

Springfield CONNECTION

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That First Step

NEWS, PAGE 4

Jessie Richie Do steps off the bus Tuesday morning, Sept. 7 for the first day of sixth grade at Garfield Elementary.

NGA On Way To EPG Site

NEWS, PAGE 2

Football Season Kicks Off

SPORTS, PAGE 10



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NGA Relocation Just One Year Away

Thanks to BRAC, 8,500 employees poised to move to Springfield in September 2011.

By NICHOLAS M. HORROCK
THE CONNECTION

Perhaps the most fascinating government agency moving to Fairfax County under the BRAC changes is the National Geospatial Intelligence Agency, which will begin in four months shifting groups of its 8,500 employees into a \$1.7 billion headquarters off of Interstate 95.

It will be up and operating by Sept. 15, 2011, the BRAC deadline, according to managers of the construction project begun in 2007. They said it was 83 percent completed at news conference in August.

The facility is located on the 806-acre site of the former Engineer Proving Ground, which is bounded on the east by Interstate 95 and on the southwest by Fairfax County Parkway. Until the completion of a new Homeland Security Agency building at St. Elizabeth Hospital grounds in Southeast Washington, NGA will be the largest government agency in the Washington region.

From World War II, the Engineering Proving Ground was, until the mid-1990s, where

the U.S. Corps of Engineers tested everything from bulldozers to explosives. The area has an airport for military planes (and the plane of the head of the FBI) and was long a storage site for ammunition and fuel.

Michael Rodgers, U.S. Corps of Engineers project manager said a major hazardous waste clearing operation was conducted to remove any chemicals and dangerous materials from the site.

NGA is bringing into one building for the first time global mapping, satellite imaging and photographic interpretation capabilities from offices now in Bethesda, the Washington Navy Yard and Reston. The agency's other 8,500 or so employees are at a St. Louis facility or in field offices around the globe, said Karen A. Finn, chief of Public Affairs for NGA.

FOR THE AGENCY, the move is more than a consolidation of offices, but continuing step in becoming the "premier provider" of descriptions of the earth and the physical challenges faced by policy makers.

Secretary of Defense Robert Gates said at the installation of NGA's new director, Letitia

A. Long, that in the first Gulf War, he came to believe the idea of single agency coordinating mapping, imaging and interpretation was a vital need.

Glen Gibbons, editor of Inside GNSS, a trade publication that tracks U.S. and foreign navigation systems, said NGA takes material "from low orbiting satellites that have amazing accuracy" and produces "critical geo spatial data" for the armed services and the intelligence agencies.

The NGA might be analyzing photos of Taliban movements in Afghanistan or reporting to policy makers on the extent of the Haitian earthquake, he said. NGA announced recently that it reported on the spread of the oil leak in the Gulf of Mexico to keep the nation's leaders informed.

The agency's employees include a large number with college or advanced degrees, according to Finn. "They are highly skilled and highly paid," Gibbons said.

Though NGA is providing food service, a small retail store, a banking facility, hair salon and a dry cleaner, the employees are expected to have an economic impact on

the Springfield Mall and other local businesses. Thousands each day will enter and leave on rail and subway lines near the Springfield Mall.

THE AGENCY is also including a health center and biking and walking paths. The Army will build and operate a child development center within a mile of NGA and will charge standard DOD child care fees, it announced.

From the beginning, a key issue has been how to get the 8,500 workers to their jobs and home in the already heavy traffic of the Interstate 95/Route 1 corridor. Finn said that the NGA will provide parking for

only 60 percent of the workforce and is encouraging employees to carpool or use public transportation.

Automobile access ramps will be available from the Fairfax County Parkway and direct access from Interstate 95 South. Later, access will be available from the High Occupancy Toll Lanes being built on Interstate

"I expect to get to work in 15 minutes. I can't wait until we start working there."

— Marshall Hudson, NGA employee

SEE NGA, PAGE 5

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PHOTOS COURTESY GARFIELD ELEMENTARY

Free books were available for students to read at the Back to School Fair.

