

Senior Trio Leads Woodson Volleyball

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Woodson senior
Caitlynn King had
14 kills and four
aces against
Chantilly on Sept.
4 at Woodson.

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PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

WEEK IN FAIRFAX

Youth Group Volunteer Arrested

Fairfax County police have charged a church youth-group volunteer with two counts of aggravated sexual battery. He is James West, 23, formerly of 5616 Hope Park Road in Fairfax.

He wasn't a member of the paid staff of the King's Chapel Church, 12925 Braddock Road, but volunteered there for several years. However, police began an investigation after receiving a call from the parents of a 14-year-old who reportedly said that West had given him or her—and other teens—a massage. After questioning the teenager further, the parents learned of the alleged abuses and contacted police on Aug. 3.

Police later arrested West and charged him on Aug. 31. They ask anyone with information to contact Detective L. LaBarca at 703-246-7810. Or call Crime solvers at 1-866-411-TIPS/8477, e-mail www.fairfaxcrimesolvers.org, text "TIP187" plus a message to CRIMES/274637 or call police at 703-691-2131.

Back-to-School Safety

Fairfax County police urge motorists to be extra vigilant for pedestrians and bicyclists, now that school is once again in session. Commuters should expect increased congestion throughout the week and build time into their sched-



West

ules to accommodate for this traditionally heavy time period.

Draft Bicycle Master Plan

Police also remind drivers that, when bus lights and stop signs are activated, vehicles must stop in both directions, unless they are separated from the bus by a median. In 2011, officers issued 1,364 citations for speeding in school zones. They issued 364 citations for improperly passing school buses and not stopping for school buses with flashing lights.

After more than a year of effort—including public meetings with area cyclists, focus group meetings, workshops and meetings of the master plan Bicycle Advisory Committee—on July 31, Toole Design Group gave Fairfax County the final draft of the Countywide Bicycle Master Plan. Charlie Strunk, the county bicycle coordinator, is now incorporating final comments into the plan and finalizing the map of recommended bike facilities. It's expected to go before the Planning Commission in early 2013 and then to the Board of Supervisors for possible adoption.

Fair Oaks Apartment Fire Extinguished by Sprinkler

Fire officials say a kitchen fire last week in a Fair Oaks home was accidental, caused by unattended food on the stove. The incident occurred last Tuesday, Aug. 28, around 7:30 p.m. in a garden apartment at 4104 Monument Court.

Fairfax County Fire and Rescue units quickly responded, but firefighters reported that an oil fire on the stove had primarily been extinguished by the apartment's sprinkler system. While there, the firefighters also checked for any extension of the flames in that home and in adjacent units.

The apartment's two occupants were treated at the scene and transported to a local hospital with non-life-threatening injuries. The blaze displaced one adult and one child. In light of the fire's cause, the fire department offers the following kitchen safety tips to local residents:

- ❖ Have a "kid-free zone" of at least three feet around the stove and areas where hot food or drink is prepared or carried.
- ❖ Wear short or tight-fitting sleeves when cooking. Long, loose

sleeves are more likely to catch on fire or get caught on pot handles.

- ❖ Keep things that can catch fire—such as dish towels, curtains or paper—at least three feet away from the stove.

- ❖ Do not leave cooking food unattended. If it's necessary to leave the kitchen, even for a short time, turn off the stove.

- ❖ Turn pot handles inward, facing the wall, to prevent burns caused by overturning or spills.

- ❖ Pot holders or oven mitts prevent burns when handling hot dishes.

- ❖ Regularly clean cooking equipment so it has no cooking materials, food items or grease accumulation on it.

- ❖ Always keep an oven mitt and lid nearby when cooking. If a small grease fire starts in a pan, put on an oven mitt and smother the flames by carefully sliding the lid over the pan. Turn off the burner. Do not remove the lid until it's completely cool.

- ❖ If there's an oven fire, turn off the heat and keep the door closed to prevent flames from burning people and clothing. Have the oven serviced before using it again.

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The Little Red Schoolhouse That Could

Springfield one-room schoolhouse gains historic status on National Register.

BY VICTORIA ROSS
THE CONNECTION

Nearly four years after deciding to shut down the popular elementary school because of shrinking enrollment, mounting parental pressure and ardent emotional appeals swayed Fairfax County's School Board to re-open the rural community school.

That meeting was held in September 1937, when a delegation from the community—led by teacher Albytene Roberts—again requested the reopening of Pohick School #8, commonly known as The Sydenstricker Schoolhouse in Springfield.

A community hub since it was built in 1928, the board agreed to open the school, as long as it could maintain an attendance of at least 20 students. The school closed for the final time in June 1939, when the Works Project Administration (WPA) built the new, larger Burke Elementary School.

"I know. When you read the history, especially the newspaper accounts of the time, it sounds like we're talking about the debate over Clifton Elementary School," said Lisa Friedrich Becker, smiling as she recounts some of the history of what many know today as the "little red schoolhouse."

As president of the Upper Pohick Community League (UPCL), Becker said preserving the schoolhouse has become her "great passion."

Thanks to the efforts of Becker, and other league members, the historic school is undergoing another rebirth.

ON AUG. 22, the Sydenstricker Schoolhouse was placed on the National Register of Historic Places, a prestigious honor that helps assure the school's preservation. For nearly four years, Becker researched the history, interviewed descendants, gathered and archived photos, and dotted the i's and crossed the t's for the rigorous National Register application.

"I've told people, and it's the God-honest truth, that other than my son, I feel like the National Register is the greatest accomplishment of my life. I feel like it is my legacy, and I'm so proud of it," Becker said.

