

Camera Ready

Wesley Tracy, foreground, views the film he just shot for the movie, while film editor Jaron Lopez looks on.

EDUCATION, PAGE 12

PHOTO BY BONNIE HOBBS/THE CONNECTION
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Red Carpet Treatment
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Budding Stars Experience Big Premiere

Students in School Age Child Care star in local filmmaker's project.

BY JULIE HIRSCHHORN
THE CONNECTION

The scene at the Cinema Arts Theater in Fair City Mall in Fairfax on Aug. 16 was one straight out of a Hollywood premiere. In fact, it was a premiere. Filmmaker Danny Commander of Fairfax, a SACC (School Age Child Care) program employee, spent 18 months directing and producing his first feature film, "Times Destination."

"I want to act like a movie star everyday. It was a fun experience."

— Jayla Muse of Fort Belvoir

Limousines rolled up to the premiere location, carrying the film's young actors and actresses, who were all part of the SACC program and the making of the movie.

Of course, no movie premiere would be complete without a red carpet and paparazzi. As the young stars stepped out of limousines that were rented from Reston Limos, they walked a mini red carpet where they were greeted by many photographers and posed for their close-ups.

"I want to act like a movie star everyday. It was a fun experience," said film star Jayla Muse of Fort Belvoir.

SEE SACC, PAGE 6



PHOTOS BY DEB COBB/THE CONNECTION

James Lehman, lower right corner, poses with some of his friends from SACC. He said every part of working on the movie was fun.

'No-Brainer' for Fairfax City Health Care

City joins the National League of Cities' Prescription Discount Card Program.

BY JUSTIN FANIZZI
THE CONNECTION

The high cost of prescription drugs has driven people to cross borders, order scripts from shady Internet pharmacies and, in some cases, cease taking the medication altogether. Fortunately, City of Fairfax residents can take pride in knowing that their city puts their quality of life above all else and is turning promises into action.

The City of Fairfax is joining the National League of Cities' (NLC) Prescription Discount Card Program, a program that offers residents of NLC member cities discounts on prescription drugs. The program, which provides discounts of up to 20 percent on all drugs not covered by insurance, is open to all city residents with no exceptions.

"This is an innovative way to provide relief to those who need it," said Council

"This is an innovative way to provide relief to those who need it."

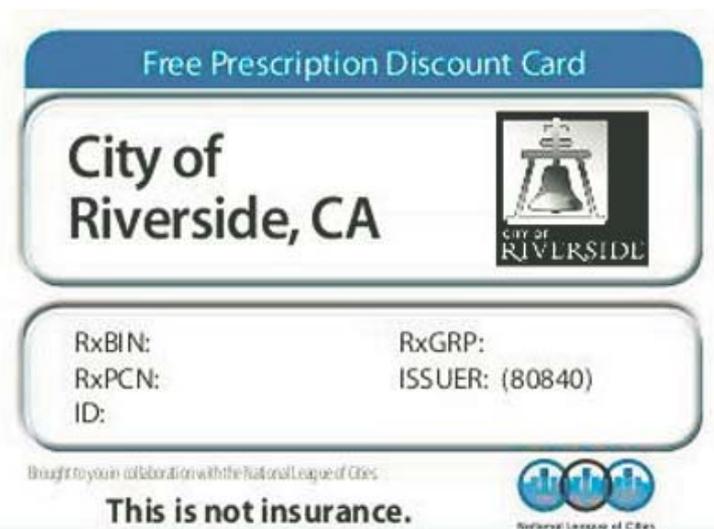
— Council member Dan Drummond

member Dan Drummond, "It is not one size fits all, nor is it a substitute for health insurance, but it's a great program and having it is a real benefit to all of our residents."

According to Drummond, the opportunity to join the program arose because of the city's membership in the NLC. The NLC, Drummond said, is an organization that represents city interests across the country, and each week, the group sends a newsletter to the council to promote its latest programs. Several weeks ago, Drummond opened the newsletter during a council meeting and noticed an advertisement for the prescription drug program. His interest piqued, Drummond reached out to City Manager Bob Sisson to discuss the program and soon thereafter work began to enroll the city in it.

"I approached our City Manager with the advertisement and told him it was something I thought we should look into,"

CONTRIBUTED



Riverside, Calif.'s version of the NLC Prescription Discount Card. The City of Fairfax's card will have the city seal on it.

Drummond said. "We dug deeper and found that it could save our residents money, wouldn't cost us a dime, and that any pharmacy in the city could participate. It just seemed like a win-win for everybody."

This arrangement, Drummond said, revolves around the fact that nobody on the local side picks up the tab for the pharmacies on the discount. The program, co-sponsored by CVS/Caremark, establishes an agreement between all pharmacies within the city, both corporately and independently operated, to take less revenue on the sale of drugs. All a resident has to do to receive

the discounts is obtain an official program card that has the city seal, the individual's name and an identification number on it and present it when checking out at the pharmacy.

Though the program would benefit all city residents taking medications, it would have the most significant effect on the senior citizens of Fairfax. According to Drummond, 14 percent of the city's residents are senior citizens, many of whom are living solely off of Social Security or pension plans and are

SEE DISCOUNT, PAGE 7

Flower Sale Supports Woodson Cavalier Cruise

W.T. Woodson High School's class of 2011 will be celebrating its graduation next spring with the Cavalier Cruise, an all night drug and alcohol free graduation party. Planning and fund raising for this event is already underway. The WT Fall Flower sale will help meet the Cavalier Cruise costs. Members of the public can help show their support by purchasing mums and/or pansies from W.T. Woodson High School. Order forms are available in the main office, on the PTSA website at wtwoodsonptsa.org, or by e-mailing bptracker@aol.com. Deadline for ordering is Sept. 12. The plant pick up takes place on Saturday, Sept. 25, from 9 a.m.-12 noon, in the W.T. Woodson Kiss and Ride parking drop off area located behind the school. To learn more call Cynthia Wainer at 703-426-2414 or 703-424-6078.

Fairfax High Dance Team Hosts Golf Tournament

The Fairfax High School Dance Team is conducting a fund-raising golf tournament Saturday, Aug. 28, at 1:30 p.m., at the Pleasant Valley Golf Club, with check in beginning at 12:30 p.m. Each participant must pay \$125 or \$440 per foursome. All proceeds will be put toward the dance team's first appearance at the March 11-13 EDA Dance Team Nationals in Myrtle Beach, S.C. Pleasant Valley Golf Club is located at 4715 Pleasant Valley Road in Chantilly and can be reached by phone at 703-631-7904. For more information about the fund raiser, contact Debbie at mcginty@cavtel.net.

TJ Employee Sentenced For Stealing School Funds

Susan Thanh Litwin was sentenced to 15 months in prison, followed by three years of supervised release, for stealing more than \$279,000 from Thomas Jefferson High School for Science and Technology. The former finance technician at Jefferson received her sentence Aug. 13, according to the U.S. Attorney's office for the Eastern District of Virginia.

Litwin was responsible for overseeing funds that had been donated for student activities like clubs, athletics and dances. She pleaded guilty to theft from an organization receiving public funds on May 6.

Litwin stole the money from the school by writing checks to herself and making unauthorized withdrawals ranging from \$2,500 to \$35,000 over approximately a two-year period, according to the U.S. Attorney's press release.

In an interview with law enforcement, Litwin said the money was used to support a gambling habit and funding trips to Las Vegas, Nev. and Atlantic City, N.J. She also used the stolen funds to help cover extensive credit card debt and a large mortgage on her home in Prince William County, Va.

Slight Foreclosure Increase

A recent economic report released by Fairfax County shows that the number of foreclosures in the locality had increased slightly from March to May, though the total number of foreclosures in Fairfax is still significantly lower this year than it was last year.

