

Fire Chief Richard Bowers (left) helps with the ceremonial hose uncoupling at the new Fire and Rescue Station 42, Wolftrap.

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PHOTO BY RYAN DUNN/THE CONNECTION

Vienna Fire Station Holds Grand Opening

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Vienna Election report

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Mountain Kim Builds Character and Strength

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ANNOUNCEMENT

CURRY MANTRA IS NOW OPEN IN VIENNA

We would like to join the Washington Post in congratulating Curry Mantra on their recent expansion. Curry Mantra opened their 2nd location in Falls Church with a 3rd location is now opened in Vienna. We appreciate the opportunity to work with your expansion plan and wish you continued success at all 3 locations.

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Voting booths were set up at Precinct 214, the Vienna Community Center at 120 Cherry St. SE, Vienna, Virginia.



Election officers Mark Goldberg (left) and Larry Hughes (right) assisted voters arriving at James Madison High School in Vienna, Va.



Vienna resident Kay Bradford holds a sign for candidate Ken Cuccinelli at the James Madison High School.

Vienna Election Day

A 'steady flow of people' reported.

BY RYAN DUNN
THE CONNECTION

Weather has not been a hindrance for voters in the Vienna area. Located in the Hunter Mill District of Fairfax County, poll booths opened from 6 a.m. to 7 p.m. for citizens to cast votes on Governor, House of Delegates 35th and 34th districts, Fairfax County Sheriff and a \$250 million bond referendum to renovate county schools including two in Vienna.

For the House of Delegates 35th District, Democrat incumbent Mark Keam is facing Republican challenger Leiann Luse. For the 34th District of Virginia, which includes McLean, Great Falls and parts of Vienna and Loudoun County, incumbent Republican state Del. Barbara Comstock is running against Democratic challenger Kathleen Murphy.

Fairfax County voters will also be electing a new sheriff. There are four candidates for votes to choose from, including Democrat Stacey Kincaid, Republican Bryan "BA" Wolfe, Chris DeCarlo and Robert Rivera. The other positions to be elected will be for Governor, Lieutenant Governor, and Attorney General.

Olivia Hartt, a senior at Madison High School, and resident of

Vienna was working as an election page at Precinct 214, the Vienna Community Center at 120 Cherry St SE, Vienna. "There has been a steady flow of people," said Hartt. "Every high school senior has to get 10 hours of government service so I decided to be an election page. It is definitely interesting." Pat Dix, election chief at the Vienna Community Center said that at 8:30 a.m., the voter turnout was shy of 10 percent for this precinct.

Outside Vienna Community Center, both Richard McCarty and Simon Clough were handing out fliers and sample ballots to incoming voters. "There has been steady traffic, but nothing extraordinary," said McCarty. "The turnout has been less than last November which was a presidential election," said Clough.

Kathy Anne Kish, resident of Vienna was election chief for Precinct 218, at James Madison High School. "By 9:30 a.m. we had gotten beyond 10 percent of the vote for the precinct. We have 2,366 voters in this precinct," said Kish. "Historically, the ballots are most busy between 6 and 9 a.m.," said Kish. "There may be some more activity around lunchtime, and numbers will increase after people return home." Vienna resident Kathy Moore was outside handing sample ballots to voters. "We have had a steady stream of visitors," said Moore.

Voters can view the election results at <http://www.sbe.virginia.gov/electionresults.html>



Election officer Elizabeth Brooke standing near a map of the county precincts at Vienna's James Madison High School.



Simon Clough prepares some fliers and sample ballots for incoming voters at the Vienna Community Center.



Vienna resident Kathy Moore handed out sample ballots to voters at the James Madison High School.

PHOTOS BY
RYAN DUNN/
THE CONNECTION

Great Falls Soccer Travel Soccer Tryouts

Great Falls Soccer Club, is looking to strengthen their Boys U13 Travel Team for the Spring 2013 Season.

Focused on maximizing player development with an emphasis on building core technical skills, our licensed coaches and trainers will work tirelessly to constantly improve and build players technical, tactical, physical and decision making skills.

We are looking for committed U13 players born 08/01/00 or younger who want to take their game to the next level!

Training sessions are normally held on three (3x) a week in the Great Falls/Reston area.



If you are interested, have questions or would like to register for tryouts, please email the Team Manager at GFSCTRYOUTS@LIVE.COM

NEWS

Amphora Kicks Off Change 4 Change! Campaign

Amphora Restaurant recently kicked off its Change 4 Change! campaign at its Vienna location, benefiting Meant 2 Live Foundation's OZ Project that serves more than 200 orphans with HIV/AIDS and other vulnerable children in Zambia by providing schooling and other services. Through its Change 4 Change! campaign, Amphora's nearly 60,000 monthly customers are learning about the needs of Zambian orphans via tent cards and encouraged by servers to add \$1 (or more) to their checks that will be donated to the cause. The Meant 2 Live Foundation is a Virginia-based nonprofit that works to transform impoverished communities by providing education, medical access and food programs, including raising funds and awareness to support orphans in Zambia.



From left, Meant 2 Live Foundation Founder Eddie Fam and his brother Abraham Fam—founder of the Oz school in Zambia—launch the Change 4 Change! Campaign with Amphora owners Angela and George Cholakis and Kerrin Delaney - Marketing Director of Amphora Group.

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Halloween Winners

The Town of Vienna and the Vienna Business Association have announced the winning entries in the 2013 Vienna Halloween Parade held Oct. 23. Winners were recognized at the Nov. 4 Town Council meeting.

Best in Show – Optimist Club of Greater Vienna

Youth Band – 1st Place: James Madison High School Marching Band; 2nd Place: George C. Marshall Marching Statesmen

Adult Band – 1st Place: Northern Virginia Firefighters Emerald Society Pipe Band

Floats (with music) – 1st Place: Northwest Federal Credit Union; 2nd Place: Vienna Inn/James Madison Drama Department; 3rd Place: Optimist Club of Greater Vienna

Floats (without music) - 1st Place: Montessori School of Oakton; 2nd Place: Coldwell Banker Residential Realty; 3rd Place: VYS Under 9 Travel Soccer

Youth Performing Groups – 1st Place: Vienna Jammers Percussion Ensemble; 2nd Place: Vienna Dance Academy; 3rd Place: Cuppett Performing Arts Center

Adult Performing Groups – 1st Place: GottaSwing Dancers; 2nd Place: Kena Temple Shriners; 3rd Place: Cardinal Cloggers

Antique Vehicles – 1st Place: Daughters of the American Revolution; 2nd Place: Northern VA Corvette Club; 3rd Place: Old Dominion Historical Fire Society

Thanks to the following Halloween Parade sponsors for their contributions: Pure Chiropractic, Vienna Wireless Society, Robeks, Garai Orthodontics, Govan Builders, Northeast Vienna Citizens Association, Vienna Family Dentist, Bright Horizons and the many goodie bag sponsors.

THE COUNTY LINE



Alan Young of Burke, a member of FABB (Fairfax Advocates for Better Bicycling), talked with Jason Wu of Great Falls about the importance of bike and pedestrian-friendly transportation projects to ease congestion and make Fairfax County more “livable” at Hayfield High School Wednesday, Oct. 30.



Tom Biesiadny, director of Fairfax County’s Department of Transportation, led the first of four “Countywide Dialogue on Transportation” meetings, held Oct. 30 at Hayfield High School in Alexandria.

PHOTOS BY VICTORIA ROSS/THE CONNECTION

Fairfax County Wants You

County launches “Transportation Dialogues” to get feedback on public’s priorities.

BY VICTORIA ROSS
THE CONNECTION

Upcoming Meetings

- ❖ **Tuesday, Nov. 12 at 7 p.m.**
Fairfax County Government Center
Conference rooms 2/3
12000 Government Center Parkway, Fairfax
Transit accessible via: Fairfax Connector routes
605, 621, 623
- ❖ **Wednesday, Nov. 13 at 7 p.m.**
Forest Edge Elementary School
1501 Becontree Lane, Reston
Transit accessible via: Fairfax Connector routes
552, RIBS 1, RIBS 3

Not since 1987 — when today’s 40-something motorists were newly-minted drivers — has Fairfax County seen any new revenue stream for its traffic-choked roadways or relief for the region’s chronic gridlock.

