

# Fairfax CONNECTION

Serving Areas of Burke

# Family Fun

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Woman, 21,  
Killed in Crash  
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Wellness  
PAGE 8



PHOTO BY VICTORIA ROSS/THE CONNECTION

**Holly Panter of Fairfax with daughters, from left, Sophie, 4; Samantha, 5; Nora, 4; and Lydia, 6. Holly Panter and her daughters tie-dyed the dresses red, white and blue for the 45th annual City of Fairfax Independence Day Celebration at Fairfax High School's stadium.**

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Northern Virginia  
Regional Park Authority

## PUBLIC NOTICE

### AMENDMENT TO THE FAIRFAX COUNTY PARK AUTHORITY REGULATIONS, SECTION 1.16-1, AND THE NORTHERN VIRGINIA REGIONAL PARK AUTHORITY REGULATIONS, SECTION 1.16-1.

Notice is hereby given that the Fairfax County Park Authority (FCPA) will hold a public hearing on Wednesday, July 13, 2011, at 7:30 p.m. in room 941 at the Herring Building at 12055 Government Center Parkway, Fairfax, VA, to receive public comments on a proposed amendment to FCPA Regulations, Section 1.16-1 Athletic Field Use.

Notice is hereby given that the Northern Virginia Regional Park Authority (NVRPA) will hold a public hearing on Thursday, July 21, 2011, at 7:30 p.m. at 5400 Ox Road, Fairfax Station, VA to receive public comments on a proposed amendment to the NVRPA Regulations, Section 1.16-1, Athletic Field Use.

The full text of the proposed amendment to the FCPA Regulations Section 1.16-1, Athletic Field Use, is on file and available for public inspection and copying during regular office hours of the Fairfax County Park Authority, 12055 Government Center Parkway, Suite 927, Fairfax, VA. For the convenience of the public, the full text of the proposed amendment to Section 1.16-1, Athletic Field Use, is available for review at [www.fairfaxcounty.gov/parks/press/html/pr073.htm](http://www.fairfaxcounty.gov/parks/press/html/pr073.htm)

The full text of the proposed amendment to the NVRPA Regulations, Section 1.16-1, Athletic Field Use, is on file and available for public inspection and copying during regular office hours of the Northern Virginia Regional Park Authority, Public Information Office, 5400 Ox Road, Fairfax Station, VA. For the convenience of the public, the full text of the proposed amendment to Section 1.16-1, Athletic Field Use, is available for review at [www.nvrpa.org](http://www.nvrpa.org)

All persons wishing to speak on this subject at the FCPA public hearing may call the Public Information Office at 703-324-8662, to be placed on the Speakers' List. Persons interested in speaking at the NVRPA public hearing may call Chris Pauley, Park Operations Director, at 703-359-4613 to be placed on the Speaker's List. Individuals are not required to register in advance, and may also sign up to speak at the public hearing.

For more information, call 703-324-8662 (FCPA) or 703-359-4603 (NVRPA).



If accommodations and/or alternative formats are needed, please call (703) 324-8563, at least ten working days in advance of the registration deadline or event. TTY (703) 803-3354 703-324-8700 • ONLINE : [www.fairfaxcounty.gov/parks](http://www.fairfaxcounty.gov/parks) • E-mail: [parkmail@fairfaxcounty.gov](mailto:parkmail@fairfaxcounty.gov)

## NEWS

# Crash Kills Burke Woman

**Brother is charged with DWI, manslaughter.**

A 21-year-old Burke woman died early Monday, July 4, after the car in which she was a backseat passenger struck a tree on Shirley Gate Road in Fairfax.

Sara Ghaffari-Nik of Burke was pronounced dead at the scene. She was not wearing a seatbelt and was ejected during the crash, according to Fairfax County police reports.

The driver, Hossein Ghaffari-Nik, 27, of the same address in Burke, was arrested and charged with DWI and manslaughter. Hossein Ghaffari-Nik was the brother of the victim, according to Officer Don Gotthardt, a spokesman for the FCPD.

Police report that Hossein Ghaffari-Nik was driving a 2009 Mitsubishi Eclipse southbound on Shirley Gate Road near Matte Moore Court shortly before 4 a.m. when he struck a curb and lost control of the car. The vehicle first struck a tree, and the impact caused the vehicle to spin and rotate on the driver's side, according to police. The Mitsubishi then struck a second large tree before coming to rest.

"This has tragically changed the life of this family," said Gotthardt.

Gotthardt said the FCPD has "high-inten-



POLICE PHOTO

**Hossein  
Ghaffari-Nik**

sity" DWI enforcement efforts. "We take this very seriously. Anytime you mix alcohol with driving, there's the potential for serious trouble. We place a great emphasis on safety and facilitating safe travel," Gotthardt said.

According to Gotthardt, the FCPD has weekly DWI enforcement efforts, including random sobriety checkpoints and directed "six-pack" patrols.

"These are teams of officers roving the streets looking specifically for impaired drivers," Gotthardt said.

The crash is still under investigation. Anyone with information is asked to contact Crime Solvers by phone at 1-866-411-TIPS/8477, e-mail [atwww.fairfaxcrimesolvers.org](http://atwww.fairfaxcrimesolvers.org) or text "TIP187" plus your message to CRIMES/274637 or call Fairfax County Police at 703-691-2131.

— VICTORIA ROSS

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PHOTO BY VICTORIA ROSS/THE CONNECTION

**The 30-minute intense pyrotechnic display wowed the 15,000 people who gathered at the Fairfax High School stadium for the City of Fairfax 45th annual Independence Day celebration on Monday. The fireworks were accompanied by patriotic songs, including Ray Charles' soulful rendition of 'America the Beautiful.' 'It was like there was a grand finale every minute,' said City of Fairfax Mayor Robert Lederer.**

## An Explosive Tradition

### City of Fairfax celebrates Independence Day, 50th Anniversary.

BY VICTORIA ROSS  
THE CONNECTION

**S**ince 1776, Americans have celebrated their "traitorous" act against the tyranny of King George III with Independence Day parades, picnics and booming fireworks.

The City of Fairfax, rich with Revolutionary and Civil War history, did the founding fathers proud on Monday, July 4, with an explosion of fireworks that wowed the 15,000 spectators gathered at Fairfax High School's stadium.

"This was our first year here, and these fireworks were amazing. They just went on and on," said Michelle Menchaca, who moved to Fairfax from Texas.

"Our fireworks were bigger and better than anywhere this year," said City of Fairfax Mayor Robert Lederer, who promised the crowd early on that they were in for a surprise. Lederer said the city's Independence Day Committee had organized an extra-special light show commemorating both the ratification of the Declaration of Independence and the City's 50th anniversary.

"The Fourth of July represents everything special about United States," Lederer said, "and the City of Fairfax always tries to go the extra mile. This year, the fireworks were spectacular. It felt like there was a grand finale every minute or two."

Lederer should know. He has been to every fireworks

display in the city since it began 45 years ago.

"This is one of my fondest childhood memories," Lederer said. "We moved into Fairfax when I was 2-months old, and our family tradition was to get up at 6 a.m. and put chairs out in front of T.T. Reynolds. Every time I come here, it brings back wonderful memories. It's great to see so many families enjoying this tradition."

Live performances included the City of Fairfax Band, which played both patriotic and Americana favorites. The Leggz classic rock & roll cover band got the crowd moving with 70s party favorites like "Play that Funky Music," and "Celebrate." Children could pick from four moon bounces, and light wands were the must-have gadget of the night.

Red, white and blue reigned in everything from T-shirts to sandals, hats, umbrellas, chairs, faces and nails. Mary Lou Zeigler of Fairfax painted the stars and stripes on her nails and streaked her hair with red glitter. "This is an awesome event. It's a great way to celebrate our freedom," she said.

Karen Morris of Centreville, whose husband, Brandon, is in the U.S. Army Reserves, said she and her daughter, Charity, 2, had many things to celebrate at the event. "My husband just got home last night, so we're here to celebrate his homecoming and our independence. Charity is so happy that Daddy is home."

It's an unwritten rule that no politician takes a vacation on the Fourth of July, and City of Fairfax officials, Fairfax County Board of Supervisors Chairman Sharon Bulova (D-At large), Del. David Bulova (D-37) and Supervisor John Cook (R-Braddock) mingled with the crowds and shook constituents' hands.

During the event, Lederer reminded the crowd that the "celebration wouldn't be complete without a reflection on the freedoms we enjoy."

### VIEWPOINTS

## What Does It Mean To Be An American?

Asked at the City of Fairfax Fourth of July Fireworks celebration Monday night.



"Being an American means that we are free. I am proud that we have two family members fighting for our freedoms in Iraq. It's those freedoms that we all enjoy."  
**Jessica Menchaca, with Wilson Almonte and dog, Max, of Fairfax**



"It means everything in the world to be an American. There's a sense of pride. I'm proud to be the wife of someone serving in the military. He just got home yesterday, and our daughter is so happy about that, so we have a lot to celebrate today."  
**Karen Morris, with daughter Charity, 2 and husband, Brandon of Centreville**

— BY VICTORIA ROSS

## WEEK IN FAIRFAX

### Our Daily Bread Seeks 'Back To School' Donations

Every July, local stores start marketing their back-to-school supplies. But many families can't afford the \$40 or more it costs to purchase the requisite school supplies, such as backpacks, folders and notebooks.

