

# Finding Success At Young Age

NEWS, PAGE 16

Fedor Ouspensky of Vienna, 13, is picking up attention from music professionals nationwide.

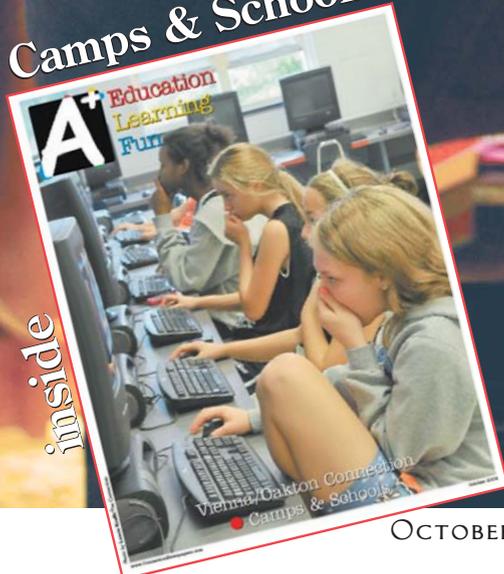
## Candidates Compete For Open Delegate Seat

NEWS, PAGE 3

## Shillelagh Celebrates 45th Anniversary

NEWS, PAGE 12

### Camps & Schools



inside

OPINION, PAGE 8 ♦ CALENDAR, PAGE 12 ♦ SPORTS, PAGE 20 ♦ CLASSIFIEDS, PAGE 21

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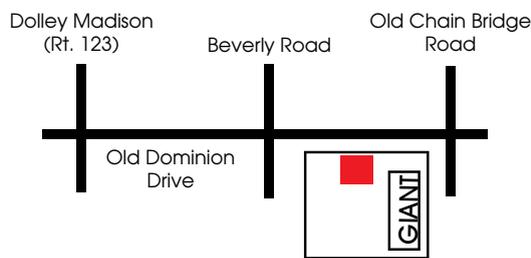
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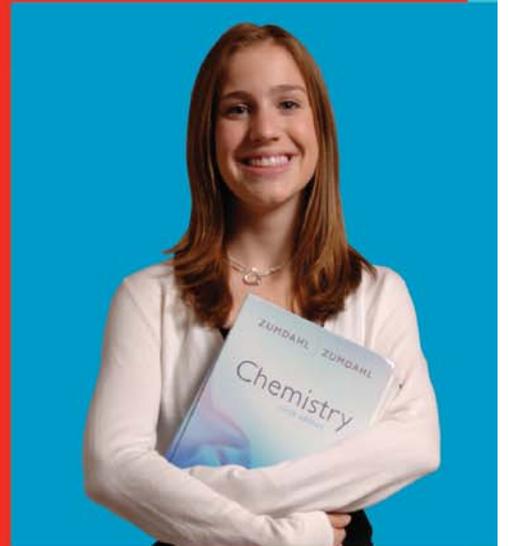
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## Candidates Compete for Open Delegate Seat

**With Shannon stepping down, assembly spot is up for grabs.**

BY JULIA O'DONOGHUE  
THE CONNECTION

**J**im Hyland and Mark Keam have been on similar trajectories in their professional lives as Capitol-Hill-staffers-turned-lobbyists, a career path that is familiar to several people living in Fairfax County.

In his nearly two decades on the hill, Hyland, 48, worked for U.S. Sen. John Warner (R-Va.), U.S. Sen. Kay Bailey Hutchison (R-Tx.) and the congressional banking committees.

As a member of the Pennsylvania Avenue Group, he now lobbies on behalf of such varied interests as the University of North Carolina at Chapel Hill foundation and the Texas Land Title Association.

Keam, 43, worked for U.S. Sen. Dick Durbin (D-Ill.), the Small Business Administration and the Federal Communications Commission. But he most recently served as vice president and part of the government relations team at Verizon Communications.

Now, both men are hoping to replace Steve Shannon as the representative from Vienna and Oakton in the Virginia House of Delegates. Shannon chose not to run for the 35<sup>th</sup> district delegate seat again when he was named the Democratic nominee for Virginia Attorney General this year.

Hyland and Keam will compete against each other in what the two campaigns say will be a close election Nov. 3. Voters will also decide on the Virginia gubernatorial race, the Virginia attorney general race and a special Providence District school board race on the same ballot.

**BOTH CANDIDATES** are familiar to political activists in Fairfax County and have picked up the official endorsements of most of their local party leaders.

Hyland has run for office twice before, challenging Shannon for the delegate position in 2005 and Supervisor Linda Smyth (D-Providence) for her Fairfax County board seat in 2003. More recently, he served as head of the Fairfax County Republican Committee during the 2007 and 2008 election cycles.

Keam was the co-founder and original coordinator of "Fairfax for Obama."

He was also one of the most dedicated volunteers on Fairfax County Chairman Sharon Bulova's campaign last February. Keam's work during Bulova's campaign, in part, earned him the early endorsements of Bulova and U.S. Rep. Gerry Connolly (D-11) during a bruising, four-way primary battle for the Democratic Party's nomination for the delegate seat in June.



**Jim Hyland (R)**

**Age:** 48  
**Grew Up In/Hometown:** Vienna  
**Residence:** Oakton  
**Family:** wife Lisa and two children  
**Education:** The George Washington University (B.A.), George Mason University School of Law (J.D.)  
**Employer/Work Experience:** lobbyist with Pennsylvania Avenue Group; former legislative aide to U.S. Sen. John Warner (R-Va.)  
**Volunteer/Civic Work:** member of Our Lady of Good Counsel Catholic Church; former president of Friends of Oakton Library; former chairman of the Fairfax County Republican Committee; 2005 Republican delegate candidate; 2003 Providence District supervisor candidate  
**Endorsements:** Fairfax County Chamber of Commerce; U.S. Rep. Tom Davis (R-11); Town of Vienna Mayor Jane Seeman  
**Web site:** <http://www.hylandfordelagate.com/>



**Mark Keam (D)**

**Age:** 43  
**Grew Up/Hometown:** Seoul, Korea; Vietnam; Australia; Orange County, California  
**Residence:** Vienna  
**Family:** wife Alex and two children  
**Education:** University of California at Irvine (B.A.); Hastings College of Law (J.D.)  
**Employer/Work Experience:** lobbyist for Verizon Communications; former employee of the Federal Communications Commission and Small Business Administration  
**Volunteer/Civic Work:** past president of the Courthouse Oaks Homeowners Association, co-founder of "Fairfax for Obama," member of Gov. Tim Kaine's Asian American Advisory Board  
**Endorsements:** Fairfax Coalition of Police, U.S. Rep. Gerry Connolly (D-11), Del. Steve Shannon (D)  
**Web site:** <http://www.markkeam.com/>

### 35<sup>th</sup> Delegate Seat: Money Race

Democrat Mark Keam had out raised Republican Jim Hyland by approximately a three-to-one margin as of the end of September. The Keam campaign had collected \$391,968 to Hyland's \$127,421, according to the Virginia Public Access Project, a nonpartisan campaign finance watchdog in the commonwealth.

As of Sept. 30, Keam also had more money in reserves than Hyland: At that time, Keam had about \$73,536 in cash on hand to Hyland's \$12,437 available.

According to the Virginia Public Access Project, Keam had raised more money than Hyland in Vienna ZIP codes by the end of September, approximately \$17,925 to Hyland's \$11,395. However, Keam's successful Vienna fundraising was mostly due to larger financial contributions from the Democratic candidate himself (\$5,000) and Vienna resident Edward Hart Rice (\$5,500), who is one of the Virginia Democrats' largest individual donors statewide.

Both campaigns have received large amounts of money from their respective political parties and partisan leaders in Virginia, indicating that both Democrats and Republicans believe the 34<sup>th</sup> delegate district race is a close contest.

According to the Virginia Public Access Project, the following are the top financial donors to the Hyland and Keam campaigns through Sept. 30.

For more information on the campaign contributions, visit [www.vpap.org](http://www.vpap.org).

