

Principal's Welcome

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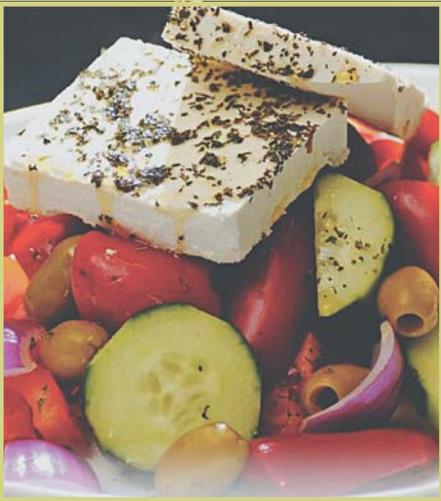
Cherry Run
Principal Steve
Gossin greets
students as they
enter the build-
ing for the first
day of school
on Tuesday,
Sept. 8.

Hop on VRE,
Head to Boston

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Summer
Internship

NEWS, PAGE 3



- Hummus
- Baba Ghannouge
- Stuffed Grape Leaves
- Kibbeh
- Soups & Salads

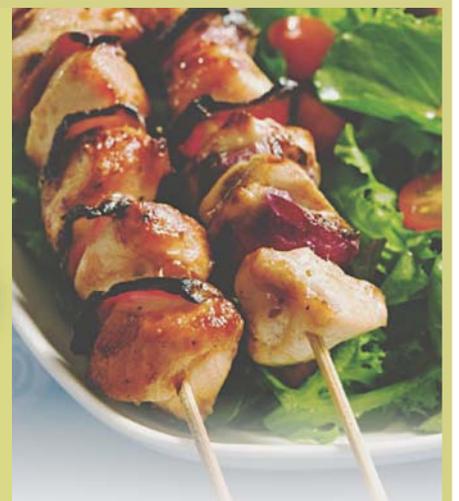


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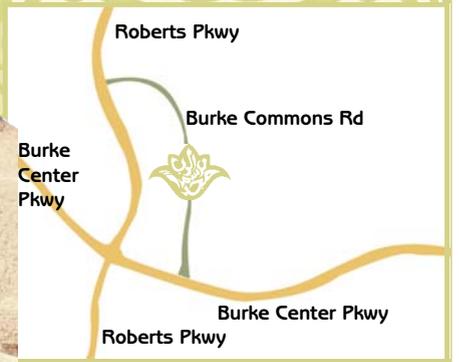
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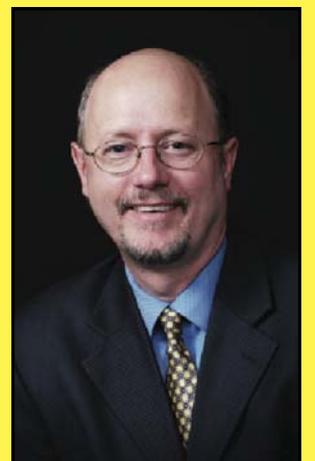
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Students Back to the Old Routine

Cherry Run among Fairfax schools starting new school year on Tuesday.

Every year at this time, Cherry Run Principal Steve Gossin finds himself standing in the same spot, waving to many of the same students and greeting many of the same parents. Though the day's events may never change, the first day of school is never a bore for Gossin and his staff.

"We've had more people arriving in cars because it's raining, but it's gone well so far," Gossin said. "I always look forward to the first day of school. It's what I do."

The weather was certainly an issue for the school on opening day, as most of the children walk to school because there are only two general education buses that serve the school. With approximately 500 enrolled, the typical sea of children turned into

a sea of umbrellas, but the smiles never left any of the children's faces.

"Seeing the smiling faces and greeting them [on the first day back] always makes my day," said Assistant Principal Tamera Sistrunk. "I am looking forward to having a fun year."

"I am looking forward to having a fun year."

— Tamera Sistrunk, Cherry Run assistant principal

After entering the building, the children made their way to their classrooms for teacher introductions and eventually, a cafeteria orientation. Though the work had yet to begin for the

children, Gossin and Sistrunk had already hit the ground running, identifying goals for the upcoming school year. Both Gossin and Sistrunk said that maintaining the school's exceptional test scores and building character are two of their main objec-



PHOTO BY JUSTIN FANIZZI/THE CONNECTION

Students get off the bus and head inside for the first day of school at Cherry Run Elementary in Burke.

tives for a successful school year.

"We want to continue to groom the students to be the best citizens they can be," Sistrunk said. "We want our students to give

back the community, and be aware of the community's needs."

— JUSTIN FANIZZI

Burke to Boston by Rail

Commonwealth enters into a three-year deal with Amtrak.

BY JUSTIN FANIZZI
THE CONNECTION

As Northern Virginia's roadways become more congested, commuters are being forced to look for other means of transportation.

The state's Megaprojects campaign, a series of roadway construction projects aimed at eliminating the numerous bottlenecks in the area, would do the trick, but it is still years away from completion. Metrorail, while a viable alternative for many, does not have the reach needed to transport all of Fairfax County's residents to their final destinations.

So, in an effort to expand options, Gov. Timothy Kaine (D) announced that the state has entered into a three-year partnership with industry giant Amtrak that will create state-operated train lines.

"The partnership makes obvious sense," said Supervisor Jeff McKay

(D-Lee). "Everyone is always looking for new ways to get around the traffic-logged roads. It opens up more opportunities for people to get around."