Our Daily Bread (ODB), a Fairfax-based non-profit, has formed a new partnership with Kids R First to purchase high-quality school supplies at a discounted rate.

"Our Daily Bread is excited to partner with Kids R First and work with Fairfax County Public Schools and other local non-profits to better utilize community resources to ensure that we help as many children as possible," said Lisa Whetzel, executive director for Our Daily Bread.

"For many families in our area who are working hard but struggling to make ends meet, the prospect of finding the funds to purchase new supplies for their children each year can be stressful. We hope the community will respond generously to ensure that children whose families are in crisis are able to return to school this fall with the tools they need to succeed in the new school year," Whetzel said.

According to Whetzel, the partnership allows ODB to provide back-to-school supplies for less than \$15 per student. The supplies will go to 350 qualified needy children who attend schools in the Fairfax High School pyramid.

In addition to financial contributions to purchase the supplies, ODB is seeking donations of new teen-sized backpacks and scientific calculators. ODB will accept donations now until August 12 at its offices or at local businesses that are partnering with ODB to provide drop-boxes. Needed items and drop-off sites are listed below. For more information, contact Jennifer Rose at 703-273-8829 or [holiday@ODBFairfax.org](mailto:holiday@ODBFairfax.org) or visit [www.ODBFairfax.org](http://www.ODBFairfax.org).

To make financial donations to help Our Daily Bread purchase school supplies, go to [www.ODBFairfax.org](http://www.ODBFairfax.org) or mail a check to ODB at 4080 Chain Bridge Road, Fairfax, VA 22030. Specify "Back to School" in the on-line donation form comments or check memo line.

There are several options for donating backpacks and calculators:

\* Order them through Our Daily Bread's Amazon.com Wish List: <http://amzn.com/w/30A5MCLIRONCH>.

\* Deliver them through Aug. 12 to Our Daily Bread's new office, located in the Massey Building Annex at 4080 Chain Bridge Road in Fairfax, Monday through Friday between 10 a.m. and 2 p.m.

\* Drop them off through Aug. 12 at any of the following local businesses during normal business hours: Bertucci's Restaurants, Alexandria, Herndon, Springfield and Tysons Corner locations only; Merrifield Garden Center, Fair Oaks location only, 12101 Lee Highway, Fairfax; Virginia Heritage Bank-Fairfax Branch only, 11166 Fairfax Blvd., Fairfax.

Our Daily Bread is a volunteer-based organization focused on easing the plight of low-income residents in the Fairfax County area of Virginia. For more information, contact 703-273-8829 or visit [www.ODBFairfax.org](http://www.ODBFairfax.org).

### Electrical Problem = \$30,000 House Fire

An accidental house fire last week caused an estimated \$30,000 damage to a home in the Fairfax Center area. Fire officials say an electrical anomaly in the basement ceiling was responsible for the blaze. The incident occurred last Tuesday, June 28, around 5:30 p.m., at 4639 Village Drive.

Upon arrival, Fairfax County Fire and Rescue Department units responding to the single-family home saw smoke coming from the back and roof of the house. Firefighters entered the basement from the rear and extinguished the flames in approximately 10 minutes.

The fire was primarily contained to the basement. An adult female was transported to Inova Fair Oaks Hospital

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## NEWS

### Embezzlement = Year in Jail

#### Man stole church money earmarked for the poor.

BY BONNIE HOBBS  
THE CONNECTION

**T**hey say a poor excuse is better than none, but in Eun Tae Lee's case, it wasn't helpful, at all. He told his attorney he was being blackmailed by a former lover so, to meet her demands, he stole nearly half a million dollars from an organization dedicated to helping the world's poor.

So although the state sentencing guidelines for his three counts of embezzlement recommended probation, the judge tasked with punishing the Penderbrook man last week exceeded the guidelines and sentenced him to a year in jail. Lee, 51, of the 12100 block of Wedgeway Court in Fair Oaks, must also make full restitution to the victim, SEED International.

"The defendant stole \$471,766 from a nonprofit, missionary organization that supports missionaries around the world," said Assistant Commonwealth's Attorney Sean Morgan, on Thursday, June 30, in Loudoun County Circuit Court. "The theft of this money had a great impact on their ability to conduct their affairs."

Although authorities initially believed Lee embezzled more than \$700,000, Morgan said the figure he gave the court was the actual amount. And in a March 30, 2010 affidavit for a warrant to search Lee's home for possible evidence, Deputy Charles Perinis, an investigator with the Loudoun County Sheriff's Office, explained the case against Lee.

According to the affidavit, on March 26, 2010, members of SEED International, a faith-based, nonprofit in Sterling, reported the theft by Lee, their former financial officer. They told Perinis that Lee perpetrated the crime by gaining control of the church's bank accounts and writing checks from these accounts to individual accounts he'd established in his own name.

The deputy wrote that Lee then used this money "to support a lavish lifestyle that included his residence on Wedgeway Court, the rent for [a particular] apartment at in Annandale, the purchase of a 2006 Porsche Cayenne [SUV] and his personal living expenses."

Furthermore, wrote Perinis, when members of SEED International asked Lee about the missing money, he "produced counterfeit financial documents and bank statements to show a falsified investment of the church's funds." The deputy noted that, upon questioning, a bank representative confirmed that the bank letters and statements "were, in fact, counterfeit."

SEED International assists missionaries from a Sterling-based church with funding. The group's stated goal is "to provide humanitarian aid and services to the poorest of the poor in the developing world, especially in the areas of Survival, Education, and Economic Development" (SEED).

Lee turned himself in to the Loudoun Sheriff's

Office on April 15, 2010, and was charged with 16 counts of embezzlement. Then on July 12 of that year, the Loudoun County grand jury indicted him on every count.

He pleaded guilty March 4 to three counts of embezzlement and, in exchange, the other 13 counts were dropped. He then returned to Circuit Court on June 30 for sentencing before Judge Thomas Horne.

At the outset, defense attorney Jay Myerson gave prosecutor Morgan a check for \$1,200 from Lee toward his restitution. Morgan then presented it to a pastor from SEED.

"This defendant should receive a long period of incarceration," said Morgan. "And he should pay at least \$2,000/month, or 50 percent of his monthly income, in the future, toward his restitution. Noting that Lee had given him a statement of his personal assets, liabilities and expenses, Morgan said Lee could pay this amount if he changed his lifestyle.

"There's a \$900/month credit-card payment, but this should go to restitution before paying off this debt," said the prosecutor. "There's only [Lee] and his wife, but they're spending \$700/month on groceries and gas. This should be \$400, with the other \$300 going toward restitution."

Although Lee stated that he pays \$500/month for utilities, Morgan said that, if the Penderbrook man

has more than basic cable and phone service, this amount, too, could be reduced. "He reports a \$1,200 monthly income. He should be required to pay half of this amount per month," said Morgan. "And he could probably find a less-expensive, living situation."

Morgan was adamant, he told the judge, because "The charges against Lee have been pending since April 2010 and, until he came in with that \$1,200 today, he hadn't paid one, red cent in restitution. His statement of assets shows more concern about himself than about SEED."

"Like many people who steal, he places his own wants above the needs of others," said Morgan. "He just doesn't get it. If the defendant was really remorseful, he'd give a full statement of where he transferred this money, how and to whom, but he hasn't told us."

Furthermore, said Morgan, "The defendant said his affair predated this 18-month-long embezzlement, but he was using SEED money to pay for her apartment. He purchased a Porsche Cayenne, which has not been recovered, and a vehicle from a Land Rover Jaguar dealer. He used these checks for himself." Because of all these factors, as well as Lee's "attempts to cover his tracks," Morgan said he deserved 12 months incarceration, plus a "lengthy term" of suspended time to make sure he pays his restitution.

Instead of calling witnesses to testify on his client's behalf, Myerson proffered their statements to the court. A Mrs. Park of Fairfax knew Lee through her church worship group and said he did volunteer work for her company.

Jae Kim of Pennsylvania called Lee "fundamentally, a good man who's done many good deeds," and Mrs. Kim spoke of the work Lee did at the Antioch School in Pennsylvania and the awards he received. A Mr. Yoon of Korean Central Presbyterian Church (KCPC) noted

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# NEWS

FROM PAGE 4

with non-life threatening injuries. In light of this incident, the fire department offers the following electrical-safety tips:

Replace or repair loose or frayed cords on all electrical devices; avoid overloading outlets. Plug only one high-wattage appliance into each receptacle outlet at a time. If the power goes out a lot or the lights in the home flicker, smell bad or make noise, have an electrician inspect the wiring.

The electrical outlet in the bathroom should have a Ground Fault Circuit Interrupter (GFCI). This tool protects against dangerous shock when water and electricity come together and may be installed by an electrician.

All electrical outlets and switches should be covered by face plates. When possible, avoid the use of "cube taps" and other devices allowing the connection of multiple appliances into a single receptacle. And inspect electrical cords to make sure they're in good condition.

Consider having additional circuits or outlets added by a qualified electrician so extension cords aren't needed. Don't tie or knot electrical cords and don't place furniture on electrical cords. And always follow the manufacturer's instructions for plugging an appliance into a receptacle outlet.