But on the last day of the Virginia General Assembly session last year, state lawmakers narrowly passed a landmark \$3.5 billion transportation bill.

Hailed as the most ambitious, sweeping transportation funding initiative in a generation, House Bill 2313 is projected to generate about \$880 million a year to reverse the decades-long erosion of road revenue.

And while Northern Virginia motorists will pay for much of it in the form of additional taxes, the area also stands to gain nearly \$2 billion in the next six years for transportation projects.

“At this time last year, we were in dire straits. We faced an epic transportation crisis,” said Fairfax County Supervisor Jeff McKay (D-Lee). “Because of the transportation bill, we’re at important point in our history, where we have money and we want the input of our citizens.”

McKay, who chairs the Northern Virginia Transportation Commission, was speaking to a group of residents at Hayfield High School Wednesday night, Oct. 30. It was the first of four public forums — “Countywide Dialogue on Transportation Projects” — designed to educate and solicit input from residents on their priorities for county transportation projects.

TOM BIESIADNY, director of the county’s Department of Transportation (FCDOT), led the presentation: “We believe in the next six years there will be about \$1.2 billion for county transportation projects,” Biesiadny said. “We want to make use of those revenues, and ultimately make a recommendation back to the Board of Supervisors on Dec. 10 about your priorities for

the next six years.”

Biesiadny told residents the Board of Supervisors tasked his department with evaluating unfunded projects based on several criteria, including public input. Other criteria include congestion reduction, travel-time savings, school and park access and air quality.

Biesiadny said HB2313 provided new funding for both regional and local transportation projects, such as roadway, transit, bike and pedestrian projects. “These are ‘new capacity’ projects,” Biesiadny said, “You won’t see paving, fixing potholes or mowing the grass with this money.” He noted that money already committed to projects in the board’s four-year plans (FY 2013-FY2016) have been excluded from the discussion.

Biesiadny said FCDOT was starting its public outreach campaign this week, emphasizing that the public will have the opportunity to provide feedback in various ways — in person, online, via online chats, social voting or email through Nov. 18. All of the public meetings include an overview presentation, a question-and-answer session, educational materials and a series of coded maps to view the list of potential projects.

“Some of your ideas actually made it into the final General Assembly bill. The purpose of tonight is to look at the 214 unfunded projects, and get your input,” he said.

Supervisor Gerry Hyland (D-Mount. Vernon) joined McKay and Biesiadny at the meeting. “Mount Vernon’s priorities are, in this order, Route 1, Route 1 and Route 1,”

Hyland said, joking that the meeting was so important that he was missing Game Six of the World Series between his beloved Boston Red Sox and the St. Louis Cardinals. “This is my first time as a supervisor I’ve been able to come to a meeting and say ‘we can do something for you on transportation. Thanks General Assembly. And go Boston Red Sox!’”

Perhaps because of the Word Series, there were only about 20 residents at the meeting and six who gave brief comments, but they came from all parts of Fairfax County to talk transportation.

Jason Wu drove from his home in Great Falls to encourage the county to build a sidewalk on the one-mile section that leads into the town of Great Falls.

“I’m an ordinary citizen,” Wu said. “We have a petition with more than 100 signatures to get a sidewalk on that Westmoreland Street. It’s very dangerous to ride a bike there, and we have been spending a lot of time organizing to get this project on the list.”

Greg Budnick, a local engineer from Springfield, said he was there to caution supervisors “not to overreach financially” when evaluating projects. “Being a bicyclist, I can enjoy bike lanes and bike trails ... But I’m not sure anyone wants 10 feet of trees taken out of their development for more bike lanes.”

Jim Preston and David Mikkelson of Alexandria, who represented their HOA, said improvements along Richmond Highway, were critical to the easing congestion throughout the county.

Robert Michie, a representative of the Lee District Transit and Sidewalk Committee, lobbied for Project #182, which includes street pedestrian and bicycle access improvements along Van Dorn Street. The project, estimated at \$500,000 has been “on the books for years,” Michie said. “We’re pushing very strongly to get this particular one down because it provided metro access to Van Dorn Street. We consider Route 1 a lab. If we can fix Route 1, we can fix anything.”

EDITH KELLEHER OF VIENNA said she was there as the executive director of the Southeast Fairfax Development Corporation. “We endorse Project #60,” Kelleher said. The project includes the widening Richmond Highway from four to six lanes from Mount Vernon Memorial Highway (Route 235) to Napper Road. The cost has yet to be determined.

Many of the unfunded projects on the county’s list were road widening projects that included pedestrian and bicycle facilities.

Alan Young, a Burke resident and member of Fairfax Advocates for Better Biking (FABB), said the group was “furiously” reviewing the county’s bicycle master plan to see if there are components for bike and pedestrian access.

“It would be helpful when you look at projects to see that there are components for bike and pedestrian access,” he said. “One of our main goals is to make Tysons and other transit-oriented, mixed-use developments more bicycle-friendly.”

“We really appreciate Fairfax County for undertaking a major transformation of Tysons to create a livable, walkable community. Four new Silver Line Metro stations due to open in Tysons in 2014 are part of the foundation of that transformation. We want to see that throughout the county,” Young said after the meeting.

McKay said the supervisors were in the process of developing a master list of projects, and needed the public’s input.

“We want to be conscious of being fair throughout the county, because that’s the only way this thing will work. There are a lot of moving parts to this. So, your input is critical to this process.”

FOR MORE INFORMATION about the Countywide Dialogue on Transportation meetings, or to take the online survey, got to www.fairfaxcounty.gov/fcdot/cdot/.

Residents can also visit the web site to sign up for email updates or find out if new meetings have been announced.

OPINION

Be Part of Children's Connection

Call for student artwork and writing; deadline Dec. 6.

During the last week of each year, The Connection devotes its entire issue to the creativity of local students and children. The results are always remarkable, and the editions have won many awards. It is a keepsake edition for many families, and an edition read and praised by readers with and without children.

The annual Children's Connection is a tradition of well over a decade, and we begin getting inquiries from teachers and parents about submitting artwork and writing almost as soon as each school year begins.

We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens or other creative efforts.

We ask that all submissions be digital so they can be sent through email or delivered on CD or flash drive. Writing should be submitted in rich text format (.rtf). Artwork should be photographed or scanned and provided in jpeg format.

Identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school, name

of teacher and town of school location. Please provide the submissions by Friday, Dec. 6.

Some suggestions:

❖ Drawings or paintings or photographs of family, friends, pets or some favorite activity. These should be photographed or scanned and submitted in jpeg format.

❖ Short answers (50 to 100 words) to some of the following questions: If you could give your parents any gift that didn't cost money what would that gift be? What are you most looking forward to in the upcoming year? What is one thing that you would change about school? What do you want to be when you grow up? What is your favorite animal? What is your favorite toy? What makes a good parent? What makes a good friend? What is one of the best or worst things that ever happened to you? What is the best gift you've ever given? Ever received?

❖ Opinion (50 to 100 words) about traffic, sports, restaurants, video games, toys, trends, etc.

❖ Poetry or other creative writing.

❖ Opinion pieces about family, friends, movies, traffic, sports, food, video games, toys, trends, etc.

❖ News stories from school newspapers.

We welcome contributions from families, public and private schools, individuals and homeschoolers.

Email submissions for the Vienna/Oakton, McLean, Great Falls, Reston and Oak Hill/

Herndon Children's Connections to ChildrensNorth@connectionnewspapers.com.

Email submissions for Springfield, Burke, Fairfax, Fairfax Station/Clifton/Lorton Connections to ChildrensSouth@Connectionnewspapers.com.

Email submissions for the Potomac Almanac to editor Steven Mauren at smauren@connectionnewspapers.com.

Email submissions for the Arlington Children's Connection to editor Steven Mauren at smauren@connectionnewspapers.com.

Email submissions for the Children's Centre View to editor Steven Mauren at smauren@connectionnewspapers.com.

Email submissions for the Children's Gazette in the Alexandria Gazette Packet or Mount Vernon Gazette to editor Steven Mauren at smauren@connectionnewspapers.com.

