

# A Visit To China

NEWS, PAGE 3

Members of the Lake Braddock Band scale the Great Wall on their recent cultural exchange trip to China.

## Work Ethic Began Early

NEWS, PAGE 3

## Martial Arts School Honored

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## Music Proves To Be Universal Language

Lake Braddock band members return home after week in China.

BY JUSTIN FANIZZI  
THE CONNECTION

The musicians tore through Beijing, China, giving a tour-de-force series of performances in front of packed venues at night and spending their days dodging throngs of photo seekers and being shuttled around to some of the country's most breathtaking sites.

This was not The Beatles storming the Far East, nor U2 finishing the Asian leg of a summer tour, however, but instead the talented, wide-eyed mem-

bers of the Lake Braddock Secondary School Band participating in a cultural exchange. The group, consisting of 160 students, 60 parents and a couple of faculty members, was immersed into Chinese culture almost immediately after getting off the plane in

1, as part of a program sponsored by the U.S.-China Cultural and Educational Exchange Foundation. During the trip, the band members played seven shows at seven different venues, visited with Chinese students and went sightseeing all in an effort to immerse them in a culture most had never experienced before.

"It was an amazing chance for us to see the Chinese culture and the

people themselves," said Jack Colbrun, a freshman who plays the French horn. "We hear a lot about Chinese culture, but you don't often get to meet the people and this [trip] gave us that

opportunity."

The group, consisting of 160 students, 60 parents and a couple of faculty members, was immersed into Chinese culture almost immediately after getting off the plane in



Members of the Lake Braddock Band stand in front of the Beijing Children's Palace.

"There was a language barrier, but everyone knew how to communicate through the music."

— Jack Colbrun, band member

bers of the Lake Braddock Secondary School Band participating in a cultural exchange.

The band went on a 10-day excursion to China, from March 23 to April

Beijing. According to Margi Flynn, mother of Hayley, a junior flutist, the group jumped right into the first of three cultural exchange sessions, with the first performance at the Children's Palace in Forbidden City. Here, the Lake Braddock students met a group of Chinese music students ages 10 to 20 and the two groups each played a specially prepared song for one another then joined together for an ensemble piece.

The purpose of the event was to share cultures, but the true cultural exchange

occurred after the show, Flynn said. After the last number was finished, all of the students gathered backstage to be introduced and mingle. The Lake Braddock students were initially nervous to meet their Chinese counterparts, especially due to the language barrier, but soon enough, Flynn said, all of the students were conversing in the one language they all were fluent in.

"Some people just started a jazz baseline

SEE BRUIN, PAGE 8

## The Secret of His Success? Working Hard All His Life

David Foster has been developing businesses since he was a boy with a paper route.

BY JOHN BYRD  
THE CONNECTION

Fairfax County native David Foster, 46, has always been enterprising. As a boy, he expanded a thriving paper route by hitching a trailer to his moped. Chatting with homeowners while collecting receipts led to a parallel lawn care business. Soon, the trailer carried newspapers and weed whackers.

Then people on the route were asking for Foster's help at tasks he was really passionate about: home repair and construction.

By his junior year at Lake Braddock Secondary School, the 16-year-old had signed on for the county's groundbreaking FATE Program (Foundation for Applied Technical Education). School guidance counselors tried to nudge him away from too much "vo-tech" — his father, Bob Foster, is after all a

Harvard MBA. But the boy growing up in West Springfield and Burke knew he had a knack for the building business, and he was eager to get started.

Foster's passion bloomed when the newly enrolled college freshman applied for and received his Class A Virginia state contractor's license. In short order, he was juggling business ownership responsibilities with a full academic load. Though not yet old enough to buy a beer, he was employing five full-time workers and executing remodeling contracts in excess of \$100,000. Foster attended NVCC Construction Management program while launching his remodeling business.

"Give people more than they expect," said Foster. "I find this sends a message that you can be trusted even ... even when you're just a kid, that you're committed to your client's long term satisfaction."

"Give people more than they expect."

— David Foster

Foster, who now lives in Clifton, has often been cited as a residential remodeling industry leader, elected to Remodeling Magazine's Big 50 Hall of Fame while still in his 30s. His 27-year-old Lorton-based residential construction business, Foster Remodeling Solutions, has a loyal and growing clientele — even in the slow times.

"Out-performance" has always been his mantra. Opening a dealer showroom so as to pass on dealer discounts helped the firm's business development process. On premise, he provides CADD (computer-aided design) systems and staff architects to help people research ideas. And then, there's the handyman and home maintenance practice — a specialty niche many in the industry have tried, and abandoned.

LAST FALL, Foster launched www.DIYEstimator.com, an advanced



David Foster

online remodeling service. Like many of Foster's brainchildren, the Web portal is both a harbinger of new market possibility, and user-friendly.

DIY visitors log onto the site, enter a target room's square footage and spatial configuration, then choose finish work preferences.

The site provides clear visuals and line-item costs, and visitors can revise to their heart's content. Once choices are submitted, the homeowner receives a detailed work order; a company representative follows up

by phone within 24 hours.

"The market is always looking for something better," Foster contends, "so it's important to take the lead — even when there are lots of steps, and lots of unknowns."

Foster experimented with his Web portal for five years before launching it last spring.

SEE WORK, PAGE 9

BURKE CONNECTION ♦ APRIL 8-14, 2010 ♦ 3



**Free Dental Clinic** Recently, The Arc of Northern Virginia, Northern Virginia Training Center and Northern Virginia Community College recently conducted Virginia's first-ever free dental clinic for persons with special needs at the NVCC Medical Education Campus in Springfield. The free clinic was preceded by a free workshop for dental professionals on Feb. 19 at NVTC. The day-long clinic provided initial evaluations, prophylaxis, fillings, and basic extractions to about 70 children and adults.

## School Boundary Meetings Set for Southwest County

Parents of children attending public schools in the southwest region of Fairfax County may participate in a new community engagement process that addresses Fairfax County Public Schools' elementary school capacity and overcrowding; the location of elementary school programs, such as advanced academics and foreign languages; renovation needs at Clifton Elementary; and the potential for future boundary changes at elementary schools throughout the Southwestern Regional Planning Study area. Schools in the Southwestern Regional Planning Study area include Bonnie Brae, Brookfield, Bull Run, Centre Ridge, Centreville, Clifton, Cub Run, Deer Park, Eagle View, Fairfax Villa, Fairview, Greenbriar East, Greenbriar West, Laurel Ridge, Lees Corner, London Towne, Navy, Oak View, Poplar Tree, Powell, Providence, Sangster, Silverbrook, Terra Centre, Union Mill, Virginia Run, Waples Mill and Willow Springs Elementary Schools. Two representatives from each school have been selected by the schools' PTA and PTO presidents to serve as members of a planning study committee. Planning study committee members will discuss the issues facing the affected area schools at a series of focus groups in April. Focus groups are scheduled from 7-9 p.m. on:

- ❖ Tuesday, April 13, at Robinson Secondary School in the blue cafeteria, 5035 Sideburn Road, Fairfax.

- ❖ Thursday, April 15, at Chantilly High School cafeteria, 4201 Stringfellow Road, Chantilly.

- ❖ Monday, April 19, at Stone Middle School cafeteria, 5500 Sully Park Drive, Centreville.

- ❖ Tuesday, April 20, at Centreville High School cafeteria, 6001 Union Mill Road, Centreville.

Planning study committee members will include parent feedback gathered at the focus groups in their final report to the Fairfax County School Board on May 10. This study may affect every school in the Southwestern Regional Planning Study area, so parent participation is important. Participants are asked to sign up to attend a focus group to ensure that sufficient materials will be available at each meeting. For more information, visit <http://www.fcps.edu/news/swcountyschls.htm> to view committee resources and register for one of the focus groups.



Q.V. Phan Le and his students pose with the Best of Burke plaque from 2009. Phan's martial arts school, the Phan University of Martial Arts, won the award again in 2010.

PHOTO BY R. KYLE ROSENBLUTH/THE CONNECTION

## School Wins 'Best of Burke'

**Combination of studies and discipline sets school above rest.**

R. KYLE ROSENBLUTH  
THE CONNECTION

For the second consecutive year, Phan University of Martial Arts in Burke has been chosen for the 2010 Best of Burke Award.