Beginning-of-Year Celebration

Students, parents turn out for Garfield Elementary's first Back to School Fair.

BY MAUREEN E. MARSHALL
PRINCIPAL, GARFIELD ELEMENTARY

On Thursday, Sept. 2, Garfield Elementary School started a new tradition, a Back to School Fair. To build community support and meet the diverse needs of the student body Garfield created a Back to School Fair that combined the traditional Open House and Back to School Night into a one night event. Throughout the evening, families enjoyed pizza, free bike helmets, snow-cones, countless bags of popcorn, lots of free books and much more.

The Back to School Fair was an evening for students and families to meet their teacher and visit their new classroom. During the three-hour fair, families could also visit 22 tables that were stationed around the building providing a variety of community support and educational resources. The Springfield Volunteer Fire Department brought a fire truck and ambulance and gave out fire hats. The Little Critters Petting Zoo was sponsored by the Garfield PTA and featured many cute furry animals to pet and admire. A bike rodeo sponsored by Trails for Youth set up a safety course for students to drive through to show off their bike riding safety skills. After the course, students who didn't have a helmet received a free one.

Springfield United Methodist Church provided popcorn and balloons for students and Vantria Fed-

eral Credit Union had a table of cookies and information about saving for college.

Parents were given time to put money on lunch accounts, get help with lunch forms and check out the PTA's yearly activities.

The Springfield Rotary Club set up their Shelter Box for people to tour through and the Springfield Lions Club had information about the club and set up a box to collect used glasses.

As families made their way around to the different stations they were able to meet neighbors, find resources, and get excited about the school year. Students were able to greet old friends and make new friends. Parents were connecting to community resources. Teachers and parents were engaging in conversations about the upcoming year's expectations and students' specific needs. The night was created to meet the needs of busy families. It is likely that this will be a new tradition at Garfield.



Trails for Youth set up a safety course for students to drive through to show off their bike riding safety skills.

Eight Years for Springfield Man

He pleaded guilty to two crimes in Lorton.

BY BONNIE HOBBS
THE CONNECTION

A Springfield man has been sentenced to eight years in prison for assaulting and injuring a 52-year-old woman in Lorton. He is Milan Boda, 40, of the 8200 block of Burning Forest Court.

In an Oct. 29, 2009 affidavit for a warrant to search Boda's car, Fairfax County Police Det. Jeremy Hinson, with the Sex Crimes Squad of the Criminal Investigations Bureau, explained the case against him. Hinson wrote that, on Oct. 26, 2009, he interviewed the victim in the hospital after police received a report of an assault, earlier that day, on a path near Lorton and Furnace roads in Lorton.

Hinson referred to the woman as Jane Doe, stating she told him that, while walking the path, she heard someone running toward her from behind. "She was then grabbed from behind [and] turned to challenge the person," he wrote. She described him as a white man in a brown coat.

When she turned to walk away, wrote the detective, she "was hit from behind and driven to the ground in a grassy area next to the path. The man began assaulting her by hitting her in the head and face. Doe tried to get up several times, but was pushed to the ground repeatedly and told to stay down, as the man continued to hit her."

Hinson wrote that she tried to fight back and scratched her assailant's face. However, the assault continued until she eventually escaped and ran away. She told police she looked back and saw the man walking toward the Barrett House.

The woman then ran to Furnace Road and flagged down a citizen who took her to the hospital. She'd sustained a broken nose, broken finger, sprained wrist, split lip, cut to the cheek, black eye and severe swelling of the face. The detective observed these injuries, himself.

Hinson later learned from sex crimes Det. Steve Wallace that two concerned citizens saw someone walking to a vehicle parked at Barrett House from the path area where the alleged assault occurred. The two also told a detective Edwards that, while walking near that building, they'd seen a white man wearing a brown coat come out of the woods near Barrett House.

