

Burke CONNECTION

Shopping Spree

NEWS, PAGE 3

Deputy E. Fary helps Asya choose notebooks for the upcoming school year.

Fulfillment In Teaching

NEWS, PAGE 3

High School Football

SPORTS, PAGE 12



SEPTEMBER 9-15, 2010 ♦ VOLUME XXIV, NUMBER 36

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PHOTO BY GINA J. URICOLI/THE CONNECTION SPORTS, PAGE 12 ♦ CALENDAR, PAGE 8 ♦ CLASSIFIED, PAGE 17



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Deputies Go Back-to-School Shopping

Sheriff's deputies help children from county shelters to buy school clothes.

Fairfax County sheriff's deputies spent part of Thursday morning, Sept. 2 helping children from the county's two homeless shelters to get a head start on the school year.

As part of the Sheriff's Office's annual Shop with the Sheriff program, 25 children, who live at the Katherine K. Hanley and Patrick Henry Family Shelters, walked the aisles of the Target store at 10301 Guinea Road in Fairfax, picking out clothing and school supplies.

On hand for the event were Fairfax County Board of Supervisors Chairwoman Sharon Bulova (D-At-large), Sheriff Stan Barry and Supervisor Jeff McKay (D-Lee).

Bulova serves on the Governing Board of the Fairfax-Falls Church Community Partnership on Preventing and Ending Homelessness, and is an author of the "Blueprint for Success: Strategic Directions for the Plan to Prevent and End Homelessness in the Fairfax-Falls Church Community" completed and approved by the Board of Supervisors in 2007. The goal of that 10-year strategy is to end homelessness in the community by the end of 2018.



PHOTO BY GINA J. URICOLI/THE CONNECTION

Children participated in Fairfax County's annual 'Shop with the Sheriff' program, helps provide basic school supplies for children living in area homeless shelters. The event is a partnership between the county and Target.

Woman Finds Fulfillment in an Unexpected Career

Local college graduate Denise Kee helps to fight educational inequity in Chicago.

BY NICK BOTERO
THE CONNECTION

Denise Kee of Springfield, a member of Lake Braddock's class of 2006, graduated from Virginia Tech in May. After obtaining a bachelor of science in marketing management and a bachelor of arts in international relations, she decided to follow a career in teaching.

"I became really interested and passionate pursuing teaching to help overcome educational inequality," she said. "Honestly, I hadn't considered teaching before my senior year. I was recruited by the campus recruiter for Teach For America."

Teach For America is a nationwide program that recruits recent graduates to train and prepare them to educate children in underprivileged communities. The organization was founded in 1990 with 500 members and has since expanded into a nationwide program in 39 locations with more than 20,000 core members like Kee. The group is recognized as the nation's largest

contributor of teachers to schools in low-income areas.

After graduating in May, Kee entered a short, intensive 5-week program with Teach For America during the summer. "They prepared me a lot for teaching in the fall," she said.

The organization's mission statement, according to its website, is to "provide a critical source of well-trained teachers who are helping break the cycle of educational inequity."

Carrie James, the national communications director for Teach For America stressed the importance of the organization. "Many people don't realize that there are 14 million children living in poverty today," she said. "By the time these students reach the fourth grade,

they are already two to three grades behind their higher-income peers. We recruit outstanding college graduates, like Denise Kee, who will work relentlessly to close the achievement gap that exists in our country."

According to Catalyst Chicago, an independent organization that reports on urban education in Chicago, the city has more than 80 percent of its students living in poverty as of 2009, making it an ideal location for

Teach For America core members to make an impact.

"These kids don't have the resources that I had," said Kee. "They want to learn just as much as any other student, maybe more. They show perseverance and passion. School's an

outlet to help them succeed in the future." Kee will continue training by taking evening classes throughout the year in Chi

"It's very fulfilling and rewarding knowing you're making a significant impact with these children."

— Denise Kee

SEE FINDING, PAGE 7



Denise Kee of Springfield began teaching in Chicago in August.

New COO for Inova Fairfax

On Aug. 18, Patrick Christiansen Ph.D. began his duties as the chief operating officer of the Inova Fairfax Hospital Campus. As COO, he will oversee operational procedures and will be part of the team in charge of making strategic decisions for the hospital and Inova Health System.



Patrick Christiansen

Christiansen began as Inova Heart and Vascular Institute administrator in 2007, establishing a successful cardiovascular program. In 2009, he was named senior vice president, Inova Health System, taking on responsibility for additional service lines within Inova.

Before he joined Inova, Christiansen was vice president of operations at St. John's Mercy Health Care in Creve Coeur, Mo., and was vice president at St. Edwards Mercy Health Network in Fort Smith, Ark.

Christiansen has a doctorate in philosophy and a master's degree in psychology from the University of Arkansas. He earned a bachelor's degree in psychology from Arkansas Tech University.

Coffee with Del. Bulova

On Saturday, Sept. 11, Del. David Bulova (D-37 will conduct the first in a series of informal office hours from 9-11 a.m., at Main Street Bagel, 10268 Main St., Fairfax. Constituents are invited to talk about issues of interest and to ask questions about legislation affecting our community. The format is casual and no appointment is necessary.

Band Boosters Raffle Redskins Tickets

The West Springfield High School Band Boosters will be raffling off Redskins tickets. During 2010 Spartan's home football games, the boosters will be conducting two raffles for Redskins tickets. Raffle chances will be \$10 each. Winners get two game tickets and a parking pass. The tickets for Redskins vs. Cowboys and Redskins vs. Texans will be raffled at the Spartans Varsity Football game on Sept. 10. For more information, visit the band's web page at www.wshsband.org.

Washington Irving Reunion

Washington Irving Middle School 50th Anniversary Faculty and Staff Reunion is set for Friday, Oct. 15, at the Springfield Golf and Country Club, 8301 Old Keene Mill Road, Springfield. To learn more or to register, go to www.wifacultyreunion.com.

Rams Volleyball Tops Cavs

The Robinson volleyball team defeated Woodson 3-2 (13-25, 25-22, 25-21, 21-25, 15-7) on Sept. 1. Robinson improved to 2-0 and Woodson dropped to 1-1. Senior outside hitter Mady Jennison, junior middle hitter Jordan Jackson, junior setter Rachel Conway and senior libero Jacquie Palaschak, lead Woodson.

Jennison tallied 33 kills in the Cavaliers' first two matches. Jackson has 17 kills and 11 blocks, Conway has 65 assists and Palaschak has 57 digs and eight aces.

Woodson will play in the Herndon Invitational on Sept. 11. Robinson hosts Stone Bridge on Sept. 13.



Ben Berger, 4, is the first in line at the kiss-n-ride at Terra Centre Elementary on Tuesday, Sept. 7. He is ready for preschool to start. This is his third year of attending preschool at Terra Centre Elementary.

School Bell Rings

Ready for a new year, Fairfax County students head back to school on Tuesday, Sept. 7.

PHOTOS BY DEB COBB



Meet the Hills from Clifton. They are Jessica, Jill and Abby. Tuesday was Abby's first day of preschool at Terra Centre Elementary.



Reagan Bradley, in the arms of her mom Jessica, just finished her first day of preschool on Tuesday, Sept. 7.



PHOTOS BY KATHRYN HELMKE/LBSS

Junior class officers Majd Hosein and Megan Ryan help the class of 2012 raise more than \$400 by selling Smoothie King, class T-shirts, lanyards, candy and soda. The class plans to raise \$2,500 more this year.

Bruins Ready To Start

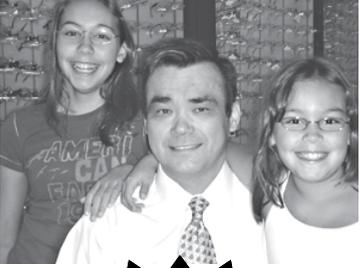
At Sept. 2 Bruin Blast, Lake Braddock students take first step back to school.

More than 1,500 Lake Braddock Secondary students and parent got their start back to school a few days early last Thursday. Although school didn't officially open until Tuesday morning, Sept. 7, students showed up on the afternoon and evening of Sept. 2 for the Bruin Blast to meet with teachers and have a little fun before the school year begins. Food offerings included Baja Fresh, Chick-fil-A and Smoothie King.