The Best of Local Business Award Program founded by the United States Commerce Association (USCA) rewards local businesses throughout the country for excellence within customer service.

The USCA awards companies that improve the importance and quality of business within the community. According to the USCA, nationally, only one in 70 businesses awarded in 2009 qualified as repeat winners for the 2010 awards.

Founded in 2001 by Q.V. Phan Le, the Phan University of Martial Arts (PUMA) has been home to competitive martial arts and instruction for casual practitioners of the sport.

The school's martial arts team is recognized on a national and international level for high levels of success and has had many members on national, AAU and Olympic teams.

That success comes from a commitment to excellence that Le expects of himself and his students.

"Master Le holds his students to a higher standard of everything," said Thuc Tran, 15, a freshman at Thomas Jefferson High School and member of the U.S. Judo National team. "With higher standards to work towards, higher results can be reached."

But martial arts excellence is just one part of a student's training. Le also places a heavy emphasis on his student's academics in addition to their martial arts skills.

"Master Le's expectations for us are very high,"

Shaina Krause, 17, a member of the U.S. Tae Kwon Do team, and a student at South County said. "He expects a lot from us and this gives me more confidence with everything I do."

Le's vision is also his business philosophy, explaining that parents are looking to make a good investment for their children.

"Like in any other business, the main goal is to produce a quality product," Le said. "It is the same with martial arts."

The quality product Le has created is one reason his school has repeated as a winner of Best of Burke.

It also has helped create a word-of-mouth buzz about his gym. According to Le, 85 percent of his business comes from referrals from other people.

With another award to add to the list of accomplishments, the Phan University of Martial Arts continues to expand in the local Burke community, and on a much larger scale as well.

The university works with numerous charities and continues to embark on their journey of success, through community service and taking on the world of martial arts one high-kick and at a time.

**"Master Le's expectations for us are very high."**  
— Shaina Krause

### Learn More

Phan University of Martial Arts is located at 9566 Old Keene Mill Road, Burke. For more information, visit <http://vpuma.com> or call 703-455-3700.

# CAMPS & SCHOOLS

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

**Lake Braddock Secondary band director Roy Holder** has been elected to a two-year term on the Board of Directors of the American Bandmasters Association. The association is composed mainly of collegiate and professional conductors and approximately a dozen high school band directors. Holder has been a music educator for four decades.

The Virginia Board of Education has recognized Fairfax County Public Schools as one of 15 school divisions to receive the 2010 Board of Education Excellence Award for meeting all state and federal accountability benchmarks for at least two consecutive years and for making significant progress toward goals for increased student achievement and expanded educational opportunities. The following Burke area schools were also recognized with the Excellence Award: **Bonnie Brae Elementary, Lake Braddock Secondary, Laurel Ridge Elementary, Thomas Jefferson High School for Science and Technology and Woodson High.**

**Katherine Garity** of Burke graduated from the 2009 Governor's School of Agriculture at Virginia Tech on June 28 to July 25. Garity, a senior from Lake Braddock Secondary School, was one of 96 rising junior and senior high school students from across the commonwealth selected to participate in the month-long summer residential program for gifted students interested in agriculture and

natural resources.

**John Tubesing** of Burke graduated from the 2009 Governor's School of Agriculture at Virginia Tech on June 28 to July 25. Tubesing, a senior from Lake Braddock Secondary School, was one of 96 rising junior and senior high school students from across the commonwealth selected to participate in the month-long summer residential program for gifted students interested in agriculture and natural resources.

**Feixue Yan** of Burke graduated from the 2009 Governor's School of Agriculture at Virginia Tech on June 28 to July 25. Yan, a senior from Lake Braddock Secondary School, was one of 96 rising junior and senior high school students from across the commonwealth selected to participate in the month-long summer residential program for gifted students interested in agriculture and natural resources.

**Guinevere Zimmerman** of Burke graduated from the 2009 Governor's School of Agriculture at Virginia Tech on June 28 to July 25. Zimmerman, a senior from Lake Braddock Secondary School, was one of 96 rising junior and senior high school students from across the commonwealth selected to participate in the month-long summer residential program for gifted students interested in agriculture and natural resources.

**David Kagulu-Kalema**, senior, son of Mr. and Mrs. Fred Kalema-Musoke of Burke, was named to the High List, Episcopal High School's academic honor roll, for the first semester of the 2009-10 school year. This honor denotes an

average of 90 or above in five or more academic courses for the quarter.

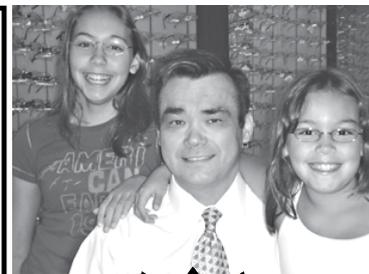
**William Fairbanks** of Lake Braddock Secondary School took second place in Junior Individual Documentary for "The Cotton Gin: Igniting the Industrial Revolution" at the 2010 National History Day contest, which took place recently at George Mason University.

**Caroline Leslie Clayton** of Burke was recently named to the Miami University president's list. Students who achieved a perfect 4.0 grade point average for first semester 2009-10 have been named to the president's list recognizing academic excellence.

**Margaret Emery**, a junior business-management and business-marketing major at Lycoming College, has been named to the position of resident advisor for the 2010-11 academic year. Resident advisors are responsible for the well being of students in a resident hall. They help interpret college policies, plan social and cultural events and assist in student orientation to campus. Emery is a resident of Burke and a graduate of Lake Braddock Secondary School.

Virginia Tech student **Lyndsay McKeever** of Burke was one of the 19 U.S. high school and college students to attend the United Nations Climate Change Conference of Parties, a.k.a. COP15, which took place Dec. 7-18, in Copenhagen, Denmark, Dec. 7-18. McKeever is a junior majoring in humanities, science, and the environment student in the Department of Science and Technology in Society, College of Liberal Arts and Human Sciences. McKeever is also minoring in environmental policy and planning.

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# OPINION

## Cuccinelli Misleads on Costs

Perhaps we need a referendum to decide if and when Virginia will spend time, resources and image on challenging federal actions?

Some of us are probably prepared to admit that we are embarrassed, as two of Virginia's major newspapers warned we might be. But no one predicted that there would be so much to blush about so soon.

Suddenly, Virginia is in the national spotlight, not for being home of the Internet along the Dulles corridor, not for being the place for lovers (too many exceptions apply), not for being the mother of many presidents, not for its history, not for its wine.

No, Virginia is in the national spotlight because our newly elected Attorney General, Ken Cuccinelli of Clifton, Fairfax County, has taken to court declaring recently passed landmark health care legislation as unconstitutional. He also sued to stop the regulation of greenhouse gasses and now will challenge new federal standards for auto emissions (even though even the auto industry would rather have federal controls than a patchwork of state regulations).

He opened his administration telling Virginia's dramatically underfunded colleges and universities that they could not include sexual orientation in their anti-discrimination policies.

Last October, before the election, the Virginian Pilot warned: "Cuccinelli's election would bring embarrassment to Virginia." The Washington Post, a few days later: "Cuccinelli would drive away qualified lawyers from an office that

functions as the state government's law firm, and, given his bizarre ideas, he would very likely become an embarrassment for the commonwealth."

**ADDING INJURY TO INSULT**, Cuccinelli denies that these escapades are costing the Commonwealth anything, releasing a statement claiming, for example, that the only costs involved are the filing fees, \$350 in the case of the constitutional challenge to the health care.

That's like saying it didn't cost anything to close the Federal Government in the snow emergency in February. The actual cost was about \$70 million a day.

Cuccinelli owes his constituents a real accounting of the costs, the amount staff time devoted to the efforts. The Office of the Attorney General is Virginia's law firm, and there are established methods for billing and assessing costs.

Most important is admitting the opportunity costs. What is it that his office is not doing because of the time and focus playing national politics?

His two immediate predecessors, Gov. Bob McDonnell and Virginia Supreme Court Justice Bill Mims, both focused on consumer protection. McDonnell launched the "consumer alert of the month," a column which addressed real problems faced by ordinary Virginians in

tions, aka rationing, to patients.

The recently passed healthcare bill can also be expected to have a negative impact on unemployment, already a major problem for our country. This past week many companies — 3M, AT&T, Caterpillar, John Deere, Verizon, etc. — announced large increases in expenditure under ObamaCare. This certainly won't help to create new jobs and will probably result in more job loss.