"Lisa deserves all the credit for making this happen," said past



PHOTO CONTRIBUTED

An archival photo taken in 1957 which shows the schoolhouse and the Upper Pohick Community League's "Litter Buggy," which helped clean trash off local roads.

How to Help Save the Schoolhouse

- ❖ To find out more about efforts to restore the Sydenstricker Schoolhouse, or to make a donation, go to www.sydenstrickerschoolhouse.org.
- ❖ On Saturday, Sept. 22, The Upper Pohick Community League is hosting a free community coffeehouse, featuring live music. Beverages and desserts will be available for a small donation. For more information, go to info@sydenstrickerschoolhouse.org.

UPCL president Manuel Pablo, who has been a member of the league since 1972. "The schoolhouse harkens back to an interesting time. I remember when the first Supervisor Herrity, Jack Herrity, held community meetings here."

"This is a community treasure," said Supervisor Pat Herrity (R-Springfield). "It's where political debates used to be held, and where the Springfield District Council is now holding some of its meetings."

Situated on just under an acre of land, the front-gabled school sits parallel to Hooes Road, once a farm-to-market wagon road, and adjacent to the Sydenstricker Methodist Chapel and cemetery.

"I think the site, the fact that some of the trees are 100-years-old, and it's next to the chapel and cemetery gives it an authenticity that you don't find anymore," Becker said.

The interior of the building, approximately 805 square feet, includes one large room (the original schoolroom) and a small cloakroom, which was converted into a kitchen in the late 1950s.

The one-story building retains many original features, including a combination storage shed and three-hole privy. The simple, clas-

sic architectural traits of the Sydenstricker School are characteristic of other historic Fairfax County schoolhouses, most notably the Legato School, City of Fairfax and the Laurel Grove School in Alexandria.

Becker said her 4-year-old son, Oliver, likes to hear her ring the school bell, which is original to the building.

"This is as original as it gets," Pablo said. "Nearly everything here is in its original condition... We want to restore it as a community asset."

Becker said the UPCL, which purchased the school from Fairfax County in 1954, has launched a "save the community treasure" campaign to do just that.

"We want to preserve the schoolhouse, and to make it a community hub once again. I want to drive by and see the lights on and have this be a special place for events, celebrations, community meetings."

BUT TO ACCOMPLISH that, the league needs donations for the laundry list of repairs and replacements, particularly to upgrade the electrical wiring, remove the lead paint and replace the HVAC system. Becker said the cost could



PHOTO BY VICTORIA ROSS/THE CONNECTION

Lisa Friedrich Becker and Manuel Pablo, of the Upper Pohick Community League, stand at the Methodist Chapel, built in 1911, which is adjacent to the one-story historic Sydenstricker Schoolhouse, built in 1928. The league has launched an effort to preserve the schoolhouse.

Glimpses of Sydenstricker's Past

February 17, 1932 (from the meeting minutes of the School Board):

"The clerk presented a letter from the school's teacher, Miss Elizabeth Gates, suggesting the suspension of twelve year old, Ewing Crawn. Miss Gates stated that Ewing 'refused to stay in one day, and when I started to whip him he broke the switch and struck me.' The boy was suspended, and the board expressed their belief that it was generally bad policy to suspend such young children; however, in small schools such as Pohick, it would do more harm than good to keep such a child in school."

*Lindy Neish, a lifelong resident of Springfield, attended the Pohick School (which by then had come to be known as the Sydenstricker School) in the 1930s. In 1989, he recalled that the boys had to collect firewood for the stove and fresh wa-

ter from the spring. A 1933 report in "The Herndon Observer" notes that the community appealed to the school board for a well at the schoolhouse, so the children would not be forced to carry water "through rain and mud, year in and year out." This well was never constructed.

*In 1943, "The Fairfax Herald" reported that the "Old School House" at Sydenstricker had been converted into a center for making surgical dressing to support the war effort: "The bell at the little old school house near Sydenstricker rang this past week for the first time in a number of years. This time it was not calling to children, since it is no longer needed for school purposes, but calling to the adults in the community who have dedicated this quaint building to a need of the hour—a center for Red Cross surgical dressing."

easily be more than \$100,000, because many of the replacements need to be historically authentic. For example, the tin roof needs to be replaced by a tin roof.

"We had a mother's playgroup that wanted to meet here, but before we can do that, we have to remove the lead paint, and that costs \$15,000," Becker said.

Both Becker and Pablo are passionate about the schoolhouse, and confident of its return.

"When I come here, I feel like I'm connected to the people who have been here. We desperately want to save this building," Becker said. "We see the vision for what we can do, but we can't get there without a lot of help."



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From left, Fairfax County Police Officer Nick Andariese; Supervisor John Cook (R-Braddock); Fairfax County Sheriff Stan Barry; Ben Migliaccio and Shanita Tisaby (holding check) from Liberty Mutual Insurance's Alexandria branch; and Fairfax County Police Officer Marijana Raden. Children Dylan and Noosha stand on the side of the check.

Shop With the Sheriff

Fairfax County partners with Target to help homeless children purchase school supplies.

Nearly 30 children and their parents got the chance to "Shop with the Sheriff" on Wednesday, Aug. 29. The annual shopping spree pairs deputies and volunteers from the Fairfax County sheriff's office with local homeless children who need a little help with back-to-school supplies.

For the past 19 years, the sheriff's office has partnered with Target in Burke to help homeless school-age children and their families shop for school supplies and clothes. These children reside at either the Patrick Henry Family Shelter or the Katherine K. Hanley Family Shelter.

Fairfax County supervisors, sheriff's deputies and volunteers met the children at the Fairfax County Courthouse cafeteria for a hearty breakfast, donated by Panera Bakery and other community partners. Each child will receive a \$325 gift certificate to use toward their purchases.