Name	Residence	Job/Industry	Donation
<b>HYLAND'S TOP DONORS</b>			
House of Delegates Speaker William Howell	Falmouth	political	\$20,000
Brent Scowcroft	Bethesda, Md.	Federal lobbyist	\$5,500
Lammot J. Dupont	McLean	Real Estate Developer	\$2,500
Fluor Corp.	Washington D.C.	Private Highways (HOT lanes)	\$2,500
Global Alliance Communications	Pompano Beach, Fl.	Unlisted	\$2,500
Mary Downey Goodwin	Durham, NC	Unlisted	\$2,500
<b>KEAM'S TOP DONORS</b>			
Democratic Party of Virginia	Richmond	Political	\$58,472
Waters & Kraus LLP	Dallas, TX	Law firm	\$10,000
Kenneth Kim	Newport Beach, CA	Medical Testing	\$6,000
Edward Hart Rice	Vienna	Stockbroker/Financial Advisor	\$5,500
Jeffrey Cooper	Edwardsville, IL	Trial lawyer	\$5,000
Fashion Life Inc.	Gardena, CA	Clothing/Textiles	\$5,000
Mark Keam	Vienna	candidate	\$5,000

**BUT** Hyland and Keam's experiences diverge when it comes to their background and personal story.

Hyland was born in the Town of Vienna and has spent almost his entire life living

in the 35<sup>th</sup> district. He graduated from Madison High School and attended George Mason University School of Law.

"I think it makes a difference when you can make connections with people on per-

sonal level, not just a political level," said Hyland.

While campaigning door-to-door in the Sun Valley neighborhood Oct. 12, Hyland came upon a family with children wearing sweatshirts with "OLGC" written across them. Hyland immediately recognized the acronym for Our Lady of Good Counsel, a Catholic school and parish in Vienna.

"I went to OLGC. My kids went to OLGC. I was even baptized there," he told the family.

**STILL**, many people living in Fairfax County and the 35<sup>th</sup> district are transplants from somewhere else and increasingly, immigrants born in another country altogether.

Only about one quarter of Fairfax residents were born in Virginia and nearly 30 percent are foreign born, according to the U.S. Census figures from 2008.

Of Fairfax County's foreign-born residents, nearly half emigrated from Asian countries. About 50 percent have also become naturalized citizens who are qualified to vote, according to 2008 census information.

Keam and his wife Alex are both Korean immigrants who came to the United States as children. In addition to Korea, Keam, whose father was a minister, also spent time in Vietnam and Australia before his family moved to Orange County, Calif. when he was a preteen.

Like many other constituents in the 35<sup>th</sup> district, Keam and his wife chose to settle in Vienna as adults because of the good standard of living and the excellent public school system. They both, at one time, worked in the federal government.

"I wasn't born here but I chose to live here," he said during a forum before the Vienna-Tyson Chamber of Commerce.

Should he be elected, Keam would be the only Asian American to serve in the Virginia General Assembly and only the second Asian American to serve in elected office from Fairfax County.

Ilryong Moon, another Korean American, is an at-large member on the Fairfax County School Board.

The Asian community is Fairfax's largest ethnic or racial minority at about 16 percent of the county's total population. Among Asian communities, Koreans, about 3.4 percent of the county's total population, are the largest subgroup.

**BOTH KEAM AND HYLAND** describe themselves as practical politicians who are willing to work across the aisle.

"Jim comes at things from a commonsense perspective. He is absolutely a moderate that is about building consensus. He is definitely someone who could work across party lines," said John Kane, who worked with Hyland on Capitol Hill and in the private sector.

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## NEWS

# Campaign for 35<sup>th</sup> Nears the End

FROM PAGE 3

Keam also said he would take pragmatic approach to legislation. He worries the Democrats and Republicans tend to move too far toward the edges of the political spectrum when reviewing public policy proposals.

"In this economy, government is part of the solution but government is not the entire solution. Government is effective for certain things but not effective for other things," said Keam about his political philosophy.

On the issue of funding transportation projects, both candidates espouse similar views, saying they would be open to all proposals, including raising taxes.

"The constituents want a bipartisan solution. They want to do whatever it takes to get it done," said Hyland, about garnering more money for transportation projects in Northern Virginia.

Keam said the Northern Virginia General Assembly delegation has to get more creative about attracting support for increasing transportation funding. They have to appeal to delegates in other parts of the commonwealth.

Though they don't necessarily need more transportation

projects, some rural areas of the state, like the Southwest region, desperately need jobs. Keam speculated that the Northern Virginia business community might be able to convince one of its members to locate a plant or customer call center in Southwest Virginia, in exchange for support from Southwest Virginia delegates for increased transportation funding in the Northern region.

"We really should have a partnership with other parts of the commonwealth and we really should find a bipartisan solution for transportation. The reason we have had such a deadlock over transportation for 20 years is that one party doesn't want the other party to get the credit [for a solution,]" said Keam.

**HYLAND** said he has also heard many complaints about the limited number of spaces for Northern Virginia high school graduates at some of Virginia's most prestigious universities and colleges.

A few schools, including the University of Virginia and the College of William & Mary, draw less than 70 percent of their undergraduate class from the commonwealth.

University officials have said they have to accept more out-of-state students because the Virginia General Assembly does not fund the colleges adequately and out-of-state student tuition helps cover the cost of educating in-state students. The University of Virginia, for example, gets less than 10 percent of its overall operating budget from the commonwealth.

A few delegates, including Fairfax County's Dave Albo (R-42) and Tim Hugo (R-40), have introduced legislation to force colleges to take a certain percentage of in-state students. Hyland does not necessarily agree with that approach.

He said he would want to meet with the college and university officials as well as key players in the General Assembly to discuss the issue. He agreed

that Virginia should be funding its higher education institution more than it is currently.

"I am not sure we have all answers to this problem yet," he said.

**KEAM**, meanwhile, is concerned about the way primary and secondary education are funded. Fairfax provides nearly 75 percent of its school system's funding and Keam said the state should be contributing more to educate Fairfax students.

It is also a precarious situation that Fairfax, and most of the local funding, is so dependent on local real estate property taxes. During a downturn in the housing market, like the one the country is experiencing now, Fairfax schools funding is unnecessarily put at risk because the county does not have many other options for revenue generation.

If elected delegate, Keam would be supportive of giving the Fairfax County Board of Supervisors more control over local taxes. Currently, the Virginia General Assembly controls most local taxes including the

**"The constituents want a bipartisan solution. They want to do whatever it takes to get it done,"**

— Jim Hyland (R)

income tax, restaurant food tax, sales tax, gas tax and cigarette tax. In order to raise most taxes or fees, the Fairfax County Board of Supervisors must seek permission from the Virginia General Assembly.

"There have to

be reforms at the

county level. Basically real estate property taxes fund 76 percent of the schools and that is just ridiculous," said Keam.

**THE 35<sup>th</sup> DELEGATE** seat is in a swing district that has been represented by both Democrats and a Republican over the last decade.

Prior to Shannon winning the seat in 2003, former state Sen. Jeannemarie Devolites Davis (R-34) represented the area as delegate for six years. Both Shannon and Devolites Davis, who were viewed as moderate members of their respective political parties, won their first elections with just under 52 percent of the vote.

In 2008, a historic year for Democrats, Obama won the presidential vote in delegate district 35 easily. But during the much closer 2004 election, Democratic presidential candidate John Kerry only beat former President George W. Bush with 51 percent of the vote in the same precincts.

Hyland believes he will get a lot of "crossover" voters, people who voted for Obama last year and who might support Democrats for governor or attorney general next month.

"There are yards with 'Shannon for Attorney General' signs and 'Hyland for Delegate' signs," said the Republican.

But Keam has worked hard, winning 55 percent of the vote against three opponents in the Democratic primary in June. Keam has also raised \$354,215 in campaign donations as of the end of September, nearly three times Hyland's \$127,436 in the same time period, according to the latest campaign finance reports.

"I don't see anyone out there working as hard as Mark. I told him that he should focus on old-fashioned, retail politics," said state Sen. Chap Petersen (D-34), who represents Vienna in the General Assembly.

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### Interstate 495 (Capital Beltway) and Route 267 (Dulles Access and Toll Road)

#### Interchange

Fairfax County  
Information Meeting

**Tuesday, November 10, 2009, 7 – 9 p.m.**

George C. Marshall High School  
7731 Leesburg Pike, Falls Church, VA 22043

Find out about proposed design modifications to ramps at the Capital Beltway interchange with the Dulles Toll Road and Dulles Airport Access Road. The proposed design change would give motorists heading to or from Dulles Airport a direct connection to/from the Dulles Access Road. Currently, motorists heading to or from the Airport must weave across several lanes of the Dulles Toll Road to enter/exit the Dulles Access Road. These proposed design modifications are part of the I-495 Beltway HOT Lanes project.

