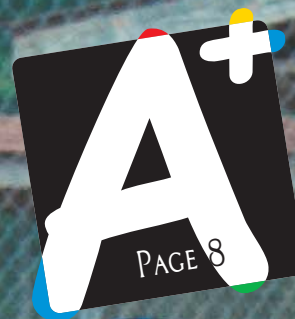


Springfield CONNECTION

Franconia ♦ Kingstowne ♦ Newington



Alec Reilly and teammates take the winner's banner on a victory lap. West Springfield Little League 9-10 American All-Stars head to states.

Heading to States

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President Comes to the Area

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Fairfax County, VDOT File Suit Against EPA

NEWS, PAGE 4

JULY 19-25, 2012

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

SCHOOL 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.

Seventeen Fairfax County Public Schools (FCPS) graduates from the class of 2012 have been named winners of college-sponsored scholarships by the National Merit Scholarship Corporation (NMSC).

Recipients of college-sponsored scholarships from the NMSC, with their probable career fields in parentheses, are:

♦Meron Belayneh of Edison High School (mathematics), National Merit University of Chicago Scholarship.

♦David Kim of Lake Braddock Secondary School (undecided), National Merit Vanderbilt University Scholarship.

♦Dylan Kriz of Langley High School (international business), National Merit University of South Carolina Scholarship.

♦Nathaniel Banks of Robinson Secondary School (music), National Merit Vanderbilt University Scholarship.

♦Matthew Ferrell of Thomas Jefferson High School for Science and Technology (TJHSST) (computer science), National Merit University of Alabama Scholarship.

♦Erika Fitzpatrick of TJHSST (undecided), National Merit Carleton College Scholarship.

♦Mingming Hu of TJHSST (computer science), National Merit Georgia Institute of Technology Scholarship.

♦Jerry Li of TJHSST (engineering), National Merit Washington University in St. Louis Scholarship.

♦Aimi Nguyen of TJHSST (dentistry), National Merit University of Texas at Dallas Scholarship.

♦Rithvik Prasannappa of TJHSST (medicine), National Merit Washington University in St. Louis Scholarship.

♦Kelsey Rainey of TJHSST (engineering), National Merit Auburn University Scholarship.

♦Peter Reischer of TJHSST (psychiatry), National Merit University of Alabama Scholarship.

♦Benjamin Torczon of TJHSST (business), National Merit University of Alabama Scholarship.

♦Zachary Williams of TJHSST (business/law), National Merit University of North Carolina at Chapel Hill Scholarship.

♦Kerry Zhang of TJHSST (economics), National Merit University of Chicago Scholarship.

♦Rebecca Holley of Westfield High School (Music/Education), National Merit University of Rochester Scholarship.

♦Ian Van Pelt of Westfield High School (biology), National Merit Virginia Polytechnic Institute and State University Scholarship.

College-sponsored Merit Scholarships provide between \$500 and \$2,000 annually for up to four years of undergraduate study at the institution financing the scholarship. Nationwide, approximately 8,100 students have won Merit Scholarship awards in 2012.

Jessica Marsh has been named to the spring 2012 dean's list at Montana State University.

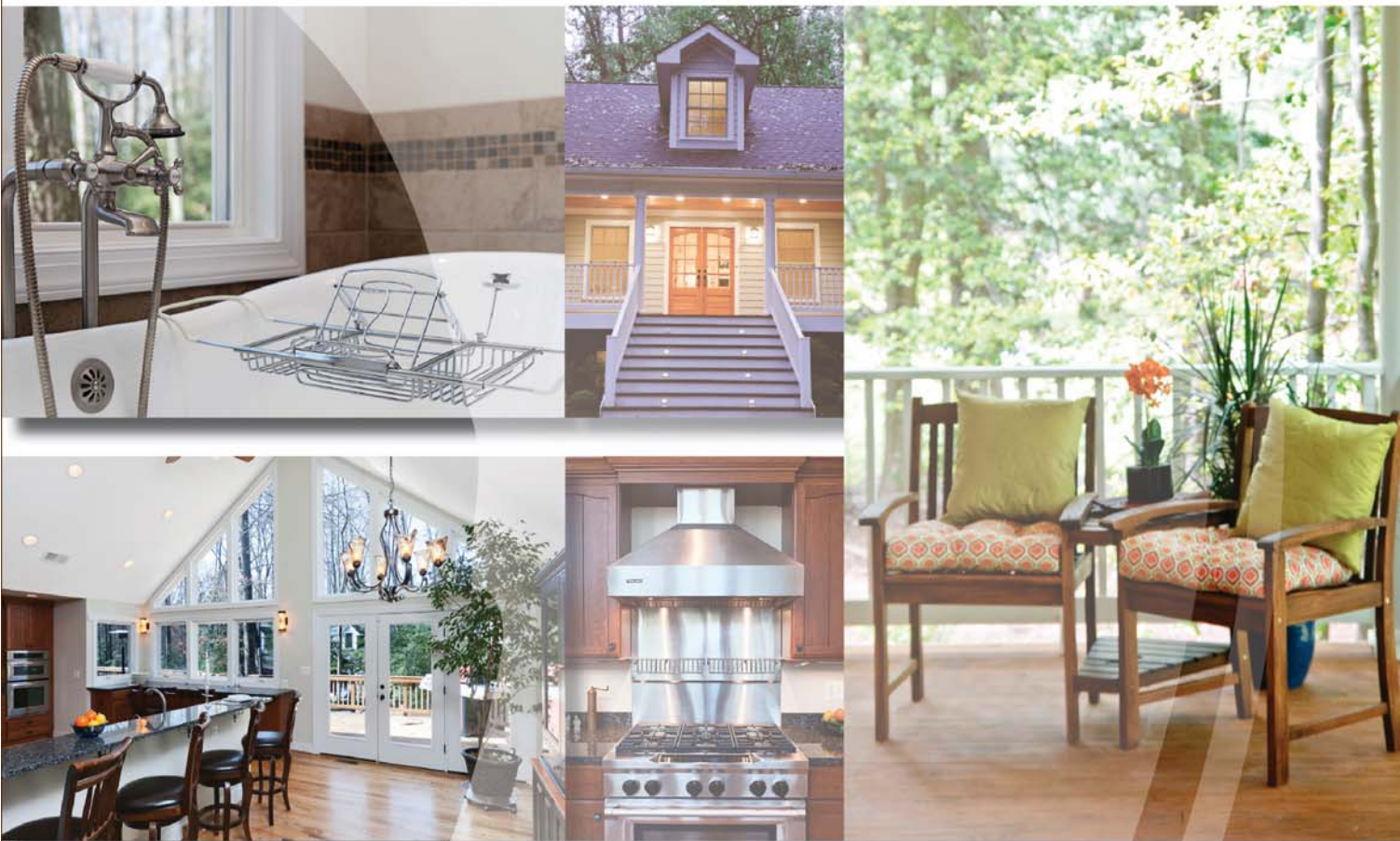
Cole Mitchell has been named to the fall 2011 dean's list at Randolph-Macon Academy. He is the son of Taylor and Sue Mitchell of Springfield.

Sarah Elizabeth Davis of Springfield has been named to the fall 2011 honor roll at Gardner-Webb University of Boiling Springs, N.C. Davis is majoring in elementary education.

Kayla Magaha, a student from Hayfield Secondary School, won a third place award at the Health Occupations Students of America State Leadership conference. Magaha won in the career health day category.

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President Obama speaks at Centreville High: "We understood that the economy in this country works best when it works for everybody," Obama said.

PHOTOS BY
DEB COBB/
THE CONNECTION



President Comes to the Area

Obama rallies his supporters during the campaign stop at Centreville High.

BY BONNIE HOBBS
CENTRE VIEW

Before Pres. Barack Obama addressed the huge crowd inside Centreville High, Saturday afternoon, Jerry Foltz of Wellspring United Church of Christ gave the invocation. Praying to God, he said, "May this community, in all its diversity of national origin and ethnicity, with Your blessing, become an example of how people of good will can work and learn and live and play together. May all our levels of government listen to the hearts of people and provide courageous and bold leadership for the tasks that lie ahead," Foltz said. "We welcome our President, Barack Obama, into our Centreville-Clifton community. May he find friendship and hospitality here ... [and] may he bring a unity of spirit to all."

Then Rep. Gerry Connolly (D-11) took the podium. "I have the dubious distinction of being part of the

most unpopular Congress ever," he said. "They're dedicated to seeing this president fail. Barack Obama inherited the worst economy since the Great Depression; the banking, auto and real-estate industries were on the ropes."

But now, said Connolly, "Corporate profits are at record highs and General Motors is number one again and is creating jobs. But the Republican response is, 'He's not cleaning up our mess fast enough.' You've got to be kidding."

Connolly said Obama's "making sure equality exists for everyone in America. This man cares about the average, middle-class family and is doing something to help them. I'm going to campaign with and for him and, on Nov. 6, we're going to win."

THEN, AS THE CROWD ERUPTED in thunderous cheers and applause, Obama entered the school gym and strode to the podium, smiling and shaking hands along the way. During his Senate and presidential campaigns, he said, what's inspired him is "the core of the American dream that says, if you work hard, you can make it. You can enjoy the security of middle-class life."

This security, he said, means "a home to call your own, and you're not bankrupt if you get sick. You can send your kids to school and they can go as far

SEE PRESIDENT, PAGE 16

U.S. Rep. Gerry Connolly (D-11) addresses the crowd at Centreville High School Saturday afternoon.



PHOTO BY DEB COBB/THE CONNECTION

Area residents take pictures with the President.

'I Like the Kind of Man He Is'

Area residents flock to Centreville High to hear president Obama speak.