The number of foreclosures was 705 in March, 744 in April and 767 in May, according to report issued by the county government. The countywide peak of foreclosed properties was 2,257 in September 2008.

On average there were 823 foreclosed properties on the market from July 2009 through May 2010. This is lower than the average of 1,794 foreclosures on the market during the same time period a year earlier, according to the county's economic report.

'CUE' Up Service's Future

Fairfax City drafts capital improvement plan for CUE Bus system.

BY JUSTIN FANIZZI
THE CONNECTION

Many people take the City of Fairfax's CUE Bus System for granted, until something goes wrong with it. If it runs late, or if a bus breaks down, or if the service simply is not up to a person's standards, complaints flood the City Council.

So, every six years, City Council and the Department of Public Works confer to create a six-year Transportation Development Plan for the CUE Bus System to identify issues within the system and ways to address them. This year, the plan, referred to CUE's Six-Year Capital Improvement Program, was presented to and City Council Tuesday, July 27.

"The biggest concern is what we can afford," said Council member Steven Stombres. "Though CUE generates high revenues, those revenues haven't been as high as we hoped, so we're trying to see if there are ways to address this."

This year's plan, according to Alexis Verzosa, the Department of Public Works' transportation director, focused on identifying the main reasons behind the system running behind schedule, and how to rectify the problem. According to Verzosa's staff report, the CUE Bus system strives to operate at "clock headways," or regular intervals of 30 minutes on weekdays and 60 minutes on weekends. However, due to a variety of reasons, namely increased traffic on the road, the buses are currently running on 35

minute headways on weekdays and 66 minutes on the weekends.

So, to alleviate this issue, Verzosa and staff proposed two solutions, restructuring the CUE bus service routes or adding additional buses. According to Verzosa, the service is presently structured as two loops with bi-directional service on each loop. However, these routes create additional travel time for those riding between the Vienna/Fairfax-GMU Metro Station and the George Mason campus because the loops make the buses encounter more traffic. In addition, because the loops cover so much ground and the buses have to make so many stops, less flexibility is available if changes in service levels are needed.

"This route structure has provided maximum service coverage to the city, but it does have some limitations," Verzosa said in the report. "Changes to this will ultimately provide the city with more flexibility to adjust CUE service schedules and eliminate additional travel time."

A possible fix, Verzosa said, would be to provide direct service between the areas with the large

"CUE Bus is a great system, but it is an expensive one."

— Council member Steven Stombres

est amount of users. An example Verzosa provided called for direct service between Mason and the Vienna/Fairfax-GMU Metro Station and one-seat ride service along Main Street by Fiscal Year 2011. With these new routes, the buses operating in the rest of the two loops could then vary its service level depending on the time of day or number of riders. Therefore, if these changes were made, riders using the service just for transportation between the Metro and Mason campus would make the trip quicker and the rest of the busses, freed of a great deal of riders, can increase its service load elsewhere.

"It is important to keep in mind that this is just

SEE CUE BUS, PAGE 5

Simpson, Guerrini To Wed

Mrs. Christine Simpson of Fairfax and Maj. Gen. (Ret.) and Mrs. Charles Simpson, of Southlake, Texas announce the engagement of their daughter, Caroline Megan Simpson to Louis Edward Guerrini, son of Mr. and Mrs. Louis Guerrini of Spring Valley, Ill.

The bride-elect is a 2001 graduate of Robinson Secondary School in Fairfax and a 2005 graduate of Pennsylvania State University with a bachelor of science degree in evolutionary and biological psychology. An intelligence officer in the United States Air Force, Capt. Caroline Simpson is currently deployed overseas as chief of a Combat Intelligence Cell.

Louis Guerrini graduated from Hall High School in Spring Valley in 1994 and received a bachelor of science degree in geography from the University of Illinois in 1998. A major in the United States Air Force, he is an F-15 pilot currently stationed at Eglin Air Force Base, Fla. as chief of F-15C programs, conducting operational testing on current and future weapons, software and hardware for the F-15C. He is presently deployed overseas.

A fall 2010 wedding on the beach in Florida is planned.

Caroline Megan Simpson and Louis Edward Guerrini



CUE Bus Changes

FROM PAGE 4

one possible route scenario," Verzosa said. "Further consideration of other scenarios is required before determining the restructuring scenario that best serves the City of Fairfax."

Adding a route would seem to cost money, according to Verzosa, but with greater flexibility, CUE officials could adjust service levels at non-peak times throughout the day to mitigate the potential cost of more staff. In addition, if buses are traveling to Mason's campus more regularly by the recommended date of Fiscal Year 2013, it is possible that the school could reduce its use of a private shuttle service and add that money to its existing CUE bus funding.

In addition to restructured service routes, the report also includes information about expanded service hours on certain days among other things, which was requested by City Council. City Council requested that Verzosa and his staff look into ways to expand weekend service hours by Fiscal Year 2015, and in turn, Verzosa proposed extending Saturday evening service from 8 p.m. until 10 p.m. and Sunday evenings from 5:30 p.m. to 8 p.m.

The changes, looked into because of increasing rider requests for more weekend service, would cost the city more money, unlike the route adjustments. According to Verzosa, the additional Saturday service would add \$16,800 in annual expenses, while the Sunday extension would run about \$17,200. However, these costs would be offset, City Council hopes, by increased weekend revenues due to increased ridership. The plan recommended that the city add three additional fleet buses in Fiscal Year 2013 for the proposed increased service to Mason and six more in 2015 at a cost of \$1.73 million and \$3.6 million, respectively.

The council decided to table discussion and ultimately a vote on the plan until an Aug. 27 work session. "CUE Bus is a great system, but it is an expensive one," Stombres said. "We just need to figure out how to maintain the level of service people are used to while not increasing costs."

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SACC Stars at Premiere

FROM PAGE 3

The movie was made with the help of 60 children from several elementary schools in Fairfax County including Lane, Hayfield, Forestdale, Franconia, Gunston, Garfield, Springfield Estates and Island Creek. Along with acting, these students also aided in the production aspects, such as lighting, sound, script writing and camera work.

"It was difficult for the kids to handle at first, but they were really interested," said Commander. "They knew that this opportunity wasn't something that comes along that often."

MOST OF THE child stars thought filming was a blast. They did not even seem to have trouble memorizing lines, which can be a problem for many professional actors. "It was pretty easy because Mr. Danny would be nice about it and tell us our lines if we messed up," said Reid Williams of Potomac Park, Md.

Commander also had the unwavering support of the SACC directors and employees. "I'm very proud," said SACC director Anne Goldstein. "Having an opportunity for children to take a vision and work on it over a period of time is great. This is all about creativity and hard work."

"Times Destination" focuses on a man who finds a

ticket on the ground with consequences and then has to go back in time in a time machine to try and fix the errors of his way. "It was really exciting. My favorite part was when we were in a time machine," said Haley Breaux of Alexandria.

Many of the SACC staff were pleased with the way the children handled production and filming. "You would think that since they're kids they would have a hard time, but they were awesome," said SACC employee Tiffany Howard of Woodbridge.

"I liked messing around with all my friends and always laughing," said film star Will Flowers of Alexandria.

"Times Destination" was filmed locally in places such as Shadowland Laser Tag and Lucky's Sports Bar and Grill in Alexandria.

The premiere hosted about 600 SACC students, guests and chaperones during two showings of the film, giving each screening a full house. The first was at 10:30 a.m. and the second at 12:55 p.m. With popcorn and drinks in their hands, the cast and crew enjoyed seeing their hard work pay off.

Commander hopes to continue his passion for directing and producing by making other small film projects in the future. "You never know where making a movie is going to go," said Commander. "When you finally get to see the finished product, that's what you're working for."

"They knew that this opportunity wasn't something that comes along that often."