With the American economy in dire straits, raising taxes is a bad idea. However, there are big tax increases that are part of ObamaCare.

And, last but not least, in a free country, a person cannot be forced to buy something. ObamaCare takes away our freedom by forcing people to buy health insurance. What will we be forced to buy next?

On a side note, if ObamaCare is so wonderful, why is Congressman Connolly exempt from it?

**Susan Lider Hutson**  
Clifton

### Asking for Truth

To the Editor:

I am very concerned about the deceptive practices of so-called crisis-pregnancy centers. These organizations purport themselves as medical facilities with resources for women facing unintended pregnancies, but they deceive clients and prevent them from making informed decisions about their own health.

A recent report by NARAL Pro-Choice Virginia shows that most of these centers lie to women, telling them "facts" that peer-reviewed medical authorities have debunked. That any person or group would be so invested in their political motivations to prey on women disgusts me. If any other group made up stories about cancer, infertility, depression and suicide attempts to prevent a person from making basic healthcare decisions, it would be exposed for what it is: fear mongering and political propaganda.

Asking for truth is too much for Virginia, though. As of this summer, the state helps fund these

terms of financial fraud, identity theft and other critical issues. Mims maintained the monthly effort. The columns appeared in media around the state, and served both as a warning and as a means of reaching out to people who had been victims.

The last such "alert" was filed the month before Cuccinelli took office, after monthly entries for four years through 2009. ([www.oag.state.va.us/CONSUMER/Consumer\\_Alert\\_Archive.html](http://www.oag.state.va.us/CONSUMER/Consumer_Alert_Archive.html))

Taking care of Virginian's interests is not at the top of the priorities of the current attorney general.

The 14 duties and powers of the Office of the Attorney General (see [www.oag.state.va.us/OUR\\_OFFICE/Role.html](http://www.oag.state.va.us/OUR_OFFICE/Role.html)) include providing information on identity theft and remediation, help Social Services collect child support, prosecute certain environmental and computer crimes, enforce laws that protect businesses and consumers, represent consumers in utility matters before the State Corporation Commission, in addition to providing legal advice and opinions to the Governor, General Assembly and other state agencies.

Ken Cuccinelli was elected state senator representing the 37th District, part Prince William and Fairfax counties, in a special election in 2002. The election drew 16.6 percent of registered voters after state Sen. Warren Barry (R) resigned to take a job with the Warner Administration. Cuccinelli was reelected in 2003 and then in 2007 held onto his seat by less than 100 votes.

— MARY KIMM

[MKIMM@CONNECTIONNEWSPAPERS.COM](mailto:MKIMM@CONNECTIONNEWSPAPERS.COM)

### Dismayed Reader

To the Editor:

I was dismayed to read U.S. Rep. Gerry Connolly's (D-11) commentary, "Historic Achievement" [Connection, March 25-31, 2010]. ObamaCare is supposed to make healthcare more affordable to more people, but it actually threatens the rights of everyone involved in healthcare — doctors, patients, pharmaceutical and medical device suppliers, and health insurers — and thus the future of the industry.

Mr. Connolly mentions that ObamaCare will guarantee the solvency of Medicare. Yet, this new healthcare plan takes more than \$500 billion from Medicare just as the baby boomers will be covered under that program, surely not a path to solvency but rather one to rationing.

The 2,000+ pages of the ObamaCare bill include many regulations on health insurers, which will simply become middle men for passing on those regula-

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Fairfax

### Proud Virginian

To the Editor:

Having used the courts to get its way over the objections of the majority for years, the left is outraged when an attorney general seeks to use the courts to uphold

SEE LETTERS, PAGE 7

# LETTERS

## Report a Pothole

Go to [www.virginiadot.org/travel/citizen.asp](http://www.virginiadot.org/travel/citizen.asp) or call VDOT's Highway Helpline at 1-800-367-7623 to report a pothole.

FROM PAGE 6

the Constitution. Polls clearly show that a majority does not want the unprecedented government intrusion into their lives, the massive debt or the drain on productivity that comes with this health insurance legislation. They are appalled at the corrupt means by which elected representatives were bought or intimidated to support this bill.

Last November's election proved that a large percentage of Virginians want to be protected from this federal power grab at our rights. The Virginia legislation against forcing anyone to purchase health insurance was passed by a significant bipartisan majority with no manipulation, buying of votes or intimidation.

The attorney general is obligated to address this conflict between the Commonwealth's effort to protect our rights to control our healthcare and the federal attempt to rule over us.

And the Democratic Party's concern? Three hundred and fifty dollars expended in the challenge. They support a \$1,000,000,000,000 program that will degrade the quality of our healthcare, as demonstrated ev-

erywhere this has been attempted, but are concerned about \$350. This shows they are fearful that Attorney General Cuccinelli (R) will be successful and that they have no sense of the appropriate allocation of your money.

I am proud that Virginia is leading in the strike for freedom with a legitimate challenge of this unconstitutional attack on the best healthcare system in the world.

**Steve Hunt**  
Fairfax Station

### Write

The Connection welcomes views on any public issue.

The deadline for all material is noon Friday.

Letters must be signed.

Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

Letters to the Editor  
The Connection  
1606 King St.  
Alexandria VA 22314  
Call: 703-778-9416.  
By e-mail:  
[burke@connectionnewspapers.com](mailto:burke@connectionnewspapers.com)



An illustration submitted by a reader shows just how dangerous some potholes can become.

### Deep Problem?

To the Editor:

My husband and I enjoyed reading your recent article on the problems related to all the potholes that have evolved due to our rough winter ["Bumps in the Road," Burke Connection, March 18-24, 2010]. We just wanted to share

with you the saga our cul-de-sac has been dealing with since June 2009, with a pothole in our cul-de-sac developing in the summer of 2009. We have contacted VDOT and the Braddock supervisor's office to inform them that the pothole was extending.

We just wanted folks to know

the dangerous situation we are now dealing with because of a pothole not being repaired in a timely manner.

**Therese and Robert Parillo**  
Burke



# We Love Our Libraries. Do you?

Fairfax families depend on our libraries, but the County Executive has proposed deep cuts to librarians and library services. This would mean significant reductions in services at your library.

Will you stand with the members of Fairfax County Government Employees Union (FCGEU) as we stand for maintaining quality public services at our libraries?

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# Bruin Band Returns from Visit to China

FROM PAGE 3

and members of both bands just jumped right in," Colbrun said. "There was a language barrier, but everyone knew how to communicate through the music. We found that it really is a universal language."

The second cultural exchange occurred at Beijing School #57, a local high school. The students played a couple of songs for one another, then played together and after the show, the Lake Braddock students were given a tour of the school. Instead of a jam session this time, however, the students joined to play games of basketball and table tennis and even got a lesson in Tai Chi

Perhaps the biggest venue the group played in during their trip was at Beijing's Wuzi University. Before the show, the Lake Braddock students and their parents were given one-on-one tours of the institution and later that night, they played a full-length, nearly two hour show in a sold out concert hall. The experience, Flynn said, will never be forgotten.

"The house was packed," Flynn said. "Even after the concert, the audience hung out to see the kids after they got off the stage. It was just amazing."

While not performing, the students ven-

tured out into Beijing to check out the local culture and see historic landmarks, getting a true taste of Chinese life. In addition to touring the Forbidden City, the students went to Tiananmen Square, Olympic Park and the Great Wall, but it was during meals and their transportation between sites that offered the truest glimpse of the culture. Flynn said that the students were given authentic Chinese cuisine for all of their meals, though she said their hosts were careful to keep the more exotic dishes at bay. All of the students enjoyed the food, she said, but a couple of McDonald's pitstops were made nonetheless.

"The food isn't at all like American Chinese food," Colbrun said. "They don't have egg rolls or fried rice. It's a lot of healthy things like vegetables and things like that. Some [of the group] were nervous about the food, but it was great."

Perhaps the strongest feeling of being a foreigner, they said, came when the group was walking through the streets of Beijing. Flynn said that the students' light hair and fair skin made them stand out, and many

times, local residents would ask them to pose for pictures and even pulled some students out of the group to talk. Though the experience was slightly awkward, she said,

**"We wanted to go over there and leave the people we interacted with a good impression. The world is a big place, and America is just a small part of it."**

— Marge Flynn, band parent

the hospitality and welcoming nature of the people was never in doubt.

