## Springfield CONTECTION Franconia & Kingstowne & Newington

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# Dogtopia Comes to Springfield

Sporting a nifty Batman t-shirt, Yoshi and sister Stella enjoy a cuddle with Dogtopia staffer Kayla Iacuzio. The two pups were escorted by owner Megan Vorthman of Falls Church.

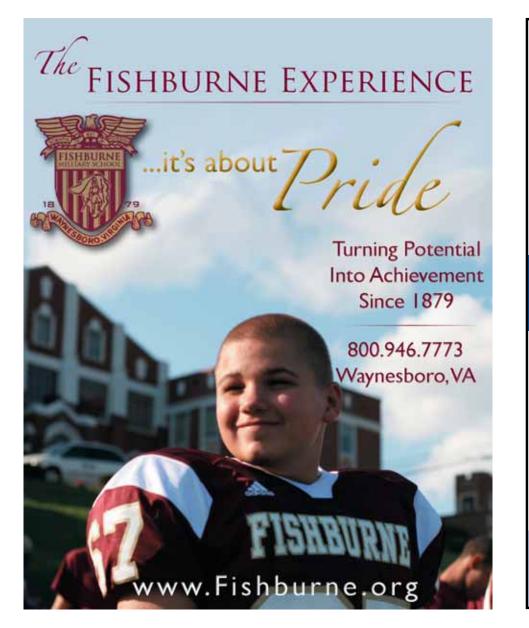
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by

Photo

Entertainment, Page 12 & Sports, Page 13 & Classified, Page 14

November 8-14, 2012



#### Congressman Gerry Connolly's Annual Health Plan Open Season Workshop for



Federal Employees and Retirees Sessions will feature

FEHBP Experts including Walt Francis, Author of CHECKBOOK's Guide to Health Plans for Federal Employees

Where: W.T. Woodson High School 9525 Main Street, Fairfax, VA 22031

When: November 17th, 10:00 am to 1:00 pm

Assistance navigating through the many changes in • 2013 Federal Employees Health Benefits Plans

- Dental and Vision Insurance Programs
- Flexible Spending Accounts

For more information about the Open Season Workshop Call Congressman Connolly's District Office at 703-256-3071

# THE NUTCRACKER



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Adults - \$27 • Children/Seniors - \$20 For organized groups (10+) and ticket questions, e-mail bcbtickets@aol.com



2 & Springfield Connection & November 8-14, 2012

## News



Reaction to the announcement that President Barack Obama has been reelected at the Fairfax County Democrats Victory Party on Nov. 6.



U.S. Rep. Gerry Connolly (D-11) helps a Greenspring resident find election officials at the Greenspring Polling Station to determine whether he can vote in the election.

### Area Votes for Obama, Kaine, House Incumbents

President Barack Obama wins second term. Kaine wins Senate seat, Moran, Wolf, Connolly re-elected.

> By Victoria Ross The Connection

n a bitter and historically expensive battle, President Barack Obama defeated Gov. Mitt Romney, winning a second term Tuesday after grabbing the key swing state of Virginia after midnight.

With the addition of the Commonwealth's 13 electoral votes-as well as those of Colorado, Iowa, New Hampshire and Wisconsin-Obama sailed over the electoral cliff with the critical 270 electoral votes he needed for victory.

More than 200 Democrats gathered at the Tysons Sheraton Tuesday evening—some cautiously optimistic, some nervous-about the Democrats' chances of another four years for Obama in The White House.

Mondana Nicksolat, an Obama volunteer from McLean, said she was so nervous about Obama's chances for victory, "I feel like I'm getting ready to take a final exam. . . . I'm nervous. I'm not sure he will win," Nicksolat said. But as the evening wore on, Nicksolat became more optimistic.

"Obama shouldn't be called a politician," she said. "He is a human being. He has a lot in common with the American people. We are not all rich; we all did not go to elite schools; some of us are immigrants and we're Americans. Obama is with us."

Close to midnight, the Sheraton crowd erupted in cheers, hugs and tears when news networks projected the win for Obama.