— **Danny Commander**

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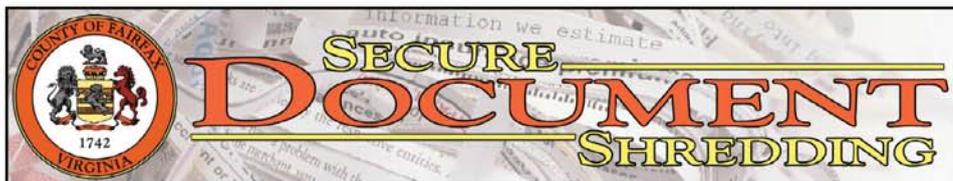
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NEWS

Discount

FROM PAGE 3

burdened by the high cost of the numerous drugs they must take.

“Our senior community has always been the cornerstone of the City of Fairfax,” Mayor Robert Lederer said. “They are the heart and soul of our city and if there’s anything we can do to provide a tangible benefit to them and improve their quality of life, like this program, we will do it.”

WHILE THE PROGRAM’S benefits are clear for the city and its residents, they are not lost on the pharmacies that are accepting slightly decreased revenues in order to provide the discounts. The program sponsor, CVS, is a national corporation that can easily handle the lost funds in exchange for the exposure and goodwill that would come with participating in the program. On the other hand, independently owned pharmacies, like Hana Pharmacy on Fairfax Boulevard, might not have the same capacity to sell products at a lower price, but are eager to participate because of the added foot traffic the program would bring to their stores.

“We prefer to help people and if this will help them save money, I’m all for it,” said Peter Kong, a pharmacist at Hana. “In addition, by giving that savings to the customers, more will probably come back and we will see increased volume and therefore, increased revenue overall.”

Though the program will not officially begin until mid-September, preparations are already underway. Drummond said that the city will promote the program, as required by the NLC, in segments and advertisements on Channel 12 and in the “Cityscene” publication as well as public meetings around the city. Once the word is sufficiently spread and the cards are created, the city will hand them out at City Hall, Green Acres Center and the City of Fairfax Police Station, Drummond said.

“It just seemed like a no-brainer,” said Council member Steven Stombres. “Anytime we can provide cost savings for city residents, we should do so.”

MILITARY NOTES

Navy Ensign Charles Z. Walker, a 2004 graduate of Fairfax High School, Fairfax, recently reported for duty at Naval Air Station Kingsville, Texas. Walker joined the Navy in December 2008.



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OPINION

World Press Freedom Heroes

Kemal Kurspahic, Connection editor, one of the original 50 press freedom heroes of the world.

In September, the International Press Institute will celebrate its 60th anniversary in Vienna, Austria by adding 10 journalists to its list of World Press Freedom Heroes, bringing the total to 60.

The International Press Institute is a global network of editors, media executives and journalists dedicated to freedom of the press, the protection of freedom of opinion and expression, the promotion of the free flow of news and information, and the improvement of the practices of journalism.

Why does it matter? Halfway through 2010, at least 45 journalists, 10 of them in Mexico, have been killed around the world to silence them. 109 were killed in 2009. Both organized criminals (like drug cartels in Mexico) and government authorities who do not want to see their activities exposed go to extreme lengths to suppress information.

Why is it local? Of the 50 World Press Freedom Heroes named 10 years ago — and who will be honored again in Vienna next month — one is Kemal Kurspahic, managing editor and community editor for the Vienna, McLean, Great Falls, Reston and Oak Hill/Herndon Connections.

According to the World Press Freedom award:

In December 1988, Kurspahic was named editor-in-chief of *Oslobodjenje*, Sarajevo's 70,000 circulation daily newspaper, the first elected by the paper's staff. Until then, the Communist Party had controlled all editorial appointments.

Then after the communists were ousted and

Bosnia's first democratic elections held, one of Kurspahic's first battles was to maintain his paper's newly acquired editorial independence against a coalition of nationalist parties, through a constitutional court case in 1991.

During the war in Bosnia and Herzegovina, despite snipers' bullets, constant shelling, and newsprint shortages, the paper's multi-ethnic staff of Bosniaks, Serbs and Croats — guided by Kurspahic — worked day and night in a nuclear bomb shelter to put out a daily issue of the paper, providing one of the city's only sources of information. The paper's modern high-rise building was reduced to rubble by the shelling, and yet the paper was produced every day. *Oslobodjenje* was a symbol of coexistence and the struggle against intolerance and "ethnic cleansing."

Between 1992 and 1995, more than 10,500 people were killed in the Sarajevo area. Five employees were killed and more than 20 wounded. Kurspahic himself was injured in a car crash in 1992 while eluding sniper fire. Throughout this period, Kurspahic and his staff never missed a day of publication, despite shortages of electricity, fuel, paper and ink.

Kurspahic was a Nieman Fellow at Harvard University; Clark Fellow at Cornell University; and a Senior Fellow at the US Institute of Peace and worked for five years for the United Nations Office on Drugs and Crime, first as the spokesman in Vienna (2001-2004) and then as the Caribbean regional representative, responsible for 29 states and territories.



Kurspahic

Kurspahic served as the managing editor of The Connection Newspapers from 1997-2001, returning in the spring of 2007 after his time with United Nations. Kurspahic has excelled at community journalism in Northern Virginia, winning many awards here, teaching editors and

reporters by example, and serving the community by continuously increasing the number of local voices in the papers he edits.

He is the author of four books, including "Prime Time Crime: Balkan Media in War and Peace" (US Institute of Peace Press, 2003) and "As Long as Sarajevo Exists" (Pamphleteer's Press, 1997).

Sometimes in the last two years during the recession, it has taken what feels like heroic efforts to continue to publish independently owned, hyper-local newspapers that have to operate on current revenues. But the biggest physical threat to reporters here is probably the automobile accident. As for intimidation, it is garden variety, officials who threaten to withhold information when they don't like what we write.

Here at the Connection, we have Kemal Kurspahic to remind us about true heroic efforts of journalism.

— MARY KIMM

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Sources: www.freemedia.at/awards/kemal-kurspahic, www.mediaindemocracy.org

EDITORIAL

COMMENTARY

Racing To Recycle in the City of Fairfax

Fairfax City Council sets recycling as a priority.

BY STEVEN C. STOMBRES
FAIRFAX CITY COUNCIL MEMBER

Recycling is one of the best things we can do to protect our environment, conserve energy and save money. It is easy, everyone can do it, and even a modest increase in recycling can make a big difference.

The facts are stunning. According to the U.S. Environmental Protection Agency, recycling just one aluminum can saves enough energy to run a 100 watt light bulb for 20 hours, a computer for 3 hours or a TV for 2 hours. Bottles and jars can be recycled over and over again, but we throw out enough glass each month to fill up a hole in the ground the size of a giant skyscraper.

Did you know that we cut down 500,000 trees just to produce the newspapers we read each Sunday? Recycling 1 ton of paper could save 17 trees, two barrels of oil, 7,000 gallons of water and enough energy to power an American home for 5 months.

While public awareness of the benefits of

recycling has increased, the average person still throws away 4 pounds of garbage every day. As a result, we are quickly filling up our landfills with "waste" materials that are still incredibly useful.

As part of our effort to go green, the City of Fairfax has made recycling a priority. Last year, the City Council initiated a three-part, citywide effort to increase commercial and residential recycling.

We set a goal for the city to achieve the highest recycling rate of any jurisdiction in the Commonwealth of Virginia, asked our neighborhoods to appoint community-recycling coordinators, and modernized our commercial recycling requirements. In addition, the City Council created an environmental sustainability committee to advise the council on how we can increase recycling, become more energy efficient and enhance public awareness of environmental issues.