They watched him get into a car and noted his license-tag number. Then, continuing on their walk, they discovered a pair of women's prescription sunglasses on the ground. They later encountered Edwards, told him what they'd seen and gave him the sunglasses. A check with the Virginia DMV led them to Boda's home. "[I] was informed by Wallace that Boda had scratches to his neck and face that appeared to have occurred recently and to be from finger nails," wrote Hinson.

The victim later identified Boda from a photo lineup as the man who'd attacked her, and police arrested him at his home, charging him with abduction and malicious wounding.

On May 25 in Circuit Court, Boda pleaded guilty to both offenses. He returned Aug. 20 to learn his punishment. At that time, Judge Jane Roush sentenced him to 20 years in prison for malicious wounding, suspending 12 years. He also sentenced Boda to eight years behind bars for the abduction charge and ran both sentences concurrently, leaving Boda with eight years total to serve.



PHOTOS BY AMBER HEALY/THE CONNECTION

Springfield Rides Shine in Clifton

Rob Winston of Springfield owns this flashy 1923 Ford T-Bucket, complete with aviator cap and flames coming from the engine. The car was on display during the annual Labor Day car show in Clifton on Monday, Sept. 6.



Looking like a prop straight out of the Blues Brothers movie, this 1951 Ford, owned by Jim McDaniel of Springfield, was a police car in a former life. McDaniel put the car on display Monday, Sept. at Clifton's annual Labor Day car show.

Springfield Man Receives 30-Month Sentence for Fraud

Springfield resident Sissaye Gezachew, 32, was sentenced last week to 30 months in prison for his role in a multimillion-dollar, bank-fraud conspiracy.

According to authorities, while working as an assistant vice president-senior credit analyst at United Bank, from 2007-09, Gezachew helped Osama El-Atari, 31, of Ashburn, defraud United Bank of more than \$17 million.

Gezachew supplied him with fraudulent documents, including a phony tax return, and set up fake domain names and e-mail accounts for El-Atari to submit to the bank in support of the fraudulently obtained loans.

On Friday, Sept. 3, in federal court in Alexandria, U.S. District Court Judge Leonie Brinkema sentenced Gezachew to 2-1/2 years in prison. As part of his sentence, he was also ordered to pay \$18 million in restitution to United Bank.

On Aug. 27, 2010, El-Atari was sentenced to 12 years in prison for operating the fraud scheme that stole more than \$53 million from banks throughout the United States.

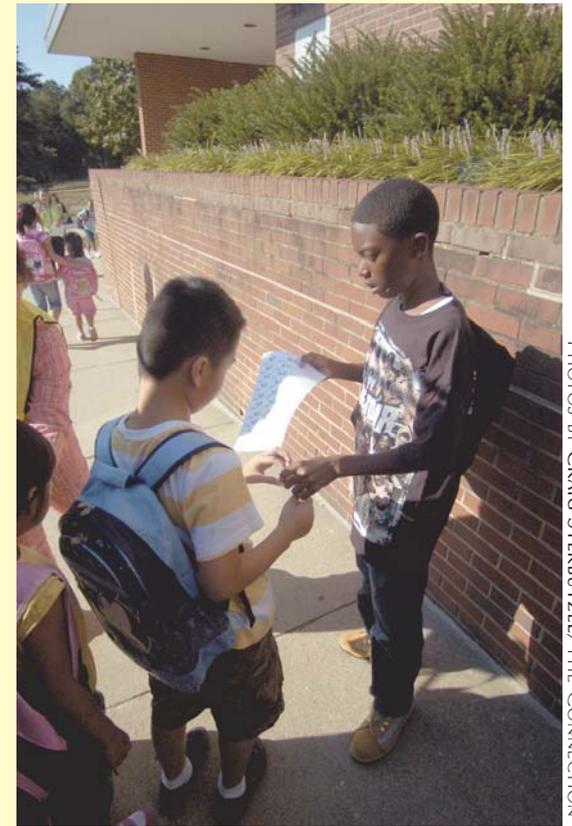
This case was investigated by the FBI Washington Field Office and the Internal Revenue Service Criminal Investigation Division. Assistant U.S. Attorneys Jonathan Fahey and Jack Hanly prosecuted the case on behalf of the United States.