"The country and women are safe for four more years," one guest shouted.

According to the Fairfax County Board of

Elections, Obama won the county with nearly 60 percent of the vote.

#### Kaine Wins Senate Seat

It was one of the most competitive and closely-watched Senate races in the nation, but after 17 months of brutal campaigning, former Virginian Governor and DNC Chair Timothy M. Kaine grabbed the seat of retiring U.S. Sen. Jim Webb from former Governor George Allen. Kaine won 51.85 percent of the vote over Allen's 47.97 percent with 100 percent of the state's 2588 precincts reporting, according to the Virginia State Board of Elections.

#### The 11th District: Connolly

U.S. Rep Gerry Connolly (D-11) knows how close a race can be on election night, beating challenger Keith Fimian in 2010 by a razor-thin margin, but Connolly handily defeated Republican challenger Chris Perkins Tuesday night along with four other candidates: Chris DeCarlo (Independent), Mark Gibson (Independent), Joe Galdo (Green Party) and Peter Marchetti (Independent Green Party). Connolly received 60.05 percent of the vote, or 163,212 votes, compared to Perkins's 36.22 percent of the vote with 98,456 votes.

"Tonight our voters also sent a message about our politics. They want more functional government," Connolly said, standing with his daughter and wife at the Sheraton. "They don't want more rabid, partisan rhetoric as a substitute for real solutions to real problems."

Connolly said he was honored "to have been reelected, by my widest margin ever, and to have received the thrust of our voters to represent them for the next two years. On their behalf I will fight for the values we share while seeking common ground to move our country forward."

Connolly also displayed his trademark wit when he told the crowd he had another announcement: "CBS News just called it for Tim Kaine. ... Not so fast, Tea Party!"

#### The 10th District: Wolf

U.S. Rep. Frank Wolf (R-10), the most senior of the 11 members of the House of Representatives from Virginia, won his 17th consecutive term on Tuesday. This year, Wolf faced a challenge on two fronts: Democrat Kristin Cabral and Independent Kevin Chisholm fought hard to take his seat.

Wolf won 58.71 percent of the vote (194,817 votes) compared to Cabral's 38.38 percent of the vote (127,355 votes) with 192 of 195 precincts reporting at 1 a.m.

Wolf sits on the powerful House Appropriations Committee, where he is the chairman on the Commerce-Justice-Science subcommittee. In addition, he is the co-chairman of the Tom Lantos Human Rights Commission, a bipartisan organization made up of more than 200 members of Congress who work together to raise awareness about international human rights issues.

#### The 8th District: Moran

U.S. Rep. James P. Moran won a 12th term in Congress, easily beating his Republican



**Ron Wiersma of Springfield and Caroline Smith of Reston cel**ebrated with other Democrats at the Sheraton on Tuesday. "Look around you. This is America," Smith said. "Black, white, Asian, Latinos, men and women, young and old.... This is our America."

opponent J. Patrick Murray with 63.42 percent (174,974 votes) of the vote over Murray's 31.5 percent of the vote (86, 910 votes). A senior member of the Appropriations Committee, Moran serves as the ranking member on the Subcommittee on the Interior and Environment and also serves on the Defense and Military Construction Subcommittees. Throughout his two decades of service in the House of Representatives, Moran has championed regional transportation solutions, the environment, women's issues, technology, fair and open trade, and fiscal discipline. He is also well known for his efforts to protect federal employees and military retirees.

#### The County Line

## Eminent Domain Amendment Prevails by Wide Margin Some lawmakers predict amendment will cost taxpayers millions down the road.

**Proposed Constitutional** 

\*Information provided by The Virginia State

**Amendment Question 1** 

Precincts reporting: 2588/2588

Yes-2,408,032 (74.64 percent)

No-818,314 (25.36 percent)

Total Votes—3,226,346

Board of Elections

By Victoria Ross The Connection

ocal lawmakers said they were not surprised that nearly two and half million voters (74.6 percent) approved a state constitutional amendment last night further restricting Virginia's power of eminent domain.