Chairman Sharon Bulova (D-at-large) also helped distribute school supplies at the Backpack Drive, an event put on by the Fairfax County Fire Department and local volunteers, who distribute approximately



Fairfax County Board of Supervisors Chairman Sharon Bulova and Fairfax County Police Officer Nick Andariese with Justin (left) and Dylan (right) during the 19th annual Shop with a Sheriff event at the Burke Target.

2,500 backpacks to needy children.

"Children should not have to worry about affording school supplies. We want to make sure that every child in Fairfax County has the opportunity of a great education," Bulova said.

Volunteers included military personnel and employees of large and small companies, including CEOs. The classroom-ready backpacks were distributed to teachers from respective schools on Thursday, Aug. 30, at Fire Station 11.

—VICTORIA ROSS

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PHOTO COURTESY OF ADAM GOLDMAN

From left are Benny Geruardi, Mary Jane Gutkowski, Gina Latcheran, Gian Piero Mazi, Ryan Gutkowski and Eric Latcheran.

Restaurant Fundraiser Benefits Best Buddies

Event scheduled for Sept. 16.

BY BONNIE HOBBS
THE CONNECTION

Piero's Corner Italian Restaurant will host a Best Buddies fundraiser Sunday, Sept. 16, at 5 p.m. for its busboy, Eric Latcheran of Chantilly, and his friend Ryan Gutkowski of Clifton. The restaurant is at 9959 Main St. in Fairfax.

Eric, 25, and Ryan, 24, have intellectual disabilities and are raising money so they may participate in the fun run at the annual Best Buddies Challenge, Oct. 20, in Washington, D.C.

They're co-hosting the Fairfax event with their moms, Gina Latcheran and Mary Jane Gutkowski, at the invitation of the restaurant's owner, Gian Piero Mazi, and its manager, Benny Geruardi. On Sept. 16, Piero's will donate a percentage of its food proceeds that night toward the cause.

Every year since 2007, when they met, Mazi has supported Eric and his advocacy for Best Buddies Virginia. This year, their friend Bob Smith, former White House pianist, will perform during the event on the baby grand, accompanied by both professional and aspiring singers.

"Eric is so proud of his job at Piero's and his friendship with Gian," said Gina Latcheran. "Best Buddies

is all about making local residents more aware and involved, as well as visible supporters in the lives of all the intellectually challenged individuals of all ages active in their community."

Best Buddies brings people with intellectual disabilities together with peer buddies in friendships that, one by one, are creating opportunities in schools — and, post-graduation, in the community and workplace.

Eric and Ryan have been friends since they met in special-ed preschool at Poplar Tree Elementary in the early 1990s. Today, they still live 10 minutes from each other, are still friends and have been advocates for Best Buddies Virginia since their high-school days.

"Gina and I couldn't be prouder of them, and we credit Best Buddies Virginia with enriching their lives," said Latcheran. "Whether at GMU where Ryan's an intern in The Mason Life Program, or at Piero's Corner restaurants in Fairfax and Herndon where Eric works, Best Buddies has opened doors and created lasting friendships for both of them and their mothers."

Hoping for a good turnout for the Sept. 16 fundraiser, Latcheran said, "Great food, great wine, great music and great friends will make it a memorable, Best Buddies evening." To participate, diners just have to mention Best Buddies. Reservations are suggested; call 703-246-6097.

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.

SATURDAY/SEPT. 8

Dog Adoptions. 1-4 p.m. PetSmart, 12971 Fair Lakes Center, Fairfax. Every Saturday. Sponsored by Lost Dog & Cat Rescue Foundation. www.lostdogrescue.org.

The Lake Braddock Secondary School Marching Band and Color Guard will be visiting homes in their district to request tax-deductible contributions to

help support band activities. Rain date for the annual Tag Day fundraiser is Sept. 15. For information, contact Cathy Harrington, band Tag Day coordinator, at TagDay@lband.org.

TUESDAY/SEPT. 11

Senior Fall Prevention Classes. 1:30 p.m. The Woodlands Retirement Community, 4320 Forest Hill Drive, Fairfax. Classes designed to work on balance and core muscles to prevent injuries and falls; Instructor certified in back and hip rehab. Every Tuesday and Thursday in a heated indoor pool. \$10. Registration required at 703-667-9800.

Telephone Support Group. 7-8 p.m. Fairfax County offers a free

telephone support group for family caregivers of older adults. Contact Michelle Smith at 703-324-5484.

WEDNESDAY/SEPT. 12

Faith Communities in Action Networking Meeting. 2-4 p.m., at Fairfax County Government Center, 12000 Government Center Pkwy., Conference Center Rooms 2 and 3, Fairfax. Attend a small facilitated group discussion on affordable housing, economic self-sufficiency, health, positive living for older adults and individuals with disabilities and more. Register by Sept. 10. 703-324-3453 or NCSInterfaith@fairfaxcounty.gov.

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Registered to Vote at Current Address?

Oct. 15 deadline; encourage eligible high school and college students to vote as well.

It's a key question that must be answered by Oct. 15 in order to vote in this presidential election: Are you registered to vote at your current address? Answering that question early, and voting early, will help ensure that your vote is counted and will contribute to a more orderly Election Day.

Check your registration status online at www.sbe.virginia.gov.

Voter turnout will be high, and unknown challenges from natural phenomena like earthquake or derecho lurk on Election Day. A significant percentage of the more than 700,000 registered voters in Fairfax County, more than 155,000 in Arlington and more than 140,000 in Alexandria will turn out to vote on Nov. 6. Four years ago in 2008, a record number of voters turned out at the polls, nearly 75 percent of registered voters across the Commonwealth.

If you can wrap your brain around the con-

cept of voting "absentee in-person," you can vote starting Sept. 21.