— BONNIE HOBBS

NEWS



Students pile off the bus for the first day of the 2009-10 school year at Garfield Elementary.



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

Garfield fifth-grader Blaine Ashton hands out stickers with bus numbers to his fellow students to help them find the same bus for the return trip home

School Bell Rings

Fairfax County students return to school Tuesday.



DONATED PHOTO

Getting Packed Up
With the help of donations from the community, United Community Ministries (UCM) on Aug. 26 and 27, was able to distribute more than 750 backpacks filled with school supplies to children in need. For two weeks, volunteers sorted donations and filled the bags. UCM volunteers Carla Ross, Alex Pardes, Vanessa Fujimoto-Gomez and Joshua Bak-Brevik show off the backpacks they had filled with supplies and were distributing to local school children.

NGA at EPG

FROM PAGE 2

95/395. The agency will provide vans to and from the Franconia-Springfield Metro station on the Blue Line and from the Backlick Station of the Virginia Railway Express. The stations are 2 miles from the facility.

Susan A. Meisner, a media affairs officer for NGA and a former Army captain who served in Afghanistan, arranged several interviews with NGA employees for the Connection Newspapers on how they anticipate dealing with getting to and from work.

Marshall Hudson, an editor with NGA, was the only employee who said his commute would be shorter. In 2006, in anticipation of BRAC, he sold his home in Bowie and bought a house in West Springfield. "I expect to get to work in 15 minutes," he said. "I can't wait until we start working there." He said that even though his Bowie home sold at the top in the market, he was able to buy the Springfield house at the top point in that market.

HUDSON SAID he has three children, one in a Springfield public school and another in a private nursery school. The third child is 2 and is home with his wife.

For others balancing children and the commute changes may be difficult. Meisner said that she and her husband live in the north end of Alexandria's Old Town area. He too is with the government and they both drive north to work. They drop their daughter at a Alexandria private school and Meisner picks the child up at the end of the day. But both she and her husband have been moved by BRAC and now the commute is trickier and she worries about whether she can manage getting

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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

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

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, sunscreen, 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

Thankful for Article

To the Editor:

I would like to thank your reporter for presenting readers with the article about Quentin ["Bringing Quentin Home," Connection, Sept. 2-8, 2010]. I do not know any of the people mentioned; however, after reading the article, I do feel connected to them.

What a refreshing and beautiful story about a mother's love for her child. In this day and age when life seems so disposable, particularly when it becomes an "inconvenience" to another, it was uplifting to read about their journey. Ms. Hammonds recognizes the dignity of her beloved son and that no price can be put on a human life,

regardless of a person's productivity or age. I am thankful for people like Ms. Annessa, her caseworker at [Brain Injury Services], who facilitated the process for her to bring Quentin home. No doubt that she and many others like her, are unsung heroes to countless other families. Love truly knows no bounds.

Pilar M. Jones
Fairfax

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 million 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

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LETTERS

FROM PAGE 6

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

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

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,

Write

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THURSDAY/SEPT. 9

Practice Your English. 7 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Conversation group for adults learning English. 703-339-4610.

FRIDAY/SEPT. 10

Ninth Annual Springfield BridgeWalk. 7:30 p.m. Lee District Supervisor Jeff McKay invites residents, businesses and other community members to the Ninth Annual Springfield Community BridgeWalk. Participants will march over Veterans Bridge in the heart of the Springfield revitalization district. www.fairfaxcounty.gov/news/2010/9th-annual-springfield-bridgewalk-sept10.htm

Kingstowne Farmers Market. 4-7 p.m. at Kingstowne Town Center, 5955 Kingstowne Center, Alexandria.