BY BONNIE HOBBS
THE CONNECTION

They came, they waited and, more than three hours later, they entered Centreville High's gym. Hundreds and hundreds of people from the local community, as well as from Loudoun and Prince William counties, stood in humid, 96-degree heat Saturday afternoon to see President Barack Obama in person and hear him speak at a grassroots campaign rally.

"We thought, if the president was this close to our house, there was no excuse not to make an effort to be here," said Susan Woodruff of Little Rocky Run. "I have two nephews, 11 and 4, here from Charlotte, N.C., and we're excited for them to have a once-in-a-lifetime chance to see the president."

Concerned about "the extremism and the lack of bipartisanship in our government," she said, "I'm definitely going to vote for him."

SPORTING A T-SHIRT with several pictures of Obama on it, Centreville High freshman Miles Brooks didn't mind the long wait outside. "It's worth it to see the first black president of the United States," he said. "So far, he's done a good job running this country, trying to keep it together."

Agreeing, Virginia Run's Gay Crosby – whose son Jason teaches history at Centreville High – said Obama "doesn't get enough credit" for all the good



PHOTO BY BONNIE HOBBS/THE CONNECTION

Thelma Bowles of Fair Oaks is happy to hear the president speak.

things he's done. "I've been involved in politics all my life, working on different campaigns," she said. "But this is the most important election in my lifetime – because it's to save the middle class. It keeps going down, along with the salaries."

Thelma Bowles of Fair Oaks is an Obama campaign volunteer, but she was there last Saturday, July 14, as a resident and a supporter. "I am in – and I was in 2008, too," she said. "I like the kind of man he is – honorable and intelligent, and someone who can talk to all kinds of people. He's also a good, family man."

She said Obama's worked hard to get things accomplished for the country, but "a broken Congress has blocked him from achieving all the things he

SEE OBAMA, PAGE 16



The County has been at odds with the EPA over management of the 52-square mile Accotink Creek watershed for years.

Fairfax County, VDOT File Suit Against EPA

New EPA rules will impact homeowners, developers and could cost taxpayers nearly \$500 million.

BY VICTORIA ROSS
THE CONNECTION

Fairfax County and the state of Virginia filed a federal lawsuit Thursday, June 12, challenging the U.S. Environmental Protection Agency's (EPA) new storm water regulations for the Accotink watershed, claiming the agency's requirements are costly, onerous and vastly exceed its legal authority.

The complaint, filed jointly in U.S. District Court in Alexandria by Fairfax County and by Virginia Attorney General Ken Cuccinelli on behalf of the Virginia Department of Transportation (VDOT), seeks to halt what county officials deem a "massive expansion" of the EPA's regulatory power.

County officials claim the EPA's recent move – to control pollutants in the watershed by requiring the county to further regulate its storm water run off – goes beyond the agency's "legal authority" under the Clean Water Act (CWA).

"The EPA is way out of control," said Supervisor John Cook (R- Braddock). "We have the best storm water program around, and the EPA's (actions) go too far."

THE BOARD'S DECISION in a presidential election year to join forces with Virginia's conservative attorney general – an Obama foe and likely Republican gubernatorial candidate in 2013 – was "politically difficult," Cook said, and shows "just how egregious the EPA's actions are here."

Board Chairman Sharon Bulova (D-At-large) said the Democrat-controlled board believed putting aside partisan politics and joining the state in the legal action was necessary to strengthen the lawsuit against the EPA.

The County has been at odds with the EPA over management of the 52-square mile Accotink Creek watershed for years. Meeting in closed session during the board's regular meeting on Tuesday, June 10, supervisors decided to take legal action.

In 2011, according to the lawsuit, the EPA established a Total Maximum Daily Load (TMDL) for Accotink Creek to improve the health of the creek's aquatic life. Rather than establish a TMDL for one of the pollutants, such as sediment, the EPA issued a TMDL for a surrogate, the flow of water.

"The EPA literally is treating water itself—the very substance the Clean Water Act was created to protect—as a pollutant," the complaint asserts.

According to the EPA, it has approved or established 3,691 TMDLs since 1995 for sediment – the pollutant actually at issue in Accotink Creek.

The Accotink TMDL is one of the first four so-called "flow TMDLs" established by EPA anywhere in the United States. EPA issued the other three flow TMDLs for waterways in Missouri. All have been challenged in federal court.

To comply with the new EPA-mandated thresholds for water flow means Fairfax County and VDOT would have to find ways to further reduce storm water runoff, in some cases by as much as 50 percent.

Meeting these standards is unrealistic, Bulova said, and could cost Fairfax County taxpayers and property owners hundreds of millions of dollars.

VDOT officials estimate its cost to meet its share of the mandated flow reductions would be \$70 million or more. To comply with the EPA's mandates, VDOT officials said they would be forced to acquire significant amounts of private property to build numerous new storm water management structures.

SEE COUNTY, PAGE 7



PHOTOS BY JESSICA MCKAY

Bob Cromwell, the former NASA engineer, is looking at his treasured photo of himself with Neil Armstrong at an event just after the moon landing.

Moon Landing Remembered

Former NASA engineer recalls first lunar landing with pride.

Bob Cromwell, a former metallurgical engineer for the Apollo Program Office at NASA headquarters, remembers the reactions of his colleagues after the first lunar landing which occurred almost 43 years ago on July 20, 1969.

"Everyone was tremendously proud," said Cromwell, who assisted in managing safety, reliability, and quality surveys and administered annual audits at the Johnson Space Center (Houston), the Marshall Space Flight Center (Huntsville, Ala.), and the Kennedy Space Center (Cape Canaveral, Fla.). "We had to have faith that it was going to go well," said Cromwell.

One of Cromwell's favorite memories from the activity surrounding the momentous event involves a chance meeting with Neil Armstrong just after the lunar landing. Having been asked to represent the NASA headquarters at a conference on Long Island, Cromwell later realized Armstrong was also speaking at the event. To this day, Cromwell keeps a treasured photo of himself with

Armstrong taken at that event in his home at Greenspring retirement community in Springfield.

Cromwell still attends annual NASA luncheons and speaks with great satisfaction in having been involved in the historic Apollo program. "It sure made my mother proud," said Cromwell, who proudly displays an article from 1969 citing his involvement in the NASA program from his hometown newspaper, the Amherst News-Times.

Cromwell was born in Amherst, Ohio, and was commissioned into the U.S. Navy in 1943. While in the Navy, Cromwell participated in a variety of duties from ordinance storage to air operations to graves registration in several locations from Hawaii to the Caroline Islands to the Gilbert Islands. After leaving the Navy in 1946, Cromwell lived in Massachusetts until relocating to the Washington, D.C. area for the position at NASA in 1962, where he worked until retirement in 1977. He continued to live in Fairfax, Va., for 40 years until 2002 when he and his wife Ginny moved to Greenspring.



Bob Cromwell is pointing to himself among about 100 other NASA employees from the Apollo program office in 1969. The photo was taken in front of the NASA headquarters originally in L'Enfant Plaza.

BULLETIN BOARD

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.

THURSDAY/JULY 19

English Conversation Group. 7 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Adults.

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

Vacation Bible School July 22-26. 5:30-8 p.m. t. Peter's in the Woods, 5911 Fairview Woods Dr., Fairfax Station. ° 703-503-9210. ° Register online at www.spiw.org

FRIDAY/JULY 20

Dog Adoptions. 6:30-8:30 p.m. PetSmart, 12971 Fair Lakes Center, Fairfax. Every Friday. Sponsored by Lost Dog & Cat Rescue Foundation. www.lostdogrescue.org.

SATURDAY/JULY 21

Sheriff's Office Partners with Target for "Safe Kids." 10 a.m.-2 p.m. Target, 10301 Guinea Road, Fairfax. Trained deputies will ensure that children fit securely in the safety seats and that the safety seats fit securely in the vehicle seat.

Trivia Contest and Fundraiser. 1-4 p.m. Rock Bottom Restaurant in Ballston. Join together with Volunteer Fairfax to participate in team trivia. All funds raised will go to support Volunteer Fairfax. Individual and team fee. Pre-register at <http://voluntrivia.eventbrite.com/>.

Homeless Animals Rescue Team Dog Adoptions. 12-3 p.m. Petco, 13053 Lee Jackson Memorial Highway, Fairfax. Every Saturday. 703-817-9444 or www.hart90.org.

MONDAY/JULY 23

Lake Braddock Girls Basketball Camp. Lake Braddock Secondary School, 9200 Burke Lake Road, Burke. July 23-27, 8 a.m.-2 p.m., for rising 3rd-rising 9th grade girls. Fundamental instruction in small group sessions to improve the knowledge and skill of each player while providing an enjoyable learning experience. 703-727-6203.

Vacation Bible School. 9-11:30 a.m. Fellowship Baptist Church, 5936 Rolling Road, Springfield. Activities will include a Bible Lesson, Missions Emphasis, Crafts, Snacks and Games. Free. Register at honoringGod.org or 703-569-5151.

Rocknocos Presents: Colonel Purple Turtle. 2:30 p.m. Richard Byrd Library, 7250 Commerce Street, Springfield. Join Coach Cotton, Williebob and Boogie Woogie for a rockin' good time. All ages.

TUESDAY/JULY 24

Creature Teacher. 7 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Meet and learn about all kinds of animals. All ages.

WEDNESDAY/JULY 25

Blood Drive. 11 a.m.- 5 p.m. NVAR Fairfax, 8407 Pennell Street, Fairfax. Come donate blood and give someone the "gift of life." Must bring donor card, drivers license/names of medication currently taking. 703-207-3200.

Volunteer Management Boot Camp. 9 a.m.- 12 p.m. 10530 Page Avenue, Fairfax. Learn more about volunteer management and program planning. \$40 Registration fee per person. Register at http://volunteerfairfax.civicore.com/index.cfm?fuseaction=Opportunities.View&Opportunity_ID=15867.