"We had certain students who were fair, with light eyes and light hair," Flynn said. "They would get literally pulled out of the group to have their photo taken. They were just so nice. We never felt any untoward feelings from them."

On the long plane ride home, the students said, they were given the time to reflect on their experiences from the past week. Hunter Langdon, a sophomore in the Color Guard, said that on the way back, all she could think about was how many of her preconceived notions of the country were dis-

pelled. She said that after years of social studies classes and being told that China was a communist country, she expected a grim atmosphere with unhappy people, but found the exact opposite.

"You're told for so long that it is a communist country, but when we got there, all we found was people trying to be friendly and kind to us," Langdon said. "They did everything they could to make us feel like we were at home."

Flynn said that another common feeling the return trip home was a sense of appreciation, because many of the students and parents realized that they most likely would not be going back to China ever again. Though there was much more they wanted to do, Flynn said that she was satisfied that the students took advantage of their time there and learned as much as they could. Her only hope was that the people they met got as much out of the interaction as they did.

"We wanted to go over there and leave the people we interacted with a good impression," Flynn said. "The world is a big place, and America is just a small part of it."

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# Work Ethic Began with Paper Route

FROM PAGE 3

"We had the architecture worked-out, but weren't satisfied with online speeds. Naturally, we had to evaluate the program with all types of computers and servers. The important thing is to get it right."

Talent cultivation being the essential job of leadership, Foster also attests to an abiding faith in the importance of continued

skills development.

"That's one of the reasons I chaired the FATE program, and still serve on the board," he said. "A worker's mastery of their own skills is my best assurance that our quality requirements will be delivered." Foster's two children attend Robinson Secondary School.

**SEVERAL YEARS AGO** Foster developed a protocol for testing entry-level carpentry

skills. To demonstrate mastery of variety of construction disciplines, prospective new hires were asked to build a scaled, 10-by-8-foot playhouse from scratch.

The pay off: the company gained a realistic picture of a candidate's field strengths in a dozen areas. The playhouses were donated to local churches and pre-schools.

"It's a model that creates lots of winners," Foster said.

## About FATE

In 1970, Fairfax County Public Schools called on its business and professional community for assistance in providing a comprehensive educational program that would develop vocational skills for participating high school students. An entrepreneurial component prepares students for a successful transition into the workplace. The result was the formation of a partnership now called the Foundation for Applied Technical Education, Inc. (FATE), consisting of representatives from business and professional organizations to provide resources, support, and career opportunities to students enrolled in Career and Technical Education (CTE) programs. For more on the Foundation for Applied Technical Education, see [www.fatefacts.org](http://www.fatefacts.org).

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## THINGS TO DO

# Spotlight Festival Illuminates the Arts

Annual Spotlight on the Arts Festival celebrates its 25th anniversary.

BY JUSTIN FANIZZI  
THE CONNECTION

Paris has the Louvre, Vatican City has the Sistine Chapel and New York City has the Museum of Modern Art. The City of Fairfax may not have the cachet of these renowned centers of art, but after 25 years of effort, it is making quite the name for itself nonetheless.

The city kicks off the 25th installment of its annual Fairfax Spotlight on the Arts Festival Friday, April 16. The festival, which has earned the reputation as the premier arts festival in Northern Virginia, will once again offer a plethora of exhibitions, performances and more for all ages and tastes.

"It is *the* arts festival for the City of Fairfax and it shows that the city is steeped in the arts," said Jo Ormesher, the festival's executive director. "We've got music, dancing, plays, storytelling. We've got a little bit of everything, and people really come out and thoroughly enjoy themselves."

According to Ormesher, the Spotlight on the Arts began in 1985 as a collaborative effort between the City of Fairfax, George Mason University and Northern Virginia



The Old Town Gallery will host the artwork of the Fairfax Art League during the Spotlight on the Arts Festival.

Community College. At the time, she said, organizers John Mason, Alan Brower, Dave Saunders and Joe Canyon were seeking to create an arts festival that showcased local artists in an effort to show the region that the arts were alive and well within the city. So, the four reached out to George Mason and NOVA to serve as sponsors and organizers, the schools accepted, and the festival was born.

"The festival was started 25 years ago to show off the arts of the area," Ormesher said. "They wanted to show people that art did not stop at the end of the Metro, that it

carried on into the city."

Ormesher said that the festival was originally only three days long, most of the performers were from the local high schools and the majority of the attendees were older residents coming out to hear orchestral music. However, over time, and especially in the last seven years, Ormesher said, festival organizers have made a big push to bring in more young people. As a result, the festival has been slowly revamped to expand its offerings.

This year, that expansion is being seen again, with the continuation of new events

"It is *the* arts festival for the City of Fairfax."

— Jo Ormesher, Festival executive director

and a continuation of successful events that were rolled out in recent years. The festival will begin April 16 in Old Town Hall with a champagne reception and series of musical performances from the Fairfax High School Music Department, George Mason University, Robinson Secondary School and the Fairfax Choral Society Youth Chorus. In addition, Stacy Sherwood, who donated \$5 million to build the arts-dedicated Stacy C. Sherwood Community Center, will be honored at the reception along with other area women responsible for the promotion of the arts in the city.

"The reception will celebrate women in the arts," Ormesher said. "Women will be conducting the orchestras and bands, leading plays, and more. Mrs. Sherwood will be honored there, and Gov. [Bob] McDonnell's (R) wife will be there, too."

Then, over the course of three weeks, the Old Town Hall, theSpace, the Auld Shebeen, Old Town Plaza Gallery and the fire department will play host for a wide range of art events. Long time favorites such as the Polka concert and the German music showcase and performances from the Fairfax City Band and local high school bands will take place throughout the festival, but this year,

SEE SPOTLIGHT, PAGE 11

To have community events listed, e-mail announcements to [south@connectionnewspapers.com](mailto:south@connectionnewspapers.com) or call 703-778-9416 with questions. Deadline for calendar listings is two weeks prior to event.

### THURSDAY/APRIL 8

**Swing Dance with Natty Beaux.** 7:30 at The Old Town Hall, 3999 University Drive, Fairfax. 703-424-1745 or [www.headoverheelsdance.com](http://www.headoverheelsdance.com).

**Shane Hines (acoustic), Scott Simons and Bleu.** 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. \$12. 703-255-1566 or [www.jamminjava.com](http://www.jamminjava.com).

### Afternoon Book

**Discussion Group.** 1 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Call for title. Adults. 703-249-1520.

**Irish folksinger, songwriter and harpist Moya Brennan.** 8 p.m. at Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. \$25. [www.wolftrap.org](http://www.wolftrap.org).

### FRIDAY/APRIL 9

**Rocknocos Family Happy Hour.** 7 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. \$10, age 1-under free. 703-255-1566 or [www.jamminjava.com](http://www.jamminjava.com).

**bob CD Release Show, The 5**

### L's and The Franchise Players.

10 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. \$12 in advance, \$12 at the door. 703-255-1566 or [www.jamminjava.com](http://www.jamminjava.com).

**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.

**The College of Visual and Performing Arts Impact 2010: 24-Hour Arts Festival.** Beginning at 7 a.m. and continuing through 7 a.m. Saturday, April 10. In the Art and Design Building, George Mason University, 4500 University Drive, Fairfax. This 24-hour art marathon is free and open to the public, and features an array of hands-on art activities, including a large-scale steamroller printmaking process, available to anyone who wishes to take part. Student-led and faculty explorations include music, dance, theater, film and visual art. 703-993-8898.

**The Discovery Series: the Los Angeles Guitar Quartet.** 8 p.m. at Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. \$35. [www.wolftrap.org](http://www.wolftrap.org).

### SATURDAY/APRIL 10

**Garth Fagan Dance.** 8 p.m. at George Mason University Center for the Arts Concert Hall, 4400 University Drive, Fairfax. A blend of ballet,

contemporary dance and Afro-Caribbean movement by the Tony Award-winning choreographer of "The Lion King." Pre-performance discussion, free to ticket holders, begins at 7:15 p.m. on the Center's Grand Tier III. Tickets are \$22-\$44, available at 888-945-2468 or [cfa.gmu.edu](http://cfa.gmu.edu).