BACK TO SCHOOL CIVICS LESSON

If there are high school students in your household who will be 18 by Election Day, encourage them to register and vote. Any person who is 17 years old and will be 18 years of age at the next general election shall be permitted to register in advance, according to the State Board of Elections. Parents should help their children see voting as a right and a responsibility, not something to be left to others. I've heard numerous voting age high school and college students express doubts about voting, mostly based on lack of confidence.

While college students are already away at college, they should also confirm their voter registration and vote absentee. If they will be at home anytime between Sept. 21 and Nov. 3, they can vote "absentee in person," and otherwise they can mail or fax a request for an absentee ballot and then mail or fax the ballot itself. For more, visit http://www.sbe.virginia.gov/cms/absentee_voting/index.html.

LOCAL VOTING INFORMATION

Alexandria Board of Elections, 703-746-4050, <http://alexandriava.gov/Elections>
132 North Royal Street, Alexandria, 22314;
FAX 703-838-6449; email
tom.parkins@alexandriava.gov.

Fairfax County Board of Elections, 703-222-0776, www.fairfaxcounty.gov/eb/
12000 Government Center Parkway, Fairfax,
Suite 232, Fairfax, 22035; FAX 703-324-2205;
email voting@fairfaxcounty.gov.

Arlington Board of Elections, 703-228-3456, <http://www.arlingtonva.us/vote>, 2100
Clarendon Blvd. Suite 320, Arlington, 22201;
FAX 703-228-3659; email
voters@arlingtonva.us.

City of Fairfax General Registrar, 703-385-7890, <http://www.fairfaxva.gov/Registrar/GeneralRegistrar.asp>
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More information at <http://www.connectionnewspapers.com/news/2012/aug/28/how-register-vote-and-vote-early/>.

Balancing Act: Between Nice-to-Have and Have-to-Have

Fairfax County needs new financial tools.

BY SUPERVISOR JEFF MCKAY
(D-LEE)

We've been lucky in Fairfax County. Spared the worst of the Great Recession with its mortgage crisis and unemployment, the County has still had to balance falling revenue and service delivery. Human services, libraries, and parks have all taken a hit—and our school budget, while not cut—has struggled to meet the needs of a growing student body.

We've emerged from past recessions and fairly quickly returned to the economic status quo, but that's not the case this time. I've done a lot of reading and reflecting this summer and it's clear that the economic trends shaping our financial landscape will be with us for a long time.

In some ways, Fairfax County has become the bank of last resort, picking up programs that the federal and state governments have shed. That's most visible in the area of transportation where we've spent millions on improvements that should have been on the state balance sheet. Most recently in Lee District, the county has assumed the bill for improvements to the congested Telegraph Road/South Van Dorn/South Kings Highway intersections.

Human services is likely to be the next fiscal battleground and we'll see that play out on Sept. 11 when the Board of Supervisors discusses its carryover budget and the Fairfax-Falls Church Community Services Board (CSB) FY2013 shortfall. The CSB's needs are urgent,



McKay

but then so are the needs of education, other human services, public safety, libraries and parks—to name only a few.

Fairfax County is not alone in this. Across the country, counties are feeling the pressure to assume the financial responsibilities that have been the traditional purview of federal and state governments. The fact that most counties, including Fairfax, are largely funded by property taxes with significant additional funding from the federal and state gov-

ernments makes for some very difficult fiscal balancing acts.

As we move further into this era, we'll need new financial tools to help us continue the services that have made Fairfax County the kind of place that attracts and retains families and businesses. Finding and using those tools won't be easy and we'll have to take a hard look at what we do and how we pay for it. We can talk about our values all we like, but those values must function in the real world. The questions look easy, but they're not. What's so important to us that we are willing to pay more (taxes or user fees) or cut elsewhere? What's nice-to-have and what's have-to-have? And how do we balance one person's nice-to-have against another's have-to-have?

There's opportunity buried in this serious challenge—the compelling need to more creatively deliver the services that our residents depend on. I'm looking forward to meeting that challenge.

Write Us

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

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SCHOOLS

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.

Taehee Han of Fairfax has been named to the Dean's List at New River Community College, located in Dublin, Virginia.

Fairfax residents **Cara Bialek and David Hixon** have been named to the fall 2011 dean's list at the Savannah College of Art and Design, Savannah, Ga.

Austin Lee has been named to the fall 2011 dean's list at Randolph-Macon Academy. He is the son of Leah Lee of Fairfax and Seung Kyu of Arlington.

Brittney Ransdell has been named to the fall 2011 dean's list at Randolph-Macon Academy. She is the daughter of Denise Ralls of Fairfax.

Nathan Warren of Fairfax has been named to the fall 2011 honor roll at Loomis Chaffee School, Windsor, Ct.

Paul Anthony Polanski of Fairfax has earned a bachelor of science from Excelsior College of Albany, N.Y.

Marine Corps Pvt. Cameron T. Harshfield completed 12 weeks of basic training at Marine Corps Recruit Depot, Parris Island, S.C. He studied first aid, uniform regulations, combat water survival, marksmanship, hand-to-hand combat and assorted weapons training, close order drill and operating as a small infantry unit during field training. Harshfield is a 2011 graduate of Fairfax High School.

Elena Nadolinski of Fairfax was one of six young women invited to the White House as a winner in the National Council for Women in Information Technology Award for Aspirations in Computing. Nadolinski was the vice president of Woodson's Computer Science Club, and president of its Robotics Club. While she was president of the latter group, her team placed second internationally in the Botball Robotics Tournament.

Julia Marie Won of Fairfax has been named a recipient of the fall 2011 dean's award at Colgate University of Hamilton, N.Y. She is the daughter of Raymond J. Won and Jeanne T. Won.