This agreement, effective immediately, provides the opportunity for residents near Virginia Railway Express (VRE) stations, namely the stop at the Burke

Northeast Regional Line

For more information on the Northeast Regional Line, and for other rail transport options, visit www.amtrak.com. For a limited time, Amtrak is offering up to 25 percent off the lowest published coach fare on the Northeast Regional service between Lynchburg, Washington, D.C., New York and Boston.

Centre Station, located off of Roberts Road, to travel from their homes to destinations in Washington, D.C. and as far north as Boston.

According to Virginia Department of Rail and Public Transportation spokesman Jennifer Pickett, the agreement is for three years, and will cost \$17 million. Under the terms of the agreement, the state has agreed to fund the operation of a new Amtrak line called the "Northeast Regional," which originates in Lynchburg and ends at Union Station in Washington D.C.

For residents living near the Burke Centre, Rolling Road, Backlick Road, Lorton and Franconia-Springfield VRE Stations, the service provides a way to avoid roadway traffic entirely,

and a way to travel to Washington and points north completely by rail. To travel as far as Boston, all a passenger would need to do is take the VRE to either the Alexandria station or to Union Station and trans-

SEE STATE, PAGE 14

Not Your Typical Summer Job

Burke teen interns at Children's National Medical Center.

BY JUSTIN FANIZZI
THE CONNECTION

Tucked away in a laboratory inside Children's National Medical Center in Washington, D.C., this summer for hours a day, Frederick Ghandchi, sectioned cell samples and examined them under a microscope. His research, according to laboratory investigators, would help the medical center's search to identify which genes cause birth defects.

Three months later, Ghandchi presented his work to post-doctoral fellows in his lab Aug. 10, the last step in his work at the center. Now, as September begins, he will be reporting to another lab: the one inside Thomas Jefferson High School for Science and Technology to start his senior year.

Ghandchi, 16, spent this summer doing the research as part of an internship, an experience he hopes is just the first in many years inside of labs doing research that will help in the

"I got a lot of experience in the kind of facility that I hope to be working in."

— Frederick Ghandchi

SEE INTERNING, PAGE 8

Burke Centre Fire

A fire caused extensive damage to the Burke Shire Commons Association office and clubhouse Monday, Sept. 7.

According to the Fairfax County Fire and Rescue Department, units responded to report of a structure fire at approximately 8:25 a.m. at the building, located at 5812 Chase Commons Court.

Firefighters encountered heavy smoke coming from the roof of the clubhouse of the two-story building upon arrival and brought the fire under control in approximately 10 minutes. The fire was contained to a small room attached to the office and community center, but there was extensive smoke damage throughout the building, resulting in \$80,000 worth of damage.

"Smoke damage was responsible for a lot of the damage," said Fire and Rescue Department spokesman Dan Schmidt. "The room [that the fire started in] was fairly small, and the fire went up to the roof. Repainting, redoing the floors and putting up a new roof will be expensive."

No one was present at the time of fire. The cause of the fire is under investigation.

Child Passenger Safety Week

Fairfax County Police is hosting National Seat Check Saturday on Saturday, Sept. 12, 10 a.m.-2 p.m. at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. As part of Child Passenger Safety Week, parents can about the proper installation of safety equipment, and certified technicians will be on-site to conduct child safety seat inspections.

"Boosters, belts and buckles can be complex, so this is an excellent time to take advantage of our police service and education," said Capt. Susan Culin, Commander of the Fairfax County Police Traffic Division. "It's the responsibility of every parent and caregiver to learn how to install and adjust safety equipment as they safely transport children."

For more information on Child Passenger Safety Week and safety tips to help determine which restraint system is best suited to protect children based on age and size, go to www.fairfaxcounty.gov/police.

Parents' 'Night Off' Sept. 25

My Gym Children's Fitness Center, located at 9566 Burke Road, Burke, is hosting its second annual "National Parent's Night Out" Friday, Sept. 25. The fund-raising event will benefit the gym's nonprofit division, My Gym Challenged America (MGCA).

"We are so excited to offer this event for local parents and their children," said Carmen Cotto of the My Gym Center in Burke.

During the event, parents drop their children off at the gym for an evening of fun, fitness, games and relays while parents enjoy an evening off.

For more information about My Gym Challenged America, go to www.challengedamerica.com or call Carmen Cotto at 703-425-5327.

Workhouse Marks First Year

The Lorton Workhouse Arts Center will celebrate its one year anniversary Saturday, Sept. 19, 11a.m.- 7 p.m. with free live performances, a children's open house and Workhouse artist demonstrations and workshops.

The free concerts will feature music on the Quad from 3-5 p.m., country-blues artist Holly Allen from 3-4 p.m. and jazz artist ETanya Mari from 4-5 p.m. At the children's open house, a group art project and face painting will take place. Workshops in Hula, Tai Chi, Bellydance and Yoga will be offered all day. Flameworking demos are scheduled for 12 p.m., 2 p.m. and 4 p.m., and the ceramics program will be having wheel and hand-building demonstrations from 11-4 p.m. Go to www.WorkhouseArts.org for full class schedules and event information.



PHOTO BY JUSTIN FANIZZI/THE CONNECTION

A group of swimmers await the start of the first session of the Springfield-Burke Relay for Life on Sunday, Sept. 6.

A Chance To Heal

Orange Hunt residents start Springfield-Burke Relay for Life Committee in honor of Beth Bryan.