Eighth grade student Eve Matthews helps the new freshman class sell Krispy Kreme doughnuts. The 60 \$5 boxes sold out in 20 minutes.

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The Arts Council of Fairfax County presents the

INTERNATIONAL children's festival



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Photo Credit: Christopher E. Robin

The Arts Council of Fairfax County presents the 40th Annual International Children's Festival at Wolf Trap on Sept. 18 & 19, 2010 — featuring exciting youth performers from Mexico and Poland; dozens of local performing arts groups representing a diverse range of art forms, genres, and cultures; plus interactive arts and education tents!

VISIT InternationalChildrensFestival.org

Free for ages 2 and under. Weekend Passes available.

40

ANNIVERSARY



OPINION

Readiness, Preparation for Emergencies

Back to school a good time to check on backups, supplies, record-keeping.

There are some basic rules of self-protection that sometimes escape us. I got a reminder a few weeks ago of a few simple things: Always lock the car. Don't leave valuables in the car.

I always lock my car, but the one night I forgot (distracted at a key moment) was the night every open car in my neighborhood was rifled and stripped of anything potentially valuable. While overall, the losses were in the thousands of dollars, my losses were small, an antique iPod and a battered camera made up most of the loss.

The next lesson was from the detective who dutifully followed up on the police report filed online. Stolen items are recovered all the time, and returned to their owners if their owners knew and reported the serial number of the stolen item. His recommendation was to record every new item purchased, especially electronics, including serial number, price, make, model, date and place of purchase, and to store that list by either uploading it as a "Google Document" or attaching it to an email. That way even if the computer you used to make the list is stolen or your house burned down, you would have a record for police and insurance.

September might be hurricane preparedness month, but it was August that left so many of us in the Washington area without power for days, on two different occasions. Last winter's blizzards reminded us that you can be with-

out power and without an easy route to leave your home at the same time. Both experiences argue for some home safety checks.

Can you find the flashlights in the dark? Do you have what you need to hunker down at home for a few days? Do you have a plan to gather all the members of your family, or how to contact each other, in case of an emergency? If you put together an emergency kit, has it been updated lately? See the attached list, plus www.ready.gov, for good, basic information.

Don't forget your pets in your emergency planning. Whether you were to decide to stay put in an emergency or change locations, you need to make plans in advance for your pets. Do you have enough food, pet carriers, etc.? Some emergency shelters will now accept pets, and the American Red Cross in the National Capital Region, with the Metropolitan Washington Council of Governments (MWCOC) recently took delivery of eight regional animal shelter trailers for pets in times of disaster, each with the capacity to set up a shelter for up to 200 pets. (These appear destined for Maryland and D.C.) This comes from the experiences after Katrina and other disasters when it became apparent that many people would not evacuate without their pets.

The recent meltdown of Virginia's networks can also serve as a reminder to the rest of us: Have you backed up your computers this week? Are your critical documents backed up in multiple places, including offsite? The governor is correct to call for an investigation. With an

lion with diabetes, and 600,000 people who would otherwise die from heart disease, the leading cause of death in the U.S. Fimian's position, which denies potential life-saving research and advancements, cannot possibly be in support of a "culture of life."

Additionally, Fimian's opposition stands in the way of an individual and couples freedom of choice to donate their own unused embryos — the byproduct of IVF and the means by which many labs obtain cells — and, consequently, prohibits them from contributing

to this life-saving research. In 2007, Duke University conducted a study and found that 60 percent of infertility patients with frozen embryos stated that they would be willing to donate their unused embryos to stem-cell research. Why not allow them the right to do so? These couples, as well as countless others across the country should not have this choice taken away from them. They should be allowed their right to choose not to waste these embryos, but instead, contribute

them a noble purpose that contributes to saving millions of lives a year.

Fimian's opposition to stem-cell research goes against the wishes of the majority of Americans who believe there can be unlimited benefits by investing in this research. We cannot continue to have those that oppose this research into office. This is why Fimian does not have my support this November.

Chris Economou
Falls Church

Help Troops Overseas

To the Editor:

My name is Aaron Boudreau, and I am in Boy Scout Troop 1849, St Andrews Church in Burke. While my brother, a Marine, was in Afghanistan, I decided to do something for the troops for my Eagle Service Project. Working with VFW Post 7327 in Springfield, I am collecting certain items like small containers of shampoo, conditioner, foot powder, sun-

Emergency Supplies

THE BASICS

- ❖ Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- ❖ Food, at least a three-day supply of non-perishable food
- ❖ Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both (some versions will also charge your cell phone)
- ❖ Flashlight and extra batteries
- ❖ First aid kit
- ❖ Whistle to signal for help
- ❖ Dust masks, to help filter contaminated air
- ❖ Moist towelettes, garbage bags and plastic ties for personal sanitation
- ❖ Wrench or pliers to turn off utilities
- ❖ Can opener for food (if kit contains canned food)
- ❖ Local maps
- ❖ Cell phone with chargers

ADDITIONAL ITEMS TO CONSIDER

- ❖ Prescription medications and glasses
- ❖ Infant formula and diapers
- ❖ Pet food and extra water for your pet
- ❖ Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- ❖ Cash or traveler's checks and change
- ❖ See www.ready.gov for more.

investment of billions of dollars, the commonwealth's systems should be better protected from a crash. But after a crash, there should be a much faster response time. But don't let this happen to you, mind your backups.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

screen, wet wipes, gum, powdered coffee, powdered Gatorade and power/granola bars. My troop and I will be collecting these items on Saturday, Sept. 18, from 1-4 p.m., at both Huntsman Square Shopping Center and Lorton Valley Shopping Center. We will be collecting again on Sunday, Sept. 19, from 1-3:30 p.m., at Huntsman Square Shopping Center and 3-5 p.m. at Lorton Valley Shopping Center.

My troop and I will be then be working with the VFW Post to pack these items, so they can be delivered to front line troops via the VFW. Your patriotism and help would be very much appreciated by me and those soldiers and Marines who receive your donations.

Aaron Boudreau
Fairfax Station

We the People

To the Editor:

Recently, I received a brochure from U.S. Rep. Gerry Connolly (D-11) about his efforts at deficit re-

SEE LETTERS, PAGE 9

THE CONNECTION

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Stem-Cell Research

To the Editor:

Like many Americans, I cheered when President Obama removed Bush-era roadblocks to help advance stem-cell research. Unfortunately, the promise of medical advancement that stem-cell research will bring has been halted by a recent U.S. District Court decision. This decision has been hailed by those who oppose stem-cell research, including Keith Fimian, the Republican candidate for Congress in Virginia's 11th District. People such as this have only succeeded in holding back America's progress in medical advancements and crushed the hopes of millions of Americans who suffer from terrible diseases.

Fimian's position is in direct contradiction to his claim that he "supports a culture of life for the aging and sick." Stem-cell research can produce treatments that would benefit nearly 100 million Americans who are afflicted with countless diseases; including 46 million Americans with arthritis, 23 mil-

LETTERS

COMMUNITY



COURTESY OF INOVA FAIRFAX HOSPITAL FOR CHILDREN

Hyundai Presents \$100K Check to Inova Fairfax

As part of the Hyundai Gives Hope on Wheels campaign, Hyundai Motor America on Sept. 1 presented Inova Fairfax Hospital for Children with a \$100,000 grant for its hematology/oncology program. The funds will go toward the development of the Hyundai Hope Center, an on-site resource and activity center for patients and their families. At the education center, families will be able to access information and gain support, and patients will be able to access the center at the bedside through an online support tool. Inova staff came up with the plans for the center based on input from patients and families.

HEALTH NOTES

Finding a Fulfilling Career

FROM PAGE 3

ago. Teach For America is flexible with its core members, allowing them to rank the places where they would like to work and making the necessary connections with public schools throughout the country to find a desirable fit. "I wanted to teach in an urban area," said Kee. "I was open to any setting, wherever the highest need in elementary education was preferred. I'm lucky and happy where I've been placed." When asked about life outside the classroom Kee said, "I'm definitely enjoying the city. It's a really different environment. It's very busy, always a lot going on. The fast paced lifestyle suits me."

THE SUCCESS of Teach For America can be measured not only in the number of teachers it sends out but also by the positive experiences of the organizations core members.

"Many of our core members feel that

teaching for two years in a low-income community is both an incredibly challenging and rewarding experience," said James. "Following completing their two-year commitment, 65 percent of our alumni remain in education and teaching is the most common profession among those alums."