Michael Holland Larkins of Fairfax has been named to the fall 2011 dean's list at Hampden-Sydney College. He is the son of Mr. and Mrs. Markel Larkins.

Alex Tyler Price of Fairfax has been named to the fall 2011 dean's list at Hampden-Sydney College. He is the son of Tammie and Jay Price.

Matthew Freiling of Fairfax has been named to the fall 2011 dean's list with distinction at Grove City College, Grove City, Pa. The Trinity Christian School graduate is the son of Mr. and Mrs. Thomas Freiling.

Esther Froberg of Fairfax has been named to the fall 2011 dean's list with distinction at Grove City College, Grove City, Pa. The daughter of Mr. and Mrs. David Froberg is majoring in Spanish.

Matthew Peter Stevenson of Fairfax has received a bachelor of science in business from Miami University, Oxford, Ohio.

Andrea Sunga Lorico of Fairfax has been named to the fall 2011 dean's list at Washington University College of Arts & Sciences in St. Louis, Mo.



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WELLBEING

Living Long, Living Healthy

Experts offer advice for staving off health deterioration.

By MARILYN CAMPBELL
THE CONNECTION

On most days, Springfield-based retiree 69-year-old Mary Sue Garner can be found lifting weights in a fitness center, power walking on a treadmill or breathing in fresh air during a stroll on one of Northern Virginia's nature trails.

"When I was teaching I was in this rut...but when I retired, I decided to make changes and get myself fit," said Garner, who spent 45 years as a ninth-grade algebra and geometry teacher in Alexandria's public schools, including T.C. Williams High School.

As part of her self-reinvention, she fills her days with exercise, knitting, crocheting and volunteer work. She also tutors the Fairfax County high school students who

work as servers in the dining room of her retirement community.

"I've made a lot of friends and I socialize with them," said Garner, who lives at Greenspring. "I feel so strongly that as you get older you get slower, so you have to keep moving."

Gerontology experts agree, and are using September, National Healthy Aging Month, as an opportunity to offer aging adults ideas for living healthy lives as long as possible.

"Paying careful attention to the combination of physical, social, mental and financial fitness is powerful in the pursuit of a positive lifestyle, especially as we age," said Carolyn Worthington, executive director of Healthy Aging, a national health initiative to raise awareness about the positive aspects of growing older. "Take stock of where you've been, what you really would like to do. We're encouraging people to find a new passion ... and to know that it's not too late to take control of your health [or] get started on something new."

WHILE EXERCISE WON'T LEAD to eternal life, staying active can keep age-induced deterioration at bay. "Research shows that

physical activity can positively affect blood flow and oxygen to the brain, thereby improving mental clarity [and] the part of the brain responsible for learning and memory," emailed Dominique Banville, Ph.D., director of George Mason University's Division of Health and Human Performance.

Banville credits exercise with boosting information-processing skills, and Worthington adds that older adults who exercise regularly are 60 percent less likely to get dementia.

"In our society, most older adults continue to be underactive. They aren't stretching themselves to the level that could actually improve their functioning," said Rita Wong, Ed.D., chair of the Department of Physical Therapy at Marymount University in Arlington. "Your physical capabilities decline as you get older, but it is realistic to believe that you can improve your functioning."

Wong says that even those with limited mobility can get moving: "If a person has a lot of physical difficulties or if they have health issues that have left them with some movement impairment, seeing a physical therapist can be helpful to them at first," said Wong. She recommends the Centers for Dis-



Mary Sue Garner, of Greenspring retirement community in Springfield, volunteers, spends time with friends and exercises regularly. Experts say physical activity can improve mental clarity by increasing blood flow and oxygen to the brain.



In honor of National Volunteer Week, seniors in Springfield decorate items for children at Shelter House in Fairfax. Experts say that social activities like volunteerism can help keep age-induced deterioration at bay.

ease Control (CDC) and Prevention's Physical Activity Guidelines for Older Adults as sources for exercise ideas.

A HEALTHY DIET is another valuable tool in preserving and improving one's wellbeing, say experts. "We all know the importance of having a good diet, but sometimes that is not always possible," said Worthington. "People can go out to local farmers markets

and find fresh, local produce. They can make food from scratch instead of buying processed foods."

Experts say a few weapons in staving off the ravages of time are often overlooked: "When people think about successful aging, they immediately talk about the physical, but in reality, social and mental wellness are even more important," said Worthington.

There's No Place Like Home

Andrew Carle of George Mason University's Senior Housing Administration Program says there are three primary factors to consider when deciding whether to age in place or move into a retirement community or nursing home:

Safety

"Families and seniors need to assess the overall physical and cognitive needs they are confronting. The average 75-plus-year-old takes anywhere from seven to 12 medications. Half of those over the age of 85 fall each year. Physical limitations make cooking, cleaning and driving difficult."

Loneliness

"Rates of depression in the rest of society are 10 percent, but for those 65-plus, it can be 25-50 percent. Suicide rates of those 85-plus and living at home are double that of teenagers. The causes of depression in seniors can be both environmental and physical (chemical imbalances)."

Affordability

"Satisfaction rates for those living in assisted living communities are very high, upwards of 90 percent, but it is a mostly private pay industry."

Healthy relationships with family and friends are critical to one's overall health. "Relationships become so important, getting out to interact with others. Showing concern and understanding as well as the willingness to help others is also beneficial because it keeps us connected. Family connections of multiple generations can be invaluable," said Springfield-based social worker Sue Franke.

"Connecting with or finding new friends is important, but how do you do that, especially after the kids have gone and maybe you're out of the workforce?" said Worthington. "Why not go back to school or take continuing education courses where you would not only be stimulating your mind, but also reconnecting with other

people?" She also suggests volunteer activities and travel.