— BONNIE HOBBS

## Helping Keep Children Safe

City of Fairfax police, in conjunction with the Optimist Club, will be offering Safe Assured identification kits on Tuesday, July 19, from 10 a.m.-4 p.m., at the City of Fairfax Police Department, 3730 Old Lee Highway.

Parents will receive a full-color photo ID and a mini-CD containing digital fingerprints, a digital photo, video showing movement and mannerisms, a general physical description, vital personal information and a family code word. Private information is encrypted and accessible only by law enforcement.

Missing-persons posters can be created and printed directly from the mini-CD in English, Spanish and French. The Safe Assured ID kits can also be used as a valuable aid for adults with special needs. The kits are free and an appointment is necessary. Go to [www.fairfaxva.gov/Police/SafeAssuredIdentification.asp](http://www.fairfaxva.gov/Police/SafeAssuredIdentification.asp) to download the enrollment form. Call Sgt. Dan Grimm at 703-385-7966.

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# OPINION

# More on Summer Food

Fairfax County is constantly working to expand the number of sites offering meals to needy children in summertime.

In the summer of 2008, the county served 60,000 meals at 37 sites.

In the summer of 2010, approximately 105,000 meals were served at 47 sites, a 75 percent increase in meals served and 27 percent increase in the number of sites providing services.

Alexandria City has 46 summer meals sites, and Arlington County hosts seven summer meals sites, according to the No Kid Hungry campaign in Virginia.

An editorial last month, relying on information from the Fairfax County Public Schools, understated the number of sites available for summer meals.

Fairfax County has more than 44,000 students enrolled who are poor enough to qualify for subsidized meals who, during the school year receive breakfast and/or lunch at the county's 141 elementary schools, 26 middle

schools, 30 high schools and secondary schools either for free or at very low cost. That's nearly 200 places where students go every day that can help provide for their nutritional needs.

While 105,000 meals at 47 is a great improvement, it's still fewer than three meals per needy student for the entire summer.

The No Kid Hungry campaign is promoting summer meals programs in Virginia and increasing awareness by distributing statewide nearly 55,000 pieces of outreach materials including postcards, yard signs, direct mail, posters, and banners. Calls are also being made to needy families to let them know about summer meals sites. See [www.strength.org](http://www.strength.org)

Anyone can find the closest site in Virginia for summer meals by calling 211.

Anyone in Fairfax County who would like to volunteer or host a meal site can visit <http://www.fairfaxcounty.gov/rec/summermeals/> or call Brent Quarles, Department of Community and Neighborhood Services, at 703-324-5330, TTY 711, for more information.

## Changes Coming to Parkway

### Supervisor makes proposals to improve traffic flow on parkway.

BY SUPERVISOR PAT HERRITY  
R-SPRINGFIELD

The Fairfax County Parkway is one of the county's "main streets" especially in the greater Springfield area. There are big changes coming to the Fairfax County Parkway including the following:

- ❖ We are already seeing an increase in traffic from the employees moving into the NGA building at the Fort Belvoir North Area (the old Engineering Proving Grounds) at a rate of 300 employees a week, most coming from western Fairfax County. Increased traffic when the new hospital opens at Fort Belvoir later this year,

- ❖ Cut through traffic from Interstate 95 to Interstate 66 (including truck traffic) is expected to increase as soon as the new section of the parkway is accepted into the state system (and subsequently GPS systems),

- ❖ A number of recent median crossover accidents, three that ended in fatalities,

- ❖ Pavement that is full of potholes and in overall bad shape, and

- ❖ A major current and worsening bottleneck on the Parkway north loop at Rolling Road.

As a result, I am taking a number of steps to address the current and projected conditions on the Fairfax County Parkway. Some of the activities that I have undertaken include the following:

- ❖ I moved that the Board of Supervisors ask the state to convert the Fairfax County Parkway and Franconia-Springfield Parkway from a secondary to a primary road in the state system. This should lead to an increase in construction and maintenance efforts by the Vir-

ginia Department of Transportation (VDOT). I was tired of explaining that Route 123 has been repeatedly paved as stimulus money was limited to primary roads. Staff is completing the required study, and the board and VDOT are very supportive of the change.

❖ As previously reported in my monthly newsletter — the Herring Report — Del. Dave

Albo (R-42) and I had VDOT conduct a safety study on the parkway after a number of crossover fatalities occurred. You

should see some of these improvements including median barriers, signage and super elevation changes beginning soon. The entire report and presentation from the community meeting is available on my website at: <http://www.fairfaxcounty.gov/springfield/events.htm>

- ❖ I am continuing my efforts to have VDOT add the parkway to this year's paving schedule.

- ❖ I had the board add the north loop improvements to the Board's priority transportation project list. Planning is moving forward and funding is now included in the governor's funding plan for design and right of way acquisition.

- ❖ The parkway will be widened southbound between Route 29 and Braddock Road to eliminate a bottleneck at that location.

- ❖ As I previously reported, a grade separated interchange is being constructed at the parkway's intersections with Fair Lakes Parkway and Monument Drive.

While these steps are a start in addressing

SEE PARKWAY, PAGE 11

## Primary Election Aug. 23

Several key races in Arlington, Alexandria and Fairfax County are likely to be decided in the primary election, next month. Because they are in heavily Democratic districts, the winner of the primary will be the favorite to prevail in November.

To vote on Aug. 23, you must be registered to vote by Aug. 1. If you think you might be on vacation, you can apply now for an absentee ballot.

The deadline to register for the Aug. 23 primary is Monday, Aug. 1.

Primary Election Day, Tuesday, Aug. 23  
General Election Day, Tuesday, Nov. 8

Monday, Oct. 17 is the deadline to register to vote or update one's address for the Nov. 8 General Election.

For more information, see <http://www.sbe.virginia.gov>

## Support Those Who Protect

To the Editor:

On this Fourth of July weekend, it's fitting to remember those who protect and defend us, both here and abroad. And we should do it with more than just words. As an ex-military person, I think we do a good job acknowledging sacrifices made by our troops, but I wish the support of our law enforcement personnel was just as vocal and vigorous.

You know, we as a nation just recently celebrated Memorial Day in honor of our fallen war heroes. Each year without fail, the sitting President attends a ceremony to acknowledge the sacrifices of those who've died in past and present wars. But I've increasingly felt we do not bestow the commensurate honor on members of our law enforcement community who've also died on behalf of this country's citizens. For example, this year the president did not speak at the 30th Annual Peace Officers Memorial Service despite the fact 165 police officers have died in the line of duty this year.

Here in Fairfax County, I believe we are taking our law enforcement professionals for granted as well. In fact, starting this weekend [on July 1], Fairfax County Police will be going on their fourth year of a pay freeze, even though the Washington, D.C., region has been only slightly affected by the recession. And in fact, in many cases we are doing much better than the rest of the country when you look at our housing

SEE LETTERS, PAGE 11

## THE CONNECTION

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## ENTERTAINMENT

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

### THURSDAY/JULY 7

**Alte Kameraden.** 8 p.m. Veterans Amphitheater, City Hall, 10455 Armstrong St., Fairfax. Gemütlichkeit folk music, polkas, and festmusik. Weather permitting. Bring a blanket or lawn chair and a picnic basket. Free. 703-757-0220 or [www.fairfaxband.org](http://www.fairfaxband.org).

Jammin Java's Mid-Atlantic Band Battle 5. 7 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. [www.jamminjava.com](http://www.jamminjava.com).

**Drop-In Story Hour.** 10:30 a.m. City of Fairfax Regional Library, 10360 North St., Fairfax. Age 3 to 5 with adult. No registration needed. 703-293-6227.

**Reptile Wonders.** 7 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Meet and learn about these animals with Reptile Wonders' Nature Center on the Go. Age 6-12. 703-249-1520.

**Lunchtime at the Movies.** 11:30 a.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Bring lunch and watch movies based on children's books. Call for titles. Age 1-6 with adult. 703-644-7333.

**National Symphony Orchestra: Tcheers for Tchaikovsky!** 8:15 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. With Pietari Inkinen, conductor, and Caroline Goulding, violin. The all-Tchaikovsky program includes Suite No. 1 from The Nutcracker and ends with the thunderous 1812 Overture. Tickets \$20-52. [www.wolftrap.org](http://www.wolftrap.org).

**Microsoft PowerPoint.** 2:30 p.m. City of Fairfax Regional Library,

**The Bob Gibson Big Band.** 8 p.m. Old Country Buffet 9650 Main St., Fairfax. Vintage to modern jazz. 703-764-0708.

### FRIDAY/JULY 8

**Jammin Java's Mid-Atlantic Band Battle 5.** 7 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. [www.jamminjava.com](http://www.jamminjava.com).

**Stuntology.** 10:30 a.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Sam Bartlett, musician, artist and author of Stuntology, presents pranks, tricks and stunts to amuse yourself and amaze your friends. 703-644-7333.

**National Symphony Orchestra:** Play! A Video Game Symphony. 8:30 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. With Andy Brick, conductor. Accompanied by music from Super Mario Brothers, World of Warcraft, Final Fantasy, the Legend of Zelda, Halo, Battlefield 1942 and more, scenes from these video games projected onto massive screens. Tickets \$20-52. [www.wolftrap.org](http://www.wolftrap.org).