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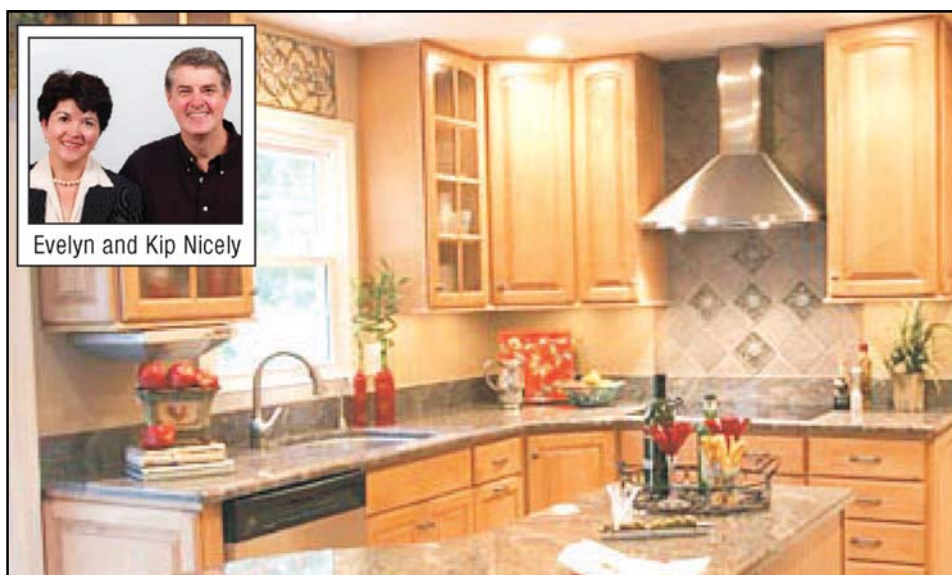
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Leaving Millions on the Table

Virginia should embrace opportunity for more health care coverage for poor residents.

Chances are that if you are reading this, you have employer-provided health insurance. While you might worry about the young adults in your family or the lower wage workers in your organization, you also know that if you are sick, you can go to the doctor.

Incredibly, 144,873 residents of Fairfax County have no health insurance. That's more than 13 percent of the slightly more than 1 million people who live in the wealthiest county in the nation. Household income in Fairfax County averages more than \$122,000 a year.

Under the health care reform act, many of Virginia's uninsured residents could be covered by an expansion of Medicaid that would be paid for almost entirely by federal funds. But while the reform act itself was upheld by the U.S. Supreme Court, the court also opened a door for states to opt out of the expansion of Medicaid.

From a practical perspective, declining federal money to provide healthcare to uninsured Virginians makes no more sense than declining federal funds for transportation because you don't like the feds telling you to wear your seatbelt.

But Gov. Bob McDonnell says expanding Medicaid is a terrible idea.

The state's refusal to be included in the program would deny health insurance coverage to a quarter-million Virginians, said U.S. Rep. Gerry Connolly and others in urging McDonnell to accept the expanded coverage.

Medical care for uninsured Virginian adds up to \$1.65 billion a year in uncompensated costs. Medicare expansion would help reduce that by \$860 million per year, according to the Virginia Health Reform Initiative Advisory Council.

Virginia stands to lose more than \$9.2 billion in federal funds over the first five years of the new law if it opts out of the provision that expands Medicaid to individuals and families with incomes up to 133 percent of the poverty level, \$14,856 for an individual; \$30,656 for a family of four, Connolly said.

A revealing look at the possible local role of the health care reform act appears in this week's Mount Vernon Gazette, written by Del. Scott Surovell (D-44).

Surovell represents a district of 80,000 residents with stark differences between wealthy and poor in Fairfax County. The Mount Vernon area district is tied for the highest percentage of Medicaid beneficiaries in Fairfax County. One in seven people in the 44th District re-

ceive health insurance from Medicaid; 74 percent of these are children, 5 percent are pregnant, 6 percent are poor adults, with the rest elderly residents and people with disabilities. Surovell reports the largest number of Medicaid births at any hospital in Virginia occurs at Fairfax INOVA Hospital. The 44th District has a higher percentage of uninsured individuals compared with the rest of Fairfax County.

Surovell argues that his district desperately needs the help that would come with the expansion of Medicaid and other provisions under the new law.

Here is how he explains the mechanism: Health insurance reform would expand coverage by two means. First, if states expand their Medicaid programs to all individuals at 133 percent of Federal Poverty Level, the federal government picks up 100 percent of the cost in 2014-2016, and 90 percent after 2020. Second, states are required to set up healthcare exchanges to make more affordable health insurance available for individuals without employer health insurance benefits, and individuals with incomes between 100-400 percent of the federal poverty level receive a tax credit to help with the cost. Coverage was also expanded by banning coverage denials based on pre-existing conditions and requiring companies to cover college students through age 26.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

Making Care Affordable

To the Editor:

Many people have personal reasons for being glad that the Supreme Court has upheld President Obama's Affordable Care Act, and for hoping that his opponents will not be able to repeal it. I have a couple of my own:

First, a Virginia carpenter whom I deeply respect came to me as he was battling colon cancer. He had no health insurance. His biggest fear was not death but the debts he had amassed in fighting the disease. He had reached financial ruin and was about to lose his house. There was no job that was too hard or too menial for him to do. In the strength of his manhood he had done them all. Yet he cried like a baby from the shame he perceived in having to ask me for money. It is uncivilized and inhumane to have more than 30 million Americans who have no insurance, cannot get it, and face financial ruin if they get sick like my carpenter friend. President Obama's Affordable Care Act, when fully implemented, will basically solve this problem.

Second, my brother Dr. Donald

M. Vickery got me to introduce in the Virginia House of Delegates some of the first wellness, preventative care legislation some thirty five years ago. The legislation failed, but Donnie went on to write a series of books advocating wellness and health care. Don has now passed away, but President Obama's Affordable Care Act puts into effect wellness and preventative care as a national health priority. My brother would have been proud.

I believe that when most Americans think about it, they will have their own personal reasons to be in favor of President Obama's Affordable Care Act. These reason will range from banning denial of coverage because of pre-existing conditions, fixing gaps in prescription drug coverage, ending insurance discrimination against women, to allowing young adults to stay on their parents coverage.

Now that there have been positive decisions from the judicial, legislative, and executive branches of government, it is time to recognize the benefits of President Obama's Affordable Care Act, put partisan attacks behind us, and move on.

Raymond E. Vickery, Jr.
Vienna

A 'Key Reason' Overlooked

To the Editor:

I was disappointed in Mr. Horrock's commentary on the Silver Line [Silver Line Gets 'Green Light' The Connection, July 11-17, 2012].

I had hoped it would provide more facts, and less opinion.

I support Mr. Horrock espousing his political views, but I'd prefer not to read them as part of a news item.

Conspicuous by its absence in Mr. Horrock's piece was one key reason for the hold-up of the Silver Line by both Loudoun County as well as the Governor.

That issue was the requirement that contractors for the construction of the Silver Line extension would have to be Union Shops — meaning that companies would have to hire union labor to win their contracts.

Since Virginia's economy has grown quite well without union organizers and the strife which usually attends that process, neither the Governor nor the Loudoun County Board was interested in promoting a union foothold via the Silver Line. Governor

McDonnell ended that problem by firing Dennis Martire — whom his Democratic predecessor [Tim Kaine] had appointed to the WMATA.

Martire was/is the Vice President of the Laborers' International Union of North America and had inserted the "project labor agreement" Union clause into WMATA's requirements against Governor McDonnell's instructions, and in contradiction to Virginia's Right to Work law.

I believe Mr. Martire is still under investigation for his profligate spending [\$38,000] which he charged to WMATA and Virginia; his \$10,586 tab for nine days in Sardinia to attend a one-day conference on airport security caused concern that he was perhaps abusing his expense account.

I, and other readers of the Reston Connection, would appreciate it if your reporters would follow Joe Friday's advice: "Just the facts, ma'am."

If we want a politicized slant on news that affects us, we can turn to the Washington Post.

We expect better from the Reston Connection.

Greg Davis
Reston

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NEWS DEPARTMENT:
To discuss ideas and concerns,
Call: 703-778-9410
e-mail:
springfield@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Amna Rehmatulla
Editorial Assistant
703-778-9410 ext.427
arehmatulla@connectionnewspapers.com

Victoria Ross
Community Reporter
301-502-6027
rosspinning@yahoo.com

Jon Roetman
Sports Editor
703-778-9410
jroetman@connectionnewspapers.com
@jonroetman

ADVERTISING:
For advertising information
e-mail:
sales@connectionnewspapers.com

Steve Hogan
Display Advertising, 703-778-9418
shogan@connectionnewspapers.com

Andrea Smith
Classified Advertising, 703-778-9411
classified@connectionnewspapers.com

Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

Editor & Publisher
Mary Kimm
703-778-9433
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Photography:
Deb Cobb, Louise Krafft,
Craig Sterbutzel
Art/Design:
Laurence Foong, John Heinly
Production Manager:
Jean Card
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
703-778-9436
jtheismann@connectionnewspapers.com
@TheismannMedia

CIRCULATION: 703-778-9427
Circulation Manager:
Ann Oliver
circulation@connectionnewspapers.com

County Opposes 'Costly Regulations'

FROM PAGE 4

In addition, county officials said they would have to adopt costly and impractical new standards to reduce storm water runoff, and these measures could ultimately cost the county \$500 million.

County storm water officials said to achieve 50 percent flow reduction called for in the TMDL rules for a developed watershed such as Accotink, homeowners as well as commercial property owners would be required to capture and retain, or reuse, storm water runoff from their roof, driveway and other impervious areas on their property.