Stop by anytime between 7 p.m. and 9 p.m. to view displays and learn more about the proposed design modifications. Virginia Department of Transportation representatives will be available to answer your questions.

Give your written or oral comments at the meeting or submit them by November 24, 2009 to Ronaldo T. Nicholson, P.E., Regional Transportation Program Director, 6363 Walker Lane, Suite 500, Alexandria, VA 22310. You may also e-mail your comments to Meeting\_Comments@VDOT.Virginia.gov. Please reference "I-495/DTR Interchange" in the subject line.

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State Project: 0267-029-145, P101 UPC: 94611

# Schools on Ballot

## Marshall High, Cunningham Park ES among beneficiaries.

In addition to choosing elected officials, voters will be asked to sign off on new debt in the amount of \$232,580,000 for Fairfax County Public Schools' construction projects Nov 3.

Residents are able to check "yes" or "no" on the election ballot regarding whether the Fairfax County Board of Supervisors should borrow money and issue capital improvement bonds to pay for school building projects.

Should the bond measure pass, the school system is not bound to use the financing for any specific projects it mentions in conjunction with the funding. Nevertheless, the school board has laid out the capital improvements on which they intend to spend the extra cash.

At \$101.8 million, the Marshall High School renovation is the largest, most expensive item on the list of projects the new money would

cover. The school system is also asking for \$50 million to cover the cost of a new middle school in the South County area, which Lorton area residents have been lobbying for over the past few years.

The next largest item on the list is "roof replacement" at \$11.25 million, though a school system press release does not indicate where these services are needed. There is also \$9.75 million requested for modular units, otherwise known as classroom trailers.

Several schools are also on the docket for capacity enhancements and modifications, mostly because their student population has outgrown the physical plant.

These schools include Spring Hill Elementary (\$6.33 million) in McLean and Cunningham Park (\$3.46 million) in Vienna.

The school system is also asking for \$5.75 million to do heating, ventilation and air conditioning system repairs; \$3.25 million to comply with the American with Disabilities Act; \$3.25 million for athletic infrastructure upgrades; \$1.5 million in security upgrades and \$1.25 million for paving, according to a school system press release.

— JULIA O'DONOGHUE



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# OPINION

## Vote Nov. 3

Outcome of governor's race depends on who in Northern Virginia turns out to vote.

It's all about turnout. Statewide, voters in Virginia will pick a new governor and attorney general, vote for lieutenant governor, plus one House of Delegates seat. Turnout for these "off year" elections is notoriously low, meaning every vote will count.

The outcome will also count. Both statewide and in delegate races, there are stark differences between candidates. In a very tough economic environment, those who are elected will have tremendous influence on some very important details of living and working in Virginia.

You can find a link to all of the Connection's election coverage, plus to the Voters Guide of the League of Women Voters, which was published last week in the Connection, at [www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com).

**VOTERS' RIGHTS**, excerpts from the State Board of Elections:

As a Virginia voter, you have the following rights:

- ❖ To be treated with courtesy and respect by the election officials
- ❖ To seek help from the election officials if you are unsure about anything relating to the voting process.
- ❖ To be given a demonstration of how the voting equipment works.
- ❖ To enter the full name of a write-in candidate.
- ❖ To have a ballot brought to your vehicle instead of entering the polling place if you are 65 years of age or older, or if you are disabled.
- ❖ To vote even if you have no identification with you at the polling place. You must sign the "Affirmation of Identity" statement before voting if you have no ID.
- ❖ To vote by provisional ballot if your status as a qualified voter is in question, and to be

present when the Electoral Board meets to determine if your ballot will be counted.

- ❖ To bring your child age 15 or younger into the voting booth with you to observe you vote.
- ❖ To vote if you are in line by 7 p.m. when the polls close.

**IF YOU FEEL** your voting rights have been violated or that you may have witnessed an election law being broken, it is important to report the incident before the polls have closed, preferably while you are still there. Contact the State Board of Elections at 1-800-552-9745, or via email at [info@sbe.virginia.gov](mailto:info@sbe.virginia.gov).

If you still believe your voting rights may have been violated, you have 10 days to file a

formal complaint with the State Board of Elections.

For more information and to find your polling place, go to [www.sbe.virginia.gov](http://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, or consult the local office of elections.

### IN FAIRFAX COUNTY:

Fairfax County Office of Elections  
12000 Government Center Parkway, Suite 323  
Fairfax, VA 22035-0081  
<http://www.fairfaxcounty.gov/eb/>  
703-222-0776 phone  
703-324-4700 for 24-hour recorded information

## Really Scary

With Halloween falling on a Saturday night this year, and Halloween being the sort of holiday that young adults and others can embrace in the midst of a recession, it could more than live up to its reputation as a holiday associated with drinking and driving.

More than half the fatal car accidents over Halloween weekends are caused by drunk drivers, according to the Washington Regional Alcohol Program.

As a means of making the Washington-metropolitan area's roadways a little less frightening this Halloween, the local organization will sponsor free cab rides to would-be drunk drivers throughout Northern Virginia and Suburban Maryland on Saturday, Oct. 31.

We encourage Halloween celebrants to plan ahead, party near public transportation, bring a designated driver, or make other arrange-

ments to stay off the roads after drinking. But if all of that fails, you can call for a free cab ride home.

Offered by the nonprofit Washington Regional Alcohol Program (WRAP), the Halloween SoberRide program will be in operation beginning Halloween at 10 p.m., Saturday, Oct. 31, and operate until 6 a.m. on Sunday, Nov. 1 to keep impaired drivers off the road during this traditionally high-risk holiday period.

During this eight-hour period, area residents ages 21 and older and celebrating with alcohol may call the toll-free SoberRide phone number 1-800-200-TAXI for a no-cost (up to a \$50 fare), safe way home.

Since 1993, WRAP's SoberRide program has provided 44,120 free cab rides home to would-be impaired drivers on specific holidays in the Greater Washington area. See [www.soberride.com](http://www.soberride.com).

if threads of support are withdrawn.

While education is a major success story, transportation is the most urgent problem facing Fairfax County and Northern Virginia. Traffic congestion and shoddy maintenance directly impacts our quality of life and our economic well-being. Funding for transportation is a state responsibility. In recent years, to keep most major transportation projects moving, the county has had to obtain or provide funding from non-state sources including county bonds.

Our choice for governor is Creigh Deeds (D). He understands that the solution to our transportation challenges is complex and will require bringing people together from across the Commonwealth. He understands that new funding for transportation is critical, and the funding must not be siphoned out of the state's general

fund for education and other critical services. In Fairfax our school system relies on state aid as our second largest revenue stream. Mr. McDonnell's (R) transportation plan diverts funds from K-12 education — \$5.4 billion from Virginia's schools over 10 years. Less money from the Commonwealth means one of two things: educational programs are cut, or the loss is made up out of our real estate taxes.

We need a governor who will make responsible decisions. In 2004, Creigh Deeds supported then Gov. Mark Warner's (D) bipartisan budget, which made a record investment in public education. Mr. McDonnell voted "no."

It is critical for Fairfax County that the next governor rise to the challenge of righting the Commonwealth's fiscal ship while continuing to fund core priorities. As governor, Creigh Deeds will get

Virginia's economy back on track, maintain the Commonwealth's commitment to education, and offer real solutions for Northern Virginia's traffic problems.

**Sharon Bulova (D)**  
Chairman

**Penny Gross (D)**  
Supervisor, Mason

**Jeff McKay (D)**  
Supervisor, Lee

**John Foust (D)**  
Supervisor, Dranesville

**Linda Smyth (D)**  
Supervisor, Providence

**Gerry Hyland (D)**  
Supervisor, Mount Vernon

**Cathy Hudgins (D)**  
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# CRIME

Activities reported by the Vienna police department through Oct. 25.

## ATTEMPTED MURDER

200 block of Fardale Street, SE. Sunday, Oct. 25, at approximately 2 a.m. officers from the Town of Vienna Police Department along with members of Fairfax County EMS responded to a medical distress call. Upon arrival officers found a 68-year-old female victim and her 37-year-old son inside the home. On scene investigation revealed that the son had choked his mother in an apparent attempt to end her life. Fairfax County EMS transported the mother to an area hospital for treatment of her life-threatening injuries. The son was arrested and transported to the Fairfax County Adult Detention Center. There he was formally charged with Attempted Murder and is being held without bond.