Each year, the city must report its recycling

rate to the Virginia Department of Environmental Quality for its yearly recycling report. As a result of our efforts, the city will report a recycling rate of 49 percent for 2009, the highest recycling rate we have ever achieved. This is also a nine-point increase over the 2008 rate of 40 percent and represents the largest one-year increase in the history of the city.

This is good news when you consider that the statewide recycling rate in 2008 was 38.5 percent; however, Falls Church led our region with a rate of 59.3 percent. While we have made significant progress, it is clear that we still have work to do.

If we are going to really make a difference, we must continue to make progress toward our recycling goal. So always remember to fill up the little blue bin and request a second one from the city at www.Fairfaxva.gov. The website also provides information about what can be recycled and how to dispose of other household waste. If you are interested in volunteering to be a community recycling coordinator, contact your homeowners association, your civic association or the city manager. Every little bit helps, and there are no losers in the race to recycle.

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LETTERS

Delegate To Meet with Constituents

To 41st District Residents:

During my campaign for delegate nearly six months ago, I promised to communicate regularly with you. Since my election, I have made every effort to fulfill this pledge to you. This has included sending out letters and informational mailings throughout the district, holding a town hall meeting to which all area residents were invited, attending numerous community events and homeowners' association programs, as well as meeting personally with district residents to address specific questions and concerns.

To further increase my availability to interested constituents, I am now scheduling a number of "Community Drop-In Hours" sessions at local coffee shops and restaurants, to answer individual questions or provide assistance. The first such event will be Saturday, Aug. 28, from 10 a.m. to 12 noon at Panera Bread, 6230 West Rolling Road, West Springfield. I hope you will stop by to meet with me.

In addition, I will also be knocking on doors at many homes within the district, to formally introduce myself and let you know that I am always here to help with any concerns you may have. I would welcome your ideas about community-related issues and/or ways in which our state government can be improved for the benefit of all Virginians. My office is also available to assist with state agencies such as the Virginia Department of Transportation, Division of Motor Vehicles, Department of Taxation or Virginia Department of Social Services, and can provide copies of state publications, including studies, reports, road maps, etc., at your request.

Finally, in the coming weeks, I will also be introducing and scheduling "Virtual Office Hours," a new online tool that enables me to instantly chat privately with constituents over my website. For more information on this new capability, legislative priorities and ongoing activities on behalf of our community and Commonwealth, please check my website at www.eileenfillercorn.com. You can reach my office directly at 571-249-3453, or e-mail me at Eileen@eileenfillercorn.com.

Del. Eileen Filler-Corn
D-41

Connolly Avoiding Constituents?

To the Editor:

I have hunted high and low to find a town hall event planned for my U.S. Rep. Gerry Connolly (D-11). It has been all to no avail. This is the election season. This is the August recess when they are supposed to be holding town hall events and such.

I would like to hear what he has to say, and I would like him to hear what we have to say. I know that there are many like-minded citizens and voters who feel the same. Last year, I feel he played the coward and held events in gated communities or at senior citizen centers where the general public wasn't invited. Am I wrong to think that when you are elected to Congress, you should have a morsel of responsibility and courage to face the concerned voters in your district?

Diane Sinclair
Clifton

Shed Some Light on County Pay

To the Editor:

In light of recent revelations of public employees looting the public treasuries of towns and states across the country to pay themselves ridiculously high salaries, it is high time to make public the salaries of all government employees.

I remember some 15-20 years ago a local paper printed the salaries and job titles of all Fairfax County employees making more than \$50,000 a year. The article required an entire page of fine print to list the thousands of absurd, useless, overpaid jobs the Fairfax County government had devised. In the 20 years since then, this farce has grown into a full-fledged employment program for bureaucrats.

As the economy struggles to recover from a collapse mostly caused by government, from the federal to the municipal level, it is essential that the citizens of this county have a voice in deciding both the number of people to be employed and the size of their compensation: those who pay the salaries — that is, the taxpayers — ought to decide whom and what they will pay, an inconvenient truth the bureaucrats and politicians would prefer to forget.

Milan Skarka
Fairfax



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CALENDAR

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

THURSDAY/AUG. 19

Tony Lucca, Ernie Halter and Mutlu. 7:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.com.

Mary Chapin Carpenter with Eliza Gilkyson. 8 p.m. at Wolf Trap Foundation for the Performing Arts, 1551 Trap Road, Vienna. \$42 in-house, \$25 lawn. 703-938-2404 or www.wolftrap.org.

Afternoon Reading Group. 1 p.m. City of Fairfax Regional Library, 10360 North St., Fairfax. "Persepolis" and "Persepolis 2" by Marjane Satrapi. Adults. 703-293-6227.

Drawing, Anime and More. 7 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. Explore techniques and tips in this hands-on workshop with artist Lydia Bratton. Age 12-18. 703-978-5600.

Thursday Theater. 11:30 a.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Bring a lunch and watch movies, we supply the popcorn. Call for titles. Ages 1-6 with adult. 703-644-7333.

FRIDAY/AUG. 20

The Irish Tenors: Finbar Wright, Anthony Kearns and Ronan Tynan. 8 p.m. at Wolf Trap Foundation for the Performing Arts, 1551 Trap Road, Vienna. Tickets \$22–\$52. 703-938-2404 or www.wolftrap.org.

The Civil Wars and Madi Diaz at 7 p.m., Super bob at 10 p.m. Jammin' Java, 227 Maple Ave. E., Vienna.



Christian rockers MercyMe perform with Amy Grant Saturday, as part of DCFest 2010 on Saturday, Aug. 21, at 3 p.m. at the George Mason University Patriot Center. \$19-\$99 at 703-573-SEAT or www.ticketmaster.com.

jamminjava.com.

SATURDAY/AUG. 21

The Temptations and The Four Tops. 8 p.m. at Wolf Trap Foundation for the Performing Arts, 1551 Trap Road, Vienna. \$38 in-house, \$22 lawn. 703-938-2404 or www.wolftrap.org.

DC Fest with MercyMe, Amy Grant and more. 3 p.m. at the George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. Christian rock. \$19-\$99 at 703-573-SEAT or www.ticketmaster.com.

Burke Farmers Market. 8 a.m.-12 p.m. at 5671 Roberts Parkway, Burke.

No Stars Over California, Decent To Daylight, Bourne Of Ash and Til Tomorrow at 5:30 p.m., **Super bob, Shinobi Ninja and Feed God Cabbage** at 10 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.com.

Northern Virginia Country Western Dance Association. At Accotink Unitarian Universalist Church, 10125 Lakehaven Court, Burke. Intermediate waltz lessons at 7:30 p.m., open dancing 8:30-11 p.m. Admission \$5-\$12. www.nvcwda.org or 703-860-4941.

Fairfax County Master Gardeners Association, Inc. 10 a.m. City of

SEE CALENDAR, PAGE 11



Many Thanks to the Supporters of the 2010 Robinson High School All Night Grad Party

The Robinson High School 2010 All Night Grad Party Committee would like to extend their heartfelt thanks to all of the organizations, businesses and individuals who gave their support to make this alcohol and drug free event possible. We are grateful for their generous contributions. Thank you for helping us keep our kids safe and making it a night to remember!

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Special Thanks to all of the RHS parents and staff who gave their time and energy so willingly and to the Burke Volunteer Fire Department and the Fairfax County Police for their vigilance and presence at the event.

CALENDAR

FROM PAGE 10

Fairfax Regional Library, 10360 North St., Fairfax. Master Gardeners provide horticultural tips, information, techniques and advice to home gardeners. 703-293-6227.

Neighborhood Plant Clinic. 10 a.m. Kings Park Library, 9000 Burke Lake Road, Burke. The Fairfax County Master Gardeners Association gives tips and strategies. 703-978-5600.