### SATURDAY/JULY 9

**Fairfax County Master Gardeners Association, Inc.** 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.

**Play Ball.** 10:30 a.m. City of Fairfax Regional Library, 10360 North St., Fairfax. Discover the science in sports. Presented by Maryland Science Center. Age 6-12. 703-293-6227.

**Microsoft PowerPoint.** 2:30 p.m. City of Fairfax Regional Library,

10360 North St., Fairfax. Learn how to put together an attractive presentation using Microsoft PowerPoint. Adults. 703-293-6227.

**Neighborhood Plant Clinic.** 10 a.m. Kings Park Library, 9000 Burke Lake Road, Burke. The Fairfax County Master Gardeners Association answers your gardening questions. Adults. 703-978-5600.

**Wild Tails.** 2:30 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. Wildlife Ambassadors bring animal guests to explore how these animals use their tails to communicate, climb, protect themselves and more. Age 6-12. 703-978-5600.

**National Symphony Orchestra: Three Broadway Divas.** 8:15 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. With Emil de Cou, conductor, and Debbie Gravitte, Christiane Noll, and Jan Horvath. Broadway music from Gypsy, The Music Man, A Chorus Line, My Fair Lady, Wicked, Mamma Mia! and Evita. Tickets \$20-52. [www.wolftrap.org](http://www.wolftrap.org).

### SUNDAY/JULY 10

**Maps of First Bull Run Talk and Book Signing.** 2 p.m. Fairfax Museum and Visitor Center, 10209 Main St., Fairfax. Civil War historian and author Bradley M. Gottfried, Ph.D., will discuss his book, The Maps of First Bull Run, followed by a book signing and sales. Gottfried's book includes more than 50 full-color, original maps detailing military movements and landscape features of the July 21, 1861 Battle of First Manassas/Bull Run. Free. 703-385-

SEE CALENDAR, PAGE 9



# Be Part of The Pet Connection in July

Send Your Photos & Stories Now to

[fairfax@connectionnewspapers.com](mailto:fairfax@connectionnewspapers.com)

Be sure to include your name, address and phone number, and identify all people and pets in photos. Submission deadline is July 22.

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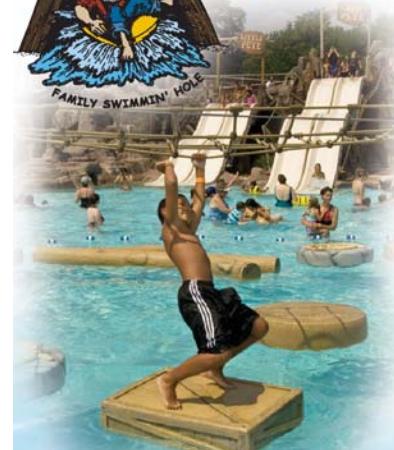
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  - A+ Education Learning Fun, publishes July 20, closes July 14
  - Pet Connection, publishes July 27, closes July 21
  - Wellbeing, publishes Aug. 3, closes July 27
  - HomeLifeStyle, publishes Aug. 10, closes Aug. 4
  - A+ Education Learning Fun, publishes Aug. 17, closes Aug. 11
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# Of Diets and Dieticians

Sometimes advice from an expert can help achieve weight and nutrition goals.

BY JON ROETMAN  
THE CONNECTION

**S**ome people might hesitate to consult with a dietitian, whether it's to lose weight or eat healthier. Isn't there a chance the dietitian will tell you that you need to do everything differently?

Fairfax-based registered dietitian Danielle Omar works with clients ranging from those wanting to lose weight to athletes training for an event. She said anyone interested in working with a dietitian should speak with several in order to find the best fit.

While trying to improve one's diet can involve time, effort and struggle, Omar said someone looking to get healthier shouldn't have to worry about making unreasonably uncomfortable changes.

"Most of us are not going to try to make you something you're not," she said. "Don't be scared you're [going to be told] to go to a specific store and buy food you've never heard of."

Omar's initial interaction with a client involves gauging the client's eating habits and establishing goals. The client sends Omar three-to-five day's worth of food logs to help determine what changes need to be made.

If the client has a goal to lose a significant amount of weight, Omar would meet with the person "every two or three weeks for a couple months." If the client simply wants to improve his or her diet, the two will probably meet two or three times and be done. Omar's services do not include long-term counseling.

"I'm not the kind of person," she said, "who meets weekly for several months. I

don't drag it out."

Saving money can be another benefit of seeing a dietitian. Omar said some of her clients are people with busy schedules who eat out often. Omar offers healthy alternatives to prepare at home.

"[Eating] out too much can be expensive," she said. "[Some clients] really want to learn how to cook for themselves [so they are] eating healthy."

The process of selecting a dietitian should involve questioning credentials, Omar said.

"I think there's something to say for gathering information," said Omar, who has a master's degree in health sciences and a bachelor of science in dietetics, according to her Website, [foodconfidence.com](http://foodconfidence.com).

"Maybe you're not sure that working with a dietitian is the right thing for you, but you should contact some. ... Tell them what your goals are and see what their approach is.

**"A lot of people rely on eating out. It's difficult to eat healthy when you're eating out."**

— Danielle Omar, dietitian

Interview some and see what their approach is and see if it works for you.

"[Becoming a] registered dietitian [requires] a bachelor's degree in dietetics and a 9-to-12-month internship and exam and continuing education every five years," Omar said.

Omar warns that some people who call themselves nutritionists are people who have taken a few classes and possibly lost



**Mary Perry, founder and owner of Dynamic Nutrition in Alexandria, overcame the weight problems of her youth.**

weight themselves. "They're very good at marketing themselves, but a lot of times they're not really qualified, especially with clinical stuff."

Time, or lack thereof, is the greatest deterrent to eating healthy, Omar said.

"Some of the obstacles that people have [involve] their schedule - a lack of time to prepare meals [and] to do what it takes in terms of planning," she said. "A lot of people rely on eating out. It's difficult to eat healthy when you're eating out. You can, but some people don't want to go that route."

Portion size can also be a problem. Some people simply eat too much per serving while others eat too much of one food group in a meal and not enough of another. As far as problem foods go, cheese is a popular culprit.

"People love their cheese," Omar said.

Mary Perry overcame her own obstacles before she started helping other people overcome theirs.

Perry, founder and owner of Dynamic Nutrition in Alexandria, battled weight problems during her youth. As she got older, Perry took an interest in nutrition and improving her health. With results came the realization that nutrition was a passion. After 10 years of working for the federal government, Perry decided to change careers and went back to school to become a registered dietitian.

Having tackled her own weight problems, Perry uses her experiences to help in guiding and relating to clients.

"Growing up I kind of struggled with my weight as a kid and it lasted through college," said Perry, who talks about her transition at [www.dynamicnutritionservices.com](http://www.dynamicnutritionservices.com). "I went on my own personal quest to become healthy. ... Talking about nutrition is such a personal issue. My goal is to make the folks I work with very comfortable. I call it a judgment-free zone. It's kind of like a confession when you have to think about

your eating habits."

While going back to school, Perry realized those looking to lose weight needed to navigate through a minefield of misinformation. Having already been someone in a position of trying to figure out the right approach, Perry, who has a bachelor's of science in dietetics from James Madison University and spent time as a dietetic clinical intern at George Washington University Hospital, Inova Alexandria Hospital and the Johns Hopkins Weight Management Center, warns against getting caught up in unhealthy routines.

"Before I became a dietitian, I definitely struggled like everybody else," she said. "Before I went back and had all these educational [experiences, I didn't realize] you're really susceptible. There's so much information available, it's overwhelming. With the Internet, there's a lot of misinformation. [If you're] trying to lose weight, you're susceptible to doing things that aren't healthy. ... You pick up the magazine and do the magazine diet, or try another popular diet; it sets people up for failure."

Not consuming enough calories or protein, and not eating often enough are unhealthy ways of attempting to lose weight, Perry said. Failing to take in enough calories can lead to binging, and a lack of protein can lead to the reduction of lean muscle mass.

"It gets to the point where the body is a very smart organism," Perry said. "If you drop your calories too low it drops your metabolism. You might start to lose weight but then you hit a wall. ... People get in this dieting mentality where it's one of resisting. You're constantly walking around saying, 'Don't eat, don't eat.' I think the opposite is true. You have to eat ... throughout the day."

"Nutrition is my passion," Perry said. "It's made such a difference in my life how I feel and how I perform in different ways. I just love working with folks and supporting and helping and making changes in their lives, and it's very rewarding."



**Mary Perry, founder and owner of Dynamic Nutrition in Alexandria, said those looking to lose weight are susceptible to misinformation.**

## OPINION

# Parkway Changes on Horizon

FROM PAGE 6

some of the problems, we need to begin in earnest planning for the long-term vision for the Fairfax County Parkway. I am looking for your input on developing this longer-term vision and plan for the fu-

ture of the parkway, one of our main streets. Please contact me with your thoughts.

*Supervisor Pat Herrity (R-Springfield) can be reached at 703-451-8873 or Springfield@fairfaxcounty.gov.*

## LETTERS TO THE EDITOR

FROM PAGE 6

prices and unemployment rates. I am extremely proud of the job our Fairfax County law enforcement personnel have done and especially the professionalism with which they do it. Our crime rate is kept low and as someone who travels a lot, I feel safer walking the streets here and safer in my home than most anywhere else, in or out of the U.S.