To send CDs or flash drives containing artwork and typed, electronic submissions, mark them clearly by school and hometown and mail the CD to Children's Connection, 1606 King Street, Alexandria, VA 22314.

Please send all submissions by Dec. 6. The Children's Connection will publish the week of Dec. 26, 2013.

EDITORIAL

Where Have All Of Tyson's Forests Gone?

By JEANNE MCVEY

It is happening over and over again. Piece by piece, our natural landscape is being taken away from our families. Whose neighborhood will be affected next? The forests that provide protection from floods, cleaner water for our families, habitat for wildlife, and enrich our communities with their beauty, are being destroyed to make way for an urban Tysons Corner. Our once rural history is now made up of patches of the past. What can we do to convince those that represent us that we want to keep intact some of what is left of our historically rural area?

We have all experienced the growing pains of living in the Tysons Corner area as the Metro nears completion. We have been asked to endure the paving of our once rural area to make way for the new. We have carried the burden of construction, traffic, and change. In the process, what has our County done to protect the residents that have lived, worked, and played in surrounding, stable neighborhoods?



PHOTO: CONTRIBUTED

The flooding at Old Courthouse Road.

As a community, we need to be aware of what is occurring in adjacent neighborhoods, as unbridled development will change the nature of where we all live. Many of you have probably experienced the effects of infill in our community. Developers in our area continue to vie for rezoning for higher density of houses. Fairfax County uses its Comprehensive Plan to "guide in decision-making

about the built and natural environment." But how well does the County follow its own adherence to the Plan?

Developers are gaining approval for rezoning parcels that were originally of much lower density. For example, we have seen several new developments spring up in the Westbriar community, which have been rezoned, more than doubling their density. Each parcel may seem small by itself, but when you add up all the acreage, you are talking about a great deal of land being cleared of forest and built up with multiple houses.

One of the newest proposals being reviewed by Fairfax County requests that 5.4 acres be rezoned from R-1 to a PDH-2 designation. The development is off of Old Courthouse and Besley roads. The developer, Sekas Homes Ltd., asks to more than double the number of houses in this area. In addition, the same developer just got approval for a rezoning from R-1 to R-2 of 2.5 acres on Drewlaine, which is right around the corner from this property. That parcel has already been

clear-cut of trees, and construction has begun.

All of us who live here know about the floods that already are occurring after short storms at Old Courthouse Rd. and Besley Rd. With the high density of houses proposed, the majority of mature forests will be taken down, which now act as our natural filter for water and pollutants. Add up all the other rezoned parcels, and we can all see the ensuing problems with the increase of impervious surfaces and tree loss.

How can we fight developers' efforts, which degrade the natural fabric of our community? A petition against this latest rezoning has been launched and given to Hunter Mill District Supervisor Catherine Hudgins and County staff. It has been signed on by two homeowners' associations and many surrounding residents. This application is not compatible with the adjacent community, would alter the nature of the existing neighborhood, and impose unnecessary environmental risks and impacts on the beleaguered Wolf Trap Creek and Difficult Run Watersheds.

Vienna & Oakton
CONNECTION

www.ConnectionNewspapers.com

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BULLETIN BOARD

To have community events listed in the Connection, send to vienna@connectionnewspapers.com. The deadline for submissions is the Friday prior to publication.

THURSDAY/NOV. 7

The Vienna American Legion Auxiliary. 10 a.m., at Vienna American Legion, 330 Center St. N., Vienna. Place flags on the graves of veterans at Flint Hill Cemetery (on Route 123 between Courthouse Road and Hibbard Street); meet beside the tool shed inside the cemetery. 703-938-1379.

Northern Virginia Leadership Awards. 11:30 a.m.-2 p.m. Westwood Country Club, 800 Maple Ave. E., Vienna. The annual NVLA awards celebrate the actions and attitudes of community leaders. 703-938-2593.

FRIDAY/NOV. 8

Fall 2013/14 Registration Open House. 9:30-11:30 a.m., at McLean Children's Academy, 6900 Elm St., McLean. Bring your child and come tour the school; registration is available for the morning, afternoon and full day preschool classes. 703-734-2353 or www.childrensacademy.com.

SUNDAY/NOV. 10

9th annual Vienna CROP Hunger Walk. 2 p.m., at the Vienna Town Green, 144 Maple Ave. E., Vienna. Walk to help stop hunger during the (Communities Responding to Overcome Poverty) Hunger Walk. The walk is 3 miles and starts and ends at the Vienna Town Green. <http://www.viennacropwalk.org> or <https://www.facebook.com/events/241743379312873>.

Food for Trees Holiday Food Drive. Orders for 50 percent off freshly-cut Christmas trees which benefit the local community must be placed by Nov. 10; pickup is Saturday, Dec. 7 at the Old Firehouse Teen Center in McLean, with non-perishable food donation benefiting SHARE requested. Cookie decorating and games are available for children inside as trees are prepared. www.foodfortrees.org.

TUESDAY/NOV. 12

Fall 2013/14 Registration Open House. 9:30-11:30 a.m., at McLean Children's Academy, 6900 Elm St., McLean. Bring your child and come tour the school; registration is available for the morning, afternoon and full day preschool classes. 703-734-2353 or www.childrensacademy.com.

Chapter 1116 NARFE. 1:30 p.m., at the Vienna Community Center, 120 Cherry Street, Vienna. The Vienna and Oakton chapter of the National Association of Federal Active and retired Employees hears speaker Jane Priest, regional manager, Programs and Services, Alzheimer's Association, National Capital Area Chapter and Chapter Alzheimer's Fundraiser. There will also be a book and bake sale to raise money for the Alzheimer's Group. 703-938-7346.

WEDNESDAY/NOV. 13

Business Executives Networking Group. 1:30-3:30 p.m., at Oakton Library, 10304 Lynnhaven Place, Oakton. The non-profit organization for mid- to senior-level professionals with at least 10 years of business experience hosts the area chapter network meeting for meeting peers of various disciplines and sharing business opportunities and job leads. RSVP. HeatherRosen@thebeng.org.

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NEWS

Bicyclers Take Aim At Tysons

Cycling summit examines Tysons Corner accessibility.

BY ALEX MCVEIGH
THE CONNECTION

Fairfax Advocates for Better Bicycling hosted their annual Bike Summit Saturday, Nov. 2. Cycling and accessibility advocates examined the ways that people will be able to access the four Metrorail stations in Tysons Corner, stations that currently do not have onsite parking.

“Building these Tysons stations without parking garages makes it one of the biggest behavior modification projects when it comes to transportation that I’ve ever seen,” said Robert Thomson, a.k.a. “Dr. Gridlock,” who covers transportation for the Washington Post. “In order for the Silver Line to justify the \$6 billion investment that has been made, a lot of people are going to have to change the way they go about things.”

Supervisor John Foust (D-Dranesville) said that exact problem is one the county has been grappling with as they have started



Charlie Strunk, bicycle coordinator for the Fairfax County Department of Transportation, discusses the Fairfax County Bicycle Master Plan for Tysons Corner at the Fairfax Advocates for Better Bicycling Summit Saturday, Nov. 3.

planning the future of Tysons Corner.

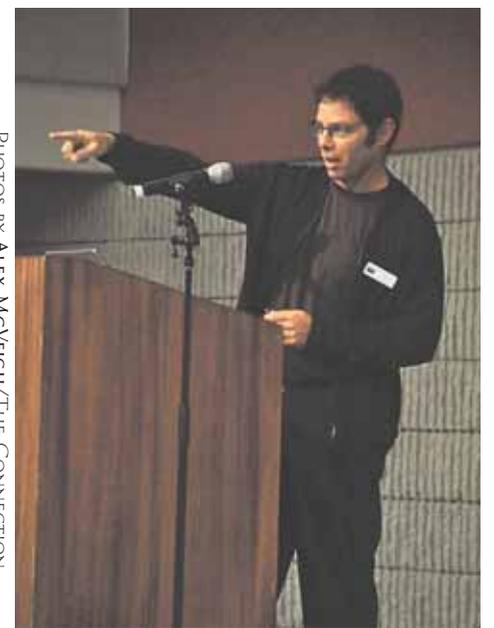
He called increased accessibility to the station a “critical need” and pointed to several initiatives that have taken place elsewhere in McLean, which include way finding signs directing cyclists through downtown McLean, road improvements that include wider shoulders and filling in gaps in bicycle trails.