Any new impervious areas, such as home additions or new development, could be required to retain all storm water runoff from any expanded impervious area.

"This topic is extremely important to both developers of future sites and owners of existing sites in the watershed," said Eric Dobson, director of government relations for the Northern Virginia NAIOP, a national trade association for commercial real estate developers, owners and investors. "Our members are very committed to the environment and continuing to do the right thing."

Dobson said the engineers estimate the cost of meeting the EPA's new requirements, "if even possible to do, is a multiple factor in cost to what is required today."

"We don't want regulations that set us up for failure," said Penny Gross, the board's vice chairman and Environment Committee Chair.

"The county believes that a more comprehensive approach will provide the sustainable improvements needed to improve the habitat of our streams and

lead to restoration of the bay," Gross said. "We continue to work together with the environmental community, homeowners and builders toward that."

"This is a new type of storm water enforcement action," said James Patteson, director of Public Works and Environmental Services. "While we are not sure why we and a handful of localities in the county were selected, we feel an obligation to other municipalities, businesses and entities to ensure that enacted regulations are fair, attainable and environmentally sound."

FAIRFAX COUNTY'S RECORD includes more than \$300 million in wastewater system improvements and dedicated annual funding for storm water system improvements since 2006. In 2009 the county instituted a dedicated tax for storm water and has since increased it to a current rate of \$.02 per \$100 assessed value, or \$100 per year for the median home. The countywide tax funds the \$40 million budgeted storm water program in fiscal year 2013.

Bulova said Fairfax County has, for the past six decades, "demonstrated a strong and unwavering commitment" to water quality and environmental stewardship. "However, we believe that regulations, whether federally or state imposed, must effectively address the targeted problem and be fiscally sound and realistic."

"To clean up our streams requires long-term sustainable solutions that will enlist the cooperation of everyone," Bulova said in an email on Saturday. "Fairfax County has demonstrated that we are committed to moving forward. We object to costly regulations that set us up for failure and not get the job done."

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HOME SALES

In June 2012, 205 Springfield homes sold between \$805,000-\$125,000. This week's list represents those homes sold in the \$805,000-\$415,000 range. For the complete list, visit www.ConnectionNewspapers.com

Address	BR.	FB.	HB	Postal City	Sold Price	Type	Lot AC	Postal Code	Subdivision
7318 LAUREL CREEK CT	6	5	...	SPRINGFIELD	\$805,000	Detached	0.31	22150	LAUREL CREEK
6078 PINEY WOODS CT	5	3	...	ALEXANDRIA	\$749,900	Detached	0.17	22315	PINEY GLEN
6401 CALEB CT	4	4	...	ALEXANDRIA	\$746,000	Detached	0.27	22315	KINGSTOWNE
7000 CLIFTON KNOLL CT	5	3	...	ALEXANDRIA	\$740,000	Detached	0.23	22315	CEDAR KNOLL
6420 CALEB CT	4	4	...	ALEXANDRIA	\$735,000	Detached	0.13	22315	KINGSTOWNE
9011 SCOTT ST	4	3	...	SPRINGFIELD	\$725,000	Detached	0.35	22153	SOUTH RUN FOREST
7700 WHITE WILLOW CT	4	3	...	SPRINGFIELD	\$705,000	Detached	0.21	22153	WHISPERWOOD
6221 WILLOWFIELD WAY	6	3	...	SPRINGFIELD	\$700,000	Detached	0.20	22150	HIGHGROVE ESTATES
8626 JAMES CREEK DR	5	4	...	SPRINGFIELD	\$700,000	Detached	0.17	22152	JAMES CREEK
6033 WOODLAKE LN	5	3	...	ALEXANDRIA	\$700,000	Detached	0.17	22315	KINGSTOWNE
7603 SEABROOK LN	5	3	...	SPRINGFIELD	\$660,000	Detached	0.23	22153	WHISPERWOOD
6706 DONEGAN CT	6	4	...	ALEXANDRIA	\$660,000	Detached	0.15	22315	KINGSTOWNE
8432 AMBROSE CT	5	3	...	SPRINGFIELD	\$650,000	Detached	0.22	22153	THE FOREST AT SOUTHRUN
7926 LOBELIA LN	4	3	...	SPRINGFIELD	\$639,900	Detached	0.33	22152	DAVENTRY
7217 DEVEREUX CT	4	2	...	ALEXANDRIA	\$630,000	Detached	0.20	22315	LAKE D EVEREUX
7410 CARATH CT	5	3	...	SPRINGFIELD	\$629,900	Detached	0.30	22153	GLENWOOD MANOR
6331 ALDERMAN DR	4	3	...	ALEXANDRIA	\$625,000	Detached	0.13	22315	KINGSTOWNE
5905 SHERBORN LN	4	2	...	SPRINGFIELD	\$624,000	Detached	0.29	22152	CARDINAL FOREST
8710 ETTA DR	5	3	...	SPRINGFIELD	\$605,000	Detached	0.22	22152	KEENE MILL STATION
7707 MODISTO LN	4	3	...	SPRINGFIELD	\$602,500	Detached	0.32	22153	SOUTH RUN FOREST
8819 SHADOWLAKE WAY	4	3	...	SPRINGFIELD	\$600,888	Detached	0.21	22153	LAKEWOOD HILLS FOSTER BR
7906 CARRLEIGH PKWY	5	2	...	SPRINGFIELD	\$600,000	Detached	0.25	22152	CARDINAL FOREST
6681 ORDSALL ST	4	3	...	ALEXANDRIA	\$599,950	Townhouse	0.06	22315	KINGSTOWNE
6430 MELIA ST	4	2	...	SPRINGFIELD	\$589,000	Detached	0.58	22150	SPRINGFIELD FOREST
6663 ORDSALL ST	3	2	...	ALEXANDRIA	\$580,000	Townhouse	0.05	22315	KINGSTOWNE
6014 MERRVALE CT	4	3	...	SPRINGFIELD	\$575,000	Detached	0.40	22152	CARDINAL FOREST
7010 DEVEREUX CIRCLE DR	4	2	...	ALEXANDRIA	\$575,000	Detached	0.20	22315	LAKE D EVEREUX
7226 WHITSON DR	4	2	...	SPRINGFIELD	\$550,000	Detached	0.21	22153	ROLLING VALLEY
7709 MARTIN ALLEN CT	3	2	...	ALEXANDRIA	\$550,000	Townhouse	0.06	22315	ISLAND CREEK
7717 HAYFIELD RD	5	3	...	ALEXANDRIA	\$545,000	Detached	0.19	22315	HAYFIELD FARM
8206 RUNNING CREEK CT	5	2	...	SPRINGFIELD	\$525,000	Detached	0.29	22153	WOODSTREAM
7614 CERVANTES CT	5	2	...	SPRINGFIELD	\$523,000	Detached	0.21	22153	LAKEWOOD HILLS
8619 SILVER OAK CT	4	3	...	SPRINGFIELD	\$520,031	Detached	0.21	22153	APTON GLEN
6720 SULLIVAN WAY	3	2	...	ALEXANDRIA	\$520,000	Townhouse	0.04	22315	ISLAND CREEK
6830 DYER CT	5	4	...	SPRINGFIELD	\$515,000	Detached	0.27	22150	LOISDALE ESTATES
6610 MORNING RISE DR	3	2	...	ALEXANDRIA	\$515,000	Detached	0.11	22315	LANDSDOWNE
7120 BRIDGEPORT CT	5	2	...	SPRINGFIELD	\$510,000	Detached	0.30	22153	ROLLING VALLEY
7922 SAINT DENNIS DR	4	2	...	SPRINGFIELD	\$510,000	Detached	0.30	22153	SARATOGA
6444 SUTCLIFFE DR	3	3	...	ALEXANDRIA	\$510,000	Townhouse	0.05	22315	KINGSTOWNE
6483 SUTCLIFFE DR	4	3	...	ALEXANDRIA	\$506,000	Townhouse	0.05	22315	KINGSTOWNE
7257 CASTLEFIELD WAY	3	2	...	SPRINGFIELD	\$505,000	Townhouse	0.04	22150	TOWNES OF MANCHESTER WDS
6425 LIGNUM ST	3	2	...	SPRINGFIELD	\$500,000	Detached	0.55	22150	SPRINGFIELD FOREST
6157 ROXBURY AVE	5	2	...	SPRINGFIELD	\$500,000	Detached	0.25	22152	CARDINAL FOREST
7003 SONTAG WAY	4	3	...	SPRINGFIELD	\$500,000	Detached	0.29	22153	ROLLING VALLEY
6947 CONSERVATION DR	4	2	...	SPRINGFIELD	\$500,000	Detached	0.53	22153	ORANGE HUNT ESTATES
6006 GOOD LION CT	3	2	...	ALEXANDRIA	\$500,000	Detached	0.14	22315	KINGSTOWNE
6723 GREENVIEW LN	6	4	...	SPRINGFIELD	\$499,900	Detached	0.26	22152	ROLLING VALLEY
5720 HEMING AVE	4	2	...	SPRINGFIELD	\$490,000	Detached	0.23	22151	NORTH SPRINGFIELD PARK
8205 DONSET DR	4	2	...	SPRINGFIELD	\$490,000	Detached	0.28	22152	CARDINAL FOREST
5603 BROADMOOR ST	4	3	...	ALEXANDRIA	\$490,000	Detached	0.29	22315	HAYFIELD FARM
6702 RED JACKET RD	4	2	...	SPRINGFIELD	\$486,250	Detached	0.24	22152	ORANGE HUNT ESTATES
5508 RAVENEL LN	5	2	...	SPRINGFIELD	\$480,000	Detached	0.34	22151	NORTH SPRINGFIELD
8758 COLD PLAIN CT	4	3	...	SPRINGFIELD	\$480,000	Detached	0.26	22153	NEWINGTON FOREST
6004 BRANDON AVE	3	3	...	SPRINGFIELD	\$475,000	Detached	0.26	22150	WATERS VILLAGE
6626 CHARLES GREEN SQ	3	2	...	ALEXANDRIA	\$475,000	Townhouse	0.04	22315	ISLAND CREEK
6705 LITTLE ANN CT	4	3	...	SPRINGFIELD	\$470,000	Detached	0.28	22152	ORANGE HUNT ESTATES
6611 HUNTSMAN BLVD	5	3	...	SPRINGFIELD	\$470,000	Detached	0.29	22152	ORANGE HUNT ESTATES
5708 HELMSDALE LN	6	2	...	ALEXANDRIA	\$470,000	Detached	0.30	22315	HAYFIELD FARM
6902 HUNTSMAN BLVD	4	2	...	SPRINGFIELD	\$469,900	Detached	0.28	22153	ORANGE HUNT ESTATES
9011 ARLEY DR	4	2	...	SPRINGFIELD	\$469,000	Detached	0.27	22153	LAKEWOOD HILLS
7418 SILVER PINE DR	4	3	...	SPRINGFIELD	\$465,000	Detached	0.23	22153	GREENWOOD ESTATES
7588 WOODSTOWN DR	3	2	...	SPRINGFIELD	\$465,000	Detached	0.21	22153	TERRA GRANDE
7516 LAMOYNE CT	3	3	...	ALEXANDRIA	\$464,000	Townhouse	0.04	22315	ISLAND CREEK
8612 VICTORIA RD	5	3	...	SPRINGFIELD	\$459,000	Detached	0.35	22151	KINGS PARK
8421 RAINBOW BRIDGE LN	4	3	...	SPRINGFIELD	\$455,000	Detached	0.14	22153	NEWINGTON FOREST
7925 SAINT GEORGE CT	5	3	...	SPRINGFIELD	\$452,000	Detached	0.22	22153	SARATOGA
7817 LOCUST LEAF LN	3	2	...	ALEXANDRIA	\$452,000	Townhouse	0.03	22315	HAWTHORNE
7439 RIDGE OAK CT	4	3	...	SPRINGFIELD	\$450,000	Townhouse	0.09	22153	WESTWATER POINT
7406 Salford CT	3	2	...	ALEXANDRIA	\$450,000	Anth/Row Hse	0.04	22315	KINGSTOWNE
7707 GROVENOR CT	4	2	...	ALEXANDRIA	\$450,000	Detached	0.26	22315	HAYFIELD FARM
6913 GILLINGS RD	5	2	...	SPRINGFIELD	\$449,900	Detached	0.21	22152	ROLLING VALLEY
6208 DUNTLEY CT	4	2	...	SPRINGFIELD	\$449,900	Detached	0.28	22152	KEENE MILL MANOR
8543 HOIES RD	4	2	...	SPRINGFIELD	\$447,500	Detached	0.25	22153	INNISFREE
6013 SOUTHWARD WAY	3	2	...	ALEXANDRIA	\$446,000	Townhouse	0.06	22315	KINGSTOWNE
8614 LONDON CT	5	3	...	SPRINGFIELD	\$445,000	Detached	0.33	22151	KINGS PARK
8008 WEST POINT DR	5	2	...	SPRINGFIELD	\$443,000	Detached	0.22	22153	SARATOGA
5926 WESCOTT HILLS WAY	3	3	...	ALEXANDRIA	\$440,000	Townhouse	0.04	22315	KINGSTOWNE
7206 TANWORTH DR	4	3	...	SPRINGFIELD	\$439,900	Detached	0.04	22152	DAVENTRY PARK
8010 FERNCLIFF CT	4	2	...	SPRINGFIELD	\$435,000	Detached	0.23	22153	SARATOGA
7806 BRAEMAR WAY	5	3	...	SPRINGFIELD	\$435,000	Detached	0.27	22153	SARATOGA
5520 JOWETT CT	3	2	...	ALEXANDRIA	\$435,000	Townhouse	0.05	22315	KINGSTOWNE
7004 ELKTON DR	4	2	...	SPRINGFIELD	\$434,950	Detached	0.38	22152	WEST SPRINGFIELD VILLAGE
7044 DARBY TOWNE CT	3	3	...	ALEXANDRIA	\$434,900	Townhouse	0.03	22315	KINGSTOWNE
7110 GALGATE DR	4	4	...	SPRINGFIELD	\$432,000	Detached	0.24	22152	ROLLING VALLEY
7803 HAYFIELD RD	4	2	...	ALEXANDRIA	\$431,500	Detached	0.20	22315	HAYFIELD FARM
7607 BOULDER ST	4	3	...	SPRINGFIELD	\$430,000	Detached	0.25	22151	NORTH SPRINGFIELD
6904 SPROUSE CT	4	3	...	SPRINGFIELD	\$430,000	Detached	0.28	22153	LAKEWOOD HILLS
7700 GROVENOR CT	4	2	...	ALEXANDRIA	\$430,000	Detached	0.36	22315	HAYFIELD FARM
5322 BLUXTON CT	3	2	...	ALEXANDRIA	\$429,000	Townhouse	0.04	22315	KINGSTOWNE
5607 RAVENEL LN	4	3	...	SPRINGFIELD	\$428,000	Detached	0.27	22151	NORTH SPRINGFIELD
9426 PARK HUNT CT	3	2	...	SPRINGFIELD	\$428,000	Townhouse	0.05	22153	ORANGE HUNT SQUARE
7010 DARBY TOWNE CT	3	3	...	ALEXANDRIA	\$427,500	Townhouse	0.03	22315	KINGSTOWNE
7448 LONG PINE DR	3	2	...	SPRINGFIELD	\$425,000	Detached	0.29	22151	NORTH SPRINGFIELD
7930 HARWOOD PL	4	3	...	SPRINGFIELD	\$425,000	Detached	0.27	22152	KEENE MILL MANOR
6144 BARDU AVE	4	2	...	SPRINGFIELD	\$425,000	Detached	0.25	22152	KEENE MILL MANOR
6812 EARTHSTAR CT	3	2	...	SPRINGFIELD	\$425,000	Townhouse	0.07	22152	DAVENTRY
6417 ENGLISH IVY WAY	3	2	...	SPRINGFIELD	\$425,000	Townhouse	0.06	22152	KENWOOD HILLS
8510 FAIRBURN DR	4	2	...	SPRINGFIELD	\$424,000	Detached	0.20	22152	ROLLING VALLEY
8526 LAKINHURST LN	3	2	...	SPRINGFIELD	\$422,000	Townhouse	0.04	22152	CHARLESTOWN
7528 OLDHAM WAY	3	3	...	ALEXANDRIA	\$422,000	Townhouse	0.03	22315	KINGSTOWNE
6537 DEEPFORD ST	4	3	...	SPRINGFIELD	\$420,200	Detached	0.33	22150	MONTICELLO WOODS
7950 HIDDEN BRIDGE DR	3	2	...	SPRINGFIELD	\$420,000	Townhouse	0.06	22153	COVERED BRIDGE
7827 MULBERRY BOTTOM LN	3	2	...	SPRINGFIELD	\$417,000	Detached	0.27	22153	CHANCELLOR FARMS
7416 LONG PINE DR	4	3	...	SPRINGFIELD	\$415,000	Detached	0.27	22151	NORTH SPRINGFIELD