But they do predict the unintended consequences of enshrining those restrictions in the state constitution-which some call an act of "corporate welfare"-will cost state and local governments and taxpayers tens of millions of dollars in added compensation to businesses and private landowners.

"The same people who voted for it will express outrage at how much more expensive it is to make road improvements or extend sewer to properties with failing septic systems a year from now," said Fairfax County Board of Supervisors Chairman Sharon Bulova (D-At-large).

At issue was not if the government could use the power of eminent domain, but how much corporations, business owners and landowners could be compensated whenin the course of building roads, power lines and many other public projects-the government takes their property through eminent domain. Many local lawmakers argued the amendment goes too far, requiring taxpayers to compensate landowners not only for the value of condemned property, but for lost access to their property and lost benefits.

In 2007, responding to a populist backlash against a Supreme Court decision allowing the govern-

Votes:

ment to use the power of eminent domain to aid private development, Virginia legislators passed a law restricting that power.

"The language in this amendment is completely unneces-

sary-it bans actions currently illegal in Virginia," said Del. Scott Surovell (D-44).

"I don't think anyone's arguing that private property owner's rights are not important," said City of Fairfax Councilman Dan Drummond. "But this is a solution in search of a problem."

He said the fear is that the amendment will have a "chilling effect" on economic progress and projects that benefit the public.

"Nobody really knows from a local government perspective how this will be used, but the fear is that it could open up a Pandora's Box of litigation that would leave taxpayers footing the bill."

Bulova said business-owners could construe the amendment as "taking away or diminishing" their profits when streets are closed and their shops are shut down dur-

> ing popular parades and festivals, such as Viva Vienna or the City of Fairfax Fall Festival, events that attract up to 40,000 people during one weekend.

"These are community-building events, and we're concerned the language in the

amendment can be read by individuals as way to seek compensation for lost profits,' Bulova said.

"A shop owner could complain they lost revenue, that festival vendors are taking their business away," Bulova added. "What if someone decided to make that an issue and seek compensation for lost profits under [the amendment]? The Town of Vienna can't afford to reimburse every shop owner ..."

Del. Dave Albo (R-41), who co-sponsored one of the versions of the law, acknowledged that "lost profits and lost access" could end up making roads more expensive to build.

"But it's fair," Albo said. "If they run a road and cut off your driveway to the point that no one can get into your restaurant and ruin your business, you should be compensated."

"Basically, we don't want the government taking private property for something that is not a bona fide government use, for example taking old houses in the name of economic development and then transferring the land to a private hotel." Albo added.

At the crux of the debate is the Supreme Court's landmark 2005 decision known as the "Kelo decision," widely considered by scholars, land-use attorneys and local government to be one of the most controversial rulings in recent U.S. history. "Kelo v. City of New London" came before the Supreme Court in 2005. In a 5-4 decision, the court held that the general benefits a community enjoyed from economic growth qualified private redevelopment plans as a permissible "public use" under the Takings Clause of the Fifth Amendment.

"I think all of this is an overreaction to Kelo," said Toni-Michelle Travis, a GMU associate professor of government and politics and editor of "The Almanac of Virginia Politics." "Historically, property owners have always been favored under Virginia law."



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#### 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.

#### TUESDAY/NOV. 13

Warm Coat Drive Distribution Day. 11 a.m.-2 p.m., at the Moose Family Center, 9612 Fernedge Lane, Lorton. A distribution of warm caots, gloves, scarves and boots with new hats for families in need; the items may be dropped off at the LCAC at 9518 Richmond Hwy., Lorton between 8:30 a.m. and 4 p.m. Monday through Friday any day prior to the distribution day. 703-339-5161.

#### WEDNESDAY/NOV. 14

NARFE Springfield Chapter Meeting. 1 p.m., at the American Legion Post 176, 6520 Amherst Ave., Springfield. The monthly meeting offers a presentation on 10 Warnings Signs of Alzheimer's Disease. 703-313-9387 or jkadelg@yahoo.com.