SUNDAY/AUG. 22

Tri-Fire Kids Race. 9 a.m. at Mosby Woods Pool, 3136 Plantation Parkway, Fairfax. Swim/bike/run distances for ages 5-7 years are 25 meter, 0.4 mile, 0.2 mile. For ages 8-9 years, 50 meter, 1 mile, 0.4 mile. For ages 10-12 years, 75 meter, 1.6 mile, 0.6 mile. Lifeguards will be on-duty along with a "safety" swimmer in the water for the younger group. Team Tri-Fire and Fire Dept. personnel will provide "rabbits" at each leg to guide the participants as well as along the course. Sponsored by City of Fairfax Fire Dept. Fire Station 3. www.teamtrifire.org.

Great Big Sea. 8 p.m. at Wolf Trap Foundation for the Performing Arts, 1551 Trap Road, Vienna. \$35 in-house, \$25 lawn. 703-938-2404 or www.wolftrap.org.

National Wildlife Federation Fundraiser with Sematic, Meza Mudge, Sheema Bahemat and Computer Folk at 1 p.m., **Boys Will Be Boys, The Love Light, The Wave Exchange, Scott Norris and Adrienne Nicole** at 6:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.com.

Neighborhood Plant Clinic. 1 p.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. The Fairfax County Master Gardeners Association gives tips and advice. 703-644-7333.

Join the Northern Virginia Chorale for its 2010-11 Season. 7:30 p.m. St. Mark's Lutheran Church, 5800 Backlick Road, Springfield. www.northernvirginiachorale.org.

MONDAY, AUG. 23

Train with Needtobreathe. 8 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. \$45 in-house, \$30 lawn. 703-255-1868 or www.wolftrap.org.

Used Up, The Humans, Logan Kraft Band and Sub-Radio Standard. 7 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.com.

TUESDAY/AUG. 24

Fairfax Farmers Market. 8 a.m.-12 p.m. at Van Dyck Park, 3720 Old Lee Highway, Fairfax.

English Conversation Group. 7 p.m. City of Fairfax Regional Library, 10360 North St., Fairfax. Conversation group for adults learning English. 703-293-6227.

Three Hurdles to Federal Government Jobs. 7 p.m. City of Fairfax Regional Library, 10360 North St., Fairfax. Navigating the USA Jobs website and additional skills. Adults. 703-293-6227.

Neighborhood Plant Clinic. 10 a.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. The Fairfax County Master Gardeners Association gives tips and advice. 703-644-7333.

Rodrigo y Gabriela with Xavier Rudd. 8 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. \$40 in-house, \$25 lawn. 703-255-1868 or www.wolftrap.org.

The Bigger Lights, The Graduate, You Me And Everyone We Know, Weatherstar, We Are The In Crowd and Amely. 6:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.com.

Birding at Burke Lake. 8-9 p.m. at Burke Lake Park, 7315 Ox Road, Fairfax Station. Bring binoculars. Participants must be age 12 or older. \$5 per person. Register at 703-631-0013.

WEDNESDAY/AUG. 25

Invasive Management Workshop. 2:30 p.m. at Lake Accotink Park, 7500 Accotink Park Road, Springfield. Help with habitat restoration. Participants must be at least 12 years old unless accompanied by an adult. 703-324-8681.

Wakefield Farmers Market. 2-6 p.m. at 8100 Braddock Road, Annandale.

Inova Blood Drive. 1:30-7 p.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Photo ID required. Appointments preferred, call 1-866-256-6372.

Teen Book Group. 6 p.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Find out what's hot and what's not. Age 13-18. 703-644-7333.

Kevin Heider CD Release and Brian Kissinger. 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.com.

THURSDAY/AUG. 26

Anita Baker. 8 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. \$48 in-house, \$25 lawn. 703-255-1868 or www.wolftrap.org.

Jay Nash and Dean Fields at 7 p.m., Viking, Ypset, Young Enough and Turbo P at 10 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.com.



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Production Class Pays Off

Fairfax Academy alumni work on independent film.

BY BONNIE HOBBS
THE CONNECTION

A movie written, produced, directed and acted by local residents is currently being shopped around the independent film festival circuit. While it was being shot, a Fairfax Academy student made his own documentary about the making of that film.

"I loved it," said Tyler Vitello, who graduated from Fairfax High in June. "It was a lot of fun being around people interested in the same things I am — cinematography, videography, photography, lighting, etc."

The film's called "The Scott Dayton Situation," and the movie crew did its camera tests and publicity photos for it in the TV Production studio at the Fairfax Academy. Then the actors shot scenes in both Centreville and the City of Fairfax, including at the popular Irish pub and restaurant, Auld Shebeen.

The story is about a high-school girl who, through a chance pen pal relationship with a successful older musician, realizes the importance of embracing one's youth. The musician, who has returned to his hometown overwhelmed by the stress of the music industry, is enchanted by her. She sees past his fame and gives him the courage to jumpstart his sophomore album. The letters they exchange allow them each to regain their own sense of individuality and purpose.

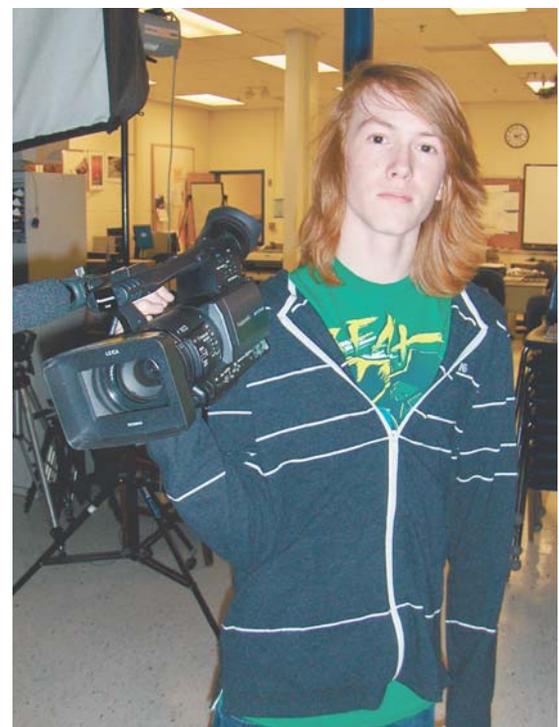
Wesley Tracy, now a senior at Emerson College, was the director of photography and the cinematographer. He graduated from the Fairfax Academy in 2007, and it was his connection to teacher Dave Ruby, who runs the academy's TV Production class, that led to the movie crew being able to use its facilities.

"I took that class at the Fairfax Academy, my junior and senior years of high school," he said. "Between the technology and the equipment, I learned a ton. You can explore whatever media you're interested in. For me, it's narrative films and music videos."

At the academy, the film crew tested camera lenses and lights, and the actors took promotional photos. Tracy made sure the colors and lighting were just right for filming the movie. He then collaborated with his sister Kelly, the film's writer and director, to bring her style and vision to fruition.

Meanwhile, Vitello was hard at work filming the behind-the-scenes footage for the movie's DVD and website. Also honing his craft in the academy's TV Production class, he submitted some of his previous videos to the director and got the nod to lend his expertise. "I'd done freelance stuff, skateboarding videos, fashion, plays, weddings, etc." he said.

At the academy, said Vitello, "My teacher had a lot of experience and knew the ins and outs of the industry, so he told us what to do and what not to do. I asked him for advice on shooting particular subjects and he gave it to me. Pretty much, anything that came out of his mouth was important and, if I followed it, things usually worked out."



Tyler Vitello and his camera at work in the Fairfax Academy's TV Production studio.

He said helping the movie crew was "probably the biggest-budget thing I've worked on. It was great getting the experience and connections. It was a lot more laid back than I expected, but I always had to make sure that what I shot was in focus and was properly lit and exposed."