“Route 123 is a tough nut to crack when it comes to bicycling into Tysons Corner. One of the first major transportation projects that will be completed is the Jones Branch Extension, which will give you access from Route 123 to Jones Branch via the ramps, and you’ll no longer have to go

under the Beltway. I think that’s going to be a game changer,” he said. “We’re also working on filling the missing links from Beulah Road to Tysons Corner, which means that riders on the W and OD trail can come across Towlston Road to Route 7 and go directly into Tysons. I think that’s going to open up Tysons to the entire county.”

EACH SILVER LINE STATION in Tysons Corner does have bicycle parking facilities. The McLean Station has parking capacity for 72 bicycles, the Tysons Corner has 76, Greensboro has 60 and Spring Hill has 70.

According to a 2012 survey conducted by WMATA, there are three Orange Line sta-



PHOTOS BY ALEX MCVEIGH/THE CONNECTION

Author and alternative transportation advocate Jeff Olson speaks at the annual Fairfax Advocates for Better Bicycling Summit Saturday, Nov. 3.

tions in the top 10 in number of bicyclists using the station, East Falls Church (second place), Vienna-Fairfax (fifth place) and Ballston-MU (sixth place).

Kristin Haldeman, a senior transportation planner with the Washington Area Metropolitan Transit Authority, says that stations with high usage by bicyclists tend to have nearby access to trails.

She said that some people will bike to Metro station no matter what, others will

SEE FASTER, PAGE 9

VDOT Virginia Department of Transportation

**Route 7 Widening
Fairfax County
Public Information Meeting**

Wednesday, November 6, 2013, 6 – 8:30 p.m.
Colvin Run Elementary School
1400 Trap Road, Vienna, VA 22182

Find out about an ongoing study to widen Leesburg Pike (Route 7) from four to six lanes between Reston Avenue and the west end of the bridge over the Dulles Toll Road, to increase capacity, decrease congestion, and improve safety, in conformity with the Fairfax County Comprehensive Plan.

The project would also include intersection improvements, as well as a 10-foot shared-use path on both sides of the road to increase mobility for cyclists and pedestrians.

Stop by between 6 p.m. and 8:30 p.m. to view displays and learn more about the project. VDOT and Fairfax County staff will be available to answer your questions.

Review project information at www.virginiadot.org, at the information meeting, or during business hours at VDOT’s Northern Virginia District Office at 4975 Alliance Drive in Fairfax. Please call ahead at 703-259-2118, 800-367-7623 or TTY/TDD 711 to ensure appropriate personnel are available to answer your questions.

Give your written comments at the meeting, or submit them by **November 16, 2013** to Mr. Leonard “Bud” Siegel, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030, or email meeting_comments@VDOT.virginia.gov. Please reference “Route 7 Widening – Reston Avenue to Dulles Toll Road” in the subject line.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact the project manager at the above phone numbers.

State Project: 0007-029-128,P102,R202,C502,B610 UPC: 52328
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**THE CONNECTION
NEWSPAPERS**

NEWS

Faster, Better, Smarter

FROM PAGE 8

never bicycle to a Metro station, but providing better accessibility features are essential to attracting people who may be on the fence about the concept.

“While we may not be able to create a W and OD Trail in Tysons Corner right now, the concepts behind trail access, that they’re protected, dedicated and easy to use, are what we need to appeal to the people in the middle, who need a little bit more in terms of comfort and encouragement,” she said. “In terms of Tysons Access, while it’s not a trail, we’re looking at what we construct, not necessarily a trail, but on street that can have the same type of attributes that make people comfortable.”

It is to that end that the county has been drafting a Bicycle Master Plan, the first phase of which deals with Tysons Corner. Charlie Strunk, bicycle coordinator for the Fairfax County Department of Transportation said that three projects are already funded and will be active shortly.

The first two, the Ashgrove Plantation Trail and the Vesper Trail, will allow Tysons Corner access from the northern Vienna neighborhoods to the Spring Hill Station.

The Vesper Trail is a straight shot to Spring Hill, it’s going to be incredible, with 10 feet of asphalt and two foot shoulders,” Strunk said.

The third trail will allow residents of the Magarity Road and Pimmit Hills areas to go over Scotts Run and access Tysons from the west.

THE SUMMIT’S KEYNOTE SPEAKER was Jeff Olson, an environmental architect and author who advocates for non-automobile transportation solutions. Having spent three decades working toward less reliance on the car, he says mindsets are beginning to shift.

“In my 30 years of doing this, 29 of them have been spent trying to explain to people why it should be one. Now I’m answering the question ‘How fast can it be done?’ I think that’s the real question for Fairfax,” he said. “Now you know what to do, the question is does it get done by this generation? We’ve got to do things faster, better and smarter than they’ve ever been done before.”

REMODELING & DESIGN SEMINARS IN MCLEAN!



Sat., Nov. 16th — 10am-2pm

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PHOTOS BY RYAN DUNN/THE CONNECTION
Marwan Mahmoud, Hanif Drzal, Toni Ogurcak, Diana L. Imlay, Keith Driscoll, and Adam Kimmet were some of the individuals to receive certificates of appreciation during the grand opening ceremony.



PHOTOS BY RYAN DUNN/THE CONNECTION
From left: Chaplain Bill Korpi, Captain John Niemiec, Ronald N. Kirpatrick, Richard Bowers Jr., and County Executive Edward L. Long, Jr.

Vienna Fire Station Holds Grand Opening

The Wolfrap station made more than 60 calls during its first two weeks of operation.

BY RYAN DUNN
 THE CONNECTION

On Nov. 2, the newest Fairfax County fire and rescue station No. 42, Wolfrap had a grand opening open to the public. The fire station is at 1315 Beulah Road in Vienna. Also attending the event were local dignitaries including members of the Fairfax County Board of Supervisors, Chairman Sharon Bulova, Supervisor John W. Foust (D-Dranesville), Supervisor Catherine Hudgins (D-Hunter Mill), and County Executive Edward L. Long, Jr. The station is the county's 38th fire and rescue station.

Station Commander Captain Ronnie A. Rodriguez opened the event by greeting all guests and visitors inside the station. There was a presentation of the colors with the Fairfax County Fire and Rescue Honor Guard, followed by a musical performance of "God Bless America" by the Northern Virginia Firefighters Emerald Society Pipe Band. Chaplain Bill Korpi led a prayer for the firefighters and all who would work at the station. "This is not just a place to hold gear," Korpi said.

The Wolfrap station opened on Oct. 1, and made more than 60 calls during its first two weeks of operation. All Fairfax County firefighters are basic-level EMTs. Paramedics receive certification beyond that. The Wolfrap station goes out to Crowell and Hunter Mill roads in one direction, and to the four-corner stop at Beulah, Trap and Old Courthouse roads.

"Recession or not the community



Station Commander Captain Ronnie A. Rodriguez stands by the Wolfrap station's fire engine.

needs this service... we look forward to many years of great service," Supervisor Foust said. "This is really an exciting thing," Supervisor Hudgins said. "Thank you, to the fire department, you are a valuable service to all of us."

"On Oct. 1, our first call was run out," Fire Chief Richard Bowers said. "This fire station is absolutely magnificent and it is a great birthday present." (Rodriguez mentioned earlier Nov. 2 is Bowers' birthday.)



Bill Bryce with the Northern Virginia Firefighters Emerald Society Pipe Band was invited to attend the grand opening ceremony and perform several songs.

uncoupling with Fire Chief Bowers, Captain Rodriguez and all guest speakers. Afterwards the Northern Virginia Firefighters Emerald Society Pipe Band played several more songs including a "Happy Birthday" for Fire Chief Richard Bowers. Other songs played included "The Gallant 42", "Shenandoah," and "Morag of Dunvegan."

One of the individuals who received a certificate of appreciation was Marwan Mahmoud. A construction engineer, Mahmoud had worked with the Fairfax County Department of Public Works and

There was then a ceremonial hose

SEE STATION. PAGE 15

Mountain Kim Builds Character and Strength

Martial arts school teaches focus, respect and discipline.