So during this Fourth of July weekend, let's remember those who are paying the ultimate price

to help keep us free and independent. By the way, I've noticed my personal property taxes have gone up this year. Let me suggest we give first consideration to those who keep us safe and our communities orderly in the next budget round this winter. With four years of pay freezes, we cannot expect to retain the best police officers. Please remember the troops and remember our local police. Freedom is not free.

**Michelle Connor**  
Fairfax

## CALENDAR

FROM PAGE 7

**8414.** **He Is We, Ocean Grove and Andrew Allen.** 7:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.  
**Adventures of a White House Photographer & Photographing Roses.** 2 p.m. Merrifield Garden Center, 12101 Lee Highway, Fairfax. Tracey Attlee and Todd Smith will teach how to take the best rose pictures. Bring cameras and tripods. Pam1Powers@aol.com.  
**Neighborhood Plant Clinic.** 1-4 p.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. The Fairfax County Master Gardeners Association gives tips and advice. Adults. 703-644-7333.  
**Béla Fleck & The Original Flecktones, with The Carolina Chocolate Drops and Abigail Washburn & The Village.** 7 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. The Acoustic Planet Tour 2011. \$40 in-house, \$25 lawn. www.wolftrap.org.

### MONDAY/JULY 11

**What in the World.** 7 p.m. City of Fairfax Regional Library, 10360 North St., Fairfax. Magic and mystery from around the globe with magician Mike Rose. Age 6-12. 703-293-6227.  
**What in the World.** 2:30 p.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Magic and mystery with magician Mike Rose. Age 6-12. 703-644-7333.

### TUESDAY/JULY 12

**Soundgarden.** 7:30 p.m. George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. Frontman Chris Cornell, guitarist Kim Thayil, bassist Ben Shepherd and drummer Matt Cameron are reuniting for a summer tour. Tickets \$59.50, available at www.ticketmaster.com and 703-573-SEAT. www.soundgardenworld.com or www.patriotcenter.com.  
**SteveSongs.** 11 a.m. Wolf Trap Children's Theatre-in-the-Woods, 1551 Trap Road, Vienna. For ages 2-10. 11AM. Sing and dance with "Mr. Steve," cohost of the PBS KIDS preschool show. \$8 day pass (includes Baba Jamal Koram show at 10 a.m.), under age 3 free. 1-877-WOLFTRAP or www.wolftrap.org/TITW.  
**Jammin' Beach Party.** 2:30 p.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Cody & Bj take you to a musical beach party with surfing, limbo, singing and dancing. 703-644-7333.

(includes Baba Jamal Koram show at 10 a.m.), under age 3 free. 1-877-WOLFTRAP or www.wolftrap.org/TITW.

**Operation Spycraft.** 2:30 p.m. City of Fairfax Regional Library, 10360 North St., Fairfax. Linda McCarthy, CIA veteran, gives you a close-up look at the world of spies and the gadgets they use. 12-18. 703-293-6227.  
**English Conversation Group.** 7 p.m. City of Fairfax Regional Library, 10360 North St., Fairfax. Conversation group for adults learning English. 703-293-6227.

**The Magic of Hans Christian Andersen.** 2:30 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Applause Unlimited presents "The Ugly Duckling," "Thumberlisa," and "The Emperor's New Clothes" told with puppets and masks. All ages. 703-249-1520.

**Let's Hear It For The Girls.** 7 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. All girls book discussion group. Saffy's Angel by Hilary McKay. Age 9-12 with adult female. 703-978-5600.

**Neighborhood Plant Clinic.** 10 a.m.-1 p.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. The Fairfax County Master Gardeners Association gives tips and advice. Adults. 703-249-1520.

**Wednesday/JULY 13**  
**SteveSongs.** 11 a.m. Wolf Trap Children's Theatre-in-the-Woods, 1551 Trap Road, Vienna. For ages 2-10. 11AM. Sing and dance with "Mr. Steve," cohost of the PBS KIDS preschool show. \$8 day pass (includes Baba Jamal Koram show at 10 a.m.), under age 3 free. 1-877-WOLFTRAP or www.wolftrap.org/TITW.

**Jammin' Beach Party.** 2:30 p.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Cody & Bj take you to a musical beach party with surfing, limbo, singing and dancing. 703-644-7333.

### THURSDAY/JULY 14

**City of Fairfax Concert Band.** 6:45 p.m. Veterans Amphitheater, City Hall, 10455 Armstrong St., Fairfax. In case of inclement weather, the concert will be at Lanier Middle School, 3801 Jermantown Road,

Fairfax. Classics, pops and marches especially for children with free ice cream and balloons, an instrument petting zoo and John Lyon on folk guitar. Bring a blanket or lawn chair and a picnic basket. Free. 703-757-0220 or www.fairfaxband.org.

**Dean's Big Ol' Gay 50th Birthday with Jimmy Gnecco, The Blackjacks, Struan Shields and The Independent.** 7 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. www.jamminjava.com.

**SteveSongs.** 11 a.m. Wolf Trap Children's Theatre-in-the-Woods, 1551 Trap Road, Vienna. For ages 2-10. 11AM. Sing and dance with "Mr. Steve," cohost of the PBS KIDS preschool show. \$8 day pass (includes Baba Jamal Koram show at 10 a.m.), under age 3 free. 1-877-WOLFTRAP or www.wolftrap.org/TITW.

**Water, Water Everywhere.** 10:30 a.m. City of Fairfax Regional Library, 10360 North St., Fairfax. Stories, songs and finger plays. Age 2-3 with adult. 703-293-6227.

**English Conversation Group.** 7 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Practice English and improve your English speaking skills. Adults. 703-249-1520.

**Reptile Wonders.** 2:30 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. Meet and learn about these animals with Reptile Wonders' Nature Center on the Go. Age 6-12. 703-978-5600.

**Lunchtime at the Movies.** 11:30 a.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Bring lunch and watch movies based on children's books. Call for titles. Age 1-6 with adult. 703-644-7333.

**FRIDAY/JULY 15**  
**The Damnwells.** 7 p.m. Royal Lake Park, 5344 Gainsborough Drive, Fairfax. Roots and blues music. 703-324-SHOW.

**Movies Under the Stars.** 7:30 p.m. Pinn Community Center, 10225 Zion Drive, Fairfax. Family-friendly movies shown every Friday. 703-250-9181, tty 711.

**Lighting the Lamp Within.** 11 a.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Reading and book signing with Jyoti Sondhi, author of "Lighting the Lamp Within." Adults. 703-644-7333.

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Metropolitan Community Church 703-691-0930

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# Legion All-Star Baseball Game Is a Hit

**Nationals team victorious in Fourth of July showcase in Vienna.**

BY RICH SANDERS  
THE CONNECTION

The grand old game of baseball was once again on Vienna's center stage on Independence Day as the annual American Legion All-Star Game was played in the heart of town at Water's Field. A big, laid back crowd was on hand to take in the District 17 (Northern Virginia) league's holiday showcase game, which began at 10 a.m., and was played in pleasant, overcast conditions.

As usual for the July 4 contest, made up of high school and first year college aged players, winning was not so much the day's priority for either team - the Nationals or the Americans - as much as simply enjoying the game and giving those on hand a good show.

"It's a game where you get to go out on the Fourth of July and play with and against the best players in the league," said Springfield Post 176 catcher/infielder Nathan Slater (Lee High School), who lined a single into left field in a first inning at-bat for the Americans. "Everyone wants to win and everyone out here is competitive. But at the end of the day it's about having fun."

Slater, in pre-game ceremonies on the infield, read the American Legion Code of Sportsmanship to both teams following the pre-game player introductions. It reads: "I will: keep the rules, keep faith with my teammates, keep my temper, keep myself fit, keep a stout heart in defeat, keep my pride under in victory, keep a sound soul, a clean mind, and a healthy body."

Slater said the atmosphere was fantastic

for the Legion All-Star game.

"It's nice seeing there's still support for baseball in the area," he said, after the game. "This place is packed."