## ANIMAL CASE

**700 Block Marshall Road, S.W.** Oct. 16, 6:30 p.m. A citizen picked up a stray retriever type dog and transported him to Vienna Police Headquarters. Officer Vazquez took custody of the dog and transported it to the Fairfax County Animal Shelter where it will await retrieval by its owner.

## ARRESTS

**200 Block Old Courthouse Road, N.E.** Oct. 17, 2:30 a.m. A citizen called police to report that a vehicle had struck his mailbox and subsequently hit a utility pole. The occupants of the vehicle left the scene. Some of the individuals were located

a short distance away by responding officers. After a brief investigation, Officer Wilkerson arrested one of the passengers, a 39-year-old male of Vienna for Drunk in Public. He was transported to the Fairfax County Adult Detention Center.

**Park St. at Patrick St., S.E.** Oct. 17, 4:05 p.m. PFC Shaw observed an individual staggering along Park Street. After a brief investigation, PFC Shaw arrested a 44-year-old male of Chain Bridge Road in Vienna for Drunk in Public. He was then transported to the Fairfax County Adult Detention Center.

**Park St. at Patrick St., S.E.** Oct. 17, 9:43 p.m. PFC Simon observed a vehicle commit a traffic violation and conducted a traffic stop. After interacting with the driver, PFC Simon detected signs of possible impairment. Subsequent to attempting to perform several field sobriety tests, a 46-year-old female of Audrey's Court in Vienna was arrested for Driving While Intoxicated. She was then transported to the Fairfax County Adult Detention Center for analysis of her breath. She was not able to provide a breath sample for analysis and was taken before a Magistrate. She was then formally charged with Driving While Intoxicated- 2nd Offense, Refusal to Submit to a Breath Test and Driving While Privilege is Suspended. She is being held on a \$12,500 bond.

**100 Patrick St., S.E.** Oct. 19, 8:28 a.m. A citizen called to report that he had observed an individual staggering along a roadway. Officer Ruddy located the individual passed out at the base of a tree. After a brief investigation Officer Ruddy arrested a 53-year-old male of Poe Drive in Manassas, for Drunk in Public. He was transported to the Fairfax County Adult Detention Center.

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## NEWS

# Oakton Neurologist Discusses Epilepsy

Treatments at center of speech at Tysons Corner.

By DONNA MANZ  
THE CONNECTION

**D**r. John Cochran of Oakton, the medical director of the neuroscience and stroke department at Inova Fairfax Hospital, has practiced neurology since 1978, focusing on treatments for epilepsy. On Oct. 24, at a presentation sponsored by UCB Pharmaceuticals, Cochran shared his expertise with 25 guests who came to the Tysons Corner Marriott from all over Northern Virginia.

They gathered to learn more about the disease affecting their lives. From the McLean grandmother, worried about her 6-year-old granddaughter with epilepsy, to the young Herndon woman who is ready for brain surgery to ease

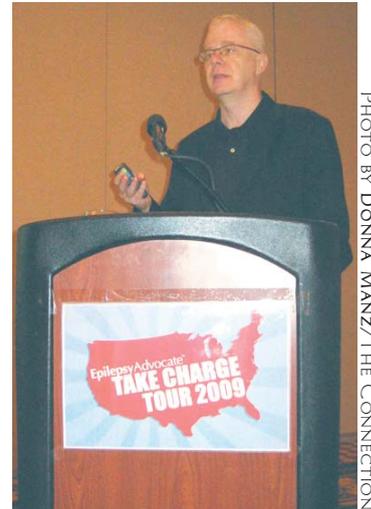


PHOTO BY DONNA MANZ/THE CONNECTION

**Dr. John Cochran, an Inova Fairfax neurologist from Oakton, spoke at the Epilepsy Advocate presentation at the Tysons Marriott on Oct. 24.**

her symptoms, guests were confronting their own conditions or those of a loved one.

SEE HELPING, PAGE 0

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# Helping Patients to Live Full Life

FROM PAGE 8

Cochran described a seizure as a sudden disruption of brain communication. The disease tends to begin in childhood or late age and crosses gender, race and religious lines.

Paige Marshall, 39, of Herndon received a mild traumatic brain injury when she was 19. She had no symptoms of epilepsy until having her first seizure 4 1/2 years later. "I didn't know what was happening to me," she said. "I thought I was going crazy."

Something as ordinary as another person's sneeze, at a certain pitch, can trigger a seizure in Marshall's brain.

Although Marshall has a full-time job and drives, she said she occasionally experiences "Kep rage," a not-unusual side effect of Kepra.

"I feel as if I am running out of drug options," she said. "The worst part is the irritability and depression [from the medications]." With her neurologist, Marshall has discussed the last resort, brain surgery.

More than half of all cases of epilepsy are idiopathic; that is, the cause is unknown. The treatment

## Epilepsy Resources

For information on epilepsy and Virginia resources, see the Epilepsy Foundation of Virginia [EFVA] Web site, [www.efva.org](http://www.efva.org). The Epilepsy Foundation has an extensive network of information at [www.epilepsyfoundation.org](http://www.epilepsyfoundation.org).

protocols, however, for all types of epilepsy are designed to alleviate the symptoms. Treatment ranges from medications to the apex of the pyramid, brain surgery. Approximately 3 million Americans have the disease, with 200,000 new cases diagnosed every year.

**A PUBLIC SERVICE** of UCB Pharmaceuticals, Epilepsy Advocate - Take Charge featured an hour-long presentation, followed by a question-and-answer period. Two young people with epilepsy talked about their journeys from initial seizure to diagnosis and coping with the disease. A person can still live life to the fullest, Alyssa and Victor said from the podium.

"There's no evidence alternative treatments work as well as approved medications," said Cochran, in response to a question

regarding non-approved therapies. "It's worthwhile trying different medicines to see what works best for the individual."

**COCHRAN IS PART** of a team trying to develop an epilepsy center at Inova Fairfax Hospital with the hope of standardizing the protocol for treatment, as well as staffing the emergency room with ER doctors trained in epilepsy.

At Inova Fairfax, Cochran heads the EEG lab, and has conducted stroke and seizure drug trials.

Cochran's professional background is uncommon. He started medical school at age 19 and trained in internal medicine and neurology but has dedicated his professional career to the practice of neurology only. He has been active in the Epilepsy Foundation for many years. Since he began training, Cochran has witnessed the evolution of treatment options for epilepsy and the growth of adult and pediatric specialists.

"The goal of treatment is to prescribe drugs with the least side effects, to eliminate seizures and to give the patient the opportunity to live a full life," Cochran said.



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## NEWS

# Shillelagh Celebrates 45th Anniversary

**Vienna club  
merges travel  
and friendships.**

BY DONNA MANZ  
THE CONNECTION

**F**orty-five years ago, British rock n' roll took over American pop music, U.S. forces were in Vietnam, kaleidoscopic bell bottom pants were the rage and air travel clubs sprouted throughout the U.S. as Americans sought out inexpensive travel abroad. In 1964, Shillelagh Air Travel Club, the first air travel club in the nation, was born.

Today, rap reigns, U.S. tourists visit Vietnam, bell bottoms disappeared and almost all of the hundreds of air travel clubs died out as deregulation hit the airline industry. Vienna-based Shillelagh Travel Club, however, not only survived but thrives today. It morphed into a travel and social club whose 2,000 members share the passion of travel. Today, Shillelagh runs tours in North America and internationally using commercial travel on planes, trains, ships and motor coaches.

"When you travel with Shillelagh, you travel with friends," said Carolyn McKenna, Shillelagh executive director. She means it, too. McKenna was a devoted Shillelagh member before taking over the helm. She met her husband there, as well, and the two of them escort groups throughout the year.

That's one of Shillelagh's attributes: member escorts from Vienna to tour destination. And that's beyond the escorts and guides the travel wholesalers provide to the participants.

When queried about Shillelagh, members remark on the friendships they have forged and the friendliness of their fellow Shillelaghs.

Kay Murphy of Vienna has made the trip to Ireland with Shillelagh six times and has taken more than 150 long trips with the club. The best part of being a Shillelagh, Murphy said, is that "you always have friends."

"It's more than just traveling with them. You see them socially, as well. Older people would be alone a lot more if not for Shillelagh.