BY DONNA MANZ
 THE CONNECTION

When Tae Kwon Do Grand Master Mountain Kim opened his martial arts school in Vienna about 35 years ago, it was the second of the eponymous Mountain Kim Tae Kwon Do schools in Northern Virginia. Now, there are approximately 20 Mountain Kim martial arts schools in the area, most of which are franchises. The Vienna and the Oakton schools are still owned and run by Mountain Kim's family. In fact, should you stop by the Vienna school on Dominion Road, it's not unusual to see the Grand Master there himself. He is not a titular face, either. Mountain Kim is hands-on in the practice studio and in the office.

"Every day, we teach respect, listening to parents, grandparents and teachers," said Mountain Kim. "We and the parents and the school work together to teach respect, discipline."

Mountain Kim calls himself "semi-retired," but his passion for the values that tae kwon do instills in its practitioners is as self-defining as it was in the Grand Master's earliest years. He says tae kwon do training is very good for children.

"One, it teaches them mental discipline ... two, it teaches children to focus ... three, it builds physical strength ... and, the fourth thing, it teaches self-defense and confidence."

Mountain Kim's first martial arts studio was around the corner from his current location, on Church Street, next to the Savia Building. When he opened the Vienna school in 1978, Vienna was still much a "small town," he said. Eventually, he outgrew the facility he ran on Church Street and moved to the Dominion Road spot 18 years ago. A fleet of Mountain Kim shuttle buses dot the parking spaces.

"When I started teaching, 90 percent of the students were adults," Mountain Kim said. "Now, 80 percent are kids, and only 20 percent are adults. Tae kwon do is very good for children."

THE RESPECT shines in the class environment. Students bow to instructors, instructors bow to students.

There is a protocol in the bowing. The student bows to higher belts and the higher belts reciprocate. "We show respect for one another," Mountain Kim said. "When the children bow, we bow back."

A kindergarten girl, assessing her first class, said, "there was a lot of bowing going on." The thing is, the mutual respect is part of the tae kwon do culture.

Mountain Kim describes the term tae kwon do by breaking it down into its individual components. In the Korean language, it is spelled as a single word. "Tae" means "foot," "leg," or "to step on"; "kwon" means "fist," or "fight"; and "do" means the 'way' or 'discipline.'

Mountain Kim's journey to Grand Master took the traditional arduous journey. He started his own training in Korea more than 60 years ago. He re-



PHOTO BY DONNA MANZ/THE CONNECTION
At 67 years old, Grand Master Mountain Kim can still do a high-kick. He began his own tae kwon do training 60 years ago.

"When I started teaching, 90 percent of the students were adults. Now, 80 percent are kids, and only 20 percent are adults. Tae kwon do is very good for children."

— Grand Master Mountain Kim

turned to Korea to take the strenuous tests to achieve Grand Master level. There are, Mountain Kim explained, levels of belts, including the most heralded, the Black Belt. Mountain Kim is the highest level attainable, a 9th degree Black Belt. Black Belts from 7th degree up to 9th are eligible to test for Grand Master level. Black Belt degrees 4 through 6 are eligible to test for "Master" level, and Black Belt degrees 1 through 3 may test for "instructor" level.

MOUNTAIN KIM was awarded Grand Master 20 years ago.

Tae kwon do divides belt levels in two divisions, a junior division, which is ages up to 16, and a senior division, which is 16 years old and above.

Mountain Kim's classes are each instructed by a team of Black Belts, including a "Master" Black Belt.

Students of the school are encouraged to participate in regional martial arts tournaments.

The Mountain Kim Tae Kwon Do school in Vienna offers after-school programs that incorporate study time for the students and tae kwon do instruction. There's a separate room for the after-school students to afford them the opportunity to concentrate on their homework.

"If you can focus here, you can focus at school and at home," Mountain Kim said.

Miran Kim's [no relation] daughter, age 7, comes to the school for discipline and focus, Miran Kim said. "It helps her to focus at school and at home, as well. What she learns here is reinforced at home and at school, and it helps to build her personality in a positive way."

"I think it's important for girls to take this class for self-defense."

The Mountain Kim Tae Kwon Do school in Vienna is at 210 Dominion Road, NE, Vienna, 22180. Go to www.mtkim.com or call 703-255-0202 for class schedule and information.

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NEWS

Officers Gain Training in Criminal Justice

On Oct. 19, Officer Bradley "Brad" A. Reedy and Officer Marcos F. Herrera graduated from the 60th Session of the Fairfax County Criminal Justice Academy. The graduation ceremony was held at George Mason University's Harris Theater. Their graduation marks the culmination of a six-month training session in which newly hired police recruits receive training in all aspects of police procedures. The six-month basic recruit session is a non-residential training program consisting of over 920 hours of instruction. The curriculum includes, but is not limited to, 320 hours of academic studies, 94 hours of firearms training, 84 hours of emergency vehicle operation, 110 hours of physical training and 130 hours of defensive tactics training.

Upon completion of their training, at the Fairfax County Criminal Justice Academy, Officers Reedy and Herrera will be as-



PHOTO CONTRIBUTED

From left: Officer Bradley A., Reedy, Colonel Jim Morris and Officer Marcos F. Herrera graduated from the Fairfax County Criminal Justice Academy.

signed a Field Training Instructor (FTI) for the next ten weeks. During those ten weeks the FTI will observe and

guide the new officer's performance in the areas of officer safety, traffic enforcement, interaction with citizens, report writing, investigation of vehicle crashes and

many other aspects of their law enforcement duties.

Reedy is a graduate of The Virginia Polytechnic Institute where he received a degree in Interdisciplinary Studies. Herrera is a graduate of the George Mason University where he received a degree in Criminal Justice.



Morgan Howard of Oakton with Travis Smith of Herndon.



Morgan Howard and the Latitudes angling team.

Morgan Howard Declares for Latitudes Team

Morgan Howard of Oakton has declared for the "Latitudes" angling team, captained by her father Rob Howard, in the upcoming Colonial Beach Rockfish Tournament Nov. 9 and 10. She will be joined by her pal Travis Smith of Herndon. Morgan is 2013 graduate of the Options program at Paul VI High School in Fairfax where she competed in Special Olympics soccer, basketball and track.

Along with the \$5,000 first place prize for the boat, Morgan, who has Down's Syndrome, will be eligible for the \$300 Special Angler cash purse in addition to the Lady angler awards.

Morgan competed this last August in the first ever fishing tournament to offer a cash purse for individuals with intellectual disabilities. That tournament, a Spanish mackerel tournament, was

held in the Chesapeake Bay. Although Morgan had caught plenty of blues during the morning of the tournament, she had not reeled in a Spanish mackerel. By the time the Latitudes team began to catch the Spaniards, the rest of the crew made up of her sisters Caroline (16) and Catherine (13) in addition to friends Abby (16) and Issy English (13) had begun to take the rods. Before the "lines out of the water" deadline of 3 p.m., Catherine Howard would reel in a 24-inch Spaniard, large enough to take first place for the \$250 Junior Angler award category. Unaware of the leader board status, the team, near the mouth of the Potomac, found themselves too far distant to the weigh station in Kilmarnock, Va. to meet the weigh in deadline of 4 p.m.

ENTERTAINMENT

Send announcements to vienna@connectionnewspapers.com. Deadline is Friday for the following week's paper. Photos/artwork encouraged. For additional listings, visit <http://www.connectionnewspapers.com/news/2013/sep/26/fairfax-county-calendar/>.

WEDNESDAY/NOV. 6

Dan Rosenberger on Light

Painting. 7:30-9:30 p.m., at Thoreau Middle School, 2505 Cedar Lane, Vienna. The photographer will speak to the Vienna Photographic Society on light painting, a special type of night photography. 703-255-2452, www.vpsva.org or bjw.1989@verizon.net.

WEDNESDAY-SATURDAY/NOV. 6-16

Jolanta Noska's Abstracts at the Vienna Arts Society Gallery in the Village Green, 513 Maple Ave. W., Vienna. See the work of Jolanta Noska, who took a master's program in elementary education in her native Poland before moving to Virginia. Her abstract works are created in acrylics, pastels and leather. 703-319-3220 or www.ViennaArtsSociety.org.