When it comes to safeguarding one's health, money matters. "Good financial wellbeing or health is being able to live a life where people can support themselves and not be dependent upon other people. That happens through planning, and in today's economy when plans don't work out, people have to be creative," said Worthington.

Garner says her greatest inspiration is not research, but her retirement community peers: "There are so many people, some who are in their 80s and 90s, who come to the fitness center in their walkers and scooters and they exercise. I'm just in awe of these people because they're continuing to move and I think that's really important."

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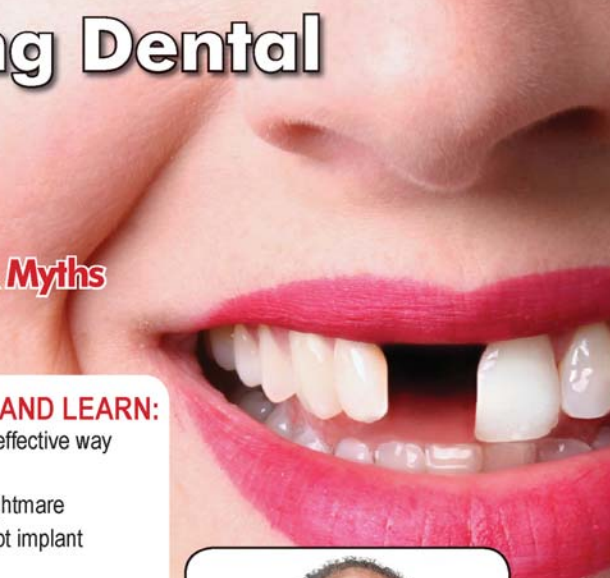
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PHOTO BY BONNIE HOBBS/THE CONNECTION

Cars line Clifton's Main Street.

Cool Cars in Clifton

The 13th Annual Labor Day Car Show in Clifton was Monday, Sept. 3. All proceeds went to Life with Cancer and the Northern Virginia Therapeutic Riding Program.



Phil Foss stands beside his 1930 Model A Ford. It was his first car; he's owned it for 50 years.

Fairfax Symphony Opens its 55th Season

On Sept. 22, the Fairfax Symphony will open its season with a concert at 8 p.m. at George Mason University's Center for the Arts in Fairfax. The season will mark the beginning of a new three-year focus in programming called "Mischief in Music: Wit, Insolence and Insurrection." As explained by Maestro Christopher Zimmerman, "So often symphonic music is regarded as something abstract and emotionally unspecific. Over the next three years the orchestra will play music by a variety of compos-

ers whose message and expressive aims are deliberate, be they lighthearted, semi-provocative or completely out of the box." The All-American concert program includes Adam's The Chairman Dances, Bernstein's Three Dance Episodes from "On the Town," Gershwin's Piano Concerto, and the East Coast premiere of a new work by Pulitzer Prize winner composer Ellen Taaffe Zwilich, Shadows for Piano and Orchestra. The guest artist, for whom Zwilich composed the work, is Jeffrey Biegel, pianist.

A free, pre-concert lecture will be held beginning at 7 p.m. in the GMU Center for the Arts, presented by Mr. Zimmerman and Mr. Biegel. Jeffrey Biegel is one of today's most respected artists, having created a multi-faceted career as a pianist, recording artist, composer and arranger. Ellen Taaffe Zwilich is the recipient of numerous prizes and honors, including the 1983 Pulitzer Prize in Music (the first woman ever to receive this coveted award), the Elizabeth Sprague Coolidge Chamber Music

The Small Town of Fairfax County

BY WADE ERWIN

I was at the beach this summer with my dad's side of the family who live in a small, close-knit rural town. They were talking about how even in their close community a man lost several teeth because they couldn't find a doctor who was willing to come in on a Sunday. At that point I realized how Fairfax actually is a close community even if it isn't small or rural, and that we not only have some of the best doctors in the world, but also some of the most caring.

About two months ago I was playing in a soccer tournament on a Saturday night and ended up holding one tooth in my hand, while using the other hand to stop the bleeding from my three other bent teeth and large rip in my lip. My dad rushed me to the emergency room. My lip was not looking good and they worried about me losing three permanent teeth, but one doctor, Dr. Duggan, worked on me for three hours and did an incredible job. He sewed me up so well that there was no need for surgery and not much scarring. He then spoke to my dentist, Dr. Johnson, who agreed to meet us at his office at 11:30 that Saturday night with an assis-

tant. After he stabilized my teeth at midnight, he then called Dr. Zadeh, an oral surgeon that he knew, and scheduled an appointment for me on Sunday morning. Dr. Zadeh arrived with his sister-in-law (she is a medical assistant for another practice) because he could not find an assistant to come in on such short notice.

YOUTH PERSPECTIVE



Dr. Zadeh performed a procedure to splint my broken bridge and realign my broken teeth. Finally, on Monday, I went to my orthodontist, Dr. Klima.

He knew that I would be self-conscious about my puffy elephant face so he told me to come in during his lunchtime.

When I saw him he had already spoken to Dr. Johnson and Dr. Zadeh. He said that he would put my braces back on if I needed them without charge. Did I mention that I had just gotten my braces off on Friday, the day before this happened? As I look back now, I realize that I probably wouldn't have a full set of teeth if it weren't for these doctors. Fairfax County may not be considered a small town by others' standards, but because of the caring network that took care of me, it feels like a small town to me.

Wade Erwin is a 15-year-old rising sophomore year at Woodson High.