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Education • Learning • Fun



Students at St. Stephen's & St. Agnes School participate in an after school "Kids in Motion" class. Experts say extracurricular activities offer social interactions, which are important to a child's development.

Childhood Hobbies: Finding the Right Fit

Experts offer suggestions for choosing extracurricular activities for the fall.

By MARILYN CAMPBELL
THE CONNECTION

While many are still basking in the lazy days of summer, Anna Faust is planning her 5-year-old son's after-school activity schedule for the fall. On his agenda: baseball, soccer, gymnastics, and tennis lessons.

"My plan is to expose him to as many activities as possible and hope that he chooses one and excels," said Faust. "Sometimes, though I can't tell if he's going along happily because all of his friends are doing it or because he really likes it."

Child development experts say deciding which and how many extracurricular activities are best for children is a dilemma that many parents face. Factors such as expense and time can make the process a delicate balancing act.

If a child wants to join a traveling hockey team, how does a parent know if his or her desire to play matches the necessary investment of pricey equipment? Should a parent coax a reluctant child into taking piano lessons hoping to transform an unwilling tot into a musical prodigy? And how much is too much when it comes to hobbies? Local child development experts say the answers vary on a case-by-case basis.

"The key to balancing one's schedule between school work, extracurricular interests, family and friends is reached not so much by seeing these goods as necessarily in competition, but rather in seeing all of the time that we have been given as a great treasure that we have to use in the best possible way," said Michael Moynihan, Up-

per School Head of The Heights School in Potomac.

Extracurricular activities are an important part of a child's development, and finding the right fit is worth the effort. "They expose children to a variety of experiences and peers. For older children, they are a venue for healthy social interaction as opposed to participating in undesirable behavior," said Rich Leichtweis, PhD, Senior Director of the Inova Kellar Center in Fairfax, "If kids are on the computer or watching television from the time they get home from school until dinner and then back on again until they go to bed, they are missing critical social opportunities that extra curricular activities can provide."

Assessing a true attraction to an activity versus a passing fancy can be tricky. "Parents should first ask their children what they might be interested in before signing them up, and they should be careful in monitoring how their children continue to feel about participating in these activities," wrote Chantilly resident Maria Londono, a mental health therapist for Fairfax Community Health Care Network in Reston, Falls Church and Alexandria, in an email.

While older children are able to express an opinion about activities, younger children might need more guidance. "If a child has a strength or interest we can build on that," said Leichtweis. "If parents notice that a child has a gift for piano or soccer, they should encourage it."