Bob Seymore of Oakton is a newbie by Shillelagh standards, a member for three years. Seymore, who has taken more than 30 trips with Shillelagh, likes everything



**Wanda O'Dell McGuinness of McLean and Betty Lynch of Vienna, Shillelagh member since 1965, chat it up at the September open house at Shillelagh's Vienna office.**

PHOTOS BY DONNA MANZ/THE CONNECTION



**Shillelagh Travel Club president Benny Glenn welcomes the club's former pilot, honored guest Capt. Bob Hurt, to the 45th anniversary luncheon at Westwood Country Club on Oct. 22.**



**Kay Murphy of Vienna has made the trip to Ireland with Shillelagh six times and has taken more than 150 long trips with the club. The best part of being a Shillelagh, Murphy says, is that 'you always have friends.'**

about the club. He has four trips booked, so far, for early 2010.

"The best part is the people. They're very friendly and are willing to accept new places and things and new friends," Pamela Mann said.

Barney and Nancy Lee Jennings joined Shillelagh two years after the club formed. Jennings, a retired circuit court judge and small-craft pilot, knew Shillelagh pilot Bob Hurt well. The Jennings logged more than 50 trips, together and individually. In mid-October, the couple took part in the Ireland trip escorted by Carolyn and John McKenna.

For Nancy Lee, the best part of Shillelagh travel is the personal attention, by escorts and tour guides, particularly when problems arise.

Barney Jennings noted the friendliness, the interest in travel

and each other that everybody seems to have and the camaraderie.

For some, Shillelagh has been support while coping with the loss of a spouse. Such was the situation with Wanda O'Dell McGuinness of McLean. She and her husband had traveled together with Shillelagh, and after his death, at St. Peter's Cathedral in the Vatican, McGuinness lit a candle for her husband. "We were going to go there together," she said.

**LONG-TIME MEMBERS** enjoy recalling and sharing their memories Murphy, a Shillelagh member since 1971, remembered an early cruise to Europe.

"The cruise ship docked in Marseilles, and I got lost," Murphy.

SEE TRAVEL CLUB, PAGE 13

WWW.CONNECTIONNEWSPAPERS.COM

# NEWS

## Travel Club Promotes Friendship

FROM PAGE 12

"I wanted to go to Arles and took off by myself by bus. It was a lovely tour of Arles and there were two separate hills to get back to the bus. I took the wrong hill and couldn't find the bus. I thought, 'They're gonna leave without me.' But, I found my way back to the bus in-time." She laughs about that event now.

Seymore said his favorite trip is going to Savannah for St. Patrick's Day. He's got it booked already for 2010. "I wouldn't miss it for the world. In Savannah, they treat the Irish like kings and queens of the world."

Twenty seven members left for the October McKenna-escorted Ireland trip. The weekend prior to departure, the McKennas opened their Reston home to the participants, offering up a buffet set to traditional Irish music and serving Irish coffee made with authentic Irish whiskey.

Carolyn McKenna detailed the tour, from the moment the reserved shuttle picked up passengers and their luggage from the Vienna office, to the hotels reserved and Irish culture. She answered questions, but for the many repeat travelers, the pre-trip party was more an opportunity to socialize.

"When you go to Ireland, you want a fun group," Carolyn McKenna said. "You want to socialize, get to know one another, learn about the culture."

"That's what Shillelagh is all about."

**UNTIL 1986**, when fares began responding to market demand, Shillelagh aircraft flew out of Dulles. On the plane's tail was the image of a bright green shamrock, a nod to the Ireland tours popular since the club's inception.

Capt. Bob Hurt flew the early Shillelagh aircraft, piloting its first flight on July 16, 1965. Now 88, Hurt retired to Maryland and authored a book about his career as a navy flier and with Shillelagh. At the 45th anniversary luncheon at Westwood Country Club on Oct. 22, Hurt was the guest of honor. He was dressed in the bright green Shillelagh uniform he wore when he flew Shillelagh's L188 all over the country and the world. Seven of the club's flight attendants were at the anniversary program, and they, too, were honored.

It was Hurt, in January 1986, who flew the Shillelagh aircraft on

its final flight in the history of the club, a "ferry" from Dulles to Miami International Airport where the aircraft changed hands. That sale marked the end of one Shillelagh era but started a new one.

For 10 years, Shillelagh had its office at Tysons Corner, and 8 1/2 years ago, the club moved its offices to Vienna at the corner of Maple Avenue and East Street. Besides Carolyn McKenna, travel consultant Trevor Major and bookkeeper Mary Youman are the club's only other paid employees.

Betty Lynch of Vienna joined Shillelagh in 1985. Now a tour escort, Lynch has made close to 200 trips, overseas, cruises and bus tours, she said.

"All the friends I've made, that's the best part," she said. "It's been just wonderful."

**TO LEARN MORE** about the Shillelagh Travel Club, go to <http://www.shillelaghtravelclub.com/> or call 703-242-2204. The club's toll-free number is 800-556-8646. E-mail [Info@ShillelaghTravelClub.com](mailto:Info@ShillelaghTravelClub.com) to be contacted.



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**Coldwell Banker Residential Brokerage in Vienna** hosted its 4th Annual Client Appreciation Charity Fundraiser on Sept. 19 at Anita's "New Mexico Style" Mexican Restaurant. The event raised more than \$7,300 for local charities on behalf of the Coldwell Banker Residential Brokerage Cares Foundation (CBRB Cares), the charitable arm of Coldwell Banker Residential Brokerage in Greater Washington, D.C.

"It was the best year we've ever had, in spite of the current economic climate," said Mark Ackermann, branch vice president of Coldwell Banker Residential Brokerage in Vienna.

The proceeds will benefit local charities Homes for Our Troops and Fairfax CASA. Homes for Our Troops raises money and organizes volunteers to build specially-adapted homes for severely injured veterans. Fairfax CASA recruits, trains and supports Court Appointed Special Advocates who represent abused and neglected children.

## HOME SALES

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Address	BR	FB	HB	Postal	City	Sold Price	Type	Lot	AC	Subdivision
10412 HUNTERS VALLEY RD	6	6	3		VIENNA	\$1,900,000	Detached	2.84		HUNTERS VALLEY
2449 FAIRHUNT CT	6	6	1		OAKTON	\$1,575,000	Detached	5.00		FAIRHUNT ESTATES
1000 ECHOLS ST SE	5	4	1		VIENNA	\$1,395,000	Detached	0.39		FAIRWAY MANOR ESTATES
2755 MARSHALL LAKE DR	5	4	1		OAKTON	\$1,340,000	Detached	1.06		TIMBER LAKE
8262 TRAILWOOD CT	5	4	2		VIENNA	\$1,250,000	Detached	0.15		MADRILLON MANORS
2731 HIDDEN RD	5	4	1		VIENNA	\$1,150,000	Detached	0.53		VIENNA
415 CYNTHIA LN NE	4	3	1		VIENNA	\$1,139,465	Detached	0.29		LONGWOOD
545 ORCHARD ST NW	5	4	2		VIENNA	\$1,135,000	Detached	0.46		JACKSON ARCHIE R PROPERT
111 HARMONY DR SE	5	4	1		VIENNA	\$1,120,000	Detached	0.25		VIENNA WOODS
1960 LIMB TREE LN	4	3	2		VIENNA	\$1,100,000	Detached	0.92		CEDAR RUN
8306 ELM GROVE CT	5	4	1		VIENNA	\$1,075,000	Detached	0.26		LORD FAIRFAX MANORS
11727 SADDLE CRESCENT CIR	4	4	1		OAKTON	\$1,070,000	Detached	0.83		FAIRWINDS
1710 LONDON HILL RD	5	4	1		VIENNA	\$1,000,000	Detached	0.59		HUNTER MILL ESTATES
2755 CODY RD	5	4	1		VIENNA	\$975,000	Detached	0.49		CODY TRACT
9601 SAVANNAH CROSSING CT	5	4	1		VIENNA	\$965,000	Detached	0.30		STARKE CROSSING
1007 LYNN ST SW	6	5	0		VIENNA	\$850,000	Detached	0.29		VIENNA WOODS
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2815 GLADE VALE WAY	3	3	1		VIENNA	\$729,000	Detached	0.53		OAKTON GLADE
2540 MEREDITH DR W	5	3	0		VIENNA	\$702,000	Detached	0.37		LAKEVALE ESTATES
2212 NOBEHAR DR	4	2	1		VIENNA	\$695,000	Detached	1.00		THE GLADE
8082 CRIAZA BRANCH CT	3	2	1		VIENNA	\$681,000	Townhouse	0.05		RESERVE AT TYSONS CORNER
10402 DUNN MEADOW RD	4	2	1		VIENNA	\$665,000	Detached	0.62		COLVINS GLEN
1830 BATTERY PARK ST	4	4	1		VIENNA	\$659,000	Townhouse	0.06		BATTERY PARK
1923 LABRADOR LN	4	3	1		VIENNA	\$655,000	Detached	0.25		EUDORA
9597 LAGERSFIELD CIR	4	3	1		VIENNA	\$640,000	Townhouse	0.05		COUNTRY CREEK
9503 PERCUSSION WAY	5	2	1		VIENNA	\$640,000	Detached	0.36		EUDORA
9554 PINE BOUGH PL	5	3	0		VIENNA	\$633,000	Detached	0.14		PINE GLEN
10416 ADEL RD	4	3	1		OAKTON	\$605,000	Detached	1.03		OAKLEIGH WOODS
8818 OLYMPIA FIELDS LN	4	2	1		VIENNA	\$600,000	Detached	0.27		TYSONS GREEN
12031 HAMDEN CT	4	3	0		OAKTON	\$590,000	Detached	1.13		HAMDEN VALE
2427 HUNTER MILL RD	4	2	1		VIENNA	\$585,900	Detached	0.46		KEMPER PARK
1932 BATON DR	3	2	1		VIENNA	\$575,000	Detached	0.34		TIBURON
131 MENDON LN SW	3	2	2		VIENNA	\$569,900	Townhouse	0.06		TOWNES OF VIENNA
10800 MANTILLA CT	6	3	0		OAKTON	\$557,000	Detached	0.76		MILLER HEIGHTS
107 ROSS DR SW	5	3	0		VIENNA	\$555,000	Detached	0.41		VIENNA WOODS
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1825 SAINT BONIFACE ST	4	3	0		VIENNA	\$525,000	Detached	0.24		EUDORA
8023 MERRY OAKS CT	3	2	1		VIENNA	\$525,000	Townhouse	0.04		MERRY OAKS
2727 MANHATTAN PL	3	3	1		VIENNA	\$519,900	Townhouse	0.02		METRO PL AT DUNN LORING
9627 SCOTCH HAVEN DR	3	2	2		VIENNA	\$490,000	Townhouse	0.06		COUNTRY CREEK
600 KINGSLEY RD SW	3	2	0		VIENNA	\$480,000	Detached	0.34		VIENNA WOODS
2707 SHAWN LEIGH DR	3	2	2		VIENNA	\$480,000	Townhouse	0.04		COUNTRY CREEK
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# SPORTS