PHOTO CONTRIBUTED

Wade Erwin

Ticket Information

Single ticket prices for adults range from \$25-\$55. Student tickets (ages 6-18) are \$5 at the door. Program notes, directions to the concert hall and information about the FSO and its education and outreach programs, also may be found at www.fairfaxsymphony.org.

Prize, the Arturo Toscanini Music Critics Award, the Ernst von Dohnányi Citation, an Academy Award from the American Academy of Arts and Letters, a Guggenheim Fellowship, 4 Grammy nominations, the Alfred

I. Dupont Award, Miami Performing Arts Center Award, the Medaglia d'oro in the J.B. Viotti Competition, and the NPR and WNYC Gotham Award for her contributions to the musical life of New York City.

Senior Trio Leads Woodson Volleyball

King, Dallman, Price hope to soften the loss of two all-state athletes.

BY JON ROETMAN
THE CONNECTION

Caitlynn King showed versatility against Chantilly on Sept. 4, putting away kills, setting up teammates and serving up aces. Hannah Dallman showed athleticism, leaping in the air and making an impact at the net. Maggie Price showed power, slamming a kill off the chest of an opponent.

King, Dallman and Price are senior captains on the Woodson volleyball team and responsible for leading the Cavaliers on their quest to maintain the success of 2011, when Woodson won its first district championship in program history, finished Northern Region runner-up and advanced to states. Gone are first-team all-state middle blocker Jordan Jackson (LIU Brooklyn) and honorable mention all-state setter/outside hitter Rachel Conway (Christopher Newport), who are now playing at the collegiate level. Despite the loss of two talented athletes, the Cavaliers showed on Tuesday there is still plenty of talent on the roster.

Woodson defeated Chantilly, 3-1 (25-22, 25-20, 25-27, 25-15), at W.T. Woodson High School, improving the Cavaliers' record to 3-0. The three senior captains had strong performances, led by King's 14 kills and four aces. Price had nine kills and Dallman had eight.

"Players that make all-state teams are hard to replace," Woodson head coach Len Palaschak said. "We've got a good group here. ... We have the potential to do the same; it's whether they can work to get to that level or not. We'll have to just see what happens. We have the hitters and we have the height again. It's all about senior leadership on the floor."

THE 5-FOOT-8 KING sets and hits in the Woodson offense. She said her mentality remains the same no matter where she's playing.

"My mentality is just to go after the ball," King said. "I like to be aggressive. I don't like tipping. I just like to hit."

King had a pair of aces in each of the first two games.

"Caity is a good, all-around player," Palaschak said. "She can hit, she can set, she's got a vicious serve and she's a competitor – that's how to describe her. She does not like losing. I like that about her."

The 6-foot Dallman said she can tell the difference in not having Jackson and Conway around, but she's pleased to step into her new role as a senior.

"They each brought a special something to the team," she said. "I've earned captain, so ... I've been given a leadership role and that's always very com-



Caitlynn King sets the ball as Hannah Dallman, left, and Erica Opatz look for a set against Chantilly on Sept. 4.



Woodson senior Maggie Price hits the ball at the net against Chantilly on Sept. 4 at Woodson.

forting that my coach has confidence in me."

Palaschak said Dallman's volleyball ceiling is high.

"I think out of everybody on our team, she has the most potential out of any player to be a superstar out there," he said. "She's just got to get her timing down and once that's down, she's going to be amazing."

Price has been one of the players to step in for Jackson in the middle.

"I've definitely had to step up this year," Price said. "Jordan was just a powerhouse, so we had to get the hitting back. As a team, I think we've really coped well. I think we've filled in their positions well and the new players that came up definitely stepped up, also."

Palaschak said Price is a solid combination of size and ability.

"She's just a good all-around player," he said. "She passes well, she's 6 foot, she plays back row-front row."

Woodson has younger talent, as well. Sophomore opposite hitter Eliza Fisher (5-10) had 12 kills and 5-foot-11 sophomore Erica Opatz had six.

WOODSON WILL TRAVEL to face Edison at 7:15 p.m. on Thursday, Sept. 6. Woodson opens Patriot District play on Sept. 24 at T.C. Williams.

"[Our success in 2011] definitely helps with our confidence and we definitely want to win and go after it again this year," King said. "Districts is a big goal for us. We want to get another banner up; we want to get a state banner up. We want to go all the way this year."



Lake Braddock's Kyle Shanahan intercepted a pass against Centreville on Aug. 31 at CHS.

Season-Opening Thriller Wildcats score in final minute to beat Bruins, 28-27.

BY JON ROETMAN
THE CONNECTION

Centreville and Lake Braddock, winners of the last three Division 6 Northern Region championships, opened their 2012 seasons on Aug. 31 with the high school football equivalent of a heavyweight boxing match.

Centreville landed some early punches as the Wildcats used a punishing ground game to build a 14-0 lead. Lake Braddock countered, using its big-play ability to score 27 unanswered points. The Bruins' barrage was nearly enough to win the fight. But in the contest's final minute, the Wildcats delivered the decisive blow.

Centreville quarterback Scott Walter connected with A.J. Turner for a 14-yard touchdown pass with 42 seconds remaining in the fourth quarter, lifting the Wildcats to a 28-27 victory at Centreville High School. Lake Braddock reached the Wildcat 33-yard line during the game's final possession, but the Bruins came up empty.

Lake Braddock led 27-21 and had possession at Centreville's 25-yard line with about four minutes remaining. Facing third-and-10, Henderson threw downfield and was intercepted by Turner at the 8-yard line. The Centreville sophomore returned the pick 36 yards to the Wildcats 44, and caught the game-winner 11 plays later.

"I saw [Henderson's] eyes when he turned and cocked [to throw]," Turner said, "... so I just ran that way and tried to

pick the ball off or even swat it down, but I had a chance for a pick, so I got it."