The hardest part, said Vitello, was getting the shot and following a deadline. "In addition, it wasn't just for me," he said. "It was for someone else, so it had to come out right."

This fall, he'll be attending the Community College of Denver. He then plans to transfer to a university there, en route to a career in TV production. And he'll take with him the knowledge he gained both at the academy and working on the movie.

"It was the first time I'd worked on a film with a script," said Vitello. "It was wonderful to talk with people who know so much about the field, take what they said into account and follow instructions."

Tracy also enjoyed being part of the film crew. He helped with the movie's location shooting and was thrilled to return to the Fairfax Academy to use its production facility and resources. "A lot of the kids from the classes were production assistants on the set, so it also enabled me to give back a little to the school," he said.

But make no mistake, said Tracy, the seeds for his success were first sewn in the academy's TV Production class. "It taught me how to be a professional," he said. "The mentality was, 'Your career starts today, if you want it to, but you've got to go out and get the opportunities and not wait for them to come to you.'"

"It was the first class I took in public high school that taught me to seek out my dream," he said. "This class is basically a college course in TV production and was the reason I got into college. My freshman year at Emerson, I was teaching seniors how to do things."

PHOTO BY BONNIE HOBBS/THE CONNECTION

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Cristina Adkins is the treasurer of the 2009-10 officers of Tang Soo Do Karate Organization at Virginia Tech. A senior from Springfield, majoring in environmental policy and planning in the College of Architecture and Urban Studies, she is a fifth gup green belt.

Cassandra L. Harden of Fairfax received the Strongest Link Award during Emory & Henry College's annual Awards Day ceremony in the Emory & Henry Memorial Chapel on Sunday, April 18.

Fairfax residents **Ryan Kahan** and **Anne Ryan** have graduated with bachelor of science degrees in business administration from Coastal Carolina University.

Charlotte Brusseau of Fairfax received a master of education degree in literacy from the Graduate School at Providence College on May 16.

Katelynn Elizabeth Thomas of Fairfax has been named to the fall 2009 dean's list at The University of Kentucky. Thomas is a junior, studying management in the Gatton College of Business and Economics.

Melissa Smarr of Fairfax received her master's degree in public administration from Virginia Tech at a ceremony at the Falls Church Marriott on May 16, 2010. Smarr gave a speech at graduation welcoming the graduating class into the Virginia Tech alumni family. Smarr will be earning a second master's degree from Virginia Tech in December 2010.

Sarah Mitchell of Fairfax received a master of Business Administration



Academy Bound

Damien Ashley of Fairfax met with Sen. Mark Warner (D-Va.) June 11, on Capitol Hill in Washington, D.C. Armstrong

will attend the U.S. Air Force Academy this fall, after receiving a nomination from Warner.

from Georgia Southern University on May 8.

Alison Jean Banks of Fairfax graduated with a bachelor of science degree in social work with a secondary emphasis in Spanish from Juniata College.

Caitlin Rhoney Denney of Fairfax graduated with a Bachelor of arts degree in international conflict studies from Juniata College.

Helinna Ayalew of Fairfax graduated with a liberal arts degree in

international studies from Macalester College on May 15.

Zachary Smith of Fairfax, an incoming freshman majoring in accounting and information systems in the Pamplin College of Business is a recipient of the 2010-12 Accounting and Information Systems Clifford A. Cutchins, III Scholarship. The scholarship is awarded to an incoming freshman enrolled as full-time student in accounting and information systems, with a grade point average of 3.0 or better (on a 4.0 scale) at the end of each semester.

FAITH NOTES

Lord of Life Lutheran Church, 13421 Twin Lakes Drive in Clifton hosts "SonHarvest County" Vacation Bible School Aug. 16-20, from 9 a.m.-12:15 p.m. For ages 4 through sixth grade. \$35 per child or a maximum of \$75 per family. Register at www.lordoflifelutheran.com for the registration form or 703-323-9500.

Temple B'nai Shalom, 7612 Old Ox Road in Fairfax Station, is having a Tot Shabbat/Ice Cream Social for New and Prospective Members on Friday, Aug. 20, at 7 p.m. TBS is a Reform Congregation established in 1986, and a member of the Union for Reform Judaism. Contact tbsjoin@tbs-online.org or 703-764-2901.

Jubilee Christian Center, 4650 Shirley Gate Road in Fairfax, will have a free showing of the family movie, "Cloudy With a Chance of Meatballs," Wednesday, Aug. 25, at 7:15 p.m. 703-383-1170 or www.jccag.org.

Messiah United Methodist Church is hosting a block party on Sunday, Sept. 12 at 12:30 p.m., at 6215 Rolling Road in Springfield. An enjoyable afternoon of outdoor fun with games, music, food and more. 703-569-9862.

Messiah United Methodist Church, 6215 Rolling Road in Springfield, offers a Divorce Recovery Workshop 7:30 p.m. on Wednesdays, Sept. 22-Nov 17. The workshop is conducted by trained facilitators and topics will include denial, grief, anger, loneliness, guilt, rejection, forgiveness, letting go, self worth and hope. No matter where you are on the timeline, you are welcome to work on healing in a caring, non-judgmental environment. 703-569-9862.

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Twilight Time for Older NVSL Swimmers

Longtime summer team members move on at age 19.

BY RICH SANDERS
THE CONNECTION

The conclusion of the summertime swim season for organizations such as the Northern Virginia Swim League (NVSL) also marks the end of the individual summer season swim careers for older team members who have often been a part of their respective clubs for 10 or more years.

Numerous older teenagers who have grown up enjoying the social and competitive benefits of being part of a summer season swim team finally reach the age where they are no longer eligible to actively compete in the weekly meets.

This is a bittersweet time for the young men and women, who are often preparing for their first or second years of college in the upcoming fall while also enjoying one last hurrah with the summer teams of their youth.

NVSL swimmers, according to league rules, become ineligible to swim for their teams once they turn 19 years of age. The ripple effects of older swimmers moving on is a natural progression but also one that hits programs hard as those veteran team members have often served as leaders and good role models to their younger teammates.

Adam Pennington, 18, just completed his final full season as a member of the Cardinal Hill swim team in Vienna. Pennington, who graduated from James Madison High School this past June, will swim within the Ivy League this upcoming school year as a freshmen member of the Columbia University (New York City) swim team. Next summer, he will be allowed to swim for Cardi-



Leaya Ma of Mosby Woods in Fairfax won the girls' 8-under 25-back event at the season-ending NVSL All Stars meet, on Aug. 7.

nal Hill until his 19th birthday comes on July 9. At that time, his summer swim career will be officially ended and he will no longer be allowed to compete in his team's meets.

So Pennington, who was a star high school swimmer in recent years at Madison, tried to enjoy this recently completed summer season the best he could.

"Next summer I won't be able to swim for Cardinal Hill the whole year," said Pennington, who just completed his 13th year as a team member. "When you're 11 or 12, you kind of take for granted being part of a team like this. But the last year or so I started thinking, 'Wow, I want to get the most out of [my remaining years with the team].'"

Pennington, who has been a part of the McLean Fish club team since 2001, made his swim mark at Madison where, as a junior, he was part of two Warhawk relay teams — the 200 and 400-free relays — that set Virginia state high school records. During

his senior year, Pennington, in individual events, finished second in the state in the 500-freestyle and third in the 200-free.

He has loved his years swimming for Cardinal Hill, which was 2-3 this summer in NVSL Division 4. The team has had its ups and downs over the years. Pennington recalled one summer when the team failed to win a meet and another one, in 2009, when the team went a perfect 5-0 and won the Division 5 title.

"I've seen the team transition between [different] coaches and I've seen the bad times and the good times," he said. "You get the whole experience and full range of emotions being part of it for 13 years. As you get older, it's less and less about winning and more about the good times with your friends."