## Seniors Driving Force Of Field Hockey Team

Punaro's Madison team finished second in the Liberty District this season.

BY RICH SANDERS  
THE CONNECTION

**M**eghan Punaro's Madison High girls' field hockey team entered the recent Liberty District tournament as the No. 2 seed, and the Warhawks had high expectations of reaching last Thursday's finals on their own home field.

But as it turned out, Madison, following a dominating quarterfinals round win over South Lakes, saw its hopes of playing in the district title game end with a 2-0 upset loss to No. 6-seed Langley on Tuesday, Oct. 20.

"It was a tough loss for our girls," said Punaro, the third year Madison coach. "They'd been working very hard and our goal was to make it to the district championship game. Langley played very well."

Langley went on to Thursday night's finals where it lost to top seed Fairfax, 1-0. The tournament semifinals and finals games all took place on Madison's turf field. Madison certainly would have loved to have been playing at its home site in the championship contest. But the Warhawks (12-8), who had beaten the Saxons at home two weeks earlier, 2-1 in overtime, in a regular season affair, could not get past Langley in the postseason encounter.

Nevertheless, Madison was a focused, confident group going into this week's 16-team Northern Region tournament. The Warhawks were scheduled to play on Tuesday, Oct. 27, at W.T. Woodson in a first round matchup.

Punaro, in preparing her team for regionals, recently told her Warhawk players they are capable of beating the best teams in the region. Madison played a tough out of district schedule during the regular season, defeating one of the region's best teams in South County, 3-2, and falling in overtime to Chantilly, 2-1. The Warhawks also defeated such non-district rivals as Robinson, 3-0, and Annandale, 2-1. In a pre-season encounter against Woodson, Madison lost a close 3-2 game.

"We talked in practice the other day," said Punaro, of her team pep talk. "I told them if we can play our

game I think we can beat [quality] teams in the region. I think we've prepared ourselves well. They're used to those tough games."

The backbone of Madison's roster this season has been its seven seniors. The Warhawks do not have any formal team captains, but Punaro said the squad has received outstanding leadership from its seniors: Aly Beden, Stephanie Buchko, Taylor Claybrook, Hallie Dominick, Diana Marquez, Kelly Merchant and Lindsay Weber.

"My entire senior class has really stepped up," said Punaro. "We didn't have captains this year. But every game, someone different has stepped up. We've had several seniors who have led the girls."

The coach thinks that her 12th graders' experience can be a huge factor in Madison putting together a strong showing at regionals. Many of the seniors were part of Madison's team a year ago that won a first round region playoff game before falling to Westfield, 2-1, in the quarterfinals.

"They were there last year and know what to expect," said Punaro, of her seniors. "They've done a great job."

**MADISON** was hoping to have Claybrook, a center midfielder and a First Team All-District selection this season, back in the line-up after missing the district playoffs with a concussion injury. Her absence certainly hurt Madison in the loss to Langley as Punaro had to make several position changes to help make up for the standout players' loss.

"It was tough for the girls," said Punaro, of not having one of their best teammates in the line-up in the playoff game against Langley. "Some players took different positions."

Punaro was proud that her players were willing to play wherever needed to help fill the void of Claybrook not being in the line-up.

"Players would ask, 'Where do you want me to play, coach?'" said Punaro. "It was a lot for the girls to adjust to."

Beden moved from her usual forward position to midfield and played a solid game against the Saxons.

Madison's leading scorer this season was Dominick, a First Team All-District selection who tallied 21 goals. In the net, the Warhawks received outstanding play from Marquez, the team's first year starting goalie.

"She's just done a phenomenal job," said Punaro, of her goalie. "She really stepped up. She kept our team together and kept us in close games."



PHOTO BY MICHAEL K. BOHN

**The Madison High golf team finished second behind Westfield at the Northern Region championships at Fairfax National Golf Club on Oct. 6. Front row, left to right: Kenny Savia, Alex Hubbard, Tommy Curley, Coach Ted Savia, Ryan Corrigan, Christian Hecht, Ryan Smith. Back row, left to right: Chris Wendel, Kevin Olson, Matt Livingston, Joe Moloney, Robbie Hecht, Coach Rick Deltuva.**

## Madison Golf Earns Second Place Finish

Warhawks give champion Westfield a scare with outstanding first day.

BY MICHAEL K. BOHN  
THE CONNECTION

**A**fter the first round of the Northern Region golf tournament on Oct. 6, the James Madison Warhawks found themselves in an unexpected position. They were in the lead. The team was nine strokes clear of favored Westfield.

"The first day gave us some confidence," said senior Joe Moloney. "We knew that whatever happened, we would likely qualify for the state tournament."

Strong winds, with gusts up to 40 miles per hour, disrupted play during the second round at Fairfax National Golf Club. By the end of the day, Madison's lead had dwindled to a four-shot deficit. Westfield rallied for the win, but Madison realized Moloney's prophecy. The team's runner-up finish sent them to states.

"We have a young team, and the players didn't handle the wind as

well as Westfield," said Madison coach Ted Savia afterward. "But I'm proud of them for hanging in there."

Savia said that he emphasized team play throughout the season. During the region tournament, he assigned those team members not in the top six to walk the course and offer encouragement.

"They kept score, but were careful to follow the rules about helping their teammates," said Savia. "It helps team spirit and gives the less experienced players a chance to participate in some way."

Junior Alex Hubbard paced the team with a 71-83-154, followed by junior Chris Wendel (75-80-155), Moloney (77-80-157) and junior Tommy Curley (77-81-158). Junior Ryan Corrigan and sophomore Robbie Hecht also played, but their scores didn't count toward the team total.

The Virginia AAA high school tournament is scheduled for Oct. 19-20 at Waterfront Country Club near Roanoke.