#### SUNDAY, NOV. 18

Toy and Food Drive. To brighten the holiday season for area families in need, the Democratic Women of Clifton (DWC) will once again be taking donations for the Fairfax County Fire and Rescue Toy Drive, plus grocery-store gift cards for Our Daily Bread. Anyone who wants to help may drop off these items during the DWC's Sunday, Nov. 18, meeting from 3-5 p.m., in the Clifton Town Meeting Hall, 12641 Chapel Road in Clifton. For more information, e-mail cliftonwomendems@aol.com or visit www.democraticwomenofclifton.org.

#### ONGOING

Thank veterans for their service via the post: draw or write a note of thanks and encouragement—no need to seal in envelopes, Adopt a Soldier will do that—and send to Americas Adopt A Soldier, P.O. Box 1049, Springfield, VA 22151. www.americasadoptasoldier.org.

#### Faith 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.

**The Women's Ministry at Jubilee Christian Center** is having a Fall Bible Study on Tuesdays, 9:45 a.m.-noon, each Tuesday through Nov. 20. The study is on "The Sower and the Seed," and there is no charge for the study. Jubilee is located at 4650 Shirley Gate Road, Fairfax. 703-383-1170. www.jccag.org.

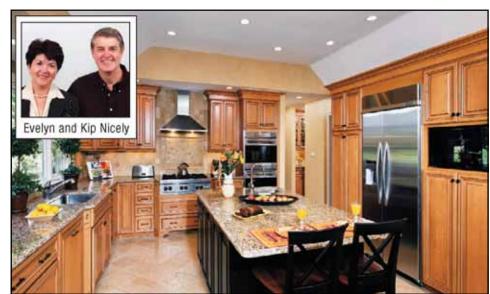
**A Walk through Ancient Bethlehem, Dec. 8-9, 2012.** Walk through a replica of ancient Bethlehem during the time of Jesus Christ' birth. On Dec. 8 and 9, Parkwood Baptist Church of Annandale will present its 12th annual re-creation of Bethlehem. Tours conducted from 4 to 8 p.m. will feature costumed re-enactors including Roman soldiers and tax collectors, musical performances, and a nativity scene with live performers and animals. Activities and crafts for children and refreshments for all. No admission charge. 8726 Braddock Road, Annandale. Details available at www.bwalk.org or 703-978-8160.

**Lord of Life Lutheran** offers services at two locations, in Fairfax at 5114 Twinbrook Road and in Clifton at 13421 Twin Lakes Drive. Services in Fairfax are held on Saturdays at 5:30 p.m. and Sundays at 8:15, 9:45 and 11:15 a.m. Services in Clifton are held on Sundays at 8:15 and 10:30 a.m. 703-323-9500 or www.Lordoflifeva.org.

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## pinion



Barack Obama came to Northern Virginia on Saturday, Nov. 3 with Bill Clinton and Dave Matthews.



Mitt Romney packed the Patriot Center at George Mason University on Monday, Nov. 5. Anne Romney asked: "Will we be neighbors soon?"

## **Feeling Important**

Presidential campaigns traversed Northern Virginia on last days, marking the importance of every vote.

he images from the last weeks of make when the election results are final. the presidential election of 2012 make it clear that it would be hard to overstate the importance of voting, especially in Virginia, especially in Northern Virginia.

Every vote will be important. What I wish for today from Northern Virginia is record turnout and smooth sailing for voters casting their votes

Writing this the morning of Election Day, it's still fair to say that the race for president and for the U.S. Senate in Virginia is too close to call. It's hard to overstate the difference it will

Mitt Romney came to the George Mason University Patriot Center on Monday, also bestowing attention on Republican Senate candidate George Allen. It was one of several trips to the area.

President Barack Obama came to Prince William County on Saturday, along with Bill Clinton. On Monday, Vice President Joe Biden came to Claude Moore Park. Both visits gave a boost to Democratic Senate candidate Tim Kaine.