BY JUSTIN FANIZZI
THE CONNECTION

When Orange Hunt resident Beth Bryan died following a battle with melanoma last April, her friends began searching for ways to honor her and keep her memory alive. They considered many typical charitable endeavors, but none seemed to accomplish their goal of honoring Bryan while bringing the community together at the same time.

After much thought and even more discussion, the decision seemed clear. To honor Bryan, they decided to do what she loved best: swim.

Those residents, a group of approximately 12 of Bryan's closest friends, formed the Springfield-Burke Relay for Life Committee to raise money for the American Cancer Society through the Relay for Life event, which takes place annually to raise money for cancer research.

"After Beth's death, we all struggled to find out what we could do to honor this person that we all loved so much," said Committee Chairman John Ariale. "So many of us have been impacted by cancer, through Beth and through others, and this was a better way to honor Beth and to support research so we can fight back."

Bryan, 48 at the time of her death, served the community in myriad capacities. In addition to teaching kindergarten at Keene Mill Elementary School, she spent time as a coach at the Curl-Burke Swim Club. During the summer, she was the coach and team representative of the Orange Hunt Swim Club, which

competed in the Northern Virginia Swim League, a summer circuit. Bryan also was involved with South Run Baptist Church and was the den leader for Cub Scout Troop 1853, based in Springfield.

"Beth was a very well-loved and respected member of the community," said committee member Diane Sward, whose children Bryan taught to swim. "She touched so many lives in our neighborhood, and she really was the main force behind our swim team being so amazing."

AFTER BRYAN'S death, her closest friends met at Ariale's home. While doing research on potential ways to raise money, they found out that neither the Burke nor Springfield areas had representatives for the American

C a n c e r Society's Relay for Life. The relay, which takes place each spring, has committees in individual commu-

nities organize a 12-hour, overnight relay where at least one committee representative is running continuously. The participants are asked to raise money, which will all be donated to the society.

So, after consultation with the society, the Springfield-Burke Relay for Life Committee was formed, and its members were soon hard at work.

"That gathering was the launching pad for what started our journey together," Ariale said.

The group first reached out to West Springfield High School Principal Paul Wardinski to ask him if the school's track could be the site for their relay. Ariale said that Wardinski was "100 percent supportive," and quickly agreed to host the relay.

Then, the committee discussed ways that they

To Help

E-mail John Ariale at SpringfieldBurkeRFL@gmail.com to find out how to help the committee raise funds for the Relay for Life, scheduled for May 14-15, 2010 at West Springfield High School.

SEE RELAY, PAGE 5

NEWS

Relay

FROM PAGE 4

could meet their goal. The first way, they decided, was to host the Beth Bryan Swim-A-Thon, which took place in the Orange Hunt pool Sunday, Sept. 6. At the event, 110 registered swimmers swam four different relays that lasted 20 minutes each. Between each session, a raffle took place in which swim equipment was given away. Ariale said that between the donations raised by swimmers, money given by non-participants and income from raffle tickets, the event raised \$9,528, well above the organizers' goal of \$5,000.

The next scheduled event for the Springfield-Burke Relay for Life is a community interest meeting on Thursday, Sept. 17 at West Springfield High School. The committee will use the meeting to inform the community about the cause in the hopes of generating more interest, and in turn, more donations. Ariale also said that the committee will meet with the Chamber of Commerce to identify potential corporate sponsors, and will start to reach out to them soon.

BULLETIN BOARD

Send notes to the Connection at south@connectionnewsletters.com or call 703-778-9416. Deadline is Friday. Dated announcements should be submitted at least two weeks prior to the event.

FRIDAY/SEPT. 11

What to Expect this Flu Season. 7 p.m., at James Lee Community Center, 2855 Annandale Road, Falls Church. These town hall style meetings will give residents the opportunity to ask any flu-related questions they may have. Dr. Gloria Addo-Ayensu will begin each meeting with a brief presentation before taking questions from the public. For information about the town hall meetings visit the Health Department's Web page: www.fairfaxcounty.gov/hd/flu/town-hall-meetings.htm, or call 703-246-2411, TTY 703-591-6435.

9/11 Tribute. 7 p.m., at the Fairfax Church of Christ, 3901 Rugby Road, Fairfax. For more information, go to www.fcxx.org or call 703-631-2100.

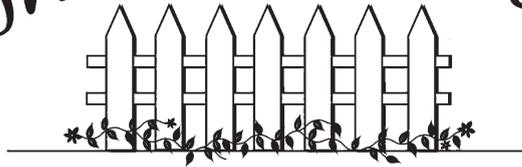
SATURDAY/SEPT. 12

SAT/ACT Practice Test. 9 a.m.-2 p.m., at Huntington Learning Center, 11268 James Swart Circle, Fairfax. Sign up for our group practice SAT and ACT. Covers the administration and scoring of the exam as well as a personalized meeting with director to discuss the results. For more information about Huntington Learning Center, contact Ann Kelly at 703-359-4700, or visit www.huntingtonlearningcenter.com.

Morning Coffee with Del. David Bulova (D-37). 9-11 a.m., at Main Street Bagel, 10268 Main St, Fairfax. Constituents are invited to talk about issues of interest and to ask questions about legislation affecting our community. The format is casual and no appointment is needed.

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OPINION Labor Day

Thankful for the jobs we
have; states need some
bailing out.

After a long Labor Day weekend, most of us with jobs no doubt spent at least a minute in silent thanks for having a job; all the more so for those lucky enough to have jobs with paid holidays and health insurance. Almost everyone knows someone struggling after having lost a job, someone who personifies and personalizes the so-called "jobless recovery."