CRAIG STERBUTZEL/THE CONNECTION

**Madison High football coach Gordon Leib, front right, watches his Warhawks lose a tough 21-7 game to visiting power Robinson Friday night, Oct. 23. Madison, 4-4, will play a Liberty District game at winless Jefferson this Friday night before closing out the regular season at home on Nov. 6 against cross-town rival Marshall. The Warhawks are right in the hunt for a Div. 5 Northern Region playoff spot.**

**Stone Bridge High School's** Athlete-to-Athlete Program is conducting a Soccer clinic for athletes with disabilities on Saturday, Nov. 15 from 2:30 p.m. Athletes of all ages and ability levels are welcome to participate in the program that will pair special needs athletes alongside Stone Bridge High athletes for instruction, competition and camaraderie. The program is designed to foster connections between high school students and the special needs community. To register, athletes or their representatives should contact Cullen Fleming at athlete2athlete@gmail.com.

**The 13-under Potomac Travel Baseball team, the Generals,** were tournament champions at the Columbus Day Classic, which took place on the weekend of Oct. 10 at the Sports at the Beach Complex in Rehoboth, Del. The Generals are comprised of players from the McLean and Great Falls area and are coached by Charlie Ayoub. The team

won the tournament championship game, 3-1, over the Woodbridge Diamondbacks of New Jersey.

The Generals entered Sunday's tournament round with a low seeding following lackluster pool play on Saturday. But they turned it around and won all four of their tournament games on Sunday, including a 7-4 victory over the top-seeded Long Island Prospects in a quarterfinals game. That victory avenged the only loss the Generals had suffered over the weekend, a 7-6 setback in their first game on Saturday.

The championship game win over Woodbridge was fueled by the dominant pitching of Billy Gerhardt, who allowed one run while striking out 16 in a complete game (7 innings) effort. Gerhardt was awarded the Tournament MVP trophy for his outing. The Generals also benefited from fine pitching performances over the weekend from Grant Newsome, Colin Morse, Cam Hester, Matt Spidi and Felix Propp. Big hits came off the bats of Caleb Beatty, Cam Hester, Grady Paine, Grant Newsome

and Kennedy Dunn. Fine defense was provided behind the plate by Caleb Beatty and Grady Paine, and in the field from Colin Morse, Felix Propp, Mike Gannon, Grady Paine, Cam Hester, Grant Newsome, Alex Shapiro and Billy Gerhardt.

**AC Cugini,** an official Italian soccer school, is conducting weeknight tryouts in Reston for guest spots on its 10, Play Soccer in Italy tournament teams, which will be traveling to Rome and the Italian Adriatic beach during the 2010 World Cup (June 23 through July 7). A three-day training camp with the Italian Olympic Committee is included in addition to tournament play against Italian teams and a review by talent scouts for professional Italian teams. Boys and girls, ages 10-to-16, are eligible. Entire teams are welcome. For every 14 registered, the 15th person travels free. For further information, contact Cugini President Fabio Diletti at 703-477-5957; or go to info@cuginisoccer.com.

# Violinist Finds Success at Young Age

Fedor Ouspensky, 13, of Vienna has impressed listeners nationwide with his musical talent.

BY JENNA PUGRANT  
THE CONNECTION

**V**iolinist Fedor Ouspensky's weekend does not resemble the weekends of his fellow eighth grade classmates at Cooper Middle School in McLean. On an average Saturday, Fedor is not sleeping in or watching television like the majority of his peers. The 13-year-old violinist follows a strict and rigorous schedule: wake up at 8 a.m. for a lesson in music theory, then drive to his violin lesson, followed by practice with his quintet and duo. In between all of this, he finds time to do his homework and also fit in an art class or two, all before heading to the Kennedy Center to watch his father perform.

**BORN IN YAROSLAVL**, Russia, Fedor has been playing the violin since he was 5. His family has lived in the area for the past 11 years

and has been actively involved in the music scene of the Washington, D.C. area. Fedor currently plays in two local orchestras, in addition to making guest appearances for various music groups, including the Loudoun Symphony Orchestra. He also has a co-concertmaster position at the American Youth Philharmonic Symphonic Orchestra. Even at his young age, he has played at prestigious venues including Carnegie Hall in New York and the Kennedy Center. This past Sunday, he was a featured performer for the Capitol Symphony in Washington, D.C. On average, Fedor racks up 60 major performances per year, and the number is steadily rising.

"I practice about 2 1/2 hours a day," said Fedor. "I used to practice more, but I want to stay on top of my school work." He formerly attended the Russian Embassy School in Washington, D.C. where he spoke only Russian, but moved to Cooper this year after

the academics started to interfere with his music. "The curriculum at the Embassy school was so rigorous. Moving to the Fairfax County Public School system allowed him to be closer to home and have more time to practice," said Anna Ouspenskaya, Fedor's mother.

"It's a natural thing to be a musician in this family," she said. Fedor's grandmother, who lives with the family, began teaching Fedor violin and still often helps him when he needs it. Fedor's father, Igor Zubkovsky, is currently a cellist in The Kennedy Center's National Opera. His parents have opened up a studio in their home called The Music Studio at Hunter Mill where they give lessons to students in the local community on piano, cello, violin, viola and various other chamber ensemble instruments.

**FEDOR** practices at The Levine School of Music in Washington, D.C., where he is an Alfred A.



**Fedor Ouspensky accompanied the Loudoun Symphony Orchestra when he was only 10. He has played at various prestigious venues including Carnegie Hall and the Kennedy Center. 'I don't really get nervous in front of big crowds,' he said. 'I get more nervous when I play around my friends and people I know really well.'**

Goodrich Memorial Violin Scholarship recipient. He takes lessons from Peter Sirotin, another violinist who is the founder of the Mendelssohn Piano Trio. "Fedor has progressed very well in recent years," said Sirotin. "He is a very diligent and methodical student. Even though he comes from a family of musicians, it is excellent work ethic that has brought him his success." Sirotin credits Fedor's grandmother for helping to develop his skills and practicality towards music.

When he grows up, Fedor said he wants to always be involved with violin. "I might want to be-

come a conductor or a solo violinist." Even though he is only in the eighth grade, he's already thinking about his future after high school — Julliard and The Curtis Institute of Music are already being considered for schools.

In November, Fedor will be playing at The White House to participate in master classes given by such musicians as Joshua Bell, Alisa Weilerstein and Awadagin Pratt during the Fourth Presidential Music Series. Next year, he plans to attend Langley High School and participate in the orchestra there.



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--Congressman Frank Wolf



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## Less Turns Out To Be More



By KENNETH B. LOURIE

Chronicling, as I have, my unexpected ride on the cancer train these past three months, I thought I'd acquaint you, in this column, anyway, with some of the unexpected benefits I've enjoyed, benefits I never would have thought would have mattered under such trying (I'm trying, I'm trying) circumstances.

Chemotherapy causes problems/has side effects (front effects, back effects, too): nausea, vomiting, fatigue, loss of appetite, increased risk of infection, nose bleeds, loss of hair, and the list goes on. The prospect of losing my hair, however, didn't sit well with me initially, but as the follicles fell, that hairy loss (scalp, eyebrows, eyelashes, nasal, body and anywhere else hair grows) created certain opportunities/efficiencies that I didn't anticipate:

No more shampooing and conditioning, no need for more shampoo and conditioner; no more shaving, no more shaving cream and razors needed; less deodorant used since less in its glide path, less deodorant purchased; less soaping since less hair/obstructions to absorb it (and more sedentary lifestyle), so fewer bars bought. In summary; less time, effort and money spent on hair-related personal hygiene (and believe me, no one suffered as a consequence).

Surprisingly, I began to realize other advantages of my condition: much less appetite so much less time and money spent on food and food preparation; commuting to work one day a week instead of five leading to much less wear and tear (stress) on the driver (yours truly) and of course on the vehicle, too, including much lower commuting costs for gas, oil, tolls, etc; fewer in-office and business appointments as a result meant less dressing for success and less laundering of "success" efforts, so less time and money spent on clothes and their cleaning and maintenance; and most importantly, greater control of my life and more freedom, too; for appointments; business, pleasure and medical; for errands; banking, shopping, activities of daily living; and so forth, all at my convenience.

To summarize further: I am now spending much less time doing the things that I don't want to be doing and spending a lot less money not doing them. Moreover, regaining freedom from my previous nine-to-five focus and in turn now being able to spend more time at home, doing more of the things that I never had time to do while working - and never being at home, has enhanced my life immeasurably, health and budget constraints/realities notwithstanding. Control and independence, that's what I feel. Empowered, too. As odd as it might sound, the stress/reality of the lung cancer is almost offset by the corresponding reduction in stress brought on by this change in lifestyle.