**bob CD Release Show, Almost Kings and Feed God Cabbage.** 7 p.m. and 10 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. \$12 in advance, \$12 at the door. 703-255-1566 or [www.jamminjava.com](http://www.jamminjava.com).

**Girls on the Run of Northern Virginia 10th Anniversary Open House.** 3-5 p.m. at 10560 Main St., Suite 514, Fairfax. With Del. David Bulova (D-37), Sen. Chap Petersen (D-34) and more. GOTR is a developmentally focused youth education program for girls in grades 3-8. 703-273-3153 or [www.gotrnova.org](http://www.gotrnova.org).

**Community Yard Sale.** 8 a.m.-1 p.m. at Greater Little Zion Baptist Church, 10185 Zion Drive, Fairfax. Sponsored by the Women's Ministry. 703-249-9557

**Microsoft Word.** 2:30 p.m. City of Fairfax Regional Library, 10360 North St., Fairfax. Learn the basics of word processing. Age 13 and up. 703-293-6227.

**One-on-One Computer Tutoring.** 10 a.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Learn to use a computer, navigate the Internet and work with common software

applications. Call for an appointment. Adults. 703-249-1520.

**A Little Night Music.** 6:30 p.m. at Burke Presbyterian Church, 5690 Oak Leather Drive, Burke. With Juxtaposition, a men's acapella group from Virginia Tech, and the IMPACT Youth Choir. Dessert reception to follow. Free. Donations accepted to support the youth choir's summer mission tour to Eastern Tennessee. [www.BurkePresChurch.org](http://www.BurkePresChurch.org) or 703-764-0456.

**Julie Murphy Wells: Sophisticated Lady.** 7:30 p.m. at Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. \$25. [www.wolftrap.org](http://www.wolftrap.org).

### SUNDAY/APRIL 11

**Annandale Brass Orchestra Spring Fling Concert.** 4 p.m. at the Richard J. Ernst Cultural Center, 8333 Little River Turnpike, Annandale. Marches, show tunes and the classics. Adults \$10, seniors and teens \$7, children free. 703-569-0973.

**I Saw A Ghost, The Kindness Of Strangers, Lakeview, New Castle, A Sense Of Urgency and Freqontrol.** 5:15 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. \$10 in advance, \$13 at the door. 703-255-1566 or [www.jamminjava.com](http://www.jamminjava.com).

**African Children's Concert: Journey of Hope.** 4 p.m. at George Mason University Center for the Arts, 4400 University Drive, Fairfax. Music

and dance from across the African continent. A pre-performance discussion, free to ticket holders, begins at 3:15 p.m. on the Center's Grand Tier III. \$21-\$42, available at 888-945-2468 or [cfa.gmu.edu](http://cfa.gmu.edu). Youth through grade 12 half price.

**John S. and Emily J. Salmon Booksigning.** 2 p.m., Fairfax Museum and Visitor Center, 10209 Main St., Fairfax. Authors of "Historic Virginia: Your Travel Guide to Virginia's Fascinating Historic Sites and Historic Photographs of Virginia." Free. 703-385-8414.

**Sound Healing with the Didgeridoo.** 12:30 p.m. at New World Unity Church, Suite A-210, 8136 Old Keene Mill Road, Springfield. Joe Gentile "The Didge Man" teaches about the didgeridoo, an ancient vibrational healing instrument from the aboriginal Australians. Includes a guided heart-centered meditation for balancing chakras. \$10 per person, \$15 per family. 703-913-8560 or [newworldunity@verizon.net](mailto:newworldunity@verizon.net).

### MONDAY/APRIL 12

**Shannon McNally and Hot Sauce.** 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. \$12. 703-255-1566 or

SEE CALENDAR, PAGE 11

# CALENDAR

FROM PAGE 10

www.jamminjava.com.

**Friends of the Library Meeting.** 7 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. Join our Friends group for their monthly meeting. Adults. 703-978-5600.

**Yoga for Children.** 2:30 p.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Yoga made into stories with Shakti Khalsa, children's yoga expert. Age 5-10 years with adult. 703-644-7333.

**PAL Reading Visits.** 4 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Practice reading with a trained therapy dog. Dogs will remain with handlers as children read to them. Call to register. 703-249-1520.

**Arlington Rose Foundation: Fertilizing Roses.** 7:30 p.m. at Merrifield Garden Center, 12101 Lee Highway, Fairfax. Learn about the best fertilizing program from Arlington Rose Society President and Consulting Rosarian Dave Maxwell. Free. Refreshments served. 703-371-9351.

## TUESDAY/APRIL 13

**DC101's Last Band Standing.** 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. \$10. 703-255-1566 or www.jamminjava.com.

**Fairfax Bibliophiles Book Collecting Group.** 7:15 p.m. City of Fairfax Regional Library, 10360 North St., Fairfax. Topic to be announced. 703-293-6227.

**Let's Hear It for the Girls.** 7 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. Mother-daughter book discussion group. "Everything on a Waffle" by Polly Horvath. Age 9-11 with adult. 703-978-5600.

**Daytime Book Discussion Group.** 1 p.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. The Fixer by Bernard Malamud. Adults. 703-644-7333.

## WEDNESDAY/APRIL 14

**Matthew Perryman Jones and Joshua James.** 7:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. \$10 in advance, \$13 at the door. 703-255-1566 or www.jamminjava.com.

**Rascal Rabbits.** 10:30 a.m. City of Fairfax Regional Library, 10360 North St., Fairfax. Stories and activities. Age 3-5 with adult. 703-293-6227.

**Tiny Tots.** 10:30 a.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Very short stories, fingerplays and activities. Age 13-17 months with adult. 703-644-7333.

**Small Oneders.** 11:15 a.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Short stories, fingerplays and songs. Ages 18-23 months with adult. 703-644-7333.

**Nonfiction Book Discussion Group.** 7 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Call for title. Adults. 703-249-1520.

## THURSDAY/APRIL 15

**Afternoon Reading Group.** 1 p.m. City of Fairfax Regional Library, 10360 North St., Fairfax. "The Poisonwood Bible" by Barbara Kingsolver. Adults. 703-293-6227.

**Earth Day: Birthday!** 10:30 a.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Earth Day stories, songs and activities. Age 2-5 with Adult. 703-249-1520.

**Neil Innes (Monty Python, Rutles).** 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. \$15. jamminjava.com.

**Fairfax Antique Arts Association: Herend China.** 10:15 a.m. at the City of Fairfax Senior Center, Green Acres Center, 4401 Sideburn Road, Room 111, Fairfax. Seymour Lazerowitz will display and speak about pieces from his collection. Free; annual membership fee required to attend subsequent meetings. 703-359-2487.

## FRIDAY/APRIL 16

**The NOVA-Annandale Symphony Orchestra,** under the direction of Christopher Johnston. 8 p.m. at the Richard J. Ernst Cultural Center, 8333 Little River Turnpike, Annandale. The Mendelssohn Violin Concerto with Marlisa del Cid Woods of the U.S. Army Orchestra and works by Beethoven and Glazunov. Adults \$15, seniors and teens \$10, age 12 and under free. 703-569-0973.

**Moscow Festival Ballet: 'Giselle.'** 8 p.m. at George Mason University Center for the Arts, 4400 University Drive, Fairfax. The tragic tale of the heartbroken peasant girl. A pre-performance discussion, free to ticket holders, begins at 7:15 p.m. on the Center's Grand Tier III. \$27-\$54, available at 888-945-2468 or cfa.gmu.edu. Youth through grade 12 half price.

**"The Music Man."** 7:30 p.m. at Paul VI Catholic High School, 10675 Fairfax Blvd., Fairfax. \$10 students and seniors, \$15 adults. Family Packages \$50. 703-352-0925 ext. 524.

**Fairfax Five & Dime 5K/10K Race.** 8 a.m. The race begins and ends at Fairfax United Methodist Church, 10300 Stratford Ave., Fairfax. Registration fee \$20. 703-591-3120 or www.fairfaxfiveanddime.com.



Cameron Doucette



Colin Manning

## Burke Actors Star in College Show

Two University of Mary Washington students from Burke are starring in the school's production of "Romeo and Juliet." Cameron Doucette of Burke will play Tybalt and Colin Manning will play Lord Capulet.