In the Washington metropolitan area, the economy does have life, and there is growth in jobs, another reason to be thankful.

But while Northern Virginia has the lowest unemployment rate in the state, 5 percent in July, down from 5.5 percent a month earlier, it also has the highest number of unemployed people in the state.

In Northern Virginia, in July there were more than 75,000 unemployed people, down from more than 80,000 in June, but up from just over 43,000 a year ago in July 2008.

Northern Virginia also tops the state in the number of people without health insurance, according to a recent Census Bureau report. In Fairfax County, there were 149,642 people without health insurance from all income levels. That's more than 16 percent. These numbers are from 2006, when the economy was quite a bit better than it is now.

In Arlington, more than 21 percent, 38,018 people,

lacked health insurance. In Loudoun County, the number was 11 percent, or 29,205 people without health insurance. In the City of Alexandria, more than 18 percent is without health insurance, 22,399. In the City of Fairfax, 18 percent or 3,685 people were without health insurance.

These are people who will be unlikely to get seasonal flu shots or swine flu vaccinations. These are people who will have to turn to emergency rooms if they do get sick.

EDITORIAL

The Virginia budget shortfall is one looming problem that won't help the economic rebound, and it is a problem replicated at least another 47 times around the country. As the federal stimulus spending is kicking in, Virginia is facing a massive shortfall, and must trim well over \$1 billion in spending. In fact the infusion of federal stimulus dollars prevents the cuts from being far more difficult. But this is a terrible time for states to be forced to cut their budgets. Every dollar the state cuts diminishes the stimulus spending by a dollar.

With transportation spending down to an amount that would be laughable if we weren't all stuck in traffic, what's likely to be cut next include programs for the most vulnerable people. For the recovery to continue on track, the feds should consider spending some money to bail out the states.

Who Needs Health Care?

To the Editor:

We do. As a senior citizen here in Fairfax County, I need it. And for free. We senior citizens have been paying for it out of our first paycheck since we had Social Security deducted from my first full time job 65 years ago.

The U.S. constitution says, in part, we are all to be treated equal. Of course, we know that is not how it works today. The privileged have their own health care, the poor do not and the middle class is having a most difficult time paying for it.

The jobless is another problem group of folks. They have no jobs because the wealthy, who have their health care, laid us off, so they can continue to increase their yearly bonus.

Is the current system fair? Of course not. Whenever we, as citizens, demand Congress, who holds our tax dollars in the palm of their hands, to stop taking in donations for their reelection campaigns from drug companies, insurance companies and banks, who underwrite loans for insurance and drug companies — until we demand our elected and pre-elected officials to stop these somewhat legal, but unethical

ways, only then can we all look to our leaders and expect health care reform to be applied equally for us all to have a chance to be healthy.

Ronald L. Baker
Springfield

More needs to be done to prevent suicide and you can help. Visit www.outofthedarkness.org.

Maureen Iselin
Burke

Help Prevent Suicides

To the Editor:

In recognition of National Suicide Prevention Week is Sept. 6-12, I would like to use this time to encourage the public to learn more about suicide and ways to prevent it. Learning some of the key suicide warning signs such as feeling hopeless, withdrawing from friends and family and making suicidal statements can help save lives. If you or someone you know is feeling suicidal or just needs to talk, help is available by calling 800-273-TALK.

Another way the community can help is by participating in the American Foundation for Suicide Prevention's Out of the Darkness Community Walk in Fairfax, at George Mason University on Oct. 24. We encourage everyone, whether you have been touched personally by suicide or not, to participate. Funds will support national and local suicide prevention research and education programs.

Choice Is Clear

To the Editor:

Much has been written lately of McDonnell's Regent University thesis, "The Republican Party's Vision for the Family." It was written 20 years ago, and Mr. McDonnell says his views have changed. But have they? The language in his 1989 ringing call for change included, among other things, labeling feminism one of the "real enemies of the traditional family" and saying that federal tax cuts for child care costs encourage women to enter the workforce. He called a government safety net for the neediest a socialist effort to destroy the family.

McDonnell's opponent, Creigh Deeds (D), has a consistent record of support for women, for public education and for increasing economic opportunity in the commonwealth. He favors a tax cut for small business for each job it provides, as well as common-sense solutions to our pressing transportation problems. To me, the choice is clear: Creigh Deeds.

Edward L. Jaffee
Springfield

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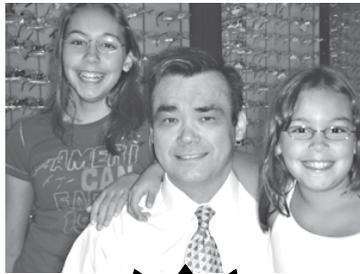
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Interning at Children's Medical Center

FROM PAGE 3

fight against many diseases, including cancer.

"I learned a lot [during the internship]," Ghandchi said. "I got a lot of experience in the kind of facility that I hope to be working in. It was very hands-on, and was a great experience."

His genetics teacher at Jefferson told Ghandchi about the internship. After handing in a resume and being interviewed by Dr. Irene Zohn, the principal investigator in Children's National's Center for Neuroscience Research, Ghandchi was accepted into the program.

Over the course of the internship, Ghandchi examined the expression of a gene called "Hectd1," located in the placenta, trying to see if the gene contributed to developmental defects in the tissue.