As my oncologist first advised, in response to my first question after hearing him read the reports from all the various doctors/scans (X-Ray, C.T., P.E.T, biopsy) identifying my cancer: "No, you shouldn't be working, and should also consider taking that vacation you've always dreamed of." WHAT!

It was brutal to hear. So unexpected, too. Surreal was the first word that came to mind to describe my/our emotional state. But eventually, over time, over treatment (it's now been seven months since I started chemotherapy) and over the fear, you find a place for it (I did, anyway). And the place that I have found, and chosen to focus, are the positives that have resulted, some of which I've listed in this column. Perhaps in your reading of them, they seem rather insignificant in the scheme of things. Not to me. To me, they feel like building blocks of normalcy, fuel to energize my emotional engine and salve to soothe my furrowed brow.

I have to admit, though, a furrowed brow is the least of my problems (heck, I don't even have a brow). Nevertheless, life is easier. Much less stress and a lot more control. Who says cancer is a bad thing? (Everybody, I know, and of course, it is; just go with my flow.) But my post-diagnosis life has been all right. It may be a funny perspective for a cancer patient to have but if humor is indeed the best medicine, then I am happy to over medicate.

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

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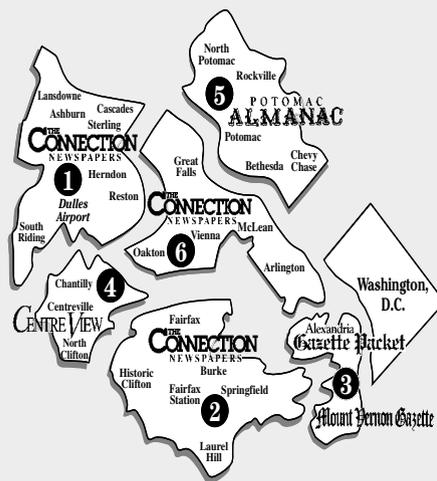
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DEPARTMENT OF  
ALCOHOLIC BEVERAGE  
CONTROL for a Wine/Beer off  
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beverages. Linda M. Cimbron,  
Assistant Secretary

**ABC LICENSE**  
Virginia CVS Pharmacy, LLC  
trading as CVS/Pharmacy  
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Harrison S/C  
Arlington, VA 22207. The  
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applying to the VIRGINIA  
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beverages. Linda M. Cimbron,  
Assistant Secretary

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DEPARTMENT OF  
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**ABC LICENSE**  
Virginia CVS Pharmacy, LLC  
trading as CVS/Pharmacy  
#2142, 2601 Columbia  
Turnpike, Arlington, VA  
22204. The above establish-  
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beverages. Linda M. Cimbron,  
Assistant Secretary

**ABC LICENSE**  
Virginia CVS Pharmacy, LLC  
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#2274, 3141 Wilson Blvd  
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ALCOHOLIC BEVERAGE  
CONTROL for a Wine/Beer off  
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manufacture alcoholic  
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**21 Announcements**

**ABC LICENSE**  
Virginia CVS Pharmacy, LLC  
trading as CVS/Pharmacy  
#2418, 2121 15th St N.  
Arlington, VA 22201. The  
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CONTROL for a Wine and  
Beer Off Premises license to  
sell or manufacture alcoholic  
beverages. Margarita Kellen,  
Walgreen Co. Assistant  
Secretary

**ABC LICENSE**  
Virginia CVS Pharmacy, LLC  
trading as CVS/Pharmacy  
#2705, 1555 Wilson Blvd  
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applying to the VIRGINIA  
DEPARTMENT OF  
ALCOHOLIC BEVERAGE  
CONTROL for a Wine/Beer off  
Premises license to sell or  
manufacture alcoholic  
beverages. Linda M. Cimbron,  
Assistant Secretary

**ABC LICENSE**  
Virginia CVS Pharmacy, LLC  
trading as CVS/Pharmacy  
#2491, 2400 Jefferson Davis  
Hwy Arlington, VA 22202. The  
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ABC LICENSE

Virginia CVS Pharmacy, LLC trading as CVS/Pharmacy #1380, 4709-A Lee Highway Arlington, VA 22207. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL for a Wine/Beer off Premises license to sell or manufacture alcoholic beverages. Linda M. Cimbron, Assistant Secretary

ABC LICENSE

Virginia CVS Pharmacy, LLC trading as CVS/Pharmacy #1407, 3133 Lee Hwy, Arlington, VA 22201. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL for a Wine/Beer off Premises license to sell or manufacture alcoholic beverages. Linda M. Cimbron, Assistant Secretary

ABC LICENSE

Virginia CVS Pharmacy, LLC trading as CVS/Pharmacy #1421, 1100 Wilson Blvd, Rosslyn, VA 22209. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL for a Wine/Beer off Premises license to sell or manufacture alcoholic beverages. Linda M. Cimbron, Assistant Secretary



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PHOTOS BY DONNA MANZ/THE CONNECTION

Terry Love, media specialist, narrates the Vienna Elementary Diffendoofer Day play. Faculty and staff act out zany roles in the Diffendoofer skit adapted by Carla Galus.

# Vienna Elementary Celebrates SOL Scores

## On Diffendoofer Day School honors students for achievement.

Every year, to celebrate the outstanding scores that Vienna Elementary School students post on the previous year's Standards of Learning assessments, principal Jeanette Black honors her students on "Diffendoofer Day." The name is a take on a Dr. Seuss-published rhyming story about a fictional school unlike any other.

Room mothers treated their classes to cupcakes, but it's the faculty and staff, acting out zany roles in a skit, that brought out the high-octane energy and appreciation of the youngsters at the assembly.

From the music teacher at Diffendoofer School who teaches yelling through his megaphone to the physical education teacher with phony muscles, Vienna Elementary staff dressed and acted silly-enough to satisfy all grade levels. Black donned artificial bushy eyebrows for her role as Mrs. Low.

Media specialist Terry Love wore a propeller beanie while narrating. Carla Galus, instructional assistant, adapted the book to incorporate the important tests the fictional Diffendoofer students must take. The frown on the face of the always-sad Diffendoofer principal turns upside into a big smile when she reads the test results.

Of the real-life Vienna Elementary School students, Black said, "We were right up with all the top-performing Vienna schools."

— DONNA MANZ



Mrs. Low, aka Vienna Elementary principal Jeanette Black, goes from sorrowful to happy upon reading her Diffendoofer students' test scores, commonly known in Virginia as the SOLs.



Three cafeteria cooks, whose food is so tasteless, add sugar to everything.

It's a great day to be a  
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### Dear Virginia Voter:

On behalf of Virginia members of the Laborers International Union of North America (LiUNA!), I urge you to vote next Tuesday, November 3rd for Creigh Deeds for Governor, Jody Wagner for Lieutenant Governor and Steve Shannon for Attorney General. The stakes have never been higher for Virginia.

When American working families are struggling to pay a mortgage or medical expenses, we continue to see that we live in a world with serious inequities between management and working families. We represent all that is fair in America: family-supporting wages, affordable healthcare for all, quality craftsmanship and the best value for taxpayers who rely on the roads, bridges and tunnels that we build. LiUNA! works with our employers to keep them competitive while still providing employer paid family health care coverage and retirement benefits. This is good for all Virginians!

The Democratic ticket consisting of Mr. Deeds, Mrs. Wagner and Mr. Shannon will create a climate in Virginia where both labor and businesses can work together to create a positive economic environment that creates good-paying jobs with benefits. They understand the importance of economic recovery and how to forge alliances where both workers and management reap the benefit.

While the opponents of the Democratic ticket have chastised them for their support of these principles, Mr. Deeds, Mrs. Wagner and Mr. Shannon have refused to compromise their support of middle and working class families, nor should they. LiUNA! firmly believes that we should never have to apologize or be ashamed to ask for living wages and healthcare for all, and we are proud to support candidates that want to keep Virginia moving forward instead of backward. A vote against these principles is a vote against working families. Again, the members of LiUNA! in Virginia ask for your support of the Democratic ticket on Tuesday, November 3rd.

Sincerely,

Dennis L. Martire

Vice President and Regional Manager

Laborers International Union of North America

Mid-Atlantic Region

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