Doucette is the son of Mr. and Mrs. John Doucette of Burke, and is a 2007 graduate of Lake Braddock Secondary School. A junior international affairs and French double major, Doucette previously appeared in the UMW productions of "She Stoops to Conquer" as Marlowe and "Our Town" as George Gibbs. He is an officer of the swing dance club and the recipient of the Elizabeth Baylor Neatrou and Mary Ellen Stephenson Memorial Scholarship for French.

Manning is the son of John and Kathleen Manning of Burke, and is a 2009 graduate of Lake Braddock Secondary School. A freshman, Manning is a technician for Dodd Auditorium and is a member of the Latin Dance Club and Swing Dance Club.

Performances will run through April 18 in the newly renovated Klein Theatre. To purchase tickets, call 540-654-1111.

# Spotlight on the Arts

FROM PAGE 11

Ormesher said, more has been added.

Big Band music will be presented for the first time ever this year, with "Swing is the Thing: Big Band Sounds" scheduled for April 30 in the Old Town Hal. Bluegrass music will also be featured this year and Bill Emerson and the Sweet Dixies performing live at the Auld Shebeen. In addition, Ormesher said, "Avant Fairfax," which showcases rock-oriented bands for younger attendees, will return for the second year.

"The new thing this year is the big band concert," Ormesher said. "We'll have music and dancing, and you can even come in and learn how to swing dance if you don't know how."

**TRADITIONAL ART** exhibitions and theater performances round out this year's festivities. The Fairfax Art League will have a continuously running show in the Old Town Art Gallery that is free of charge for entrants. Theater productions will be led by several different groups, with local high school students performing "Peter Pan" and offering acting workshops for young children. The Theater of the First Amendment plans to celebrate the festival's first 2 1/2 decades by performing 10-minute segments of each play it has performed at the festival over the last 25 years.

"What the Theater of the First Amendment is planning is very ambitious," Ormesher said. "But I know they'll pull it off and it will be amazing."

With dozens of performances and activities stretching out over three weeks, and a populace dedicated to the arts, Ormesher and other city officials are confident that this year's festival will be a massive success. After all, Mayor Robert Lederer said, if the city does anything well, it is festivals.

"One of the things the City of Fairfax does really well is our festivals, and this is one of them," Lederer said. "Anytime you have a celebration, let alone one marking 25 years, it's something truly special and the fact that this has not only grown, but prospered for 25 years is amazing."

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# Rams, Bruins Set Goals for Track Season



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

**Genamarie McCant finished first in the girls' 400-meter dash with a time of 58.75. Her goal is to run a 55-second race this season.**

## Lake Braddock, Robinson track teams compete in Leslie Sherman meet.

BY REED S. ALBERS  
THE CONNECTION

**R**obinson sophomore Genamarie McCant sat on a bleacher huffing and puffing out tired breaths following her victory in the girls' 400-meter dash at the Leslie Sherman Memorial Invitational on April 1 at West Springfield.

She finished first in the first heat of runners, which featured many of the area's best sprinters, but McCant was more focused on her overall time than her finishing position.

"I don't know my time, so I don't know how I did," she said.

McCant knew she finished first in the fastest heat of the race, meaning it would take an unlikely run from the second and third heats to beat her, but her goals are beyond finishing first.

"I've trained really hard," she said. "But I'm trying to get down to a 55- or 54-second range. If I run a 59, then I need to get my head in the right direction."

Her final time came in: 58.75 seconds.

It wasn't quite the time McCant had hoped for, but it did display her total domination of the track in the 400-meter dash. The second place finisher, Edison's Toni Duvall, crossed the finish line at 1:02.83.

Coming within four seconds of her goal isn't a bad way to start the 2010 outdoor track season. Like

many athletes in attendance, McCant used the Leslie Sherman Memorial Invitational as a benchmark for the season.

"I was trying to get out there and see what I could do," she said. "I wanted to see how good a shape I was in. Then I could try to do better next meet."

Senior hurdler J.W. Seo used the meet not only as a benchmark, but also to test his conditioning.

"I've been in shape because of the indoor track season," he said. "So I felt pretty good today."

While Seo's body held up during the 300-meter hurdle race, he noted his fifth place time of 42.18 needs improvement as well as his race technique.

At the end of the race, near the 200-meter mark, Seo said he felt fatigued and had trouble with the remaining hurdles.

"You get tired and it becomes hard to see the hurdles," he said. "They get a bit blurry."

Despite a disappointing finish, Seo said he knew that plenty of time remained before the district and regional meets to im-

prove.

"It's just the beginning of the season," he said. "Hopefully, I'll get a better time next meet."

**LAKE BRADDOCK** senior Megan Bumgarner is another hurdler who hoped to set new goals by competing in the spring break meet.

Bumgarner finished first in the girls' 100-meter hurdles with a time of 15.79. She took second in the 300-meter hurdles with a time of 48.02.

"I didn't have anything to base my times off this season," Bumgarner said. "So, I was just trying to get a good mark to work from. Now I know where to

**"I've trained really hard."**

— Genamarie McCant

SEE RAMS, PAGE 13

# Lake Braddock Excels under Victor Chen

## Introduction of team-first offense helps girls' lacrosse team to 4-2 start.

BY REED S. ALBERS  
THE CONNECTION

**W**hile some coaches might focus only on their team's next opponent, new Lake Braddock head girls' lacrosse coach Victor Chen prefers to take a wider view beyond Patriot District and Northern Region title runs.

"Right now, what we have to do is turn the [Lake Braddock] program from people playing lacrosse to [people becoming] lacrosse players," he said.

Boys' lacrosse has flourished in the Northern Virginia area, and Chen credits the boys' youth systems for fueling the school's powerhouse teams.

Chen wants to help create a similar early interest in the sport among girls.

"We're working on getting more feeder programs in this area," he said. "[Youth programs] will increase the awareness of the game. If I can increase the interest, everything else will fall into place."

But Chen isn't going to wait for elite players to come to him courtesy of youth systems. Right now, his work is with the Bruins and their goal is to make noise in the Patriot District.

Chen doesn't expect his team to be district contenders this season,

but so far his structured offensive style has

**"They've got to learn a whole new set of philosophies."**

— Victor Chen

SEE CHEN'S, PAGE 13



PHOTO BY REED S. ALBERS/THE CONNECTION

**From left, Alex Kelly, Colleen Garrott and Vicky Sica are three of the team's senior leaders who are enjoying success under Victor Chen's team-first approach.**



New head coach Victor Chen has instituted a structured offense for the Lake Braddock girls' lacrosse team, which has been a key part of its 4-2 start.

## Chen's Changes Boost Bruins

FROM PAGE 12

paid off in a 4-2 record.

"They've got to learn a whole new set of philosophies," he said of his players. "That's the most difficult part for the girls. They know it's a system that will work and they're working hard at it."

Senior attacker Vicky Sica is excelling in Chen's system. "He's way more focused on us getting better as players," Sica said. "He's really making us work hard for what we want to accomplish."

**IN THE BRUINS'** first three games, Sica has scored 12 goals and has been an offensive catalyst for the team.

Senior midfielder Colleen Garrott said the team relies more on offensive units rather than individual play.

"He's got a different approach," Garrott said. "We have more set plays now. We're more focused, too. It's less freelance play and more sticking to the plan."

For senior Alex Kelly, part of that plan meant shifting from attack to midfield at the coach's request.

While the change has lowered her offensive output, Kelly said she's happy to play an important role for the team.

"It's a bit scary because I've been playing attack since fourth grade," she said. "This year, it's all about being a team and I'm happy to do anything that will help our team."

The Patriot District is expected to be one of the toughest districts in the region, but with a steady game plan, Chen is confident his team can compete.

"We've got some very tough competition forthcoming," he said. "As long as we keep [reaching] our goals, we'll be competitive."

## Rams, Bruins at Sherman Meet

FROM PAGE 12

go from here."

The meet wasn't just a testing ground for runners, for Lake Braddock's Matt Hoogland it was a chance to compete in a new event.

Hoogland is best known for his pole vaulting ability, but the senior had a rare race in the 300-meter hurdles.

"I haven't really been working much with the hurdles," he said.

Hoogland finished fourth with a time of 42.07, but the reigning Northern Region indoor pole vault champion said he's expecting to see more action in the hurdles.