In the next five years Teach For America is expecting to have 15,000 core members reaching more than 930,000 students in 60 urban and rural sites, totaling more than 55,000 core members and alumni across the country.

"I've had an amazing time," Kee said. "It's very fulfilling and rewarding knowing you're making a significant impact with these children. It can be extremely stressful, there's so many hours of work but it's very rewarding to establish relationships."

Kee started her two-year commitment with Teach For America on Aug. 9 and is looking forward to the future. "Two years ago, I would never have thought I'd be teaching," she said. "I can't say where I'll be in two years, but it's one of those experiences that stay with you forever."

Kuter Receives Academic Award

Brandon Kuter, a 2009 Robinson Secondary School graduate and current relief pitcher for the George Mason University baseball team, received the Colonial Athletic Association (CAA) Commissioner's Academic

Award for the 2010 baseball season. Kuter, a former Rams standout in baseball and basketball, spent this summer in Long Island as a pitcher for the Westhampton Aviators of the Atlantic Collegiate Baseball League.

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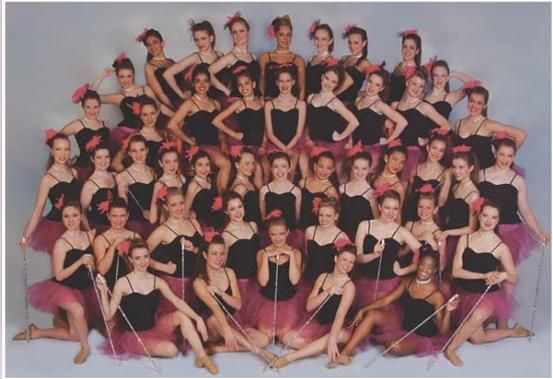
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THURSDAY/SEPT. 9

Life Rocks! Benefit Concert to Support Youth Suicide Prevention. With Berret & Harrison and Reedo. 7 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.com.

Visual Voices Lecture Series: Syllabus and Course Organization.

7:30 p.m. George Mason University Harris Theater, 4400 University Drive, Fairfax. This series hosts visiting artists and designers who will speak about their work, art and design. Free and open to the public. 703-993-8898.

FRIDAY/SEPT. 10

Dreaming Of Eden, Madrone and Get Up Texas at 6 p.m., SNRG Fireday at 10 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.com.

Lord of the Rings: Return of the King - Movie and Orchestral Performance.

7:30 p.m. at Wolf Trap Foundation for the Performing Arts, 1551 Trap Road, Vienna. \$44-\$471. 703-938-2404 or www.wolftrap.org.

Grand Prix Lightweight MMA Tournament.

8 p.m. at George Mason University Patriot Center, 4500 University Drive, Fairfax. An eight-man, single-elimination tournament taking place in one night. Tickets \$24-\$350, available at tickmaster.com.

Bingo. 7:15 p.m. at Fire Station 3, 4081 University Drive, Fairfax. 703-273-

3638.

SATURDAY/SEPT. 11

Patriot Day Remembrance Ceremony.

7 p.m. at Veterans Amphitheater adjacent to City Hall, 10455 Armstrong St., Fairfax. 703-385-7850.

Fairfax Symphony Orchestra 54th Season Opening.

8 p.m. at George Mason University's Center for the Arts, 4400 University Drive, Fairfax. With music director Christopher Zimmerman and pianist Philippe Bianconi, performing Tchaikovsky's Tempest Fantasy-Overture, Schumann's Piano Concerto and Rachmaninoff's Symphony No. 3. Pre-concert discussion free to ticketed patrons at 7 p.m. Tickets \$25-\$55, available at 1-888-945-2468 or Tickets.com.

Marc Anthony Live.

8 p.m. at George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. Tickets \$79-\$129, available online at www.ticketmaster.com or at 703-573-SEAT or 410-547-SEAT. www.marcanthonylive.com or www.patriotcenter.com.

National Capital Model Soldier Society 49th Annual Show.

9 a.m.-5 p.m. at NoVA Community College, 8333 Little River Turnpike in Annandale 9 a.m.-5 p.m. Model soldiers by US and foreign artists, sci-fi/fantasy crafters, plastic modelers, and vendor tables with figure kits, toy soldiers, Russian-painted figures, fantasy figures, plastic models, military history books and more. Adults \$7, children under 12 free. 571-203-0945 or www.ncmss.org.

Lord of the Rings: Return of the King - Movie and Orchestral Performance.

7:30 p.m. at Wolf Trap Foundation for the Performing

Arts, 1551 Trap Road, Vienna. \$44-\$471. 703-938-2404 or www.wolftrap.org.

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

Sam Cooper & The Sleepwalkers, Half Brother, Shrine Of The Silver Monkey and Rocknocos Family Happy Hour at 1 p.m., drumfish CD Release at 9:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.com.

Fairfax County Master Gardeners. 10 a.m. City of Fairfax Regional Library, 10360 North St., Fairfax. Horticultural tips, information, techniques and advice to home gardeners. Adults. 703-293-6227.

Friends of the Virginia Room Book Sale. 10 a.m. City of Fairfax Regional Library, 10360 North St., Fairfax. U.S. history, biography and Virginia-related topics. 703-293-6227.

Neighborhood Plant Clinic. 10 a.m.-1 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. Fairfax County Master Gardeners Association gives tips and strategies. 703-978-5600.

Ornamental Grasses. Amy Strunk, landscape designer with Merrifield Garden Center will present a seminar 10 a.m., at Merrifield Community Hall, 8014 Lee Highway, Merrifield. Strunk will go over the different varieties of ornamental grasses and show how to combine them with pansies, mums, ornamental cabbage and kale, and more to add a beautiful, seasonal touch to your landscape. 703-560-6222

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SEE CALENDAR, PAGE 9

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CALENDAR

FROM PAGE 8

David Yost, a plant specialist with Merrifield Garden Center, presents a seminar on how to create a beautiful lawn. 10 a.m., at Merrifield Garden Center, 12101 Lee Highway, Fairfax. 703-968-9600.

Lake Braddock Secondary School Bands Tag Day Fund raiser. 8 a.m.-1 p.m. Members of the Lake Braddock Secondary School Band will be canvassing homes in their district in full uniform for their annual Tag Day fund-raiser. Band members will be accepting tax-deductible contributions to help support band activities for the coming year. TagDay@lbband.org.

West Springfield High School Personality Show Choir Car Wash. 12-4 p.m. at Rolling Hills Swim Club, 8301 Carrleigh Parkway, West Springfield. Get your car sparkling clean. 703-569-1495.

West Springfield High School Bands Tag Day. 8 a.m.-1 p.m. Members of the WSHS Bands and Color Guard will visit homes within the WSHS pyramid to raise funds to support the WSHS band program. The band programs now provide music and performance training to more than 240 students. Individual band members make up most of the shortfall themselves by buying or renting instruments and by buying uniforms and paying uniform fees.

SUNDAY/SEPT. 12

History of The Pentagon. 2 p.m. Fairfax Museum and Visitor Center, 10209 Main St., Fairfax. Book talk and signing by Steve Vogel, military reporter for The Washington Post who has written a history of the military complex from its construction during World War II to its rebuilding after the Sept. 11 attack. Free. 703-385-8414.

Congenital Heart Walk at George Mason University, 4400 University Drive, Fairfax. Registration at 9 a.m., Walk at 10 a.m. A joint effort between the Adult Congenital Heart Association and the Children's Heart Foundation. www.congenitalheartwalk.org.

Jackson Browne with David Lindley. 8 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. \$50 in-house, \$30 lawn. 703-255-1868 or www.wolftrap.org.

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

MONDAY/SEPT. 13

Matt Hires and Wakey!Wakey! 7 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.com.

Finding Your Fit on the Roller Coaster of College Admissions. 7:15 p.m. City of Fairfax Regional Library, 10360 North St., Fairfax. College admissions and educational consultant Julia Ross, on how to identify colleges that meet the needs of your child. Age 13 and up. 703-293-6227.

Read to the Dog. 7-8 p.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Read aloud to a trained therapy dog. Register for a 15-minute session. Age 6-12. 703-644-7333.

TUESDAY/SEPT. 14

Krista Detor and Kenny White. 7:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.com.