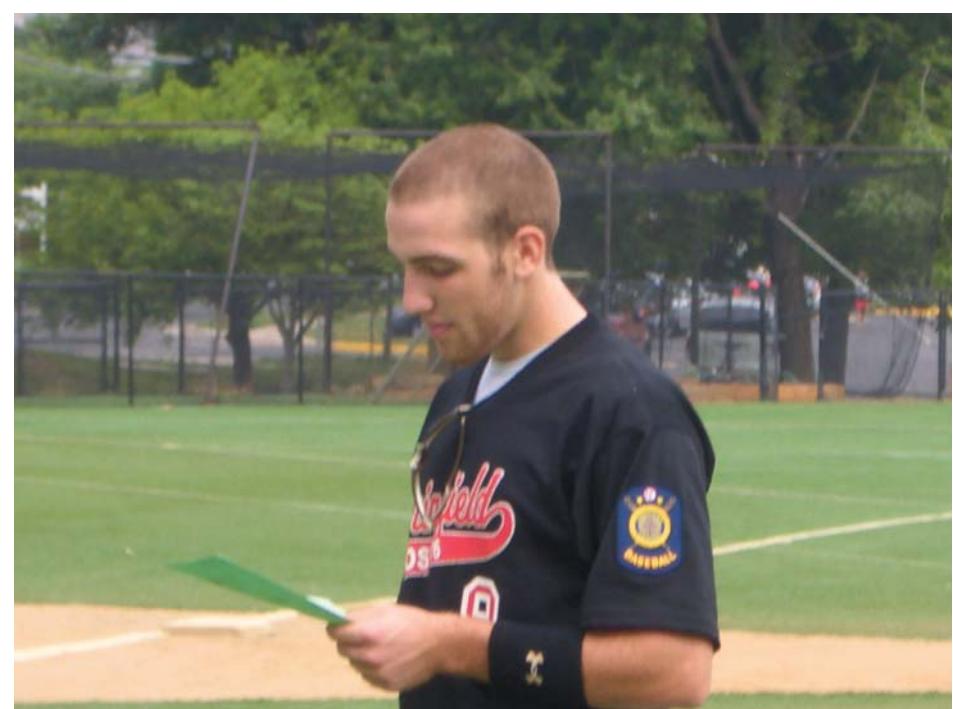
Bill Murphy, in his 12th year as the District 17 baseball commissioner, was the public address announcer for Monday's All-Star game.

"A lot of the players really look forward to this," said Murphy, a former president of the Vienna Little League. "The All-Star game gives the players incentive and pride, and something to shoot for. Every year people around town will come up to me and ask, Are you still having the Fourth of July All-Star Game?"

Both All-Star managers, veteran skipper Al Vaxmonsky (Springfield Post 176) for the American squad and Vondell Johnson (Arlington Post 139) for the Nationals, did their best to give all of their respective teams' players quality playing time.

**ON THIS DAY**, the Nationals team, made up of players from Alexandria Post 129, Arlington Post 139, Vienna Post 180, and Annandale Bicentennial Post 1976, lit up the scoreboard and defeated the Americans by a score of 15-6. The American squad was made up of players from Falls Church Post 130, Springfield Post 176, Fairfax Post 177, and Centreville Post 1995. Both teams also had players from Alexandria Post 24.

Throughput much of the game, patriotic band music could be heard from the grounds of the Vienna Community Center beyond the outfield fence as preparations were being made for the upcoming day-long festivities.



PHOTOS BY RICH SANDERS/THE CONNECTION

**Nathan Slater, a 2010 Lee High graduate, reads the American Legion Code of Sportsmanship prior to the game.**

On the artificial turf ball diamond, the District 17's top players were putting on a batting clinic as both teams combined for 23 base hits, 15 for the winning Nationals.

Both teams offered a myriad of offensive highlights. The Nats, in a seven-run top of the second inning, knocked around four doubles, the two-baggers coming from 1976's Joe Warren (St. Stephen's & St. Agnes School), Post 139's Ryan Dicht (Washington-Lee High), Post 24's Robert Banks (Hayfield Secondary), and Alexandria Post 129's Adam Forrer (T.C. Williams). During that same half inning, Alexandria Post 24's George Palacio (Mount Vernon High) and Vienna Post 180's Eli Facenda (Madison High) both had singles. Eleven players batted in all during that breakout second inning.

The game's lone home run came by Warren, a towering fly ball over the center field fence to lead off the fifth inning and give the Nationals an 8-4 lead. Warren would finish the day with three hits.

**THE NATIONALS** displayed some aggressive base running in a four-run sixth inning. Vienna post 180's Chris Hanson (Oakton High) began the big inning with a high fly double into shallow left center field. Two batters later, the hustling Hanson scored from second base on a groundball out to shortstop off the bat of Vienna Post 180's Mason Hauser (Oakton). Later in the inning, Forrer, who earlier reached base on a hit's batsmen, stunned the fans and American Leaguers with a dash towards home on the pitchers' windup. Forrer slid safely onto the plate for a rare steal of home. Later that same inning, Alexandria Post 129's James Clark (T.C. Williams) roped a line drive double into left center field to plate two more runs, giving the Nationals a commanding 12-4 lead.

The Nationals would go on to tally three more runs in the eighth, the big blow coming

off the bat of left-handed hitting Facenda, who tripled down the right field line for two runs. Earlier in the game, Facenda, who was the Nationals' starting pitcher, singled the opposite way down the left field line.

**THE AMERICANS** also had some big at-bats. In their three-run bottom of the second, Springfield Post 176's Joe Townsend (South County Secondary) pulled a ball into deep left field and off the left field fence for a double. But a fine defensive relay play on the extra base hit resulted in a base runner being thrown out at the plate, the tag applied by catcher Hanson.

In the American third inning, Falls Church Post 130's Danny Zdancewicz (Bishop O'Connell) doubled home a run. The Americans, later in the game, scored single runs in both the sixth - an RBI single by Centreville Post 1995's James Wiltshire (Paul VI) - and seventh innings - a sacrifice fly by Falls Church Post 130's Bruce Beatty (McLean High).

The Americans used nine different pitchers, playing one inning apiece. Tossing shutout innings were Post 176's JT Williamson (West Springfield High), Falls Church Post 130's Phillip Morris (McLean), Springfield Post 176's Matt Keen (Lee High), Springfield Post 176's Justin Drechsel (Hayfield), and Beatty.

The winning pitcher for the National League was Facenda, a southpaw who worked both the first and second innings.

Wiltshire, a 2010 graduate of Paul VI High and a current student at Virginia Military Institute (VMI), was thrilled to be an All-Star member of the American team.

"I wouldn't want to be anywhere else," said Wiltshire, a Chantilly resident who plays outfielder and pitcher for Centreville Post 1995. "I've been playing baseball since I was young. Playing on the [Fourth of July] holiday is a bonus."



**Nathan Slater readies for the pitch during first inning action of the annual District 17 American Legion All-Star Baseball Game held on Independence Day.**

# NEWS

## Area Man Steals from Church

FROM PAGE 4

Lee's work in the church's counseling department.

Myerson told Judge Horne that all these things "reflect the full measure of this man's life, not just the deeds before you today."

Lee's wife, who was in Korea for a sick relative's operation, wrote in an affidavit, "I don't know what I'll do if [my husband's] in jail." She also said he'd done charitable work and had helped many people."

"He's been married over 21 years and has no criminal record," said Myerson. "He's never before been in trouble. [In addition], five friends each pledged to pay \$100,000 to the church toward the restitution because they believe the whole ledger of his life should be taken into account, and they've been making payments."

Regarding any personal gain Lee received from the embezzlement, Myerson said, "This is a man in dire distress. His home is underwater; he has considerable debt and he didn't use the money toward his expenses. Utilities and gas aren't discretionary [expenses]. He could pay 25 percent of his gross income, but he only makes \$1,200/month in a dry cleaners. His wife is supporting him now; any [higher payment] would be punishing her."

Myerson then explained that Lee had an affair in 2003. "When he saw [the woman] years later in church, she blackmailed him," said the attorney. "She said she'd confront his wife if he didn't give her assistance. At some point, he wanted to stop. But by then, he was in too deep. He tried to get back the money from her, but she hired an attorney and my client didn't have the money to fight her."

Requesting probation for Lee, Myerson said, "He's demonstrated genuine remorse. He's apologized to SEED and tried to raise the money; unfortunately, it's not there to be raised."

Lee then stood and expressed "deep regret" for his actions. "In the past 14 months, I have had time for reflection," he said. "I fully recognize what I did was terribly wrong, even though I didn't keep the money for myself." Crying, he said, "I apologize to

SEED, KCPC and my wife and family for the pain I've caused [them]."

"I'll take this as an opportunity to be a better human being, and I will repay the money," added Lee. "I have worked to improve the community all my life and will continue to do so. I ask you, from the bottom of my heart, for mercy so I can be with my wife and pay restitution."

However, the judge just couldn't ignore Lee's behavior. "Embezzlement is a violation of a special trust someone placed in another to take care of their property," he explained. Horne also compared Lee's case to some similar ones he's sentenced.

In a case many years ago, he said, a woman embezzled money from the DMV to help her husband with terminal cancer. "That explanation draws on a judge's humanity," said Horne. Yet another woman had embezzled PTA funds earmarked for children's activities.

"The children had worked hard to raise the money, and she'd preyed upon their good works, and [your] case is like that," the judge told Lee. "You embezzled from a charity. This money was to be used for good works, but it was just used for somebody's pleasure, even if you were being blackmailed."

Horne then imposed a sentence that would punish Lee for his crime while placing him in a position to pay back the money he owes. He sentenced Lee to 10 years in prison for each of his three counts of embezzlement and ran the sentences consecutively, for 30 years total.

"That ought to be a beacon sign that the court takes this offense very seriously," said the judge. He then suspended all but 12 months and placed Lee on three years probation when his incarceration is completed.

Horne also ordered Lee to pay \$471,766 restitution to SEED at a rate of \$2,000/month, or half his gross income. "The court will authorize work release, if approved [by the county sheriff]," he said. "And community service can go toward paying your court costs. The court deviated upward from the sentencing guidelines, given the nature of your offense."

### COLLEGE NOTES

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.

**Rebecca A. Bajkowski** of Fairfax has been named an Alden Scholar for the 2009-10 academic year at Allegheny College. A graduate of W. T. Woodson High School, Bajkowski is a sophomore at Allegheny.