The money that has been spent—and raised here in Virginia is daunting. At the end of October, in 2012, Romney had raised \$10.1 million and Obama \$8.2 million in checks of \$200 or more from Virginians, according to the Virginia Public Access Project. Inside the Beltway donors (different from Northern Virginia in VPAP's categories) gave \$3,193,148 to Obama and \$3,104,160 to Romney. Northern Virginia outside the Beltway gave \$2,694,030 to Obama and \$3,525,796 to Romney.

While either way, about half of voters will be disappointed by the outcomes here, no one will be sorry that this campaign season is over. It's been fun to be a favorite child in some ways, but it will be OK to go back to addressing local issues without the magnification of such an important election.

> — Mary Kimm, mkimm@connectionnewspapers.com

#### -Letters to the Editor

#### Antiadvertisment

#### To the Editor:

As you drive down our roads, it is worthy to recall Michael Lee Pope's October 18th article "The Message is not the Median: Fairfax Roadsides Now Free of Political Speech."

In that article, Springfield Republican Delegate David Albo touted his new legislation which according to Springfield Republican Supervisor Pat Herrity clearly addressed and outlawed the posting of political placards in the medians on Fairfax County roads which have "bothered people for a number of years."

"When I see a political sign, to me that's an anti-advertisement," said Albo. "Here's a person who is running to write laws, and they are purposefully violating laws."

Just before I received an e-

asking me to join Delegate Albo at the Springfield Baskin Robbins to campaign for Republican candidates, I saw this long line of 18 George Allen signs in the median just outside my neighborhood, one of many remarkably similar large groupings of Allen signs up and down the median in Braddock Road.

mail from the Republican Party

Unlike the very few scattered signs for other candidates, you can tell these placards were placed by an organized campaign by how many there are (they are expensive) and by the way they are spaced, maintained, and moved around as part of a strategy to ensure that they are noticed.

I agree with Delegate Albo on one thing at least: we should not be voting for the candidate whose name is on these signs.

> **Marc Greidinger** Springfield





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#### News

### Fairfax Republicans Come Together for Election

Losses by Mitt Romney, George Allen, Chris Perkins put damper on Republican Committee event.

> By Alex McVeigh The Connection

hat started as a night of hope for the Fairfax County Republican Committee ended on something of a sour note, as Republican presidential, senate and congressional candidates were not able to oust incumbents.

"I think we got off to a great start, I was pleased to see some of the early big states go to Governor [Mitt] Romney, but when I looked up and saw it tied at 153 for about half an hour, I thought he might have run out of steam," said George Pindrell of Falls Church. "It just got hard to remain optimistic seeing states like Pennsylvania go to President Obama, and Mitt needed to win a few surprises to stay in the race, and those just never came."

"We did a lot of hard work thanks to a lot of dedicated people," said Committee Chair Jay McConville. "We knocked on about 130,000 doors since March, and

it just wouldn't have been possible to reach and listen to so many people without our volunteers."

As Republican presidential candidate Romney built an early lead thanks to victories in several southern states, Republican senatorial candidate George Allen took an early lead over Democrat Tim Kaine as well.

Supervisor Pat Herrity (R-Springfield), said he was energized by the feeling he got at the polls during the day.

"I haven't seen this much excitement within the party since we elected Bob McDonnell in 2009," said Herrity. "I felt it while knocking on doors the last several months, I felt it in the number of yard signs I saw in front yards across Fairfax County and I felt it at the polls today."

Herrity said reports from his district were long lines throughout the morning, with a gradual slowing into the evening.

"That shows me that everybody, on both sides, felt the need to get out and vote as soon as they could," he said. "It's a great thing to make voting that kind of a priority."

The only candidate in attendance at the event was Republican challenger Chris Perkins, who ran against Gerry Connolly for the 11th district. As the precincts www.ConnectionNewspapers.com



Rob Whitfield and Supervisor Pat Herrity (R-Springfield).



Supervisor John Cook (R-Braddock), right, talks with Kevin and Linda O'Brien.

started rolling in, Connolly's lead became insurmountable, and Perkins conceded around 10 p.m.