SmartMarkets Weekly Farmer's Markets. 3:30-6:30 p.m. at the corner of Monument Drive and



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SEE CALENDAR, PAGE 11

COMMUNITY

Roadwork Uncovers Hidden History

Workers on Guinea Road expansion reveals cemetery of African American slaves.

BY MARTA MOORE
& HAEMEE KANG
TJHST

Millions of people have traveled over Little River Turnpike since its creation in the 1800s. Before modern day cars were even imaginable, wagons, horses and passersby have used the road making it a significant part of Northern Virginia history. Little did these people know that beneath the road was a piece of history that has shaped America. The discovery of this forgotten cemetery has brought back memories of the people that were buried there long ago.

Overtime, increased use and population created a need to expand the road. In 2004, there were plans to do just that: expand the right turn lane at Little River Turnpike and Guinea Road. While looking into the land before the start of construction, investigators realized that there were some maps that suggested a cemetery lay beneath the road, but other maps showed no sign of a family cemetery. In 2004, a man named Denis Howard petitioned the Circuit Courts of Virginia to force the Virginia Department of Transportation (VDOT) to start an archeological dig.

The identities of the bodies found at the Guinea Road Cemetery were unknown throughout the archeological dig. However, after much research, the identities of the bodies and how they were affected by society were discovered. Howard believed that he was a descendant of the people bur-

ied in the Gibson/Parker Cemetery, which was later renamed the Guinea Road Cemetery. Howard was told family stories that were passed down for generations claiming that his descendants were buried at the cemetery. He believed that his great, great-grandfather, Horace Gibson, an emancipated slave who was the son of a white plantation owner and one of his slaves, was buried at the Guinea Road Cemetery. Family stories also suggest that Gibson was the owner of part of the land near where the cemetery was situated. Together with the fact that the original name of the cemetery was the Gibson/Parker Family Cemetery, Howard became convinced that he was on to something.

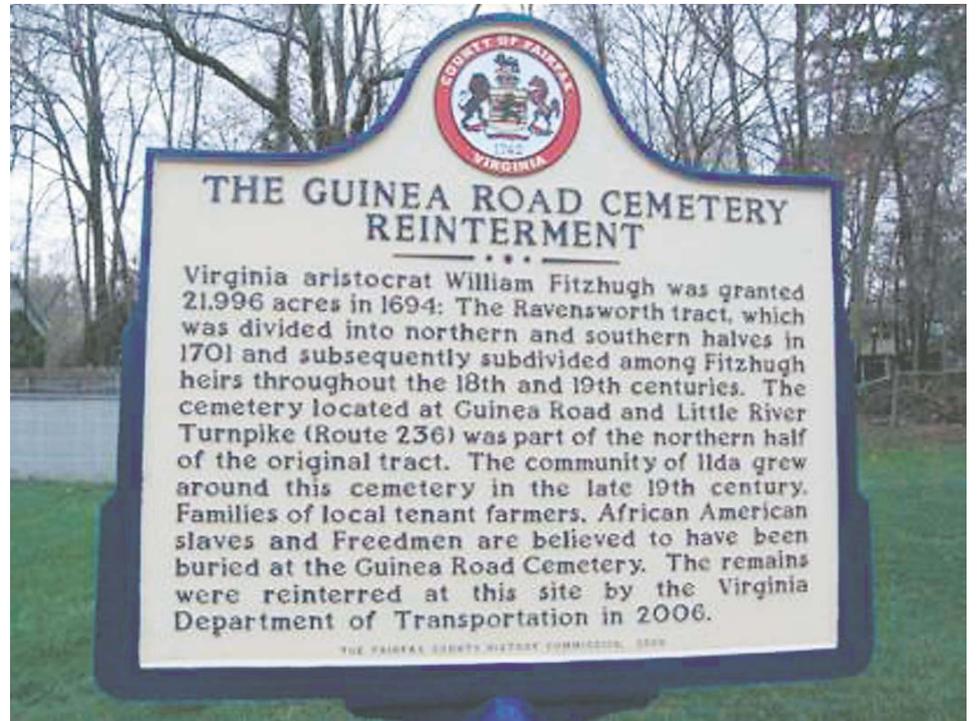
LOCAL HISTORY

Even before this big mystery became popular, Howard's older cousin began researching and trying to publish a book titled "Shades of Gray: A Beginning of an African Family in Fairfax County, Virginia." Unfortunately, Howard's cousin died before finishing the book. However, Howard took the initiative and decided to finish and publish the book on his own. The book contained photos, newspaper articles and birth/death records of his ancestors in that particular region. In other words, Howard's goal was to document much of the information that was then currently being researched by VDOT and The Louis Berger Group, Inc.

Together, Howard and Brian Conley, a librarian at the Fairfax County Library Virginia Room, convinced VDOT to continue investigating this cemetery. It was then that VDOT found the cemetery and took on the responsibility of taking care of the dig site and accompanying artifacts.

State law requires that companies involved make sure that the burials are not harmed throughout the archeological dig. On the surface, there were doubts of whether anything would be found at all. Trees had grown over top of the ground impeding research, and there was no progress for some time. Finally, in the fall of 2004, a VDOT worker found a piece of a stone that read "1851, S.A. Williams."

The team finally found what they were looking for which encouraged them to keep digging. The Louis Berger Group, Inc. stripped the entire topsoil of the cemetery site and eventually discovered the remains of more than 30 different bodies and graves buried in the cemetery. Researchers also found coffin nails, buttons and pieces of wood at the dig site which made them want to examine the historical aspect and origin of the cemetery. After piecing together the human remains and artifacts, and looking at the bones discovered, anthropologists Donna and Cliff Boyd of Radford University found evidence that led Donna Boyd to the conclusion that the "lives [of these



Construction on Guinea Road in 2004 led to the discovery of a cemetery for free and enslaved African Americans.

people] were not easy." Boyd supported this with the fact that "the muscle attachment areas of the arms" of the skeletons were "hyper robust" which showed that they were under continuous physical stress.

With this information and further research, experts determined that the cemetery was a slave and tenant cemetery from around the time of the Civil War.

The parcel of land where the cemetery was located had initially belonged to John Matthews, an original Jamestown grantee. In 1694, Matthews sold the land, 24,000 acres, to William Fitzhugh who used it as a large tobacco plantation. It was the largest single parcel of land in Northern Virginia, and the Fitzhugh descendants named it Ravensworth.

Nicholas Fitzhugh came into possession of the land, and passed it on to his son, Henry M. Fitzhugh III, and from there he sold it to William Gooding. Gooding then sold it to his brother, Peter Gooding for \$1,800.

Here appeared the first evidence of a cemetery beneath Guinea Road. The deed that William Gooding gave to Peter Gooding stated that the piece of land was situated on "the south side of the Little River Turnpike below the old graveyard." The deed was dated 1851, and due to the fact that it refers to the graveyard as "old," historians believe that the graveyard was there much earlier than 1851, possibly dating back to when Fitzhugh owned the land.

Shortly after the Civil War, the Ilda community located in the northern part of Virginia experienced an increased number of African American refugees moving to the area from farther South. The community of Ilda became a society of free blacks. In the

community, there were churches, domestic residences, blacksmith shops and mercantile shops that the freed slaves ran. There was also a meeting house for both free and emancipated slaves at the corner of Little River Turnpike, which could explain the unusual size of the African American population at the time. The people living in these communities were buried near Ilda, and therefore it seemed logical to find African American burials near Guinea Road and the Guinea Road cemetery.

"It's an overwhelming feeling."

— Denis Howard

Two of these African Americans, Horace Gibson and his partner Moses Parker, ran a blacksmith shop in town. Their shop was a fairly large business in the community of Ilda, and remained in business until 1910. There are tax records and land deeds to show that Gibson owned live stock and was able to pay taxes, and also owned a sizeable piece of land. Gibson and Parker were both large influences on the African American community in Ilda.

After the discovery of the cemetery, the remains were moved to a new location. The remains were buried in a funeral attended by descendants of Gibson and Parker.

"It's an overwhelming feeling," said Howard, who was present at the ceremony. "These people could have been underground another 1,000 years." They now rest in Pleasant Valley Memorial Park less than a mile away from where they were first buried, along with the headstone found at the original site.