EACH MORNING, Ghandchi, who was the only high schooler in a lab of graduate and post-doctoral fellows, cut extremely thin sections of mice placenta and placed them on glass slides. He then used a chemical solution to stain the tissue sample on the slide to see if the Hectd1 gene appeared in the placenta. At the end of the summer, he

captured images of the stained samples and then presented his findings to Zohn and other post-doctoral fellows in the lab.

"I put about 10 sections on each slide, and by the end of the summer, I had about 300 slides," Ghandchi said. "In the end, I only photographed about 30 slides because all of them weren't perfect."

ACCORDING TO Zohn, Ghandchi's work showed them that Hectd1 is not expressed in all of the cell types of the placenta and said that his findings would help them make their hypotheses on the gene's role in placental development more accurate.

"To examine gene expression, Fred needed to master a number of techniques which require quite a bit of practice," Zohn said. "His perseverance allowed him to get very nice sections by the end of the summer. In the end, these images were very informative and will provide the basis for future studies in the lab."

Now that he has completed the internship, Ghandchi is looking forward to finishing his senior year and continuing his genetic studies in college. Even though the deadlines for applications at most colleges are not for several months, he has already applied to several schools such as Harvard,



Frederick Ghandchi

DONATED PHOTO

Yale, Princeton, Carnegie-Mellon and the University of Virginia. He said that he hopes to attend Virginia, then graduate school, and someday hopes to be the lead scientist in a genetics laboratory.

For now, though, he can take pride in the fact that his first laboratory experience not

only impressed his lab partners and principal investigator, but also his family.

"I always knew that someday he would be given an opportunity like this, and I know that he will get more opportunities in the future," said his mother, Masin Ghandchi. "I'm so proud of him. He's a genius."

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WEEK OF: \$10 for adults; \$6 for seniors & children.	1551 Trap Road
Free for ages 2 and under. Weekend passes available.	Vienna, Virginia, 22182

Photo Credits: Christopher Robin, Staci Waldstein, Performer Credits: Conservatorio Profesional de Danza Folclore, Fairfax Chinese Dance Troupe, Westar Arts & Dance

CALENDAR

To have community events listed, send to south@connectionnewspapers.com or call 703-778-9416 with questions. Deadline for calendar listings is two weeks prior to event.

THURSDAY/SEPT. 10

Third Annual Positive Aging Fair: Tools for Creative Aging. 9 a.m.-3 p.m., at the Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. General admission: \$8, or \$10 if a kosher lunch is requested in advance. Registration may be done by phone at 703-323-0880 or online at www.jccnv.org.

Standard Delivery Combo. 8-10 p.m., at The Old Town Hall, 3999 University Drive, Fairfax. \$10. Beginner ballroom lesson 7:30 p.m. Visit <http://www.headoverheelsdance.com> for more information or send e-mail to dance@headoverheelsdance.com or call Tina Foley at 703-424-1745.

Teen Writers Roundtable. 4:30 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Join the Roundtable to hone your skills and receive honest, friendly criticism from other teens. Age 12 and up. 703-249-1520.

Tales for Twos: What Should I Wear? 10:30 a.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Stories and activities about all kinds of clothes and dressing up. Age 24-35 months with adult. 703-644-7333.

Chess Club. 3:30 p.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Learn the rules and strategy; play the game. Age 6-14. 703-644-7333.

Visual Voices Speaker Series:

"Artifice of Nature" by John Ruppert, 7:30 p.m. at the Harris Theater, 4400 University Drive, Fairfax. Free.

FRIDAY/SEPT. 11

Lunch Bunnies. 12 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. Bring lunch and listen to stories. Birth-5 with adult. 703-978-5600.

Faculty Artist Series: Faculty Showcase Recital. 8 p.m., at the Harris Theater, 4400 University Drive, Fairfax. Free.

SATURDAY/SEPT. 12

Burke Centre's 32nd Annual Festival. 10 a.m.-5 p.m., at the Conservancy's Festival Grounds, 6060 Burke Centre Parkway, Burke. Flag-raising at 10 a.m. will kick-off the festivities. Event features live entertainment including dance and musical performances, an arts and crafts show, antiques and food vendors, an evening wine garden, the Dixie Twister mechanical ride, pony rides, a 28-foot rock climbing wall, prize drawings, face painting, rides and games. Wine Garden open 5-9 p.m., with last wine serving at 8 p.m. Free shuttle bus service to and from the Festival grounds. Various shuttle bus stops will be located along Burke Centre Parkway, including all Metro bus stops. Parking is available along Burke Centre Parkway and at Knollwood Community Church on Saturday. Visit www.burkecentreweb.com and select Fall Festival for more information.

Concert. Fairfax Symphony Orchestra presents "Great Expectations," introducing its new Music Director Christopher Zimmerman at 8 p.m., at

George Mason University's Center for the Arts, 4373 Mason Pond Drive in Fairfax. Free pre-performance lecture at 7 p.m. Free students tickets available until Sept. 11. Concert features Bernstein's "Symphonic Dances from West Side Story," Elgar's "Introduction and Allegro for Strings" and Stravinsky's "The Rite of Spring." Single tickets now available. Go to www.fairfaxsymphony.org.