SATURDAY/SEPT. 11

Workhouse Art Guild Exhibition and Reception. 6-9 p.m. in Gallery W-16, Workhouse Arts Center, 9601 Ox Road, Lorton. Meet the artists and learn more about their work. Free. Exhibition open Sept. 8-Oct. 3. 703-584-2900.

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

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.

Friends of the Library Book Sale. 10 a.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. 703-339-4610.

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

South Fairfax Chamber of Commerce 10K Race. 8 a.m. at South County Secondary School, 8501 Silverbrook Road, Lorton. Register for the 10K Race on a USATF-certified course with electronic chip timing, or a 1 Mile Fun Run for all age groups. Free and open to the public, with exhibits, music, games, a moon bounce, health screenings and nutrition counseling. The South County Secondary School Athletic Boosters Club and Parent, Teacher, Student Organization will receive all profits.

southfairfaxchamber.org.

Lorton Farmers Market. 9 a.m.-1 p.m. at 8990 Lorton Station Blvd., Lorton.

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.

MONDAY/SEPT. 13

Book Bunch. 3:30 p.m. John Marshall Library, 6209 Rose Hill Drive, Alexandria. Join us for a book discussion and book-related activities. Call for title. Ages 7-8 with adult. 703-971-0010.

My Colorful World. 10:30 a.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Stories, songs and fun. Age 24 months-5 years with adult. Registration not required. 703-339-4610.

TUESDAY/SEPT. 14

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.

Second Tuesday Evening Book Group. 6:45 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. "Sophie's World: A Novel About the History of Philosophy" by Jostein Gaarder. 703-339-4610.

English Conversation Group. 7 p.m. Richard Byrd Library, 7250

SEE CALENDAR, PAGE 11

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HEALTH & FITNESS

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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.

COLLEGE NOTES

Hallie Hubbell of Springfield received a bachelor's degree in biopsychology from Messiah College on May 15.

Josh Reitman of Springfield graduated cum laude with a bachelor's degree in marketing from Messiah College on May 15.

Alexander H Schmitt of Springfield graduated with a doctor of jurisprudence degree from Pace University.

James Bullock of Springfield has been awarded a Bonderman Travel Fellowship. Bullock graduated from the University of Washington in 2010. Students traveling with this \$20,000 fellowship set off on solo journeys that are at least eight months long and take them to at least two regions of the world. While traveling, students may not pursue academic study, projects, or research. UW graduate students, undergraduate students in the Honors Program and in UW Tacoma's Global Honors Program are eligible to apply.

Karen Blevins of Springfield received a bachelor of arts in international relations and Chinese, both cum laude on May 23, during commencement ceremonies at Tufts University. Blevins was also named to the spring dean's list.

Amy Zinicola of Springfield was selected by Virginia Tech's New Students Programs to be one of this summer's Hokie Camp counselors. Zinicola is a junior majoring in communication in the College of Liberal Arts and Human Sciences.

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Photo Credit: Christopher E. Robin

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40
ANNIVERSARY





PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

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.

Lake Braddock Breaks Out

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 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, includ-

ing 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 aerials 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



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.

SEE LAKE BRADDOCK, PAGE 12

CAMPS & SCHOOLS



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 in 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.

CALENDAR

FROM PAGE 8

Commerce St., Springfield. Practice and improve your English. Adults. 703-451-8055.

WEDNESDAY/SEPT. 15

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

P.A.L. Read to the Dog. 4:30-5:15 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Practice reading with a trained therapy dog. Register for a 15 minute session. 703-249-1520.

Fun for Twos and Threes. 10:30 a.m. John Marshall Library, 6209 Rose Hill Drive, Alexandria. Stories and activities. Ages 2-3 with adult. 703-971-0010.

Practice Your English. 10:15 a.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria.

Conversation group for adults learning English. 703-339-4610.