Marta Moore from Portsmouth, Va. and HaeMee Kang from Seoul, Korea are currently high school seniors at the Thomas Jefferson High School for Science and Technology.



DONATED PHOTOS

One of the headstones uncovered in 2004.

PEOPLE

July Wedding for Beatty, Gaeta

Megan Beatty and Raphael Gaeta were married in a double ring ceremony July 10 by the Rev. Larry Craddock at Springfield United Methodist Church in Springfield.

A reception followed at Springfield Golf and Country Club. The bride is the daughter of Scott and Kathryn Beatty of Clifton. The groom is the son of Richard Gaeta of Fairfax Station and Susan Gaeta of Manassas.

Megan was attended by her sisters Kristy Shirilla of Lancaster, and Kara Brown of Centreville as matrons of honor. Bridesmaids were Samantha Kinzer of Fairfax, Heather Padgett of Fairfax, Meredith Brown of Arlington, Jaime Deitz of Richmond, Heather Schwarz of Montclair and Cara Perrone of Arlington.

Serving the groom as best man was his brother, Andreas Gaeta of Honolulu, Hawaii. Groomsmen were Julian Gaeta of Fairfax Station, Adriel Gaeta of Fairfax Station, Mark Brewer of Arlington, Raul Zalles of Aldie, Duvian Restrepo of Burke, Nathan Holbrook of Midlothian, Mohamad Sayed of Burke and Jason True of Fairfax.

The bride is a 2009 graduate of James Madison



Megan Beatty and Raphael Gaeta were married July 10.

University where she obtained her master's degree in special education. She is teaching in the Fairfax County school system. The groom is also a graduate of James Madison (2007) where he earned his degree in social work. He obtained his master's degree in social work at George Mason University. He is a research analyst at JBS International in Bethesda.

The newlyweds honeymooned in Hawaii and reside in Fairfax.

WEDDINGS & ENGAGEMENTS

CALENDAR

FROM PAGE 9

Government Center Parkway in Fairfax Corner. Every Tuesday through Oct. 26. www.smartmarkets.org.

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.

Fairfax Bibliophiles Book Collecting Group. 7:30 p.m. City of Fairfax Regional Library, 10360 North St., Fairfax. Topic of Discussion to be announced. Adults. 703-293-6227.

Mother-Daughter Book Club. 7 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Book discussion group for girls and moms. Emma-Jean Lazarus fell out of a tree by Lauren Tarshis. Age 9-11. 703-249-1520.

Paws to Read. 4-5 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. Practice reading with Ralph, a trained therapy dog. Register for a 15-minute session. Age 6-10 with an adult. 703-978-5600.

Let's Hear It for the Girls. 7 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. This month the mother-daughter book discussion group meets with Calling All Guys, the boys' book discussion group. "From the Mixed-up Files of Mrs. Basil E. Frankweiler" by E. L. Konigsburg. Age 9-12 with adult. 703-978-5600.

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

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

Small Oneders. 11:15 a.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Stories and activities for your toddler and you. Age 18-23 months with adult. 703-644-7333.

Daytime Book Discussion Group. 1 p.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. "Sing Them Home" by Stephanie Kallos. Adults. 703-644-7333.

WEDNESDAY/SEPT. 15

Constitution Day Program with Frank J. Williams. 12:30 p.m. at the Northern Virginia Community College Annandale Campus, Ernst Community Cultural Center, 8333 Little River Turnpike. The former Chief Justice of the Rhode Island Supreme Court is a leading scholar on the life and times of Abraham Lincoln, and the author of several books on Lincoln. For more information, e-mail attalford@nvcc.edu or call 703-323-3274.

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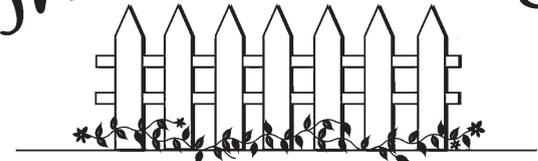
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Bruins Break Out in Season Opener

Behind QB Nebrich, Lake Braddock scores seven TDs in win over Langley.

BY RICH SANDERS
THE CONNECTION

All in all, the Lake Braddock Bruins had lots of things to like in their 49-10 season opening win over visiting Langley Friday night, Sept. 3.

The defending Northern Region Division 6 champion, Lake Braddock rolled offensively behind quarterback Michael Nebrich, last year's Division 6 region player of the year. On defense, the Bruins gave up a fare amount of yardage through the air but only allowed the 10 points, all of those coming in the second quarter after the home team had launched out to a 21-0 lead.

"Anytime it's the first game of the year, you see [as a coach] things that could be fixed," said Lake Braddock head coach Jim Poythress. "But I thought, particularly on offense, we executed very well. Langley's a



Lake Braddock quarterback Michael Nebrich, shown here releasing a pass in last year's region title game win over Woodson, will lead the Bruins against the host Cavaliers this Friday night.

SEE LAKE BRADDOCK, PAGE 13

LoPresti's Flip Propels Robinson over T.C.

Rams cruise past T.C. Williams in season opener

BY JON ROETMAN
THE CONNECTION

Robinson quarterback Mike LoPresti dropped back to pass early in the Rams' season opener and found himself under immediate pressure from the T.C. Williams defense. Facing third-and-15 from the TC 31-yard line, LoPresti scrambled to his left and flipped the ball in the air.

What appeared to be an act of desperation proved a momentum-capturing decision when the ball landed in the hands of running back Jared Velasquez, who scampered 27 yards for a first down. Running back Kambulu Musokotwane scored the game's first touchdown on the next play.

"We had a screen [pass] called and we got pressure immediately," said Robinson head coach Mark Bendorf. "Mike LoPresti wasn't able to set his feet and he did the ol' Brett Favre flip. We had it set up so as soon as Jared got the ball he was in space and, in space, you can see he's pretty tough. That



Robinson senior running back Jared Velasquez rushed for 86 yards and two touchdowns in the Rams' season-opening win over T.C. Williams on Sept. 2.

[play] was critical."

Robinson scored touchdowns on its next two possessions and cruised to a 35-2 victory in its season opener on Sept. 2 at T.C. Williams High School. In his second season leading the Rams' wing-T offense, LoPresti

completed five of 11 passes for 82 yards.

"I feel a lot better," said LoPresti, of having a year of varsity experience under his belt. "I'm used to how quick the game is. Last year, it was a little surprise at first, but I got the hang of it."

"Mike LoPresti wasn't able to set his feet and he did the ol' Brett Favre flip.

— Robinson head football coach Mark Bendorf

Velasquez said he thought LoPresti wouldn't have time to get him the ball. LoPresti showed that he's caught up to the speed of the game, if not pulled ahead.

"We had the kid back there, ready to sack him, and he flicked the ball out there like good quarterbacks do," said Dennis Randolph, T.C. Williams head coach. "The job of the quarterback is to make plays. It wasn't pretty, you don't teach it" but it got the job done.

LoPresti's pass sparked Robinson's offense, which spent the rest of the evening finding success on the ground. The Rams amassed 148 yards and four touchdowns with the run game, led by Velasquez's 86 yards and two scores.

Velasquez, who rushed for 1,309 yards as a junior, is the Rams' top offensive threat.

SEE RAMS, PAGE 13

Lake Braddock Tops Langley

FROM PAGE 12

pretty good football team despite what the final score was.”

While Nebrich had a huge game passing, completing 18-of-28 throws for 240 yards and four touchdowns, his Langley counterpart, Saxon signal caller Braden Anderson (20-of-39, 243, one TD), also put up some good numbers. Under longtime head coach John Howerton, Langley has been a running, grind-it-out team on offense over the years, utilizing its big offensive linemen to pound the ball at opponents.

But in more recent seasons, the Saxons have shifted gears to match their strength on offense. In Anderson, the team has a gifted, strong-armed, drop back passer. Langley also has some good receivers, including Troy Scharfen, who caught 13 passes for 201 yards on Friday. His 58-yard scoring reception accounted for the visiting teams' lone touchdown of the night.

“I thought their quarterback played reasonably well, and they have a heck of a wide out,” said Poythress.

THE BRUINS also had a receiver put up big statistical numbers in the victory as Matt Zanellatto, a transfer student from Patriot District rival Robinson Secondary, where he was an All-Region selection. Zanellatto caught 11 passes for 180 yards and three touchdowns, scoring on aials from 11 and 67 yards in the first half, and another from eight yards out in the third quarter to give the Bruins a commanding 35-7 advantage.