During his career at Cardinal Hill, Pennington has broken five team records, some of which have since been broken by others. He said he has competed in at least seven season-ending All Star meets. At this summer's All Stars on Aug. 7 at Broyhill Crest Pool in Annandale, Pennington finished second in the 50-back and fourth place in the 50-IM. He said he consciously stepped up into more of a team leadership role this summer.

"Definitely this year more than other seasons," he said. "[In prior years] there were always older team members than me so I didn't assume [as much] leadership until this year. Being a leader is a lot of fun. We got blown out in a few meets and I told the kids it's not all about the winning. I think

"When you're 11 or 12, you kind of take for granted being part of a team like this."

— Adam Pennington, Cardinal Hill

good sportsmanship is the biggest thing."

Dave Watt, this year's Division 11 coordinator and a former team representative for Walden Glen in Springfield, said swimmers who have grown up and remained with their respective summer teams often become wonderful team role models.

"The ones who stick around end up being great leaders and really have a tremendous impact on a team," said Watt, a Springfield resident. "They really love swimming and being on the team, and the kids really look up to them."

Watt said good leadership from the older swimmers is especially important because of the large age fluctuation of the summer team rosters. Younger swimmers, both girls and boys, are greatly influenced by their

older teammates. Watt is totally impressed with the guidance he has seen from so many of the NVSLs older teenagers.

"It starts with the coaching staff," said Watt. "But sometimes it's those junior assistant coaches who are still swimming whom the younger kids can really identify with. The mentorship is really not to be understated."

"[Summer] swimming is unlike some other team

sports [in that] an 18-year old can be a teammate with an 8-year old," said Watt. "They're training together at the same times and they're going for a common goal. The teams that do well usually have strong leadership."

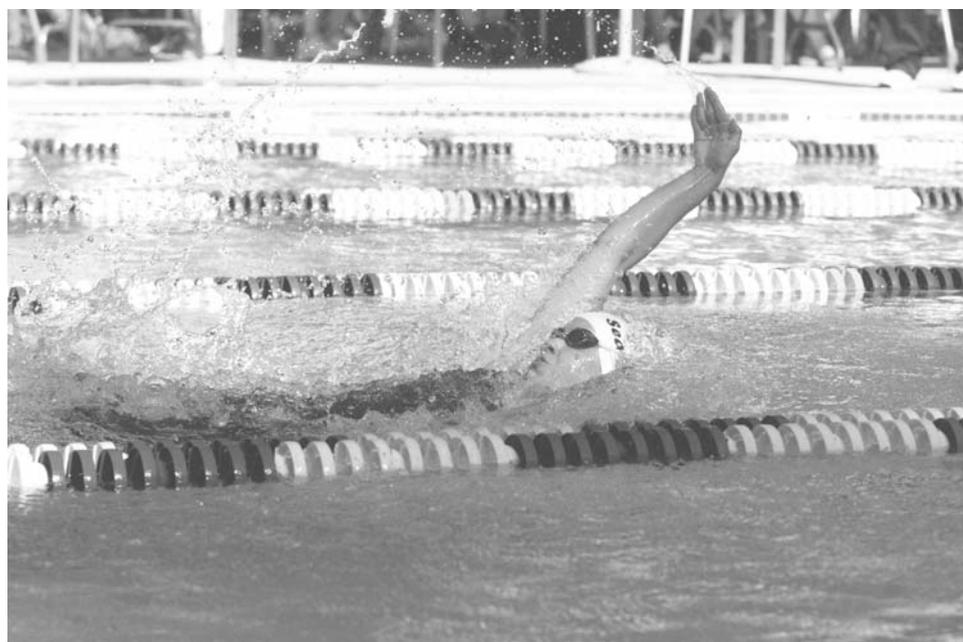
Kaitlin Wolla, 18, just completed her final year as a member of the Division 1 Overlee (Arlington) swim team. A 2010 Yorktown High graduate, Wolla will be swimming at the University of Delaware this upcoming school year. She has been an NVSL All-Star since the age of nine.

Wolla, along with being a top swimmer for Overlee this summer, has also been an acting assistant coach for the team. She enjoys working with her younger teammates and helping them further develop as swimmers and learning to enjoy the sport

NVSL SPORTSMANSHIP AWARDS

The following teams were voted by their divisions to receive the 2010 NVSL sportsmanship awards.

- Division 1** - Hamlet (McLean)
- Division 2** - Little Rocky Run (Clifton)
- Division 3** - Dunn Loring (Vienna)
- Division 4** - Mosby Woods (Fairfax)
- Division 5** - Langley Club (McLean)
- Division 6** - Waynewood (Alexandria)
- Division 7** - Ravensworth (Springfield)
- Division 8** - Villa Aquatic (Fairfax)
- Division 9** - Forest Hollow (Annandale)
- Division 10** - Hayfield Farm (Alexandria)
- Division 11** - Walden Glen (Springfield)
- Division 12** - Fair Oaks (Fairfax)
- Division 13** - Rolling Hills (Springfield)
- Division 14** - Lake Braddock (Burke)
- Division 15** - Lincolnia Park (Alexandria)
- Division 16** - Hollins Hills (Alexandria)
- Division 17** - Pinewood Lake (Alexandria)



Emma Merrill of the South Run swim team won the girls' 13-14, 50-back event at the Aug. 7 All Stars meet.

SEE LAST LAP, PAGE 16

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12404 STEWARTS FORD CT #4/12/2010	4	3	1	FAIRFAX	FAIRFAX	\$575,000	Detached	0.22		FAIR OAKS ESTATES
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3618 HERITAGE LN	3	2	1	FAIRFAX	FAIRFAX	\$435,000	Detached	0.27		HERITAGE MANOR
12018 LISA MARIE CT	3	3	1	FAIRFAX	FAIRFAX	\$432,000	Townhouse	0.06		PENDERBROOK
10901 ORCHARD ST	4	3	0	FAIRFAX	FAIRFAX	\$430,000	Detached	0.50		FAIRFAX ACRES
10003 PETERSON ST	5	3	0	FAIRFAX	FAIRFAX	\$429,900	Detached	0.23		FAIRVIEW
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3966 ROSEBAY CT	4	3	1	FAIRFAX	FAIRFAX	\$412,500	Townhouse	0.04		FAIR WOODS
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5132 Pleasant Forest Drive	\$1,198,000	Sat 1-4	Denene Crabbs	Century 21	202-487-4949

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4672 LUXBERRY DR	\$475,000	Sun 1-4	Mary Hovland	Long & Foster	703-425-8000
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3775 Center Way	\$789,000	Sun 1-4	Charlie Snyder	Century 21	703-346-8113
3775 Center Way	\$789,000	Sat 1-4	Young Yim	Century 21	571-215-9417
12754 MISTY CREEK LN	\$939,000	Sun 1-4	Kim Kaufhold	Weichert	703-850-4890
4636 VILLAGE DR	\$998,000	Sun 1-4	Lisa Moffett	Coldwell Banker	703-938-5600

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4706 Oak Forest Dr	\$779,900	Sat 10-2/Sun 12-3	Christine Oberhelman	Weichert	703-216-3005
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All listings due by Tuesday at 3 pm.

Last Lap Around Pool

FROM PAGE 14

more and more.

"It was amazing," she said, of her role as an assistant. "You don't really get to know how many kids are on the team until you actually have to coach them. Then you get to know them on a whole different level. They're not just the kids that run around you all the time, they're your pupil. You get to watch them grow and become better swimmers. It really touches you after awhile. It gets really sentimental."

She said coaching is harder than being a team member. "You've got to learn how to handle kids in so many different ways," said Wolla. "Swimming, it's just what to do."