Silly Animals. 10:30 a.m. Lorton Library, 9520 Richmond Highway, Lorton. Stories and activities. Age 2-3 with adult. 703-339-7385.

THURSDAY/SEPT. 16

Book Discussion Group. 6:30 p.m. John Marshall Library, 6209 Rose Hill Drive, Alexandria. "Persuasion" by Jane Austen. Adults. 703-971-0010.

Practice Your English. 7 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Conversation group for adults learning English. 703-339-4610.

Springfield Writers' Group. 7 p.m. Richard Byrd Library, 7250 Commerce St., Springfield. Share your work, give and receive feedback in a supportive setting. Adults. 703-451-8055.

Lorton Book Club. 7 p.m. Lorton Library, 9520 Richmond Highway, Lorton. "The Girl with the Dragon Tattoo" by Stieg Larsson. Adults. 703-339-7385.

SATURDAY/SEPT. 18

Miss Greater Springfield Princess, PreTeen and Teen Competitions. 1:30 p.m. at Greenspring Village Square Auditorium, 7440 Spring Village Drive, Springfield. Competition open to girls age 5-17. Tickets \$12. 703-690-1203 or www.missgreaterpringfield.com.

SUNDAY/SEPT. 19

Poetic Art Exhibition and Reception. 2-4 p.m. in Gallery W-16, Workhouse Arts Center, 9601 Ox Road, Lorton. Free. Exhibition runs through Oct. 10. 703-584-2900.

The only way some of us exercise our minds is by jumping to conclusions.
—Cullen Hightower

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To add your Realtor represented Open House to these weekly listings, please call Erin Peck at 703-778-9449 or E-Mail the info to epeck@connectionnewspapers.com All listings due by Tuesday at 3 pm.

SPORTS

Lake Braddock Rolls Over Langley

FROM PAGE 10

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."

Hayfield Tops TC

The Hayfield volleyball team improved to 2-1 with a 3-0 (25-23, 25-11, 25-12) win over T.C. Williams on Sept. 7 at Hayfield.

Hawks coach Jeff Berggren said senior setter Shannon Pier, senior middles Shannen Cochraham and Katie Swain and senior strong side Alex Lambert played well.

Hayfield will play in a tournament at Herndon on Sept. 2.

West Springfield 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.

Spartans Even Record

The West Springfield field hockey team improved to 1-1 with a 2-1 victory over Edison on Sept. 3.

The Spartans travel to face Mount Vernon at 7:30 p.m. on Sept. 14.

Edison Volleyball Starts With 1-1 Record

The Edison volleyball team is off to a 1-1 start, led by juniors Imani Hudson, Averi Collins and Taylor Laksbergs and senior Kylie Hayes.

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21 Announcements 21 Announcements

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unit#2065 Amanda Palma Boxes, totes, furniture

25 Sales & Auctions 25 Sales & Auctions

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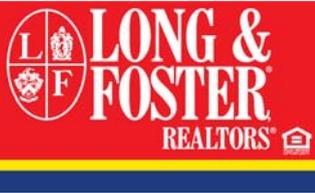


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Sheila Adams

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Life Member, NVAR Multi-Million Dollar Sales Club
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Fairfax Station \$795,000
This Home Has it All!!!
6+ acres - 5 car garage - pool - fabulous solid brick beauty!!!
Featuring 4 bedrooms, 3 1/2 baths, huge family room addition w/wall to wall windows - center island kitchen w/granite counters - finished lower level. Location, Location, Location.
For a private showing call Sheila Adams 703-503-1895.

BARBARA NOWAK & GERRY STAUDTE

"My Virginia Home Team"

703-503-1802, 703-503-1894

gerry.staudte@longandfooster.com
www.MyVirginiaHomeTeam.com



Centreville \$565,000
Gracious Colonial on Large Lot
Well maintained, clean 4 BR, 3.5 BA home on .6 acres backing to woods. Enjoy nature and entertain from large deck off back of home. Terrific neighborhood. Convenient to 166.

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