Also catching several balls for Lake Braddock were Tanner Quigley (6 for 41 yards, one TD) and Chris Williams (three for 24). Late in the game, Quigley

and Williams even teamed up for a scoring pass play with the former, in place of Nebrich, connecting with Williams from 7 yards out.

Bruins' junior Nick Weiler connected on all seven of his point-after kicks in the win.

Lake Braddock, along with throwing the ball well, also had success running the football in the Langley win. Both QB Nebrich and running back Greg Jones rushed for 71 yards. Two of Nebrich's nine carries resulted in touchdowns (29 and 6-yard scores). The Saxons, meanwhile, were held in check on the ground with 69 yards.

This Friday night, Lake Braddock will play a road game at W.T. Woodson High. Poythress said he expects the Bruins to have their hands full against a team they lost to in a 43-42 regular season, barn-burner last year before getting a victory over the Cavaliers in the region finals, 27-20.

Woodson opened the new season with a 29-14 road win at cross-town rival Fairfax last week. The Cavaliers had outstanding success running the football, led by running back Jon Stokes' 207 yards and three touchdowns (3, 12 and 71 yard scoring runs) on 30 carries. He also caught a 10-yard scoring pass from quarterback Andrew Mackay (seven-of-12, 45 yards) to open the game's scoring in the first quarter.

UNDER FIRST year head coach Kevin Simonds, Fairfax scored both of its touchdowns in the fourth quarter on pass plays from quarterback Spencer Macleod (11-of-17, 138) to Sam Bechert. The Rebels will host Robinson this Friday night.

Poythress said his team will be in for a tough game this Friday against the Cavaliers.

“Woodson executes well,” said Poythress “I don't think anybody will take them lightly.”

“I don't think anybody will take [Woodson] lightly.”

— Lake Braddock Coach Jim Poythress

Rams Improvise to Victory

FROM PAGE 12

“He kind of just picked up where he left off,” Bendorf said.

Musokotwane rushed for 42 yards and two touchdowns for the Rams. Patrick Baker was Robinson's leading receiver with three catches for 40 yards.

The Robinson defense forced two turnovers and limited the TC offense to 180 total yards and no points.

“Other than a couple of breakdowns in the run game, where some off-tackle stuff bounced [outside], where we maybe got sucked in a little bit, I thought we played well defensively,” Bendorf said. “We didn't let much get behind us.”

The Titans lost two fumbles in their first five offensive plays.

“You can't keep giving the ball to the other team, and a good football team at that,” Randolph said. “They're well coached, they're tough, they're big and they're strong.”

[Velasquez], that kid can run. He's a tough runner and he wears you down.”

The Rams' special teams also made an impact, blocking a field goal on the final play of the first half. Ethan Steen scooped up the loose football and returned it 78 yards for a touchdown and a 29-0 halftime lead. The team's only blemish came late in the fourth quarter when a punt snap went through the end zone for a safety, giving the Titans their only two points.

Robinson finished 10-2 last season and lost to eventual sate runner-up Lake Braddock in the second round of the playoffs. The lopsided victory over T.C. Williams gets the Rams off to a good start in 2010, but Benford cautioned his players not to overlook their Sept. 10 contest at Fairfax.

“It makes us very confident,” Velasquez said of the 33-point win over the Titans. “As long as we just keep working and don't get too big headed over one [win]. We've got to keep playing every day, get better and get better.”



COURTESY PHOTO

West Springfield High senior Bobby Bradshaw tees off on the fifth hole of the Twin Lakes' Course during the Aug. 17 Patriot District Preview Golf Tournament. Bradshaw finished fourth, carding a two-over-par 74.

Bruins Win Golf Preview

More than 40 high school golfers competed in the annual 2010 Patriot District Preview Golf Tournament, which was played under steamy, 92-degree skies on Tuesday, Aug. 17 at Twin Lakes Golf Course in Clifton. Team results were as follows: champion Lake Braddock (299); second place South County (303), third place West Springfield (321); and fourth place T.C. Williams (330). Rounding out the district pack were: Annandale (337), W.T. Woodson (341), Lee (346), and West Potomac (348).

Individual leaders were: first place Jake Saba (South County, 71); second place finishers Kenny Towns (Lake Braddock) and Michael Quinteros (Lake Braddock), who tied at 72; fourth place Bobby Bradshaw (West Springfield, 74); and fifth place Justin Burns (Lake Braddock, 75).

Bruins Girls Finish First

The Lake Braddock Secondary girls' volleyball team put on an outstanding showing at the early season Volleyball Showcase 2010, which took place Sept. 3-4 in Richmond. The Bruins, under head coach Mike Clark, finished first overall in their 16-team White Division to earn Gold Champion status. They finished ahead of second place Bath County (Hot Springs) as well as local Northern Region opponents Chantilly (third place) and Westfield (fourth). The only other team competing within the White Division field from the Northern Region was the Annandale Atoms, a fifth place finisher.

In the early tournament pool play, Lake Braddock won matches over Mountain View (Stafford), Hanover (Mechanicsville) and Douglas Freeman (Richmond). In each of the three match wins, the Bruins won by scores of three sets to none.

That strong showing in pool play advanced the Bruins to the championship round. There, they defeated Westfield, 25-18, 27-25, in a semifinals match before capturing the finals match over Bath County, 18-25, 26-24, 15-13.

Lake Braddock, upon its return to Northern Virginia, was set to play a home match versus South Lakes earlier this week on Tuesday, Sept. 7. The Bruins' next competition will be at Robinson on Monday, Sept. 20 at 7:15 p.m.

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Call Specific Agents to Confirm Dates & Times.

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 9806 Lost Ravine Ct.....\$839,900.....Sun 1-4.....Barb White Adkins.....RE/MAX.....703-609-8950

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6710 Red Bird Woods Ct.....\$360,000.....Sun 1-4.....Rosemarie Johnson.....RE/MAX.....703-346-1721
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Clifton

12208 Clifton Spring Drive.....\$899,000.....Sun 1-4.....Deb Gorham.....Long & Foster.....703.581.9005
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 12610 Knollbrook Dr.....\$1,195,000.....Sun 1-4.....Carol Hermandorfer.....Long & Foster.....703-503-1812

Burke

7206 Drifter Ct.....\$549,950.....Sun 1-4.....Kathleen Quintarelli.....Weichert.....703-862-8808
 5729 Herbert St.....\$625,000.....Sun 1-4.....Conny Johansen.....Keller Williams.....703-915-2116

Annandale

7721 Arlen St.....\$450,000.....Sun 1-4.....Dana Scanlon.....Keller Williams.....301-575-4915
 4209 Webster Ct.....\$539,900.....Sun 1-4.....Joan Vollrath.....Weichert.....703-915-9069
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 8215 Chivalry Rd.....\$595,000.....Sun 1-4.....Renee Fisher.....McEneaney Assoc.....703-525-1900

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 4722 Gainsborough Drive.....\$378,000.....Sun 1-4.....Marian Williams.....ERA.....703-359-7800
 12302 FIELD LARK CT.....\$429,500.....Sun 1-4.....Heather Embrey.....McEneaney.....703-790-9090
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 10923 ADARE DR.....\$699,900.....Sun 12-5.....Lena Restivo.....Weichert.....703-691-0555
 3775 Center Way.....\$749,000.....Sun 12-3.....Ed Duggan.....Century 21.....703-989-7735
 3201 CHICHESTER LN.....\$750,000.....Sun 1-3.....Jim Feagins.....RE/MAX.....703-988-9887
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 12829 SHADOW OAK LN.....\$849,000.....Sun 1-4.....Michael Burns.....RE/MAX.....703-522-1940
 5134 1ST RD.....\$1,038,000.....Sun 12-3.....Ann Petree.....Weichert.....703-938-6070
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 6707 Jade Post La.....\$585,000.....Sun 1-4.....Barbara Nowak.....Long & Foster.....703-473-1803
 16720 SUDLEY RD.....\$785,000.....Sun 1-4.....Kevin Sullivan.....Prosperity.....703-298-6230

Chantilly

13557 Smallwood lane.....\$625,000.....Sun 1-4.....Judy Pfanner.....Samson Properties.....703-989-8767
 13475 POINT PLEASANT DR.....\$649,900.....Sun 1-4.....Mona Hope.....ZipRealty, Inc.....800-225-5947

To add your Realtor represented Open House to these weekly listings, please call Steve Hogan at 703-778-9418 or E-Mail the info to shogan@connectionnewspapers.com All listings due by Tuesday at 3 pm.