One pitfall, say experts, is following the pack. "Parents get pulled into activities because they think everybody else is doing it. Before you know it, those activities pile up and can be stressful," said McLean resident



Instructor Matthew Gehlhoof leads student at St. Stephen's & St. Agnes School in an after school fencing class. "If a parent notices that a child has a gift for piano or soccer, they should encourage it," said Rich Leichtweis, PhD, Senior Director of the Inova Kellar Center



Heights students embark on a 30-mile hike along the Appalachian Trail. Experts say children can continue activities like hiking, biking and running into adulthood.

Michele Garofalo, EdD, Assistant Chair, Department of Counseling and Associate Professor of Psychology at Marymount University in Arlington.

How does a parent know if a child is overscheduled? "Some kids are ok with a lot of activities," said Leichtweis. "If a child is involved in a lot and they're doing well in school, getting adequate rest and there are no significant disruptions, then it's probably ok. But if there is a change in behavior, their grades slip, they're not getting enough rest and they're in eight different activities, then it is time to make a change."

Experts say there are warning signs that a parent might be pushing a child too hard. "When a child says 'I don't want to go to this activity' or 'I don't like the kids there' or if they are pouting or agitated when it's time to go, those are signals that they need a change," said Garofalo. "If extracurricular activities are fun and kids enjoy them, they can build a child's self-esteem and give them a place to shine, and children need a place to shine."

Parents should also consider the family's

overall schedule. "Look at your calendar and think about the benefit versus the cost, time and energy involved in the activity. How much stress will it put on the family?" said Garofalo.

"Parents can set limits and help kids prioritize. We can listen to the kids, but it's our responsibility to set limits. A well-balanced child is a healthy child," said Leichtweis.

Make sure to set aside time for rest. "Children need downtime and a break from organized activity," noted Susan DeLaurentis, Director of Counseling, St. Stephen's & St. Agnes School in Alexandria. "I think that is important to recognize that if children have been in school all day they've put in a lot."

Finally, experts say encourage activities that children can continue into adulthood like swimming, hiking or running. "With extracurricular activities, what we're doing is setting a foundation for life. It is part of developing well-rounded and balanced community members. We want a child who knows how to work and play," said Leichtweis.

SHILLELAGHS

THE TRAVEL CLUB

CALENDAR

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.

THURSDAY/JULY 19

MSCB Concert. 8 p.m. Veterans Amphitheatre, 10455 Armstrong St, Fairfax.

Vacation Bible School July 22-26. 5:30-8 p.m. t. Peter's in the Woods, 5911 Fairview Woods Dr., Fairfax Station. 703-503-9210. Register online at www.spiw.org

FRIDAY/JULY 20

Tommy Lepson Band. 7:30 p.m. Grist Mill Park, 4710 Mount Vernon Memorial Highway, Alexandria. Blues/Soul. Free. 703-324-7469 or www.fairfaxcounty.gov/parks/performance.

Kirov Academy of Ballet of Washington D.C. 10:30 a.m. Filene Center, 1551 Trap Road, Vienna. The secrets, techniques, and history of one of the art forms. \$8-\$10 at 1-877-WOLFTRAP or www.wolftrap.org/TITW.

SATURDAY/JULY 21

Sunset Cruise. 7 p.m. Lake Accotink Park, 7500 Accotink Park Road, Springfield. Cruiser the shores of Lake Accotink. Beverages served. \$6. Register at 703-569-0285.

Jah Works. 7 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. Reggae. Free. 703-324-7469 or www.fairfaxcounty.gov/parks/performance.

Flea Market. 8 a.m.-4 p.m. VRE Commuter Rail Parking Lot, 6900 Hechinger Drive, Springfield.

Sponsored by Springfield-Franconia Lions Club. Vendor fee \$20 per parking space. Proceeds benefit local charities. 703-569-3074 or <http://sfhostlions.org/fleamkt.html>.

Clifton Film Festival. 3 -11 p.m.

Workhouse Arts Center, 9601 Ox Road, Lorton. Showcasing original films made by the surrounding community. \$5 day showings, \$10 evening showing, \$20 for 3 day showings and evening showings. www.workhousearts.org.

Kirov Academy of Ballet of Washington D.C. 10:30 a.m.

Filene Center, 1551 Trap Road, Vienna. The secrets, techniques, and history of one of the art forms. \$8-\$10 at 1-877-WOLFTRAP or www.wolftrap.org/TITW.

Sheriff's Office Partners with Target for "Safe Kids." 10 a.m.-2 p.m.

Target, 10301 Guinea Road, Fairfax. Trained deputies will ensure that children fit securely in the safety seats and that the safety seats fit securely in the vehicle seat.

SUNDAY/JULY 22

Canine Cruises. 7 p.m. Lake Accotink Park, 7500 Accotink Park Road, Springfield. Cruiser the shores of Lake Accotink with your dog. Limit one dog per person. \$6. Register at 703-569-0285.

NOVA-Annandale Symphony Orchestra. 7:30 p.m.

Performs Rhapsody in Blue with pianist Christopher Johnston. Ernst Community Cultural Center, 8333 Little River Turnpike, Annandale. Adults \$15, seniors and teens \$10, children free. 703-569-0973.

Wolf Trap Opera Company: Aria Jukebox. 3 p.m. Wolf Trap Center for the Performing Arts, 1551 Trap Road, Vienna. Opera highlights.

Workhouse Arts Center: 2012 Clifton Film Fest

The top films from the 2012 Clifton Film Fest will be unveiled at the Workhouse Arts Center on Saturday, July 21. This is the fourth year for the Clifton Film Fest. It is a Northern Virginia film festival showcasing entertaining, original films made by those in the surrounding community to the Workhouse in Lorton, Virginia.

Over 30 films have been entered for judging in this year's Festival. Film categories were for students and those over 21. The entered films are all original running between 1-10 minutes in duration. Films run the gamut of styles and subject.

There will be award presentations and prizes for categories such as Best Picture, Best Sound, Best Editing, Best Cinematography and more.



Films from the 2012 Clifton Film Fest will be unveiled at the Workhouse Arts Center on Saturday, July 21.

Where and When:

2012 Clifton Film Festival, at the Workhouse Arts Center Quad, 9601 Ox Road, Lorton, VA. 22079. Event date: Saturday July 21. There are both day and evening showings of films. Tickets: Day showing at 4 p.m.: \$5. Evening showing at 7:30 p.m.: \$10. For information visit www.cliftonfilmfest.com or call 703-662-3659.

Preshow talk one hour before performance. www.wolftrap.org.

MONDAY/JULY 23

Vacation Bible School. 9-11:30 a.m. Fellowship Baptist Church, 5936 Rolling Road, Springfield. Activities will include a Bible Lesson, Missions Emphasis, Crafts, Snacks and Games. Free. Register at www.honoringGod.org or 703 569-5151.

Jackson Browne with Sara

Watkins. 8 p.m. Filene Center, 1551 Trap Road, Vienna. \$50 in-house, \$30 lawn. www.wolftrap.com.

TUESDAY/JULY 24

Rufus Wainwright and Ingrid Michaelson. 8 p.m. Filene Center, 1551 Trap Road, Vienna. \$40 in-house, \$30 lawn. www.wolftrap.com.
Matthias Kuchta. 10:30 a.m. Filene Center, 1551 Trap Road, Vienna. The Brothers Grimm fairytale, The Wolf

and the Seven Little Goats. German puppeteer Matthias Kuchta uses life-size puppets to share the story of seven little goats that let a wicked wolf into their home. \$8-\$10 at 1-877-WOLFTRAP or www.wolftrap.org/TITW.

WEDNESDAY/JULY 25

Matthias Kuchta. 10:30 a.m. Filene Center, 1551 Trap Road, Vienna. The Brothers Grimm fairytale, The Wolf and the Seven Little Goats. German puppeteer Matthias Kuchta uses life-size puppets to share the story of seven little goats that let a wicked wolf into their home. \$8-\$10 at 1-877-WOLFTRAP or www.wolftrap.org/TITW.

THURSDAY/JULY 26

The Ugly Duckling and Cinderella. 7 p.m. Russell Theater at Robinson High School. robinsondrama.org
CFB Concert. 8 p.m. Veterans Amphitheater, 10455 Armstrong St, Fairfax.

FRIDAY/JULY 27

The ATOMIC Swing Club. 7:30 p.m. Grist Mill Park, 4710 Mount Vernon Memorial Highway, Alexandria. Swing. Free. 703-324-7469 or www.fairfaxcounty.gov/parks/performance.

The Ugly Duckling and Cinderella. 7 p.m. Russell Theater at Robinson High School. robinsondrama.org

SATURDAY/JULY 28

Public Reception: Workhouse Clay National Ceramics Exhibition. 6-9 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. "Open Call" for ceramic artworks. Mixed media entries acceptable, but clay must be the primary medium. Exhibit open July 25-Aug. 26. www.workhousearts.org.

Mariachi Los Amigos. 7 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. Mariachi. Free. 703-324-7469 or www.fairfaxcounty.gov/parks/performance.

Flea Market. 8 a.m.-4 p.m. VRE Commuter Rail Parking Lot, 6900 Hechinger Drive, Springfield. Sponsored by Springfield-Franconia Lions Club. Vendor fee \$20 per parking space. Proceeds benefit local charities. 703-569-3074 or <http://sfhostlions.org/fleamkt.html>.

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NEWS

Winning Gold at Senior Games

Greenspring resident wins three medals in track & field events at the Virginia Senior Games.