"I'm just pleased that our kids fought back the way they did," Centreville football coach Chris Haddock said. "You could feel it. The entire momentum had shifted right before the half — we give up a kickoff return, they score on the last play of the half. With the youth that we had and the inexperience we had, they could have very easily packed it in, [but] then we score with [42] seconds left in the game. That's fighting until the bitter end."

In his first start for Lake Braddock, Henderson completed 16 of 27 passes for 212 yards and two touchdowns. He was intercepted once and sacked five times.

Henderson transferred to Lake Braddock after earning second-team all-region honors as a sophomore signal caller at West Potomac. Trailing by one in the final minute, he led the Bruins down the field and thought they had a chance to win when he connected with Vince Sica for 24 yards down to the Centreville 40.

"I felt like when they scored, we had a great chance to score again," Henderson wrote in a direct message on Twitter. "When Vince caught that ball near our sideline, I thought he was gone."

Lake Braddock will host Annandale at 7:30 p.m. on Friday, Sept. 7.

"This week we are completely different," Henderson wrote, "and we are going to be great this week. I can't wait."

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102 Instruction 21 Announcements 21 Announcements 21 Announcements

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21 Announcements 21 Announcements 21 Announcements 21 Announcements

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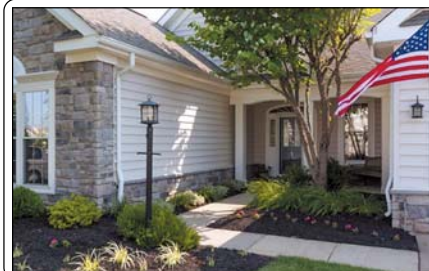


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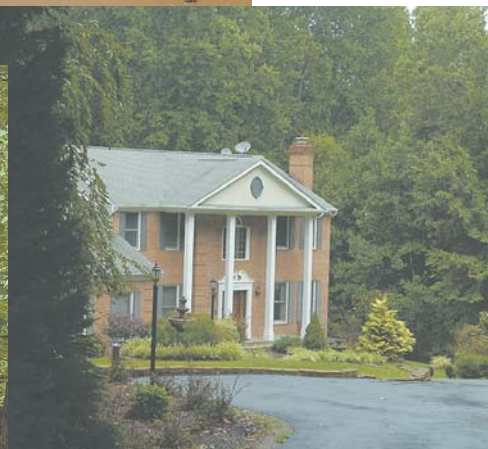


1 10083 Daniels Run Way, Fairfax — \$880,000

**July 2012
Sales in
\$800,000s**



2 12406 Clifton Hunt Drive, Clifton — \$865,000



3 10700 Henderson Road, Fairfax Station — \$860,000

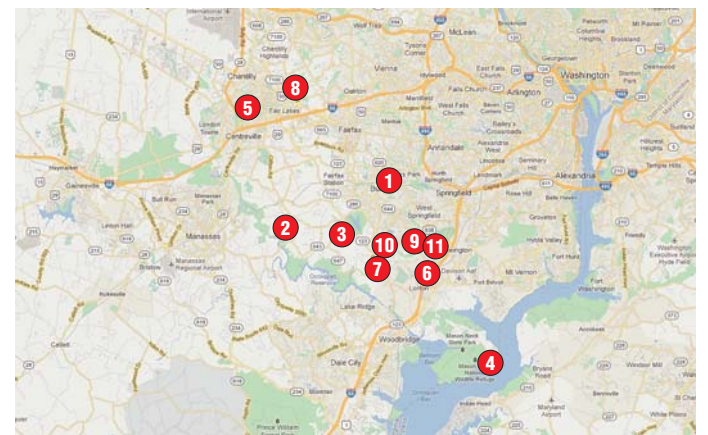


5 4823 Autumn Glory Way, Chantilly — \$850,000

Address BR FB HB .. Postal City Sold Price ... Type Lot AC . PostalCode Subdivision Date Sold

1	10083 DANIELS RUN WAY	4	4	1	FAIRFAX	\$880,000	Detached	0.13	22030	FARRCROFT	07/16/12
2	12406 CLIFTON HUNT DR	4	4	1	CLIFTON	\$865,000	Detached	5.00	20124	CLIFTON HUNT	07/27/12
3	10700 HENDERSON RD	5	4	1	FAIRFAX STATION	\$860,000	Detached	2.00	22039	BURKE LAKE CLUSTER	07/03/12
4	6021 RIVER DR	3	2	1	LORTON	\$850,000	Detached	0.85	22079	HALLOWING POINT RIVER	07/24/12
5	4823 AUTUMN GLORY WAY	5	5	1	CHANTILLY	\$850,000	Detached	0.39	20151	THE HUNTER PROPERTY	07/10/12
6	8891 RHODODENDRON CT	5	4	1	LORTON	\$825,000	Detached	0.32	22079	LAUREL HILL	07/06/12
7	8602 WOODWREN TER	5	3	1	FAIRFAX STATION	\$820,000	Detached	0.36	22039	CROSSPOINTE	07/31/12
8	12273 HARBOR TOWN CIR	4	4	1	FAIRFAX	\$815,000	Detached	0.19	22033	FAIR OAKS CHASE	07/25/12
9	8301 COVINGTON WOODS CT	5	5	0	SPRINGFIELD	\$805,000	Detached	0.22	22153	COVINGTON WOODS	07/16/12
10	8001 BRANDT CT	6	5	1	FAIRFAX STATION	\$805,000	Detached	0.29	22039	BARRINGTON	07/17/12
11	8305 COVINGTON WOODS CT	5	4	1	SPRINGFIELD	\$800,000	Detached	0.21	22153	COVINGTON WOODS	07/02/12

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