LETTERS

FROM PAGE 6

duction and was confused because he voted for legislation that greatly increased the deficit rather than reduced it. For example, Connolly voted for the failed \$862 billion stimulus, the \$1.4 trillion government healthcare takeover that abrogates individual rights, and for economy-destroying cap-and-trade legislation, which thankfully has not passed the Senate.

In this same brochure, Connolly brags about voting against \$269 billion in spending bills that he believed contained wasteful pork-barrel projects. Yet, it is my understanding that he also requested more than \$3 billion in earmarks.

America is in a very precarious state and needs to change direction quickly before it is too late. Members of Congress take an oath to uphold the Constitution, and most, like Connolly, have not done so. We need new people in Congress who will truly protect our individual rights rather than trample on them. [Republican congressional candidate] Keith Fimian understands that as our representative in Congress, he will be serving "we the people," rather than big government.

Susan Lider Hutson
Clifton

Pig in a Poke

To the Editor:

In U.S. Rep. Gerry Connolly's (D-11) discussion of Obamacare he wrote: "Reform will, in fact, lower costs, improve coverage." Someone needs to tell Gerry that health premiums have already gone up some as much as 20 percent. And as for coverage,

we're already beginning to see the government cut back on approved procedures and drugs. Not surprisingly they began with women by retracting approval of Avastin, a drug particularly helpful in late stage breast cancer, because it is "too expensive."

He touts the tax credits for small businesses and the \$250 checks some seniors are receiving this year. Wonderful, but they are only temporary and one has to assume they are nothing more than cynical ploys to cover the fact that this health care bill is already a fiscal disaster.

And, as for AARP and the AMA being on board with Obama — sure. The AARP will make millions off the deal so for them it is good business. As for the AMA, it is primarily an association of academics and bureaucrats with only a small fraction of practicing doctors — that is doctors that actually care for patients-as members. Obamacare is the proverbial pig in a poke — it is full of special interest money, but bereft of actual solutions to our current health care problems.

Linda Bartlett
Annandale

Write

Letters to the Editor
The Connection
1606 King St.
Alexandria VA 22314
Call: 703-778-9416.

By e-mail: burke@connectionnewspapers.com

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FAITH

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.

9-11 Prayer Walk. Saturday, Sept. 11, 6 p.m., on Armstrong St., across from the Fairfax City Hall. Sponsored by Jubilee Christian Center of Fairfax, open to the public. Come and pray for the country and its leaders on Patriot's Day Remembrance. 703-383-1170 or www.jccag.org.

Burke Presbyterian Church, 5690 Oak Leather Drive in Burke, is hosting a sermon series from Sept. 11-Oct. 3 entitled, "Life in the Fast Lane: Slow Down for Relationships". This week's topic is "It's My Turn!", seeking God's direction in sibling relationships. Worship services are Saturday Coffeehouse at 5:30 p.m. and Sundays at 8:30 a.m. and 11:15 a.m. www.BurkePresChurch.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.

Jubilee Christian Center, 4650 Shirley Gate Road in Fairfax, presents a new Women's Bible Study, "Discovering Who We Are in Christ", 9:45 a.m.-12 p.m. Tuesdays, beginning Sept. 14. \$15. Child care provided, if pre-registered. 703-383-1170, or www.jccag.org. The study teachings will also be available online, under Women's Ministry/Bible Study.

Interested in the Catholic Faith? Classes begin at St. Leo the Great Catholic Church in the Guadalupe Room in the Parish Center, 3700 Old Lee Highway, Fairfax, 7:30 p.m. on Wednesday, Sept. 15. Contact Carolyn Smith at carolynsmith.stleos@gmail.com or 703-273-5369.

Silverbrook United Methodist Church, 8616 Silverbrook Road in Lorton, will host its 103rd Homecoming Celebration on Sunday, Sept. 19, with a Coffee Hour at 9:30 a.m. and a Welcome Home Luncheon with activities at 12:30 p.m.

The Silverbrook UMC Quiet Day Retreat will be on Friday, Sept. 24, 10 a.m.-2 p.m. This month's topic is Forgiveness. The retreat is limited to five registrants and payment of \$25 is due one week in advance. Register at www.Silverbrook-umc.org or at Pastor@Silverbrook-umc.org. 703-690-4159.

The Liberty University Praise Choir will present a free gospel concert on Sunday, Sept. 19, at 6 p.m., at Jubilee Christian Center, 4650 Shirley Gate Road, Fairfax. 703-383-1170 or www.jccag.org.

Burke Presbyterian Church, 5690 Oak Leather Drive in Burke, presents a sermon series entitled "Life in the Fast Lane: Slow Down for Relationships." Explore everyday relationships through the Biblical story of Joseph and his family (Genesis: 37-50). Worship services are Saturday Coffeehouse at 5:30 p.m. and Sundays at 8:30 a.m. and 11:15 a.m. www.BurkePresChurch.org.

❖ Sept. 11-12, "Don't Make Me Stop This Car!" Parent-child relationships.

❖ Sept. 18-19, "It's My Turn!" Sibling relationships.

❖ Sept. 25-26, "You're Driving Me Crazy!" Covenant relationships.

❖ Oct. 2-3, "Are We There Yet?" The world-wide family.

Franconia United Methodist Church, 6037 Franconia Road in Alexandria offers Fall Bible Study Classes from Oct. 1-10. Classes will be offered in Disciple II, Invitation to Psalms, The Jesus I Never Knew, Forgiveness/Letting Go, The Life You've Always Wanted, and a Men's Bible Study. Contact 703 971-5151 or www.franconiaumc.org.

The Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road in Oakton, offers services on Saturdays at 4:30 p.m., in addition to Sunday services at 9:15 a.m. and 11:15 a.m. Classes for children and youth begin Sept 18. www.uucf.org.

The Parkwood Baptist Church, 8726 Braddock Road in Annandale, Bible Study Fellowship will study of the Old Testament Book of Isaiah. The Day Women's Class meets at 9:30 a.m. Wednesdays, and offers a children's program for ages 6 weeks-6 years. rdmarotto@cox.net.

Sydenstricker United Methodist Church, 8508 Hooes Road in Springfield, will host a Parenting Workshop 10 a.m. on Saturday, Sept. 25. Dr. Rene Hackney of Parenting Playgroups will discuss children and stress. The free workshop meets in the church fellowship hall and is open to the public. Register at 703-644-6384.

BULLETIN BOARD

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

THURSDAY/SEPT. 9

Running/Walking Club. 10 a.m. Potomac River Running Store, 5715 Burke Centre Parkway, Burke. For age 55 and up. A facilitated walk/run in the Burke area. Wear running/walking shoes and comfortable clothing suitable for outdoor activity. Ongoing, meets every Thursday. www.fairfaxcounty.gov/rec or 703-324-5544, TTY 711.

City of Fairfax Parks and Recreation Advisory Board Meeting. 7 p.m. at Green Acres Center, 4401 Sideburn Road. 703-385-7858.

FRIDAY/SEPT. 10

Line Dance Class. 10 a.m. Durga Temple, 8400 Durga Place, Fairfax Station. For age 55 and up. All levels. Ongoing, meets every Friday. \$5. Registration required at www.fairfaxcounty.gov/rec or 703-324-5544, TTY 711.

SATURDAY/SEPT. 11

Fairfax High School Band Boosters Tag Day Fund Raiser. 9 a.m.-5 p.m. Members of the Fairfax High School Band will be out in Fairfax Community neighborhoods collecting for their annual Tag Day Fundraiser. Contributions will pay to replace

or repair instruments as well as purchase music, uniforms and equipment. Chuck McClimans at 703-352-6988 or Meghan Benson at 703-291-2235.

MONDAY/SEPT. 13

Fairfax City Planning Commission Meeting. 7 p.m. at City Hall Annex, 10455 Armstrong St., Fairfax. 703-385-7930.

Fairfax City School Board Meeting. 7:30 p.m. at City Hall Annex, 10455 Armstrong St., Fairfax. 703-385-7910.