**John Awbrey** has been named to the dean's list for the fall 2010 semester. Awbrey is from Fairfax. To be eligible for dean's list, a student must carry a semester GPA of 3.5 or better and take a minimum of 12 letter-graded hours (four courses).

**Caitlin Campbell** of Fairfax, a sophomore, was named to the deans' honor list at Gettysburg College for outstanding academic achievement in fall 2010. College students with a quality point average of 3.60 or higher (on a 4.0 scale) for a semester's work are placed on the college's deans' honor list.

**Jessica Weathers** of Fairfax, a first-year student, was named to the deans'

honor list at Gettysburg College for outstanding academic achievement in fall 2010. College students with a quality point average of 3.60 or higher (on a 4.0 scale) for a semester's work are placed on the college's deans' honor list.

**Graham Brouder** of Fairfax, a senior, was placed on the deans' commendation list at Gettysburg College for the 2010 fall semester. College students with a quality point average of 3.33 or higher for a semester's work are placed on the deans' commendation list.

**Michael Smitsky** of Fairfax, a senior, was placed on the deans' commendation list at Gettysburg College for the 2010 fall semester. Gettysburg College students with a quality point average of 3.33 or higher for a semester's work are placed on the deans' commendation list.

**Kamila Goldin** of Fairfax is among 581 students named to the fall 2010 semester dean's list at Ohio Wesleyan University. Goldin also is a graduate of Thomas Jefferson High School of Science & Technology. To qualify for dean's list recognition, Ohio Wesleyan students must achieve a grade point average of

3.5 or better on a 4.0 scale in at least three unit courses.

Drew University student **Elizabeth Reams** of Fairfax has been named to the dean's list for the fall 2010 semester. In order to qualify for the dean's list, students must earn a grade point average of 3.4 or above, which is equivalent to a B+ or better.

**Wandella Lynn** of Fairfax was named to the fall 2010 dean's list at Ball State University. The dean's list recognizes undergraduates who earn at least a 3.5 grade-point average for 12 or more credits of graded course work during a semester or for 6 or more credits of graded course work during a summer term. Lynn also graduated magna cum laude from Ball State University in the fall of 2010 with a bachelor of science degree.

Fairfax resident and Azusa Pacific University student **Lisa Damerell** made the academic deans' list at APU. Damerell is honored for a fall semester 2010 academic standing of a 3.5 or better grade-point average. She is a marketing major, who is joined by 1,765 other students receiving the same honor.

# OPEN HOUSES

## SATURDAY/SUNDAY, JULY 9 & 10



**13680 Water Springs Court, Centreville • \$315,000 • Open Sunday 1-4 • Frank Gulla, Long and Foster 703-725-4912**

When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit [www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com) and click the Real Estate links on the right side. Call Specific Agents to Confirm Dates & Times

### Centreville

5223 Fernbrook Dr.....\$649,900	Sun 1-4.....Terri Miller, Prudential Carruthers..703-585-6336
13680 Water Springs Court.....\$315,000	Sun 1-4.....Frank Gulla.....Long and Foster..703-725-4912
5217 Woodleaf Ct.....\$469,000	Sun 1-4.....Scott Koval....Samson Properties..703-625-3446

### Chantilly

13630 Old Chatwood Pl.....\$554,900	Sun 1-4.....Tiffany Bram.....e Venture..703-624-5586
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### Fairfax

12194 Queens Brigade Dr.....\$634,500	Sun 1-4.....Carol Hermandorfer.....Long & Foster..703-503-1812
12012 Gary Hill Dr.....\$639,000	Sun 1-4.....Carol Hermandorfer.....Long & Foster..703-503-1812
2881 Star Opal Dr.....\$759,900	Sun 1-4.....Cristina Sison.....Keller Williams..703-798-9889
9010 Colesbury Pl.....\$735,000	Sun 1-4.....Anne Harrington.....Long and Foster..703-585-8595
3979 Troost Ct.....\$539,000	Sun 1-4.....Valrie Frame.....Keller Williams..571-213-5160
11112 Del Rio Dr.....\$400,000	Sun 1-4.....Carmen Ramos.....Inter-Continental..703-899-4337
11468 Rothesbury Square.....\$462,000	Sun 1-4.....Kristi Morgan.....ERA..703-909-4462
3808 Green Ridge Ct #202.....\$210,000	Sun 1-4.....Sheri Daniel.....Weichert..703-759-6300

### Clifton

6800 Glencove Dr.....\$729,900	Sun 1-4.....Dan Mleziva.....Jobin..703-380-9915
6431 Battle Rock Dr.....\$565,000	Sun 1-3.....Pat Fales.....RE/MAX..703-503-4365
7123 Ivakota Rd.....\$990,000	Sun 1-4.....Damon Nicholas.....Coldwell Banker..703-502-8787

### Fairfax Station

9011 Banyon Ridge Rd.....\$524,900	Sun 1-4.....Beckie Owen.....Long & Foster..703-328-4129
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### Burke

9111 Andromeda Dr.....\$434,950	Sun 1-4.....Kathleen Quintarelli.....Weichert..703-862-8808
9932 Coffey Woods Rd.....\$629,900	Sun 1-4.....Diane Sundt.....Long & Foster..703-615-4626
6060 Heathwick Ct.....\$369,900	Sat 12-3.....Christine Joy Canda.....Weichert..703-409-3852
5703 Round Top Ln.....\$274,900	Sun 1-4.....Jim Sandidge.....Century 21..571-437-5883

### Springfield

8205 Taunton Pl.....\$399,900	Sun 1-4.....Carol Hermandorfer.....Long & Foster..703-503-1812
5515 Yorkshire St.....\$467,500	Sun 1-4.....Pat Buck.....McEneaney Assoc..703-395-9625
7743 Middle Valley Dr.....\$399,000	Sun 1-4.....Marsha Wolber.....Long & Foster..703-618-4397
5901 Erving St.....\$359,900	Sun 1-4.....Doris Crockett.....Weichert..703-615-8411
9209 Rockefeller Ln.....\$539,900	Sun 1-4.....Karen Brown.....Weichert..202-439-7122

### Annandale

4853 Randolph Dr.....\$500,000	Sun 1-4.....Gracemarie Neary.....Weichert..703-304-8290
7108 Village Dr.....\$419,900	Sun 1-4.....Elizabeth Millet-Yestford.....e Venture..703-346-4133
7500 McWhorter Pl.....\$379,000	Sun 1-3.....Ronni Miller.....Weichert..703-801-4082
4669 Brentleigh Ct.....\$359,900	Sun 1-30-4:30.....Susan Minnick.....McEneaney Assoc..703-585-1861
9103 Meadow Rue Ln.....\$599,000	Sun 1-4.....Kris Walker.....Weichert..703-981-7802
4009 Estabrook Dr.....\$597,000	Sun 2-4.....Shameen Qadri.....Saab..703-861-6334
4624 Willet Dr.....\$549,000	Sun 1-4.....Edward Zibro.....Northern Va. Homes..703-477-9570
3684 Yorktown Village Pass.....\$429,990	Sat 1-4.....Bill Davis.....Century 21..703-501-4471

### Kingstowne/Alexandria

6618 Haltwhistle Ln.....\$519,950	Sun 1-4..Tom & Cindy & Assoc.....Long & Foster..703-822-0207
7202 Gulf Hill Ct.....\$539,950	Sun 1-4..Tom & Cindy & Assoc.....Long & Foster..703-822-0207
6721 Royal Thomas Way.....\$479,950	Sun 1-4..Tom & Cindy & Assoc.....Long & Foster..703-822-0207

### Falls Church

7631 Shreve Rd.....\$725,000	Sun 1-4.....Viveca Kazarian.....Keller Williams..703-618-7677
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To add your Realtor represented Open House

to these weekly listings, please call

Karen Washburn at 703-778-9422

or E-Mail the info to

[kwashburn@connectionnewspapers.com](mailto:kwashburn@connectionnewspapers.com)

All listings due by Tuesday at 3 P.M.

## COMMUNITY

# Pitching In To Help a Neighbor

Habitat for Humanity programs helps to repair area homes.

BY BENJAMIN PACZAK  
THE CONNECTION

**W**hen a neighbor's tree fell on a Fairfax home, the homeowner wondered how she would be able to keep her family safe and comfortable while dealing with the troubles that arose. Fortunately, Habitat for Humanity reached out to her with their new program, A Brush With Kindness, and quickly repaired her roof and fixed up her house in just a few days.

"It kind of is miraculous that things can sometimes line up," the homeowner said, wishing to remain anonymous for the privacy of her family.

The homeowner found Brush With Kindness through Facebook, and they kept in touch to make her one of their first projects. She lost her job after an injury and her 23-year-old daughter is permanently disabled after having survived leukemia as a child but with new problems appearing, but Habitat for Humanity stepped in to help.

Brush With Kindness began in April as a way for Habitat for Humanity to expand its service by reaching out to homeowners, thereby assisting neighbors in the community.

"It gives us the opportunity to reach more people," said Jenny Pitts, Habitat's marketing manager for Northern Virginia. "We're able to serve homeowners now as well as people that don't own homes."