"I think I'll be doing more hurdles this season," he said. "It's one of my favorite events along with the long jump, triple jump and pole vault."

### WEEK IN SPORTS

#### Rams Crew Plant Sale

The Robinson Crew team will be conducting its annual plant sale on May 1 at the Burke Nursery and Garden Center.

The Burke Nursery and Garden Center will be donating a percentage of its total sales to the club when shoppers purchase items at the school's booth on May 1 and with at least one

\$10 certificate sold by members of the crew team.

The certificates can be pre-purchased from a member of the crew team at anytime leading up to the fund raiser. The crew team is not funded by Robinson Secondary School and all fund-raising efforts help pay for the team's coaches, boats and regatta fees. For more information, contact Chris Veale at cv622@aol.com, Louise Lewis at lewisfamily6@verizon.net.

## 5 Qs with Lake Braddock track athlete Marcelo Garcia.

**Q: So how did you become a track and field athlete?**

A: I used to go to Lee and I ran indoor track there and it was really fun. Then my friend convinced me to do outdoor track.

**Q: How do you feel after your first individual meet of the season?**

A: I feel ready, but I'm a little nervous. I just want to go out and give my best.

**Q: If you could be any athlete, who would you want to be?**

A: Oh man, that's a hard one. I'm really into soccer, so I'd want to be [FC Barcelona striker] Lionel Messi.

**Q: What sport would you be playing if you weren't doing track?**

A: I'm a huge soccer fan, and I used to play soccer at Lee. So I would like to play soccer and be in Messi's shoes for one day.

**Q: Since you're a big soccer fan, what sort of prediction can you give for the upcoming England and United States World Cup match?**

A: It's going to be a great match. The United States beat Spain last year, so who knows? It's very unpredictable. It's a 50-50 chance for the USA.

— REED S. ALBERS



Marcelo Garcia

## 5 Qs with Robinson track athlete Matt Sbotto

**Q: Did you feel prepared physically for the first individual track meet of the season?**

A: Yeah, seeing as how I was injured for a while.

**Q: What was your injury and how long have you been injured?**

A: I hurt my back. I didn't have any pain today, but I was OK today. I missed the whole indoor track season.

**Q: What sort of music do you like listening to before you get on the track?**

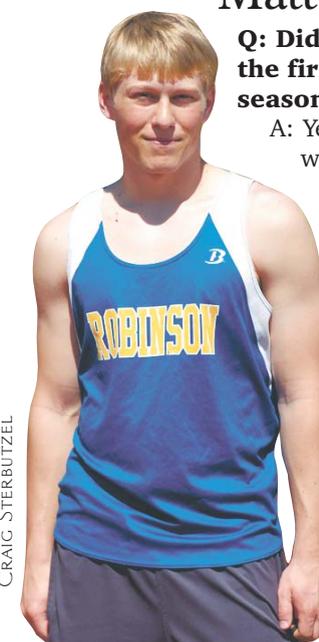
A: Anything really. I like rock music and the Red Hot Chili Peppers.

**Q: Do you have a favorite sports team you like to follow?**

A: Yeah, I like soccer. I follow [English Premier League club] Liverpool.

**Q: How do you follow Liverpool with the time zone differences between America and England.**

A: I look online to see when they're playing and I get some of the sports channels through [my cable provider] so I can watch them that way.



Matt Sbotto

## SPORTS

# The Challenge for the Tiffany Cup

Local soccer players clash with D.C. United, West Ham, Georgian teams.

JON ROETMAN  
THE CONNECTION

Washington-Lee sophomore Eric Schmidt had his doubts prior to action. Bishop Ireton junior Danny O'Keefe was nervous.

Once play began, West Springfield sophomore Jannik Eckenrode realized how he could improve his game. And when it was all over, Lake Braddock sophomore Tyler Durbin filed in his memory the perspective of an influential English coaching staff.

Emotions and experiences were plentiful for members of the U16 Annandale United FC, who competed in the International Amateur Soccer Tournament — The Challenge for the Tiffany Cup during the final week of March.

Annandale United, a travel team composed of high school athletes from the Washington D.C. metro area, took on high-caliber foreign — U17 Georgian National Team, West Ham United FC Academy — and domestic — D.C. United Academy — com-

petition. Annandale United finished 0-2-1, but the opportunity to participate as the only travel team in the tournament should help the group in the long term.

The tournament was “the most useful [soccer] thing the kids have [experienced] in their lives,” said Annandale United head coach Bo Amato, who also coaches the varsity teams at St. Stephen's/St. Agnes School (fall) and Langley High School (spring).

Amato's Annandale club entered the Tiffany Cup tourney ranked among the top travel teams in the nation, but was still considered an underdog against the older academy team of D.C. United and the talented foreign teams.

“I figured we'd compete in the D.C. United game,” Amato said, “but the other two games we could get badly damaged.”

The first part of Amato's assumption was realized. Annandale United opened against D.C. United on March 28, losing 2-1. Annandale took a 1-0 lead on a Schmidt goal but failed to capitalize on chances late

SEE ONCE, PAGE 18



West Springfield's Jannik Eckenrode said playing against top-flight teams such as D.C. United and West Ham will help him at the high school level. 'It definitely gave me some views on how I can change the game in high school,' he said.



Lake Braddock's Tyler Durbin is a member of the Annandale United travel soccer team. The Annandale United competed against elite U17 teams at the International Amateur Soccer Tournament.

PHOTOS BY JON ROETMAN/THE CONNECTION

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## FAITH NOTES

**Messiah United Methodist Church**, 6215 Rolling Road, Springfield, is hosting a Divorce Recovery Workshop on Wednesdays from April 7-May 26 at 7:30 p.m. This workshop is conducted by trained facilitators and is free. Childcare is free but must be requested at the time of registration. Resource books are available for \$12. Register at 703-569-9862, ext. 210 or [ringler@messiahumc.org](mailto:ringler@messiahumc.org).

**Accotink Unitarian Universalist Church Friday Night Film Series: "Renewal."** Friday, April 9, 7 p.m., at the church, 10215 Lakehaven Court, Burke. The film captures individuals and communities driven by religious and spiritual commitment to combat global warming and mountaintop removal, promote food security, environmental justice, recycling and more. 703-503-4579 or [www.accotinkuuc.org](http://www.accotinkuuc.org).

**Jubilee Christian Center**, 4650 Shirley Gate Road in Fairfax, hosts the seminar and workshop "Perpetuating Truth Through Teaching" on Saturday, April 10, at 9 a.m., for Sunday School teachers, children's leaders, youth and adult group leaders. Lunch is included. Register at 703-383-1170 or [www.jccag.org](http://www.jccag.org).

**The Jubilee Women's Ministry** will host a free brunch on Saturday, April 17, at 10 a.m., with speaker Rev. Nita Edwards.

**Sydenstricker United Methodist Church**, 8508 Hooes Road in Springfield, Spring Second Time Around Sale will be on Saturday, April 17, 9 a.m.-1 p.m. All proceeds from the sale go to UMW mission projects. Contact [www.sumcdisciples.org](http://www.sumcdisciples.org) or 703-441-8223.

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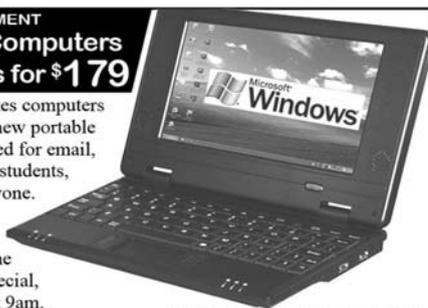
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## OPINION

# Isn't It Obvious?

Transportation problems are still the elephant in the room.

BY SEN. DAVE MARSDEN D-37

Once again, we have balanced our budget in Virginia in the most difficult and challenging financial environment since the Great Depression of the 1930s. It was my goal for this session of the General Assembly that we accomplish three things: first, that we maintain the car tax relief we currently enjoy, second, that the Local Composite Index (LCI) for school funding that finally adjusted to Fairfax County's favor not be frozen at last year's level granting us an additional \$60 million over the biennium, and thirdly, that cuts to K-12 funding be minimal as the quality of our schools are the most critical factor in maintaining our home values.