TUESDAY/SEPT. 14

Braddock District Meeting: BRAC in Fairfax. 7:30 p.m. at Braddock District Government Center, 9002 Burke Lake Road, Burke. Speakers from the offices of U.S. Reps. Gerry Connolly and Jim Moran, the chairman of the Fairfax County Board of Supervisors, the BRAC Office at Fort Belvoir and the Virginia Department of Transportation have been invited. www.bdcfx.org.

City Council Work Session and Meeting. 7 p.m. City Hall Annex, 10455 Armstrong St., Fairfax. 703-385-7935.

WEDNESDAY/SEPT. 15

Seminar for Family Caregivers of Older Adults. 7 p.m. at Braddock Glen Adult Health Center, 4027B Olley Lane, Fairfax. www.fairfaxcounty.gov/dfs/olderadults. Free.

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Yoga, Recipe for Fitness, Fun

As summer cools down, yoga studios heat up.

BY CHELSEA MUTH
THE CONNECTION

Northern Virginians have a lot on their minds this September. Between battling the Beltway and going back to school, where does yoga squeeze in? Fairfax residents will be happy to learn they don't have to face downtown traffic to tackle downward dog.

Fairfax residents interested in yoga have many options. Firstly, local gyms and recreation centers such as Lifetime Fitness and Audrey Moore ReCenter offer balancing and sweaty yoga workouts. Along with Zumba, pilates and other athletic classes, Audrey Moore even offers prenatal yoga. However, yogis looking for more authentic classes — dimmed lighting and open windows without basketball courts in the background — might opt for a studio.

❖ **Dahn Yoga**, 6218 Rolling Road, Springfield. 703-866-9642.

Dahn Yoga is based on the Korean word *dahn*, meaning “energy.” Unlike yoga originating in India, Dahn Yoga focuses on more simple movements and applies traditional Korean principles of health. The Dahn Yoga center in Burke, a modest-sized studio, is one of many Korean centers across the country. For \$20, first-time customers receive personalized consultations. Programs for children and teens are offered, in addition to regular daily classes.

Dahn Yoga in Burke will also host workshops in the upcoming months, including Finding Your True Self, Healing Chakra and Ki Gong. Compared to more mainstream forms of yoga, Dahn yoga goes at a slower pace. With a focus on mental energy, it appeals to individuals suffering from an array of ailments.

❖ **Little River Yoga**, 6399 Little River Turnpike, Alexandria. 703-203-8510.

On the outskirts of Annandale, Little River Yoga has been around since 2001. With two bright studio rooms and a small storefront, Little River Yoga of-

fers a range of traditional yoga classes, including Ashtanga, Iyengar and Viniyoga.

Senior level instructors teach small, personalized classes. “Students come for our excellent teachers who offer individualized attention,” said owner Stair Calhoun. Drop-in classes are \$15, and an unlimited fall Ashtanga package is \$250.

Aside from prenatal, meditation and Mysore classes, Little River has some new offerings, such as an Autumn Equinox celebration and Yoga for Cancer Patients and Survivors. Students interested in classical Indian yoga find they've struck a gold mine at Little River Yoga.

❖ **Sun and Moon Yoga**, 9998 Main St., Fairfax. 703-525-YOGA.

Together with its sister studio in Arlington, Sun and Moon Yoga has a strong local community. Two spacious studio rooms house four to 10 classes per day. Its large consignment shop sells yoga props, books and local artwork. Newcomers to Sun and Moon are welcomed with a free first class pass. Members can sign up for a 14-class package, generally \$210.

Sun and Moon's fall workshops, to name a few, consist of Chair Yoga, Yoga for Good and Yoga for Dogs. As a tribute to its eclectic offerings, teacher Vicki Christian spoke of Sun and Moon's wide variety of practitioners. “They range from babies and kids to students in wheelchairs,” she said.

❖ **My Bodyoga Spa**, 309 Mill St., Suite 320, Occoquan. 703-494-YOGA.

Situated on the edge of the Occoquan River, My Bodyoga Spa offers a plethora of holistic offerings that keep patrons hooked. “We treat every client like they're our only client,” said owner and yoga instructor Alice Cevivas. The three-year-old spa consists of various treatment rooms, a sparkling yoga space and a studio overlooking the river. Small, flow-based Vinyasa classes accommodate beginners and the advanced. Hot Yoga classes are also offered by increasingly popular demand.

Classes for healthy eating, as well as breast cancer survivors, will meet weekly starting in September. This high-energy, artful studio, with a rich wellness center, is a retreat for Fairfax residents who don't want to travel.



PHOTO BY CHELSEA MUTH/THE CONNECTION

Aubrey Christian, daughter of yoga instructor Vicki Christian, is an eager Sun and Moon tour guide.



Wine Tasting Fund Raiser Sept. 24

Historic Fairfax City, Inc is sponsoring a Wine Tasting Fund Raiser on Friday, Sept. 24, from 5:30-9 p.m., at Historic Blenheim Civil War Interpretive Center, 3610 Old Lee Highway, Fairfax. Sample wines from local vineyards paired with hors d' oeuvres. Silent Auction. Tour the Historic Mansion. Free parking. \$50 per person. For reservation information, e-mail GauthierMary@msn.com or call 703-272-7719.

MILITARY NOTES

Send notes to the Connection at south@connectionnewspapers.com or call 7703-778-9416. Deadline is Friday. Dated announcements should be submitted at least two weeks prior to the event.

Army Pfc. Justin D. Clearfield has graduated from basic combat training at Fort Jackson, Columbia, S.C. He is the son of Brad Clearfield and Mary Alice Coffman of Kemp Lane, Burke. The private is a 2006 graduate of Massanutten Military Academy, Woodstock, Va.

Marine Corps Pfc. Dawson K. Drake, son of Donna Crandall of Burke and Bradley Drake, of Canonsburg, Pa., recently graduated from the Basic Water Support Technician Course while assigned as a student at Marine Corps Engineer School, Camp Lejeune, N.C. Drake is a 2009 graduate of Mountain View High School of Centreville and joined the Marine Corps in October 2009.

Army Pfc. Torae S. Cunningham has graduated from Basic Combat Training at Fort Sill, Lawton, Okla. She is the granddaughter of Mildred McMillian of Walker Street, Eastover, S.C., and daughter of Charles Cunningham of Draco Street, Burke. Cunningham is a 2007 graduate of Lower Richland High School, Hopkins, S.C.



Dalrymple

Air National Guard Airman 1st Class Courtney E. Dalrymple graduated from basic military training at Lackland Air Force Base, San Antonio, Texas. Dalrymple earned distinction as an honor graduate. She is the daughter of David Dalrymple of Willowood Lane, Flower Mound, Texas, and Susan Vannatten of Kerrwood Street, Burke. The airman is a 2009 graduate of Flower Mound High School.

Cavs Win Football Opener

The Woodson football team defeated Fairfax 29-14 on Sept. 3. The Cavaliers scored the first 22 points of the game and led 22-7 when running back Jonathan Stokes scampered 71 yards for a touchdown and a 29-7 advantage. Woodson will host state runner-up Lake Braddock at 7:30 p.m. on Sept. 10.

Spartans Football Beats Edison

The West Springfield football team defeated Edison 29-14 on Sept. 2. West Springfield will host Oakton at 7:30 p.m. on Sept. 10 and Edison will travel to face Centreville.

Woodson Field Hockey Starts Season 5-1-1

The Woodson field hockey team defeated Oakton 2-1 in overtime on Sept. 2 to improve to 5-1-1. Eliana Brown scored the game-winning goal for the Cavaliers, with Ali Kiviati scoring earlier in the game.

Woodson defeated West Potomac 5-0 on

Sept. 1. Brown and Leah Williamson each scored a pair of goals for the Cavaliers and Gina Nicastro added one. Lizzie Swanton recorded seven saves in goal for Woodson.

The Cavaliers travel to face Chantilly at 7:30 p.m. on Sept. 14.

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21 Announcements 21 Announcements

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21 Announcements 21 Announcements

LEGAL NOTICE
The following store will be holding a public auction on 09-22-10
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11325 Lee Highway
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unit#4055 Ashraf M. Rofail Boxes, stroller
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25 Sales & Auctions 25 Sales & Auctions

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