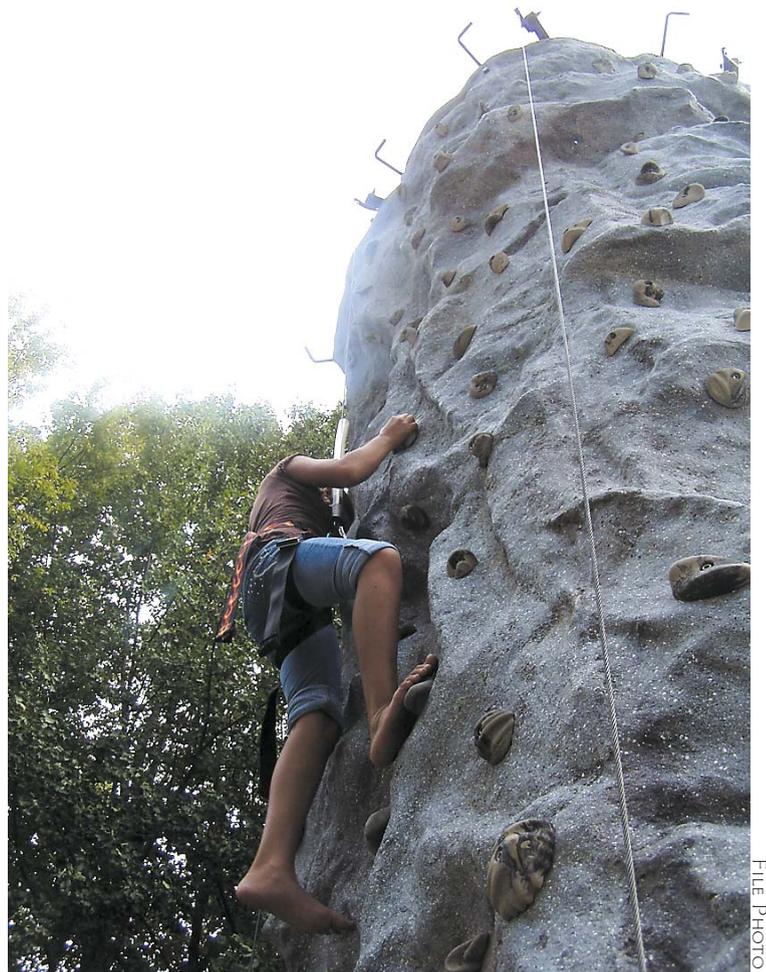
Fannie Mae Help the Homeless Mini-Walk hosted by Katherine K. Hanley Family Shelter. 8:30 a.m.-12 p.m., at Katherine K. Hanley Family Shelter, 13000 Lee Highway, Fairfax. \$25 for adults and \$15 for youth (up to age 25). Registration form at www.shelterhouse.org or 703-536-5383. Help raise funds to prevent and end homelessness.

Comedy Hypnotist featuring hypnotist Tom DeLuca. Comic Pain Relief benefit show will take place at 7 p.m. at George Mason University, Center for Arts, Harris Theater. For Tickets call 703-993-2787 or go to www.tickets.com. Ticket prices are \$20; \$10-students.

A Platinum Jubilee reception featuring George Mason University Jazz Ensemble led by Jim Carroll plus a full assortment of refreshments and hors d'oeuvres. 5-8 p.m., at The Mathy House, home of George Mason University President Alan and Sally Merten. A limited number of tickets remain available Visit www.FairfaxLibraryFoundation.org.

How to Find a Job in Today's Troubled Economy. 2 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Advice from an experienced HR recruiter on all aspects of finding and keeping a job. Bring a copy of your resume. Adults.

SEE CALENDAR, PAGE 11



FILE PHOTO

Anjealiq Diaz tries her hand at the rock-climbing at last year's Burke Centre Festival. This year's edition takes place Saturday, Sept. 12 and Sunday, Sept. 13.

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Rams Smash through Titans

Robinson's 231 rushing yards batter T.C. Williams.

BY REED S. ALBERS
THE CONNECTION

Connor Riley stood on the sidelines after Robinson Secondary School's 36-23 victory against T.C. Williams High School on Sept. 3, and hoped his 82 yards of rushing in the first half would shake a nickname he picked up earlier in the year.

"[The team] calls me Cadillac," said Riley, a senior. "It's kind of bad. I got it because I didn't hustle. It's going to change to Hummer by the end of the season."

Hummer isn't a bad name, considering Riley's rugged run-through-walls style of play would live up to the sport utility vehicle's name.

Using his size, Riley chipped away at the Titans defense, rushing for no more than 8-yards on a single carry, but averaging 5-yards a carry on his 17 rushing attempts.

"We just shoved the ball down their throats," he said.

Riley finished the night with one touchdown, but sat on the sidelines for the second half due to muscle cramps.

"It's just a precaution," he said. "By the end of the second half I was ready to go, but the game was over."

Riley's absence didn't make the Titan's job any easier. Junior Jared Velasequez not only picked up where Riley left off, but also used his speed to dash past the tired defense.

"Whenever we need [a touchdown], I just go at it," Velasequez said. "I'm just full speed all the time. It's what I do."

In comparison to Riley's battering ram style, Velasequez is the speedster. In the second half, Velasequez ran at-will past the Titans defense, accumulating 114 yards and



Robinson opened its season against T.C. Williams on Sept. 3. The Rams rushing duo of Velasequez and Riley combined for 196 rushing yards.

four rushing touchdowns.

"We just kept trying to punch it down [T.C. Williams'] throat," Velasequez said. "The line blocked well and it helped us move down the field."

Using two running backs isn't new to the Rams offense. Robinson Head Coach Mark Bendorf said that he's confident his duo would carry the team this season.