WOLLA LOVES competing in All Stars and said the annual meet generates a different kind of pressure. At this year's All Stars, Wolla won the girls' 15-18, 50-butterfly and was second in the 50-back.

"There's not more pressure; it's just a different feeling," said Wolla, of All Stars. "When you have your team there [during regular season meets], you have this whole extra back-up [of moral support] behind you cheering for you. But at All Stars it's just my mom and my dad, my few friends on the side who are here. It all depends on you. There's not more pressure, just more

of a spotlight moment."

Fifth year Overlee head coach Joan Mountain has loved both Wolla's swimming and coaching contributions.

"The best thing about Kaitlin is if you can tell she loves to swim," said Mountain. "That's the kind of energy she brings to all these kids. She's a hard worker."

Julia Bolger, 17, a member of the Division 5 Mount Vernon Park Gators and a rising senior at West Potomac High School, made her sixth trip to All Stars this summer. She said All Stars competition, to her, is less pressure than the regular season.

"I feel like there's less pressure on me because I'm not trying to get points for my team," said Bolger, who was seventh at All Stars in the girls' 15-18, 50-back event. "I feel like there is a bit higher standard that I have to hold myself to because I'm expected to go faster than everybody else."

Bolger said she gets up at 4 a.m. four days a week for swimming practice. How does she keep going?

"There are definitely days that I don't want to get up," she said. "But I'm part of a carpool that swims. If I don't show up for the carpool it throws everyone off."

Sports editor Jon Roetman contributed to this story.



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21 Announcements

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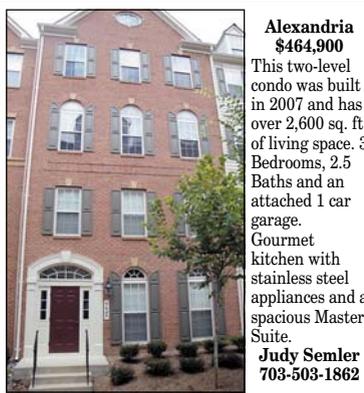
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4bed/4.5 bath, absolutely stunning home, much larger than it looks! 5000+ sq ft, secluded 5+ acres, end of cul-du-sac. Too many top-notch upgrades to mention! For 24-hour recorded information call 1-888-495-6207 x209.
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Fairfax Station **\$795,000**
SIX+ ACRES
This beauty was APPRAISED IN OCTOBER 2009 FOR \$924,000 - Fantastic buy!!! Custom Built Solid Brick Colonial featuring 6+ acres, 5 Car Garage, 4 BRs, 3 1/2 Baths, Custom quality Wood Cabinets/Granite/Ceramic Tile/Center Island, 4 FP's, Huge Finished LL w/Recreation Rm/Game Rm/Exercise Rm, Pool/Hot Tub
Sheila Adams 703-503-1895



Lorton/Lorfax Heights **\$499,900**
4 bedroom, 3 full bath split-level colonial on 1 full acre. Large room sizes, open kitchen, main level office, sep. entrance in finished lower level. For 24-hour recorded information call 1-888-495-6207 x213.
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Springfield \$399,900
IMMACULATE 3 BR / 2 FB / 2 HB garage townhs with LARGE eat-in kitchen complete w/ granite cntrs and newer appliances. Hardwood floors, cozy fenced patio, LL Rec Rm w/ frplc, and Master BR w/ loft add to the WOW factor! Tucked away yet easy access to Ffx Cty Pkwy, Metro, Ft. Belvoir and jogging trails.



Fairfax Station \$647,000
5 bedrooms, 3 1/2 baths - hardwood flooring - master bedroom sitting rm - beautiful curved staircase in foyer - butler's pantry - spacious rec room/den/bedroom & full bath on lower level - backs to beautiful treed parkland.



Lorton \$569,900
NEW HOME, TO BE BUILT! Beautiful Cambridge Model by Novella Homes with 4 bedrooms, 2.5 baths on 1/2 acre lot. Still time to choose your options! Call for more details 1-888-495-6207 x200



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FAIRFAX STATION \$849,900
CROSSPOINTE - NEW LISTING
Breathtaking, seldom seen Manchester in Beautiful CROSSPOINTE - Glorious Sunroom/Solarium + A Sitting Rm - Upgraded & Updated throughout - Gorgeous 4-inch plank Hardwood Floors - 3 Fin Levels w/LL Walk-out - Sited on a 20,000+ Treed Lot!
Call or email Ann Witherspoon 703.503.1836 or Ann@AnnWitherspoon.com



Fairfax \$724,900
Just Listed!
Fabulous Colonial nestled on a large wooded one+ acre Lot - This beauty features a huge eat-in Kitchen Breakfast Area - Hardwood Floors - 4 Nice Size Bedrooms - 2 1/2 Baths - 1st Floor Family Room w/FP - Glass Slider steps you out to a two tier deck, perfect for entertaining - An Open and Flowing Sunny Floor Plan - Lower Level is partially finished, Workshop Area, Storage Area, plus a walk-up. Enjoy country living, close in! For a private showing, call Sheila Adams 703-503-1895.



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Alexandria \$129,900
Commuter's Dream - Check out this updated 2 bedroom unit on the top floor (6th) w/balcony overlooking pool and trees! Fireplace, fresh paint, new carpet, and updated kitchen! Just minutes to DC, I95, metro & shopping! Condo fee covers all utilities. This one is move-in condition and ready for its new owner!
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Fairfax Station \$869,990
Superstar! Refreshing design in one-level living! Sited on park-like, 5-acre lot, a 4-BR custom blend of Amer contemporary & Eng country. High-end mouldings, ceilings, skylts, hwdwoods. 1st lvl: Soaring Foyer, formal DR, stunning LR w/Fireplace & deck, FR w/FP & wetbar; gourmet+Kit, Brkfst area w/Porch & 3 BR's. On its own lvl: A must-see Master retreat!

Save A Date To Attend Long & Foster's FREE Real Estate Career Seminar

DATES IN 2010: TIME: 7:00-9:00 PM

September 1 LOCATION: Long & Foster's Northern Virginia Training Center 3069 Nutley St. Fairfax, VA 22031

September 29

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.

TO REGISTER: Please contact Mary Ann Plonka at 703-503-1898 or maryann.plonka@longandfoster.com



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Clifton \$699,000
Stylishly chic, renovated 4BR/3BA rambler in private, picturesque setting. Inviting open living spaces are enhanced by Brazilian Tigerwood floors, stone fireplace, skylights, and designer paint. The expansive walk-out lower level features rec room w/fireplace, bedroom, bath & plenty of storage.

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Falls Church \$409,950
Total Renovation!
Beautifully updated home inside the Beltway! Exotic hardwoods main level, granite and stainless remodeled kitchen, all baths remodeled! Lower level with rec room and den! 3BRs, 2FB, 2HB! Newer windows and roof. Fenced back yard with deck backs to trees and Jefferson District Golf Course!



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Clifton \$649,000
Beautiful Colonial Home w/2-car garage on 1+ acre private cleared lot surrounded by parkland. Composite deck leads to patio w/hot tub & fully fenced-in level yard. Updated Gourmet Kitchen opens to 2-story family rm w/frpl & skylights. Formal LR & DR with hardwood floors. Finished walkout bsmt w/wet bar.



Fairfax Station \$1,175,000
Gorgeous all brick Colonial on private 5 Acre lot with 4BR, 4.5BA. Completely updated kitchen & baths, walk-out lower level with media rm, game rm & gym! Luxurious pool, hot tub, tiered decks, patio & private tennis court; perfect for entertaining.



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Burke \$589,000
Delightful 4 bedroom colonial in Signal Hill with a gorgeous park-like view. Lake Braddock School, walk to the VRE, and shopping is just minutes away.

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