THURSDAY/NOV. 7

The GFWG Meeting. 11:15 a.m.-1:15 p.m., at the Great Falls Library in the large conference room, 9830 Georgetown Pike, Great Falls. The guest speaker will be the best-selling, award-winning children's book author and illustrator **Henry Cole**, who'll discuss his work and engage in audience Q&A. 703-757-8560.

FRIDAY/NOV. 8

Heroines in Technology. 6 p.m., at Hilton McLean Tysons Corner, 7920 Jones Branch Drive, McLean. A black-tie gala that recognizes and honors women in the technology industry for their dedication to community service. The evening includes a cocktail reception, dinner, awards presentation, and a silent and live auction. Proceeds from the event will support local March of Dimes programs. 571-257-2303 or mmurphyhedrick@marchofdimes.com.

16th annual Rotary Monte Carlo Night. 6:30-11 p.m., at the Fairview Park Marriott in the ballroom, 3111 Fairview Park Drive, Falls Church. A black tie optional night of dancing to The Loudoun

Jazz Ensemble, an unlimited dinner buffet, silent and live auctions and gaming tables including Blackjack, Roulette, Craps & Texas Hold-em Poker, each with prize drawings. A portion of the proceeds benefits funds for the eradication of polio worldwide as well as charities that Rotary supports. \$75; sponsorships available. 703-929-1451 or www.dunnloring-merrifieldrotary.org.

Natalie York & Steve Forbet. 7:30 p.m., at Jammin' Java, 227 Maple Ave. E., Vienna. Vienna native Natalie York, now a Brooklyn-based singer-songwriter, will open for Steve Forbet. www.natalieyork.com or www.jamminjava.com.

SATURDAY/NOV. 9

Holiday Bazaar. 9:30 a.m.-4 p.m., at Vienna Community Center (corner of Cherry and Park streets), Vienna. Browse among 70 plus local and regional artisans and vendors. There will be an old fashioned bake sale, white elephant items at Aunt Alice's Attic and a gently used book sale. Proceeds support several scholarships to deserving high school students and elementary schools that are awarded by the Vienna Woman's Club. \$2.

37th Annual McLean Antiques Show and Sale. 10 a.m.-6 p.m. at the McLean Community Center, 1234

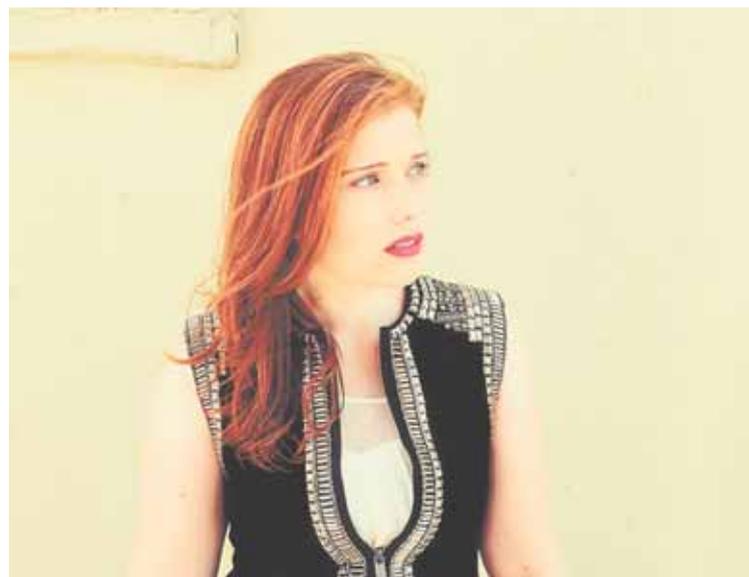


PHOTO BY SHERYVYN LAINEZ

Natalie York, a Vienna native gone Brooklyn-based singer-songwriter, plays at Jammin' Java Friday, Nov. 8 at 7:30 p.m., opening for Steve Forbet.



D. Marshall Elliott, Vienna's Artist of the Year, will exhibit her work alongside other artists' at the 44th annual Treasury of Art juried show and sale Sunday, Nov. 10, at the Vienna Art Center, 2-4 p.m.

Ingleside Ave., McLean. An exceptional group of dealers representing antiques, decorative accessories, furniture, folk art, porcelains, silver and much more. \$7. <http://www.mcleancenter.org/> or 703-790-0123.

Discover Graphics Atelier 30th Anniversary. 4-6 p.m., at the Frame Factory 212 Dominion Road N.E., Vienna. An exhibit of original, hand-pulled prints from current and former artists associated with Discover Graphics, which was founded in 1983 by accomplished printmakers Penelope Barringer and Allan Kaneshiro to promote traditional printmaking techniques. The exhibit runs from Nov. 6-Dec. 15. www.discovergraphics.org.

Community Tysons Harvest Dinner. 4-7 p.m., at St. Luke's United Methodist Church, 7628 Leesburg Pike (Route 7), Falls Church. Enjoy a turkey dinner at the closest church to Tysons Corner, with sides, drink and dessert. \$10 for adults, \$5 for children 10 and under (takeout available).

SATURDAY-SUNDAY/NOV. 9-10 The 37th annual McLean Antique

Show. 10 a.m.-6 p.m. Saturday, 11 a.m.-5 p.m. Sunday, at The Alden Theatre, 1234 Ingleside Ave., McLean. Over 50 dealers of American, English, Asian and European antiques, decorative accessories, furniture, folk art, fine porcelains, silver, linens, paintings, Oriental rugs, jewelry and the like; lunch and dinner fare available from Sweet Stuff of McLean. \$7. www.mcleancenter.org/special-events/upcoming or 703-790-0123, TTY: 711.

SUNDAY/NOV. 10

People Who Need People. 2-4 p.m., at Vienna Art Center, 115 Pleasant St., N.W., Vienna. An exhibition of paintings and sculptures featuring portraits and a variety of colorful scenes of people. Meet artists from around the region, and enjoy light refreshments at a reception. The exhibit is open through Nov. 30 Tuesdays through Saturdays. 703-319-3971 or www.ViennaArtsSociety.org.

Live Irish & Scottish Musicians Perform. 5, 7 p.m., at The Old Brogue Irish Pub, 760-C Walker Road, Great Falls. Enjoy music from Maggie Sansone, who plays the hammered dulcimer as well as Scottish small pipes, guitar and bodhrán; Scottish Celtic harpist Sharon Knowles; and Irish singer and guitarist Pat Egan, in addition to ales and Irish cuisine. \$17; \$12 for children. 703-759-3309 or www.instantseats.com/events/oldbrogue.

MONDAY/NOV. 11

Veterans Day Ceremony. 11 a.m., at the Freedom Memorial, behind the Great Falls Library, 9830 Georgetown Pike, Great Falls. The speaker at this year's ceremony will be LCDR John A. "Sandy" Pidgeon, a retired Navy SEAL Officer who served in Somalia, Haiti and Iraq. A Marine Corps Reserve Color Guard will present the colors. The sixth grade at Great Falls Elementary School will join for the event and the Madrigal Choir of Langley High School will provide music.

Griffin House and Caroline Rose. 7:30 p.m., at Jammin Java, 227 Maple Ave. E., Vienna. Singer-songwriter Griffin House and Americana-rock and multi-instrumentalists Rose and partner Jer Coons play. <https://jamminjava.com/events/griffin-house>.

