addition for the library, the addition of an art and music wing, a bump out for the front office, the addition of a new and larger parking lot in the back of the school and a renewal of most things inside. "It's still the same basic footprint," Duling said.

"We are embracing new instructional practices and embracing new technology in this wonderful new space," said Duling. "We have been implementing smart boards throughout the renovation."

Implementing Smart Boards is part of the school's plan to prepare students for the 21st century. "We want to get children ready for what the world will be like in five to 10 years," said Duling. She has been using the book, "The Global Achievement Gap," by Tony Wagner, to guide her in her quest to prepare Franklin Sherman students for the changing world. Duling concluded from the book that some of the most beneficial ways to prepare students for the future world is



PHOTO BY NICOLE MAGNUSSON/THE CONNECTION

Principal Vicki Duling

for the children to "think critically, find information instead of just memorizing facts, discern which information is important and to learn to work together."

When asked about the low school enrollment at Franklin Sherman, 376, Duling said, "Every member of our staff really knows the names of every student. We are a close-knit family school."

Franklin Sherman elementary is located at 6630 Bawner St. McLean. For more information about Franklin Sherman, visit their Web site at <http://www.fcps.edu/FranklinShermanES/>.

— NICOLE MAGNUSSON

Blessing of Helping Others

FROM PAGE 3

of Tysons Corner Sport & Health Club. Freedman, a lifelong athlete, had been a member of the club since it opened in 1980, Hall said. He said doctors had had to revive Hall repeatedly after his accident, yet he had gone on to remain athletic after losing his leg. "He's an inspiration to everyone."

Renie Freedman said her husband's friends and family, many of them members of the sports club, had inspired him as much as he inspired them in the months after his accident, during which time they began calling him "Super H." "He had this team of people coming to see him every day," she said. A friend of hers designed an H logo and made T-shirts for Freedman's supporters, as well as hospital staff, to wear.

She worked to organize the first race, and a crowd of people from the sports club visited Harry at the hospital to announce the event to him. "They've been wonderful. They open up the club to us and help promote [the race]," she said.

EVERYONE who registers for the race gets free access to the club for the rest of the day, and the business hosts a pool party with

live music, catered by Chicken Out. "It's an event. It's not just a run," Harry Freedman said. A team of about 50 volunteers works to stage the affair, some of them working on it for eight months out of the year, he said.

He has participated in every race, using a hand cycle or, one year, a Segue. Last year, he walked it. This year will be the first time he breaks out his running leg for the event. "The running thing, I'm still working on that," he said, noting that the leg takes a lot of practice to master. Since his accident, he has ridden in a 100-mile bike ride and even learned to ski again, and he never stopped swimming.

Harry Freedman said using his accident to help other people with physical challenges gave some justification for the loss of his leg. "Being able to help out these people has become sort of a blessing," he said. "It's the most satisfying thing I can think of doing now."

His wife said they hoped to raise \$50,000 this year. "This makes all of us feel great, our friends and family, and we feel like we're reaching out and doing something," she said.

"We are doing something," said Harry Freedman.

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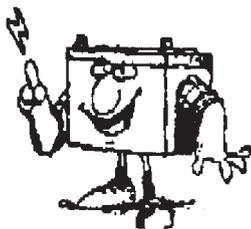
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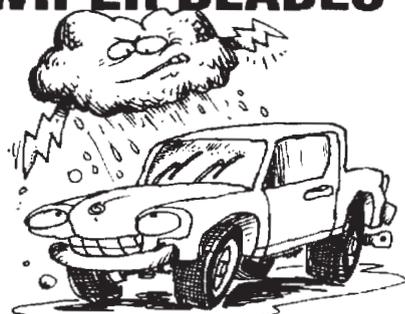
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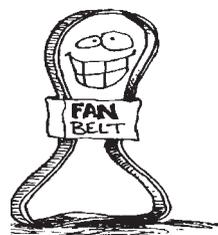


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