## COMMENTARY

The budget put forth by the Senate accomplished these goals. The House of Delegates and governor wanted to cut K-12 by \$620 million and \$721 million, respectively, but the Senate position prevailed in a compromise and far less was cut, \$253 million. Northern Virginia did much better than I could have hoped for. This being said, the cuts that were ultimately agreed to were painful and many of our citizens will feel the impact very dramatically.

THE STATE budget is now lower than when I first started to serve in the General Assembly in 2006. While this may be good news in some respects it ignores the elephant in the room — transportation.

We did not address our growing transportation problem in both construction and maintenance during this past session. The snow took a huge bite out of the maintenance budget, (15 percent), which was far

greater than anticipated, and left our roads a potholed mess. I have had two bent rims this year, which cost more than \$800 to repair. I hit a pothole on Interstate 64 in Richmond during the session and spoke about it on the Senate floor to remind the Senate that lack of transportation dollars is costing our citizens greatly. The next day, one of the Senate clerks hit the same pothole and bent her rim also. I am assuming that many of you are experiencing damage to your vehicles as well. Our transportation problems regarding maintenance are becoming just as critical as our lack of infrastructure investment.

This coming fiscal year, starting July 1, we can either provide maintenance funding or make our federal highway dollars match wherein we would get \$4 for each dollar we put up. We can't do both and this is a catastrophe. The expense of car repairs due to poor road maintenance will cost us now. The loss to businesses, and future business development, that stems from not investing in a transportation system that can adequately move goods, services, commuters and create jobs will cost us for years to come. We are currently out of money and cannot meet our obligations.

It is good news that the governor is re-opening some rest stops. It is also good that the governor is pursuing off-shore drilling to raise transportation funds, although the benefits may not be apparent for seven-10 years and then only if Congress grants Virginia royalties. It is essential, however, that he call a special session of the General Assembly so that the governor can put his transportation plans before the legislature and give us an opportunity to weigh in. Only the governor can call this special session, and he has pledged to act. It's time we got started.

## BULLETIN BOARD

Send notes to the Connection at [south@connectionnewspapers.com](mailto:south@connectionnewspapers.com) or call 703-778-9416. Deadline is Friday. Dated announcements should be submitted at least two weeks prior to the event.

### SUNDAY/APRIL 11

**Ostomy Support Group of Northern Virginia LLC Monthly Meeting.** 1:30 p.m. at Physicians Conference Center, INOVA Fairfax Hospital, 3300 Gallows Road, Falls Church. [www.ostomysupportofnova.org](http://www.ostomysupportofnova.org).

### THURSDAY/APRIL 8

**Candidates Night.** 7 p.m., at American Legion Post 177, 3939 Oak St., Fairfax. This is an opportunity to hear and meet candidates for City of Fairfax Mayor and Council. Complementary refreshments following the meeting. Further information at 703-273-9152.

### SATURDAY/APRIL 10

**Introductory Flow Yoga Class.** 8:30 a.m. at Van Dyck Park, 3720 Old Lee Highway, Fairfax. Incorporate breath and movement to increase strength, flexibility and focus. Bring mat, towel and water. 703-385-7858.

### MONDAY/APRIL 12

**Mental Wellness Resiliency — Giving Youth the Tools to Succeed.** 11 a.m.-4:30 p.m., at the Fairfax Community Church 11451 Braddock Road, Fairfax, VA 22030. Conference hosted by Fairfax Partnership for Youth. Access to key supports can dramatically reduce risk behaviors among youth. Registration materials and further information regarding the event are available at [www.fairfaxyouth.org](http://www.fairfaxyouth.org). Direct questions to [Kristen.Brennan@fairfaxcounty.gov](mailto:Kristen.Brennan@fairfaxcounty.gov), 703-324-5701.

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## SPORTS

# Once in a Lifetime Experience

FROM PAGE 14

in the game. Annandale United spent the rest of the tournament putting to rest any thoughts of getting "badly damaged." The Virginia travel team played the Georgian national team to a 1-all draw on March 30 and lost to West Ham United 4-2 on March 31. Annandale trailed West Ham 3-0 before goals by Schmidt and Josh Godec (Gonzaga) cut the lead to one. West Ham added a late goal.

"I think our team showed a lot of heart going into each game," O'Keefe said. "We never gave up."

Schmidt, who scored three of Annandale's four goals in the tournament, called the experience "life changing."

"We hung in there, we competed," he said. "The teams were pretty much better than us, but it was definitely a good experience."

The Washington-Lee sophomore had his doubts prior to the tournament.

"We kind of thought," Schmidt said, "we were going to get blown out and embarrassed."

The University of Virginia and James Madison University have shown interest in Schmidt, a striker. "Every time he steps on the field, he leaves everything he's got on the field," Amato said. "If every youth player tried to emulate him, they'd be better overnight."

Amato said Schmidt and West Springfield's Eckenrode "have developed a very good twin-strike partnership."

Eckenrode said he learned from facing superior competition.

"I realized how key movement off the ball is," he said. "I knew it was key, but when I saw West Ham put it to action we" got a better understanding.

"It definitely gave me some views on how I can change the game in high school," Eckenrode said.

**WEST HAM COACH** Tony Carr and his staff spoke with Annandale United players after their match. Carr is "one of the most influential figures in English football," the club's Web site says.

West Ham coaches said "since we weren't really brought up in a soccer culture that we really need to try to watch the game as much as possible," Lake Braddock's Durbin said, "so we really know the game."

West Ham defeated D.C. United in the championship game April 2.

Amato said the most important lessons Annandale United learned during the tournament were: be mentally tough, be vocal on the field and keep the ball moving. Even though Annandale didn't win, facing top-shelf competition and being exposed to a different style of soccer should help the team in the future.

"The best thing that came out of this tournament on a personal level is we didn't roll over and die," Amato said. "When the going gets tough you find out what you're all about. That was a really good eye-opener for me and that was a great eye-opener for my players."

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4. **UNREALISTIC EXPECTATIONS:** Expects you to be the perfect mate and meet his or her every need.
5. **ISOLATION:** Tries to cut you off from family and friends; accuses people who are your supporters of "causing trouble." The abuser may deprive you of a phone or car, or try to prevent you from holding a job.
6. **BLAMES OTHERS FOR PROBLEMS OR MISTAKES:** It's always someone else's fault if something goes wrong.
7. **MAKES OTHERS RESPONSIBLE FOR HIS OR HER FEELINGS:** The abuser says, "You make me angry," or "You're hurting me by not doing what I tell you."
8. **HYPERSENSITIVITY:** Is easily insulted, claiming hurt feelings when he or she is really mad. Rants about the injustice of things that are just a part of life.
9. **CRUELTY TO ANIMALS OR CHILDREN:** Kills or punishes animals brutally. Also may expect children to do things that are far beyond their ability (whips a 3-year-old for wetting a diaper) or may tease them until they cry. Sixty-five percent of abusers who beat their partner will also abuse children.
10. **"PLAYFUL" USE OF FORCE DURING SEX:** Enjoys throwing you down or holding you against your will during sex; finds the idea of rape exciting.
11. **VERBAL ABUSE:** Constantly criticizes or says blatantly cruel things; degrades, curses, calls you ugly names. This may also involve sleep deprivation, waking you with relentless verbal abuse.
12. **RIGID GENDER ROLES:** Expects you to serve, obey and remain at home.
13. **SUDDEN MOOD SWINGS:** Switches from sweet to violent in minutes.
14. **PAST BATTERING:** Admits to hitting a mate in the past, but says the person "made" him (or her) do it.
15. **THREATS OF VIOLENCE:** Says things like, "I'll break your neck," or "I'll kill you," then dismisses them with "Everybody talks that way," or "I didn't really mean it."

## And Take Action Today!

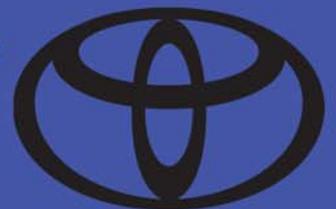
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7:00-9:00 PM

June 2

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June 30

Long & Foster's Northern Virginia Training Center  
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From the Beltway (495), take Rte. 66 West to the Nutley St. South Exit (exit 62) towards Fairfax. Go through the intersection of Lee Highway and Nutley Street. The training center is located in the Pan Am Shopping Center on the left.

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**Laurel Hill \$799,500**

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**Burke \$630,000**

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