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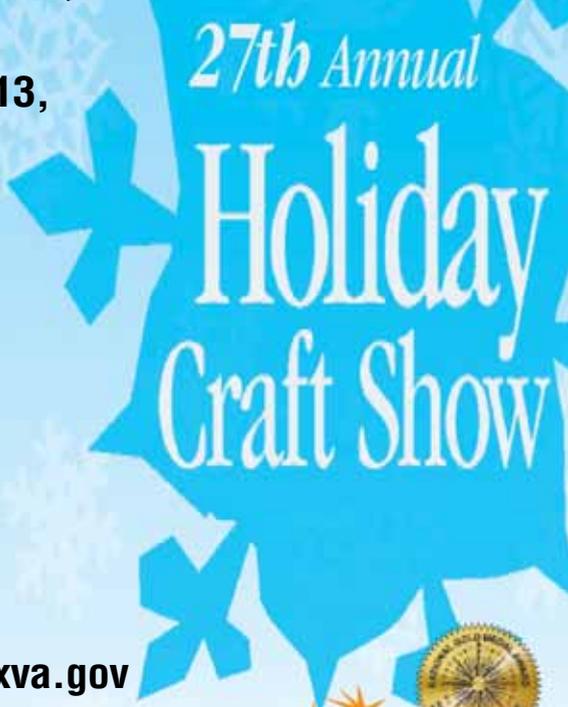
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PHOTO BY RANDY BEEMAN

Halloween Fun in Vienna

The 2013 Kids Carnival at the Antioch Christian Church, in Vienna, brought youth of the community out to enjoy a moon bounce, carnival games, chalk artist, candy, crafts and more.

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THE CONNECTION
NEWSPAPERS

Nov. 30 Declared 'Vienna Business Saturday'

On Oct. 28, Mayor M. Jane Seeman and members of the Vienna Town Council declared Saturday, Nov. 30, as "Vienna Business Saturday."

Citizens of Vienna are encouraged on this day, and throughout the year, to patronize Vienna businesses, in demonstration of their support and appreciation for the contributions Vienna businesses make to the community.

The event is organized by Vienna's Town/Business Liaison Committee, and is meant to provide residents with a small town experience when shopping for the holidays.

Businesses are encouraged to participate by offering special sales and giveaways to shoppers on Saturday, Nov. 30. All specials and deals will be listed on the Town's website and publicized through various platforms. Businesses interested in participating in Vienna Business Saturday, should contact the Public Information Office at pio@viennava.gov or (703) 255-6330 by November 22, 2013.

For more information, visit www.viennava.gov.

Annual Church Street Holiday Stroll to Be Held Dec. 2

The annual Holiday Stroll on Vienna's historic Church Street will be held on Monday, Dec. 2, from 6 to 9 p.m.

Church Street will be closed between Lawyers Road and Mill Street, and visitors are invited to stroll amid the sights and sounds of the holiday season and visit merchants along the way.

The Freeman Store and Museum, 131 Church Street NE, the train station, red caboose, Knights of Columbus (former First Baptist Church) and Vienna Presbyterian "old chapel" will be open to visitors. Santa Claus will arrive at the Freeman Store at 6:15 p.m. and help Mayor Jane Seeman light the holiday tree. Afterwards, Santa will visit with children on the front porch of the Freeman Store.

The Holiday Stroll will feature entertainment by local musical groups, a petting zoo, free hot chocolate, marshmallows for roasting at supervised "bon fires" and other festivities.

Visitors are encouraged to bring a new toy to donate to the Toys for Tots collection, sponsored by Coldwell Banker.

The Holiday Stroll is sponsored by Historic Vienna, Inc. and the Town of Vienna. All activities are free of charge. For more information, visit www.viennava.gov/index.aspx?nid=985 or call 703-938-5187.

Community Center to Host Annual Holiday Bazaar

The 53rd Annual Holiday Bazaar will be on Saturday, Nov. 9, from 9:30 a.m. to 4 p.m. at the Vienna Community Center, 120 Cherry Street SE. Admission is \$2 per person.

Sponsored by the Vienna Woman's Club with support from the Town of Vienna, the show boasts over 70 crafters and vendors and will feature bake and book sales. All proceeds benefit the Vienna Woman's Club's youth scholarship fund. For more information, contact Vienna Parks and Recreation at 703-255-6360 or visit www.viennava.gov.



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Fire Station Opens

FROM PAGE 10

Environmental Services in the creation of the fire station. "I am glad that it is open for the community and being used," Mahmoud said.

Mahmoud explained the station achieved Silver Leadership in Energy and Environmental Design (LEED) certification. "This is an environmentally friendly building," Mahmoud said. Flooring, carpet, window frames, and other materials are made of 25 percent or higher of recycled materials. Cabinetry is made from reclaimed straw products, and appliances are high efficiency Energy Star rated.

"It took an extraordinary team effort from an innumerable amount of people to pull this together. Not just to build it, but to get it funded and get us in it," said Captain Rodriguez. With 21 years of service with the fire department, Rodriguez had been a resident of northern Virginia for most of his life, and attended W.T. Woodson High School.

The new Wolftrap station works in partnership with the Vienna Volunteer Fire Department. To read more about them and upcoming events visit: <http://www.vvfd.org>

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|---|---|--|



SPORTS



PHOTOS CONTRIBUTED

Nine Langley HS girls made it to the state qualifier. From left: Kendall Deese, Veronica Smith, Kaitlin Bonacci, Maddy Nguyen, Cathy Park, Lauren Smith, Rachel Zmuda, Maria McQuade, Anna Sampson.

Langley Girls Shine in Golf State Qualifier

The Langley HS girls golf team had an excellent performance at the State Qualifier on Oct. 22, where nine of the 13 girls on the team performed.

Sophomore Maria McQuade and senior Rachel Zmuda advanced to the state tournament. Bob Hayne coaches the team.



From left: Langley girls golf coach Bob Hayne, sophomore Maria McQuade and senior Rachel Zmuda.

Great Falls Azzurri Blue U-10 Wins Columbus Day Tournament

The Great Falls U-10 Azzurri soccer club won their division at the Richmond Strikers annual Columbus Day Tournament in Richmond Monday, Oct. 14. The Great Falls Azzurri Blue won the top "Nina" division and finals by amassing 27 goals over a four game stretch and beating a tough St. Marys Maryland-based team 5-1 in the tournament finals. Members of the Azzurri Blue are: Ethan Addington, Kian Ambrose, Dorian Cushing, Ryan Duenkel, Jack Ellinger, Annabeth Holsinger, Spencer Paulsen, Evan Preta, Jeffrey Stark and Jake Sachtleben.

The Great Falls Azzurri White had an excellent tournament as well, winning their division but losing in a close match in the semi-finals Sunday morning. Members



From left, back, Dorian Cushing, Jake Sachtleben, Kian Ambrose, Evan Preta, Spencer Paulsen, Ethan Addington; front: Jeffrey Stark, Annabeth Holsinger, Jack Ellinger and Ryan Duenkel.

of the Azzurri White are: Max Alexander, Andy Chen, Dillon Clark, Aidan Connelly, Quincy Daniel, Alexander Mavris, Inaki Palacios, Alejandro Rojas, Alex Scanlon and Collin Togher.



PHOTO BY CHRIS CLEMENTE

Langley quarterback Nick Casso goes airborne in route to a first down against Madison.

Langley Football Wins Six in a Row

Final regular season game coming at archrival McLean on Friday, Nov. 8.

November started out the same way October ended, with the Langley Saxons rolling over another conference opponent, this time it was rival Madison who found themselves on the short end of a lopsided 49-14 mauling.

The potent Langley offense took advantage of two early miscues and a highly effective passing game to build a 35-point lead before the Warhawks could even get on the board. The streaking Saxons have now won six in a row to improve their record to 7-2 overall, 5-1 in the conference with the final regular season game coming on the road at arch-rival McLean on Friday, Nov. 8.

Two crucial Madison mistakes to open the game, a fumble on their first possession and a blocked punt by Brian Pitts recovered deep in their territory was all Langley needed to jump out to an early 14-0 lead on short runs by Nick Casso (2 yards) and Tyler West (7 yards). West carried the ball 22 times, gaining 137 yards with one touchdown. Erik Swayne supplied the PATs as he did on all seven scores.

With a comfortable lead in

hand, the Saxons went to work through the air, adding a touchdown toss to Philip Antypas (7 yards) and two to Austin Denham (38, 30), who had four catches for 138 yards. In between, Garrett Collier provided an electrifying 78-yard punt return for a score. For the game senior quarterback Nick Casso was 7 for 15 for 205 yards and three touchdowns. He also rushed for 40 yards and two scores behind the blocking of a massive O-Line anchored by seniors Brooks Norris, Alex Kolencik and Bennett Molster.