Greenspring resident Dr. Dick Ernst is no stranger to local, state, and national senior games; he first attended the National Senior Games in 1999 held in Orlando, Fla. as a member of a seniors' basketball team. Since then, he has attended numerous national games, as well as the Virginia Senior Games and the Northern Virginia Senior Olympics. During the May 2012 Virginia Senior Games, Ernst was awarded a gold medal for his age group (75-79) in the 50m dash and the long jump, as well as a bronze medal in the 100m dash. Ernst will be headed to the National Senior Games in Cleveland, Ohio next year to challenge other senior athletes around the country. "I do it to stay in shape and to live longer," says Ernst. "And I enjoy it!"

Ernst spent 30 years as the President and CEO of Northern Virginia Community College, which now has six campuses across the northern region of the Commonwealth. During his time at Northern Virginia Community College, Ernst received recognitions such as "Washingtonian of the Year" by Washingtonian Magazine and "CEO of the Year" by the Association of Community College Trustees. Ernst retired in 1998 and moved to Greenspring retirement community in



Dr. Ernst with his wall full of medals.

2006. "Greenspring's a great place to be," said Ernst, who spends an hour each day working out in the community's fitness center.

Ernst, who has won five state basketball championships in Virginia's senior games, recently started competing in track & field events in 2011; in the 2011 Northern Virginia Senior Olympics, he received a gold medal and two silver medals for the 60-meter run, standing broad jump, and long jump.

Ernst, who is 79, says he won't mind competing in a new age group soon. "It's always good to be the young guy."

Right on target

93-year-old Greenspring resident wins gold at Virginia Senior Games.

Not long after "The Hunger Games" blockbuster created a buzz around the sport of archery, Greenspring resident Charlie Edwards shot for gold at the Virginia Senior Games in May. Edwards picked up a bow and arrow for the first time just six months ago, when fellow resident, 79-year-old Jack Cason, encouraged him to join the Archery Club at Greenspring, their retirement community in Springfield. Cason himself received a gold medal in his own age group this year at the Virginia Senior Games, and was a gold medalist at the National Senior Games last year

in Houston. "Charlie listens to instructions and he doesn't question it; he takes my advice and tries to improve himself," said Cason, who has been working with Edwards in improving his technical form and choosing the right equipment.

While Edwards had never tried his hand at archery before moving to Greenspring, he was on the wrestling team at Lehigh University and in his later years grew fond of golfing and fishing. He was a Navy fighter pilot during World War II, but left the Navy to work for the Atomic Energy Commission until retirement. Edwards does find some similarities in his mili-



Charlie Edwards with his Virginia Senior Games Gold Medal.

tary service and his newfound interest in archery. "Instead of pointing my airplane at a target, now I'm pointing my bow and arrow."

Edwards was encouraged to sign up for the Virginia Senior Games by Cason. He received a gold medal in his age group for the 600 Round.

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SPORTS

SPRINGFIELD CONNECTION SPORTS EDITOR JON ROETMAN
703-224-3015 OR JROETMAN@CONNECTIONNEWSPAPERS.COM

Pedaling with Pals

Potomac Pedalers provides group rides for area cyclists.

BY JON ROETMAN
THE GAZETTE

Nancy Avitabile joined the Potomac Pedalers roughly 15 years ago to ride with others who shared her love for cycling. While the friends and knowledge she gained from joining the Pedalers brought personal satisfaction, her physical improvement in the sport helped bring Avitabile national recognition.

Avitabile, a 64-year-old Bethesda resident, has competed in more than 25 triathlons since participating in her first in 1996. She won the 2010 USA Triathlon amateur national championship for her age group. In 2011, her accomplishments involved winning her age group at the

Nation's Triathlon and the Miami Half-Ironman Triathlon. This year, Avitabile finished first in her age group at the Eagleman Half-Ironman triathlon in Cambridge, Md., on June 10, earning her a slot in the Hawaii Ironman World Championship in October. On July 8, she won her age group at the New York City Triathlon. She's also a member of Team USA and will represent the country at this year's world championships in New Zealand.

"If you're new to the area, it's a good way to meet people if you're into cycling because there are so many different levels of cycling."

— Potomac Pedalers executive committee member Chris White of Springfield

Avitabile credits the Potomac Pedalers for some of her triathlon success.

"I became a better cyclist," she said.

THE POTOMAC PEDALERS TOURING CLUB is a cycling club for residents of Maryland, Washington, D.C., and Virginia. Founded in 1966, the club offers group rides for cyclists of all ages and ability levels. It's one of the largest cycling clubs in the nation, with 3,500 members in 2010, according to raceacrossamerica.org.

Cyclists are categorized by "ride class" to assure groups contain members of similar ability levels. A cyclist's ride class is determined by his or her average riding speed and endurance.

The club encourages beginners to start in the "D" class. According to the club's ride class table, a D rider averages 10-12 mph on flat ground and typically travels routes of 10-25 miles. In comparison, a "B" rider averages 16-18 mph on flat ground and travels a route length of 40-60 miles. An "AA" rider, the highest class, averages 22-24 mph on flat ground and travels routes of 60-100 miles.

Some members look to improve their speed



Arlington resident and Potomac Pedalers member Ed Hazelwood is seen in front of the Brandenburg Gate in Berlin in 2010.

and stamina and move into a different class, while others enjoy the slower, more social rides.

"You get out of it what you want to get out of it," said Bob Bernstein, the 2012 chairman of the Pedalers' executive committee.

Avitabile, who is the committee's treasurer, started below B level when she joined the club in the mid 1990s, but rode with B groups as a way to push herself to improve. She is now a group leader for BB rides.

"The club members were great," she said. "They were really helpful with giving me pointers with how to ride faster and how to ride better."

Avitabile said triathletes view running, swimming and cycling as part of one event, rather than three individual sports. However, she said cycling is her favorite of the trio.

"I love cycling," Avitabile said. "I love getting out there and going fast. There's just something about cycling — a real sense of freedom."

AFTER LIVING IN ITALY for five years, 53-year-old Springfield resident Chris White has been back with the Pedalers for three years and is a member of the executive committee. Along with trips to the gym and changes to his diet, White said cycling has helped him lose 20-25 pounds in recent years.

"I wasn't all that active for about five years [in Italy]," he said. "... I stopped [drinking] wine and [eating] pasta."

The Pedalers offer group rides throughout the week and on weekends in parts of Maryland, Washington, D.C., and Virginia. The Pedalers' ride schedule can be found on its Website, potomacpedalers.org.

A one-year individual membership costs \$30. A one-year family membership is \$37, and the annual student rate is \$25. An individual lifetime membership is available for \$350. The Potomac Pedalers Touring Club is a non-profit corporation.

White said the club offers an opportunity for all cyclists to have a good time.

"If you're new to the area, it's a good way to meet people if you're into cycling because there are so many different levels of cycling," he said. "We cover such a large area, there is something in it for everybody. You don't have to be in one area to take advantage of it."



Alec Reilly hits home plate after his first grand slam homerun of his little league career.

Heading to States

West Springfield Little League 9-10 American All-Stars Head to States.



Cameron Consolvo hits the cutoff man from centerfield.

West Springfield Little League continues to be a Northern Virginia baseball powerhouse by sending two teams to the state championships this year. The 10-11-year-old American All-Star team, coached by Greg McIntyre, and the 9-10-year-old American All-star team, coached by Bryan Holzemer, both won the district championship title for their age groups. WSL is no stranger to titles: the league has sent dozens of teams to state championships in the past 30 years. Unique to this year, though, is that four of the six WSL teams won trophies by placing first or second in District 9 of the Virginia Little League.

After starting the district playoffs with a 5-1 loss to Fort Hunt, the 9-10 American team was considered an underdog and fought back from the loser's bracket. They had their toughest games early with Dumfries/Triangle/Quantico, Woodbridge and Fort Hunt, which set them up for the district championship against the WSL National team with drive and a lot of hard-knocks on-the-field learning.

"I've never seen a tougher team of boys," commented one district scorekeeper.

They won the first of two finals games in extra innings with an 8-7 win, then an astonishing 14-3 win in the final game, shutting down the game by the top of the fourth inning.

"It's bittersweet to win like this against fellow WSL team-mates," coach Holzemer said. "We're a community in the West

Springfield Little League and want all our boys to be rewarded for their love of this game."

The umpires for the final Saturday game, including one Little League World Series umpire from 2011, said that he was amazed at this tournament play and "what the coaches did with both of these teams ... making them truly outstanding players."

These WSL boys — both the American and National All-Star teams — played their hearts out and were both awarded trophies, first and second place, respectively. The WSL 10-11-year-old American and National teams did the same by also taking first and second place in the district. With these four gets, WSL scored four of the six possible trophies for the entire district.

"It takes a league to build these boys into young men," Holzemer said. "I am honored for the opportunity to coach these all-star boys this past month, but it took all of our regular season coaches to develop their talent to get to this level."

Both teams leave this week for the Virginia state tournament. McIntyre's team heads for the Tidewater area and Holzemer's team heads to Ashburn.

NEWS

MPO Charles Mills drops a dummy and will in short order sink the dummy's boat in the Occoquan Reservoir at Fountainhead Regional Park on June 11 in preparation for a Dive Team training exercise to be held on June 13. Mills is a member of the Fairfax County motor squad, a diver on the Fairfax County Police Underwater Search and Recovery Team and is detailed temporarily to the Marine Patrol Unit – which works in collaboration with the Dive Team



PHOTOS BY DEB COBB/THE CONNECTION

Underwater Heroics

Training exercise at Occoquan Reservoir.

“911. What's your emergency?” “I just saw a guy's boat sink in the reservoir, I think he went under with it.” This fictional 911 call describes the scenario for a joint training exercise between the Fairfax County Underwater Search and Recovery Team, the Fairfax County Police Marine Patrol Unit and the Prince William County Police Underwater Search and Recovery Unit that took place on June 13 in the Occoquan Reservoir near Fountainhead Regional Park: 23 law enforcement officers worked together to locate a dummy representing a body and the boat and recover them from the waters of the Occoquan Reservoir.