"I feel like we have a stable I can rely on," Bendorf said. "It's always been my philosophy to use multiple [running backs] so the defense can't focus on one guy."

While the Rams two-headed monster rushing attack was the highlight of the game, the Titans stole the show in the first half and planted the seeds for an upset.

On game's first play, T.C. Williams running back Cortez Taylor broke a 60-yard touchdown run to give the Titans an unexpected early lead. The Titans followed that with a 90-yard kickoff return by Taylor that set the score at 14-7 before the first quarter

Top performers

1. Jared Velasequez - Robinson - 114 yards rushing, four touchdowns
2. Cortez Taylor - T.C. Williams - 60-yard rushing touchdown, 90-yard kick return touchdown
3. Connor Riley - Robinson - 82 yards rushing, one touchdown.

ended.

"That kid is pretty fast," Bendorf said. "We were too flat in our pursuit angles and those are things you find out in your opening game. That's a hard thing to simulate in practice."

Despite trailing at the half, Velasequez said that the team didn't get discouraged and knew that it was going to take more intensity to win.

"There were a lot of inspirational speeches in the locker room," Velasequez said. "We told each other that we just weren't going to lose this game."

In the second half, Robinson's defense held the Titans scoreless and completed the comeback. The Rams defense never let the Titans get into an offensive rhythm and forced four fumbles.

In his post-game talk with the team, Bendorf applauded his players' character win.

"We had to overcome adversity," he told them. "In the second half, you overcame that adversity and earned this win."

The Titan's competitiveness didn't come as a surprise to Bendorf who said he expected the game to be close from the start.

"It was a very good test," Bendorf said. "In the two scrimmage films we had of [T.C. Williams], they were very dominant. I knew we were going to be in for it."

Bendorf said he even told his team that despite the 23-14 deficit, the team that could keep up the intensity for two more quarters ultimately would win the game.

"Before the game, I told them it was going to come down to the second half," Bendorf said. "We take great pride in our conditioning and that was the determining factor [in the game]."

Young Bruins Rout Rams

Lake Braddock's senior-less field hockey team wins 5-2.

BY REED S. ALBERS
THE CONNECTION

In its 5-2 victory against Robinson Secondary School on Sept. 3, the Lake Braddock Secondary School varsity field hockey team looked strong, cool and seasoned.

To casual observers, the Bruins team might appear to be experienced varsity players, moving the ball with ease in the scoring circle. In fact, the senior-less team is still dealing with the growing pains of developing a winning program.

"This is my 29th year coaching at Lake Braddock and I've never had a team without a single senior," said Head Coach Diane Miller. "It was important to get this win. We have a very young team and lost nine starters from last year. This was a big confidence boost for [the team]."

The roster of nine juniors, eight sophomores and four freshman has earned a 1-2 record to start the season, recording losses against McLean High School and Centreville High School. In its match with Robinson, however, the Bruins could do no wrong.

The Bruins dominated possession from the opening whistle and quickly created scoring opportunities.

In the first minute of play, freshman forward Taylor Livick scored to set the pace for the Bruins.

"I just kind of deflected the goal in," Livick said. "It feels great to score [as a freshman]. I was really surprised to be in the game. Last game I wasn't [playing] as much."

Livick added another goal to her total later in the first half.

WITH THE Bruins in control and dominating possession, Lake Braddock's 2008 leading goal scorer, junior Brittany Hopkins, added another goal to the Bruins' lead and her bid to recapture the scoring title.

It was the first of two goals she would score in Lake Braddock's rout of Robinson.

"I had 19 goals last year," Hopkins said. I scored two today and one on Monday [against Centreville]. The season has been tough so far. We graduated a lot of girls and it's been detrimental to our team, but I tried to play around it and work it out. I think we should we have a solid team to compete with top teams."

With such a young team, juniors such as Hopkins are being called upon to be leaders for the younger players.

"This is my third year starting and I've been around the program," she said. "Our coach is really pushing us to step up and carry the program. I have it in my heart that

SEE BRUINS, PAGE 14

WWW.CONNECTIONNEWSPAPERS.COM



Connor Riley uses his size to overwhelm T.C. Williams' defensive line. Riley rushed for 82 yards and one touchdown in Robinson's 36-23 win against T.C. Williams.

CALENDAR

FROM PAGE 9

703-249-1520.

Neighborhood Plant Clinic. 10 a.m.-1 p.m. Adults. Kings Park Library, 9000 Burke Lake Road, Burke. 703-978-5600.

Fairfax County Master Gardeners Association, Inc. 10 a.m. City of Fairfax Regional Library, 10360 North St., Fairfax. Master Gardeners provide horticultural tips, information and advice. 703-293-6227.

Microsoft Excel. 2:30 p.m. City of Fairfax Regional Library, 10360 North St., Fairfax. Introduction to creating spreadsheets with Microsoft Excel. Age 13 and up. 703-293-6227.

Fairfax Symphony Orchestra. 8 p.m., at Concert Hall, George Mason University Center for the Arts, 4400 University Drive, Fairfax. Tickets: \$55, \$45, \$35, \$25

SUNDAY/SEPT. 13

Burke Centre's 32nd Annual Festival. 10 a.m.-5 p.m., at the Conservancy's Festival Grounds, 6060 Burke Centre Parkway, Burke. Flag-raising at 10 a.m. will kick-off the festivities. Event features live entertainment including dance and musical performances, an arts and crafts show, antiques and food vendors, an evening wine garden, the Dixie Twister mechanical ride, pony rides, a 28-foot rock climbing wall, prize drawings, face painting, rides and games. Free shuttle bus service to and from the Festival grounds. Various shuttle bus stops will be located along Burke Centre Parkway, including all Metro bus stops. Visit www.burkecentreweb.com and select Fall Festival for more information.