The Warhawks struggled to sustain any offense against a stubborn Saxons defense that yielded only 138 yards on the ground. The biggest play for Madison was a 69-yard touchdown pass from Trey Ramsey to Nate Williams for the Warhawks' first score midway through the third quarter. Madison's only other score came in the waning seconds of the game when Kyle Karp plunged in from 1 yard out. Unlike the previous two years, when Langley lost in overtime and after a potential tying field goal went wide, this time the Saxons made sure the outcome was never in doubt.

Yoga Community Lauds New Smithsonian Exhibit

Sackler exhibit is first of its kind.

BY MARILYN CAMPBELL
THE CONNECTION

Yoga instructor Luann Fulbright of McLean moved her practice from the mat to a gallery recently when she joined diplomats, philanthropists, artists and fellow yogis at a gala to celebrate the opening of “Yoga: The Art of Transformation” at the Arthur M. Sackler Gallery in Washington, D.C. It is the world’s first exhibition on the art of yoga.

“I couldn’t be more excited to have been able to attend this exhibit,” said Fulbright, a director of Dream Yoga Studio & Wellness Center in McLean. “It’s not only the first of its kind, but it was put together by a team of scholars led by Debra Diamond, an exquisitely studied and curious curator who brings her depth knowledge of Indian and Asian art and yoga together to shed light on the history and fascinating, many missing stories of yoga that are like yoga itself — mind expanding.”

The exhibit, which opened Oct. 19, features temple sculptures, devotional icons, manuscripts and court paintings created in India over the past 2,000 years. With artifacts borrowed from 25 museums and private collections in India, Europe and the United States, the exhibit explores yoga’s diverse history.

Museum officials said the exhibit reunites three monumental stone yogini goddesses from a 10th-century Chola temple for the first time, as well 10 folios from the first illustrated compilation of asanas, or yogic postures, made for a Mughal emperor in 1602, which have never before been exhibited together. The exhibit also includes Thomas Edison’s “Hindoo Fakir” (1906), the first movie ever produced about India.

Maryam Ovissi, one of the exhibit’s sponsors and the owner of BelovedYoga studio in Reston and Great Falls, said she appreciates such a comprehensive exploration of the evolution of yoga.

“Yoga has become a very loaded word in our society, and there are many facets to it. You can think of yoga as a gem,” she said. “The exhibit shows that yoga has philosophical roots. It offers an understanding of [yoga] as a healing modality and gives a perspective of how it was introduced to the West and evolved into what has



PHOTO COURTESY OF MARYAM OVISSI

Maryam Ovissi, a sponsor of “Yoga: The Art of Transformation” and the owner of BelovedYoga studio with locations in Reston and Great Falls, attends the exhibit’s opening gala with her student Jean Edelman, also an exhibit sponsor.

become today. The curator did an excellent job of showing that it’s an entire journey. People will walk away knowing that yoga is rich and has layers to it.”

YOGA INSTRUCTORS said the exhibit will educate people about the practice. “Having an exhibit like this confirms that yoga is so much more than most folks today think,” said Fulbright. “It’s not a fad. It’s not a particular religion. It’s not just exercise. It’s a constantly developing practice that people from many cultures have embraced for thousands of years to transform and empower themselves and their nations. I’m encouraging all [of my] students to see this exhibit, which can’t help but motivate and deepen their practice.”

Great Falls resident Jean Edelman, an exhibit sponsor and one of Ovissi’s students, hopes those who make the trek to the Sackler Gallery will walk away inspired. “I think it is a wonderful opportunity to bring to light yoga to people who never knew anything about it. It is a great for the mind, body and spirit.”

Dawn Curtis, owner of East Meets West Yoga Center in Vienna, also attended the opening gala. She believes the exhibit will offer attendees “a great education about the vastness of yoga and its practices. It is an amazing exhibit. The most extraordinary room ... is what I would call the Goddess room: three beautiful yoginis brought together in one room,” she said, referring to the Chola goddesses.



PHOTO COURTESY OF TERESA DUNCAN

Yoga students Teresa Duncan and Jean Edelman attend a gala to celebrate the opening of “Yoga: The Art of Transformation” at the Arthur M. Sackler Gallery.

Details

“Yoga: The Art of Transformation” will remain at the Sackler Gallery until Jan. 26, 2014. Visit <http://asia.si.edu/exhibitions/current/yoga.asp>.

Alexandria-resident Heather Sutliff, of East Meets West Yoga Center, said the exhibit will make yoga more accessible to a wider audience. “I think the fact that the Smithsonian has dedicated an exhibit to yoga spotlights its growing influence in society,” she said. “It kind of endorses yoga’s legitimacy and makes people sit up and take notice, and think, ‘Hey, maybe I should look into this yoga thing.’”

She also hopes people recognize the health benefits. “Yoga practice not only helps calm the mind, but has significant physical benefits that can be realized right after your first yoga class,” said Sutliff. “There are many medical studies that show consistent yoga practice reduces the risk of heart disease and diabetes and can lower cholesterol levels. I look forward to the day when I can get a prescription for yoga practice as easily as a prescription for a statin or beta-blocker.”

Yoga instructor Sara VanderGoot, of Mind the Mat Pilates & Yoga in Alexandria and Arlington, said the exhibit will raise awareness about the practice. “The exhibit really means a lot to the yoga community,” said VanderGoot. “It’s great to have an exhibit that educates people about the roots and origins of yoga and what it can do for their lives and their health”

“It’s great to have an exhibit that educates people about the roots and origins of yoga and what it can do for their lives and their health”

— Sara VanderGoot of Mind the Mat Pilates & Yoga

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By KENNETH B. LOURIE

There's more talk now than ever before, about the possibility of the Washington, D.C. professional football team changing its name. The current name, which resonates to those of us who care about such things, has been front and center and generally accepted for over 80 years, since 1932 in fact. After so many years in the League and five NFL Championships to their credit, to say the current ownership and its rabid and loyal fan base are attached to the team's name is hardly newsworthy. However, cultural changes in our country and politically correct sensitivities have merged of late and the name we've mostly grown to respect and admire has come under some scrutiny and as a result, certain Indian Nations, most recently The Oneida Nation, have expressed their dismay at what they perceive to be the continuing use of a racial slur by this franchise; in effect, a name that demeans and is totally inappropriate and no longer tolerable in 21st century America.

I am certainly not one to pass judgment on such characterizations and hot-button issues of the day, so I won't (I'm mostly cancer-centric these days). But I would like propose a name-compromise of sorts. Why not change the name to The Washington Redskin Potatoes? This name would blend together the good (the familiar), minimize the bad (the insensitive) and enable the team, its ownership and fan base to sort of have its name and not suffer any separation anxiety because of it. Even better, "Let's Go Skins" still works, too. It would henceforth refer to a potato, however, rather than a People. Hopefully, there are no potato interests in Maine or Idaho that would object to introducing its starchiness into the National Football League.

Let's face it; who doesn't like potatoes at the ballpark? Or anywhere for that matter; even me, and I'm the fussiest eater this side of Mikey, the kid from the old Life Cereal commercials who was famously stubborn about his breakfast-food choices. I'm not exactly sure what the mascot would look like; probably not a Mr. Potato Head-type look-alike, but neither do I envision seeing an Indian headdress on a potato either. Of course, I doubt I'll be entrusted to lead up the marketing campaign for such an important and historic transformation. After all, I'm only a writer attempting to sow some seeds of humor – and perhaps a little discontent, while trying to find a middle ground that potentially keeps the home fires burning (or is that home fries cooking?) without offending a proud people fighting for their ancestral respect – both in the past and in the present/future.

Momentum to keep the name does not seem to be building. Nevertheless, the status quo may yet win the day. Still, The National Football League, despite its reach from coast to coast and possibly even from continent to continent (as there's continuing talk about franchises in London and Japan; note the in-season contests scheduled presently for this year and next) is still just a game, a game with a 12 billion dollar revenue stream, but a game nonetheless. The Oneida Nation is a people. People matter more than games. And feelings matter most of all, and failings, too. To not consider their feelings would be a failure. And failure is definitely not a trait any of us want to associate with the new Washington Redskin Potatoes.

Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.

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