"This is a new program for us, we are getting our feet wet, but this is the second project we've done and it's been really rewarding," said Bobby Akines, a Habitat for

Humanity volunteer since February 2010.

"I think we really get to help homeowners, and it's good for volunteers," Akines said. "They get to interact with the homeowner more than they could with some of our bigger projects, and they're quick, so in a couple of workdays we can make a big impact on someone's life."

Through just four days of work last week from about 30 volunteers, the Fairfax home's exterior was repainted, boards were rebuilt to improve air quality, new gutters were installed, the yard was landscaped and the roof was replaced.

Habitat for Humanity has many volunteers working with homes or attending to the restores where new and gently used home improvement items are resold at a large discount. Also on site was New World Title, a group that donated \$1,000 to the project.

Richard Semmler is a volunteer that has donated his money and time since 1995. He has seen 70 homes built for 70 families and gave a \$10,000 donation, enough for two Brush With Kindness projects.

"I plan to be on site as often as possible doing volunteer work, because I get a chance to see my dollars being put to good use," Semmler said, part of the "sandlot gang" of frequent volunteers.

"It's something I enjoy doing and plan to do it as long as I can, both from the financial and the volunteering points," Semmler said.

"We've got a good system in place, and hopefully we'll be able to help a lot more families with it," Akines said.

Habitat for Humanity hopes to do 10-12 more Brush projects next year.

## More

To learn more about Habitat for Humanity and the Brush With Kindness program, go to <http://www.habitatnova.org/>.



PHOTO BY JENNY PITTS/HABITAT FOR HUMANITY OF NORTHERN VIRGINIA

**From left, Jay Sharp, Edwin Poy and Dick Farmer are members of our Sandlot gang. The Sandlot gang is a group of committed construction volunteers that serve Habitat for Humanity's affiliate.**

## FAITH NOTES

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

**St. Peter's in the Woods Episcopal Church**, Route 123 and Burke Centre Parkway in Fairfax Station, will conduct Vacation Bible School from Sunday, July 24-Thursday, July 28, 5:30-8 p.m. "Hometown Nazareth: Where Jesus was a Kid." Music, games, crafts a petting zoo and more. For ages 4-10 years. Dinner will be served each evening. \$10 per child. Register at [www.spiw.org](http://www.spiw.org) or 703-503-9210.

**Lord of Life Lutheran Church**, 13421 Twin Lakes Drive in Clifton, offers three levels of ESL classes every Tuesday and Thursday at 7 p.m. Cost for semester is \$35, including student book. To register, come to the next class. [www.lordoflifeva.org](http://www.lordoflifeva.org) or 703-323-9500. Registration is Sept. 8, 7 p.m. ESL classes are also available at 5114 Twinbrook Road, Fairfax.

**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. [www.uucf.org](http://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](mailto:rdmarotto@cox.net).

**Congregation Adat Reyim**, an independent Jewish congregation, offers services Friday at 8 p.m., Saturday at 9:30 a.m. and Wednesday at 7:30 p.m. Hebrew School is Sundays at 9:30 and Mondays at 5:30 p.m. Hebrew High is Sunday at 5:30 p.m. Preschool is Monday-Friday at 9:30 a.m. Adat Reyim is located at 6500 Westbury Oaks Court in Springfield. For more information, contact us at 703-569-7577 or visit [www.adatreym.org](http://www.adatreym.org).

**Burke Presbyterian Church**, 5690 Oak Leather Drive in Burke, 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](http://www.BurkePresChurch.org).

**One God Ministry Church**, 4280/4282 Chain Bridge Road, Fairfax, now has a Web site with news, events, training, conferences, fellowship programs and more. Early Morning Service is at 8 a.m., Sunday School at 10 a.m., Sunday Worship Service at 11 a.m., and Wednesday Bible Study at 7 p.m. Women, Men, and Youth Bible Studies are on the third Tuesday of each month at 7 p.m. A Spiritual Gifts Service is the first Friday of every month at 7 p.m. One God Ministry has ministries for youth, men, women, couples, music and singles. 703-591-6161 or [www.onegodministry.org](http://www.onegodministry.org).

**Faith Communities in Action** meets the first Wednesday of every other month from 2-4 p.m. at the Fairfax County Government Center, Conference Rooms 2 and 3, 12000 Government Center Parkway, Fairfax.

**The Bahá'í of Fairfax County Southwest** offers "Interfaith Devotions: World Peace and Unity" for the general public on Saturdays. These free devotional gatherings meet at the Pohick Regional Library, Room #1, located at 6450 Sydenstricker Road, Burke, 22015.

**International Calvary Church** Sunday services in English are at 9:45 a.m., Korean services at 11:30 a.m. and youth services at 11:30 a.m. Sunday School classes in English are at 11:30 a.m. and children's classes at 11:30 a.m. Wednesday Bible study and Youth Meeting are at 8 p.m. and Friday Prayer and Youth Meeting at 8:30 p.m. 5700 Hanover Ave., Springfield. 703-569-1918.

**St. Leo the Great in Fairfax** hosts "Night of Praise" the first Saturday of each month, featuring praise music and Eucharist adoration at 7 p.m. Located at 3704 Old Lee Highway in Fairfax.

**The Immanuel Bible Church MOPS group** meets on Mondays from 7 to 9 p.m., at Immanuel Bible Church,

6911 Braddock Road, Springfield. MOPS is a group for pregnant or parenting mothers of children from infancy to kindergarten. 703-922-4295 or [www.MOPS.org](http://www.MOPS.org).

The following is a list of events at **Mount Calvary Baptist Church**, 4325 Chain Bridge Road, Fairfax:

Bible study and Prayer Service every Tuesday starting at 7 p.m.

Sunday School at 9:30 a.m., except for the fourth Sunday of the month, when Sunday School is at 9 a.m.

Sunday morning service at 11 a.m.

Commonwealth Care Center ministry every first and third Thursday night. Call 703-273-1455.

**Beth El Hebrew Congregation** has services on Fridays, 6:30 p.m. and on Saturdays, 10:30 a.m. The temple is located at 3830 Seminary Road, Alexandria. Religious school is on Wednesday evenings and Sunday mornings. Adult learning opportunities take place throughout the year. Tot Shabbat is on the first and third Saturdays. 703-370-9400 or [www.bethelhebrew.org](http://www.bethelhebrew.org).

ZONE 2: • BURKE  
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# EMPLOYMENT

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## FULL CHARGE BOOKKEEPER/ACCOUNTANT

Fairfax CPA firm seeks P/T or F/T full-charge bookkeeper/accountant. Ideal candidate should have recent bookkeeping/accounting exp in an office setting, be detail-oriented with strong computer skills, including MS Word, Excel and Quickbooks. 5+ yrs of exp and ability to prepare Federal, state and local payroll, and personal prop returns and business licenses as well as G/L, bank rec's, and A/P. We offer competitive salaries and benefits package. E-mail resume to: resumes@tgccpa.com

## EDUCATION TRAINING

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Pharmacies now hiring. No experience? Job Training & Placement Assistance Avail. 1-877-240-4524 CTO SCHEV

### DENTAL ASSISTANT TRAINEES NEEDED NOW!

Dental Offices now hiring. No experience? Job Training & Placement Assistance Avail. 1-800-381-1734 CTO SCHEV

### MED BILL & CODING Trainees NEEDED NOW

Medical Offices now hiring. No experience? Job Training & Placement Assistance Avail. 1-800-385-2615 CTO SCHEV

## SALON POSITIONS

Sana's Hair Design in Burke has immediate openings:  
\* Hair Stylist with clientele  
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Please call 703-508-8890 or email to: hermizyono@yahoo.com

## Property & Casualty Sales

Fairfax Insurance & Financial Services looking for a P & C licensed sales producer for Part-time, 20 hours or Full-time staff. Will provide a good base salary with attractive incentive compensation for new business. Insurance/All State experience preferred.

Fax resume to 703-352-0812 or email: aberabezuneh@allstate.com

## RN/Administrator

Kiddie Country Developmental Learning Center is seeking a Registered Nurse to assist Part Time with the administrative duties at our Schoolhouse Woods Road location. Loving, caring, professional applicants only.

Fax resumes 703-250-7631 or  
Phone 703-250-6550  
kiddiecountryI@aol.com EOE

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## EMPLOYMENT

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Zones 5, 6 ..... Tues @ 11:00

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**Zone 4:** Centre View North  
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## 21 Announcements

## 29 Misc. for Sale

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## 21 Announcements

## 21 Announcements

### OBITUARY

Max Allen Pfoutz, 82, of Landrum died June 29, 2011. A native of Sandy Ridge, PA, he was the son of the late George W. and Gladys Vaughn Pfoutz and husband of Edith Howell Pfoutz.

He was a member of Grace Baptist Church and served in the US Army. He retired from the FBI having served in the Washington Field Office and the New Haven, CT Field Office.

In addition to his wife, he is survived by four sons; three grandsons.

In lieu of flowers, memorials may be made to Grace Baptist Church Mission Fund, Bethesda Baptist Church Mission Fund, Brevard, NC, The Wilds Christian Camp, Brevard, NC or Gateway Baptist Church Missions Program, Boiling Springs, SC.

Condolences may be left at [www.pettyfuneralhome.com](http://www.pettyfuneralhome.com).

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