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

The Virginia Department of Rail and Public Transportation (DRPT) is conducting this study to identify potential short- and medium-term transit and TDM enhancements that will increase mobility in the I-66 corridor between Washington, D.C. and Haymarket, Virginia.

The public information meetings will focus on the transportation alternatives under study, including new bus services such as Bus Rapid Transit (BRT), express bus service and commuter choices such as carpooling, vanpooling and park and ride lots.

Each meeting will include a continuous open house with study representatives available to provide information. Presentations will be given at 7:00 p.m. and 8:00 p.m. with an opportunity for questions and answers afterwards.

Meeting Dates and Locations

Wednesday, September 23, 2009 Arlington County Board Room-3rd Floor 2100 Clarendon Boulevard Arlington, VA 22201	Wednesday, September 30, 2009 Oakton High School Cafeteria 2900 Sutton Road Vienna, VA 22181
Thursday, September 24, 2009 Battlefield High School Auditorium 15000 Graduation Drive 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, 600 E. Main St., Suite 2102, Richmond, VA 23219, or DRPTPR@DRPT.Virginia.gov. Comments will be accepted until October 9, 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.

COMMUNITY



PHOTO BY REED S. ALBERS/THE CONNECTION

Lake Braddock's field hockey team huddles together after its 5-2 victory against Robinson. The senior-less team is looking to contend for the Patriot District title.

Bruins Field Hockey

FROM PAGE 10

if I don't do my best to score a goal, then we may not score."

Hopkins' drive to score is also one of the reasons that she's a team captain.

"[The captains and I] talked about the upcoming game and how we don't like to lose," she said. "Lake Braddock isn't a losing program. We know it's a rebuilding season, but we know it's coming together."

Though the victory against Robinson might have shown the Bruins what the team is capable of, Hopkins said that district matches aren't going to be easy this sea-

son.

"With Woodson in the district, it's going to be a lot harder to win the district," she said.

AFTER THE GAME, many of the Bruins' players were ecstatic about the win, but Miller reminded them that just because they scored five goals, it doesn't mean they were perfect.

"There are things we need to improve on," Miller said. "It's just a learning process. I was pleased that we scored five goals and that different people [scored], but we still have to correct some flaws."

State Makes VRE Deal

FROM PAGE 3

fer to an Amtrak train operating on the Northeast Regional, which will begin operations Oct. 1.

"This new service gives everyone more reasons than ever to let someone else do the driving," said Charles Badger, director of the Virginia Department of Rail and Public Transportation. "With a one-seat ride as far north as Boston and as far south as Lynchburg seven days a week, it's easy to book your business travel, a weekend getaway, a family visit or that first trip to college."

According to Amtrak spokesman Karina Romero, Virginia is the 15th state to enter into an agreement of this kind with Amtrak. As part of the agreement, Romero said, the state would provide funding for the crews on the trains and for the operation of the system itself, while Amtrak would provide the actual trains and would let passengers use their reservation system.

"We have a different relationship with different states based on the funding available," Romero said. "Some states, like North Carolina, purchase their own equipment, but Virginia will be using ours."

Pickett said that after the three years are over, the state would have to evaluate the program's effectiveness and decide how to move forward amid restrictive factors such as the state budget. If the state finds that the program was successful, then it would have to find funding sources. However, if the program is found to be ineffective, then the state has the option to terminate the program.

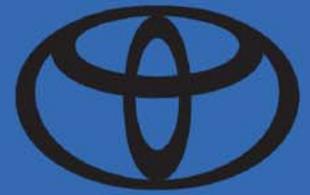
"The state is doing the pilot program because it enables us to determine how successful the service can be," Pickett said. "After three years, we will have a better idea of what we would need to continue this service into the future."

Though the partnership can be dissolved at the end of the program, McKay thinks that the state is moving in the right direction. He said that the partnership came to fruition at an especially important time, when funding options for the roadways are dwindling and with few other options to speak of.

"[The partnership] is especially important now in part because of the cuts to the VDOT budget," McKay said. "The days of road building are numbered, so we need more transportation options."

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Gorgeous 4 BR, 3.5 BA Monterey model in sought-after Laurel Hill Community. Fantastic open floor plan with hardwood floors. Amazing master suite with sitting room, luxury bath & walk-in closet. Walk-up from lower level to meticulously maintained yard & patio.



Richard Esposito
703-503-4035
Richard@LNF.com
Service is the difference I provide

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703-503-1880
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ellie.wester@longandfoster.com



Burke \$484,000
New listing in the heart of Burke
4 Br's 2.5 BA's, Large Fam Rm w/fireplace Robinson school pyramid. Great neighborhood, close to VRE and shopping.
Call Richard 703-856-2529



Fairfax \$795,000
1+ Acre
Beautiful colonial in Popes Head View featuring 4 bedrooms, 4.5 baths. Finished basement with over 4500 finished sq. feet. Hardwood floors, granite Kitchen and so much more. Woodson, Frost, Oakview pyramid. Privacy at the end of a cul de sac makes this a "must see home."

LISTING YOUR HOME? CALL LONG AND FOSTER'S #1 OFFICE!
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