Diver is considered the riskiest job in the Fairfax County police department due to nature of the work – underwater, in ever-changing conditions with low to no visibility, low temperatures, and intense physical demands. Unit Supervisor Lt. Lance Schaible said, “The danger never changes for them whether it is a real-life situation or training.” Training sessions are critical for the unit to maintain skills, develop expertise with new tools, develop familiarity and comfort with different types of recovery operations and to provide newer members of the unit with experience.

— DEB COBB



Fairfax County Police Search and Recovery Team divers wear 80 pounds of gear to go in the water. PFC Robert Gogan, a member of the dive team and an officer at the West Springfield District adds weights to his colleague's suit to enable the diver to go to the bottom of the Occoquan Reservoir at Fountainhead Regional Park during a training exercise on June 13.



Police Officer First Class Matthew Grubb operates the Marine Patrol Unit's side scan sonar during a Fairfax County Police Search and Recovery Team training exercise at Fountainhead Regional Park on June 13. The side scan sonar is used to locate bodies and evidence underwater. Officer Carrie Bennett is on temporary assignment to the Marine Patrol Unit from the Mt. Vernon district station.



Fairfax County Police Search and Recovery Team divers head out on the Fairfax County Police Marine Patrol Unit boat to conduct a training exercise in Occoquan Reservoir at Fountainhead Regional Park on June 13.

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President meets an enthusiastic crowd.

PHOTO BY
DEB COBB/
THE CONNECTION



President Comes to the Area

FROM PAGE 3

as possible. And you can retire with some dignity and respect. In 2008, for too many people, it seemed like that dream was slipping away, so Americans came together to fight for that American ideal.”

“We understood that the economy in this country works best when it works for everybody,” continued Obama. “But the financial crisis resulted in people losing their homes and jobs.” However, he stressed, “In the past three-and-a-half years, we’ve fought back to create 4.4 million new jobs, but we’ve got more work to do. American people are tough, and we still need to build an economy where hard work pays off.”

He said the problem is the stalemate in Washington and two, fundamentally different ideas of how to move the country forward. “My opponent believes, if we cut taxes for those at the top – even if it hurts things like research and education – that somehow, it’s going to be good for everybody,” said Obama. “And that, if you eliminate regulations on credit-card companies, polluters, insurance companies and banks, it’ll fuel the engine of growth and somehow trickle down. But we tried it before and it didn’t work.”

Instead, he said, “I believe in middle-out and bottom-up economies. I believe, when working people are doing well, we all do well. And that’s why I’m running again – to fight for the middle class.”

He said people like him, who can afford it and make \$250,000/year, should pay their fair share of taxes. Under his plan, said Obama, “98 percent of Americans shouldn’t see [their] taxes go up one dime. And 97 percent of small businesses earn less than \$250,000/year, so the vast majority of people would

get some relief.”

Obama wants the auto industry’s success to happen in manufacturing, too, and he doesn’t want companies that ship jobs overseas to receive tax breaks. Noting U.S. military successes overseas, Obama said, “After a decade of war, I think we should take the money we spent on [it] and use half to pay down the [national] debt and the other half to rebuild America – invest in our infrastructure to keep us at the cutting edge.”

He wants to reduce the cost of college so young adults may get the jobs they need. He’d also like to strengthen the housing market so people can save money by refinancing their homes. “My opponent would let the housing market bottom out and let foreclosures play out,” Obama said.

LOUD CHEERS AND APPLAUSE punctuated his speech several times – especially when he said he believes women should make their own health-care choices. He also said he’s for comprehensive immigration reform and that immigrants are “a strength, not a weakness.”

He told the crowd it’ll be a close election and people are already being “inundated” with negative ads in scary voices. “But when the American people get together and say, ‘This is what matters, what’s right and what’s true,’ we don’t have to settle for what is, but what could be.”

“If you believe in an economy where everybody gets their fair share and plays by the same rules – and that we rise or fall together, as one people – then I’m confident we’re going to win,” continued Obama. “I see myself in you [and] I have faith in you, the American people.”

Herrity, Hugo Respond to Obama’s Visit

Both Supervisor Pat Herrity (R-Springfield) and Del. Tim Hugo (R-40) held a joint press conference Saturday afternoon, speaking to local Romney supporters prior to President Obama’s campaign rally at Centreville High. Said Herrity: “It was nice to see so many people from Little Rocky Run stop by and pick up Romney signs and stand with us.”

Herrity’s comments included the following:

“As the CFO of a government contractor, and a member of the Fairfax County Board of Supervisors, I see firsthand the devastating impact the pending defense cuts are having on the military, government employees and government contractors in Northern Virginia,” said Herrity.

“The first four years under President Obama have been characterized by a gross lack of leadership on issues key to Northern Virginians,” he continued. “The cuts in defense and government contracting are a direct result of his failure to work across the aisle and craft real solutions for America. Northern Virginians cannot afford four more years of failed leadership, divisiveness and tax hikes.”

When asked by a [TV] reporter about Bain Capital, Herrity replied, “It’s not about Bain Capital — it’s about 8.2 percent unemployment, tax hikes on our hardworking small businesses and residents, destruction of our healthcare system and a failed presidency.”

As for Hugo, he said, “It is unfortunate that during President Obama’s visit

to Centreville High School, located in the heart of my district, he has chosen to speak of raising taxes on my constituents, on Virginians and on Virginia small businesses that are the backbone of our economy.”

“President Obama’s \$1.5 trillion of tax increases will bring our nation’s fragile economy to a screeching halt,” continued Hugo. “Only by electing Governor Romney as president will this nation stand any chance of restoring people’s belief in the American Dream — if they work hard, they can succeed.”

Otherwise, said Hugo, “These are the people who will take it on the chin with Obama’s tax increases. These are the job-producers, the dual-income families. This is Ground Zero for the Obama tax increases.”

— BONNIE HOBBS



PHOTO BY BONNIE HOBBS/THE CONNECTION

One of the lines stretched from Centreville High’s entrance, downhill and up Union Mill Road.

Obama Receives a Warm Welcome

FROM PAGE 3

promised us. But in a second term – which he will get – I do believe he’ll come from a different place and push through the things he wasn’t able to before.”

Fairfax’s Paul Burgess wanted “to see and support the president in any way I can. I took off work early, Thursday, and stood in line for two-and-a-half hours to get tickets.” He said the economy and jobs are the most important issues in the upcoming election. And, he added, “Hopefully, with the changes in Congress, this time around he can get something done, other than executive orders.”

But if Republican candidate Mitt Romney becomes president, said Burgess, “My greatest fear is that our country will just go to hell in a hand basket. I fear it’ll spread the two extremes even more; and more people will drop out from the middle class into the lower class and we’ll be headed for another calamity.”

Also looking forward to hearing Obama speak was Ed Neugass, 68, of Herndon. “This’ll be the first president I’ve seen in person,” he said. “I think he knows who we are – we have each other’s back – which is to say we’re connected.” And like Bowles, he said the big issue is “getting past Republican blocking on the economy and jobs.”

Regarding Romney, Neugass said, “He has a great problem with the truth, so I’m fearful people will rely on what he says and we’ll suffer as a result. People will lose their jobs and houses and will be pitted against each other. I’m also concerned that the regulators of our banks will not regulate, and the greedy people within them will figure out a way to bring down

our banking system again.”

Troy Carpenter of Centreville’s Centre Ridge community wanted his children, 16 and 12, to see their president and learn what it’s like to be involved in the political process. Saying he shares the same views for this country as Obama does, Carpenter said, “This will be a critical election. The president’s trying hard to help the ones who’ve not been able to get help before. The Democrats tend to have more of those values that I strongly support.”

ALSO WAITING IN LINE was Shannon Mancini of Clifton’s Union Mill community. “I think the president’s done a great job, these past four years, with the economy and health care, and I want to see him continue for four more,” she said. “All around, I think he’s brought unity to this country.”

If Romney’s elected, said Mancini, “I fear that we’ll go deeper into deficit and women won’t have the rights they deserve. I think this country will just break apart. I don’t think Romney cares about people’s needs.”

Volunteers frequently passed out cold water to the people standing in line in Saturday’s summer heat. And now and then, a campaign worker shouted, “Fire up!” through a bullhorn, while Obama supporters responded, “Ready to go!”

The only discordant note for them came from the vocal Romney backers standing across from the school along Union Mill Road. But even their words and presence couldn’t dampen this crowd’s enthusiasm. When Romney supporters yelled, “Repeal Obamacare,” those in line to see the president shouted back, “Four more years!”

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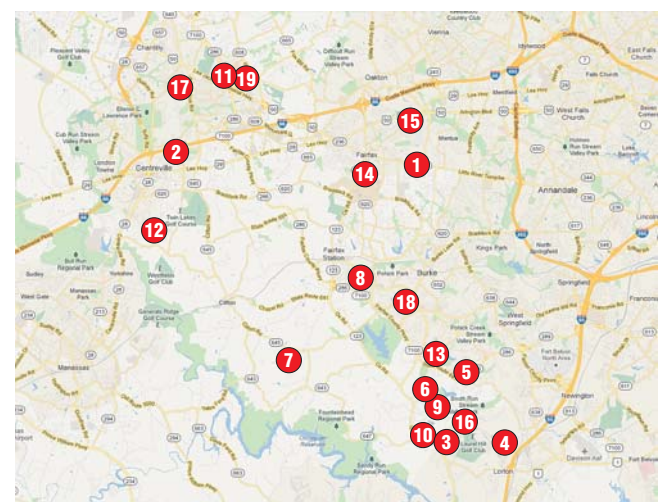
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