"The numbers were just not there for us this time, but we fought a great fight, and it has been one of the most incredible experiences of my life," Perkins said. "It's hard to capture everything I'm feeling right now, but the gratitude for everyone who was with me on this experience is overwhelming."

Much of the crowd seemed to disperse after Perkins' concession, only to get excited one more time as it was announced that Romney won North Carolina, one of the east coast states that had been deemed "too close to call."

But soon the west coast Polls closed, handing Barack Obama California, Washington and Hawaii, bringing his total to 244 electoral votes. Just after 11 p.m. the news broke that Obama had won Ohio, virtually sealing his re-election bid.

"It looked for a bit there like things would turn out right, with Romney and Allen winning, but it went downhill pretty fast," said Chase Neil of Fairfax. "In the end, the only victory Republicans have was keeping Frank Wolf and the majority in the house, but we had those this morning. As people said in a campaign four years ago, we were ready for change."

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#### Learn More & Sign Up

http://jeansday2012.eventbrite.com

In 2011, more than 100 employers representing 3,000 employees participated in this community-wide give-back initiative. Help us boost those numbers in 2012!



Springfield Connection \* November 8-14, 2012 \* 7

#### Lion's Club

### **3 Day Fruit Sale**

Thursday, Nov 15 Friday, Nov 16 Saturday, Nov 17

**9AM-5PM** 

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Fruit includes naval oranges, grapefruit, tangerines, apples and honey

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NEWSPAPERS



From left, owner Amber Sutton and Asst. Mgr. Ashley Brassock take a quick breather from meeting and greeting the human and canine guests at the Grand Opening Celebration of Dogtopia Springfield. Sutton is the brand's first multi-unit franchisee, having opened a location in Woodbridge in 2008.

### News

## **Dogtopia Comes to Springfield**

New facility welcomes first guests.

> By Andrea Worker The Connection

he grand opening celebration of Dogtopia in Springfield on Saturday, Nov. 3, had barely begun before a steady stream of party poochers were taking over the spacious lobby and accompanying their humans on staffguided tours of the new facility. The furry invitees politely examined the spa rooms, play areas and crate accommodations for overnight guests, but it was obvious by all that nose twitching, tail wagging and gentle leash-tugging that the collected canines were anxious to get to the room where treats and toys awaited amid a mobile studio set up for free photos by Frame House Photography, partnering vendors like Becky's Pet Care and Colonial Animal Hospital, and even cake and other culinary delights for the fewer-footed.

Dogtopia is a leading national dog daycare and spa franchise founded by Amy Nichols when she opened the first dog daycare in Fairfax County, in Tysons Corner.

THIS SPRINGFIELD LOCATION, owned by Amber Sutton, represents the company's first



#### **OPEN HOUSES** SATURDAY/SUNDAY, NOVEMBER 10 & 11

When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit www.ConnectionNewspapers.com and click on the "This Week in Real Estate" link. Call Specific Agents to Confirm Dates & Times		
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0002 Rugeway Dr	Woodbridge	0
727 Harbor Side St		
To add your Realtor represented Open House to these weekly listings, please call Erin Peck at 703-778-9449 or E-mail the info to epeck@connectionnewspapers.com All listings due by Tuesday at 3 P.M.		

8 \* Springfield Connection \* November 8-14, 2012

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own place, right at the start of the recession." said Sutton with a bit of a laugh. "Getting the banks to cooperate was difficult, but we made it. And things are good enough to make this new location the next logical step." Sutton lives in the district with her Australian shepherd mix, Zeke, who also attended the opening. In a company press release, Sutton pronounced herself to be "thrilled to expand my relationship with Dogtopia and continue to combine my business skills with my love for animals." During the celebration, Sutton admitted that a third location is already on her mind.

Laura Cruz, operations support specialist from the home office, was on hand to help out during the festivities. "Dogtopia corporate offers support on many levels," she said. "Prior to the openings, we also provide training to the staff and we ensure that each location meets the standards for all. We are all part of the brand," she added. "And we are all accountable to each other for our success, and for the health and happiness of our canine guests."

Dogtopia currently has 22 franchised locations and three company-owned operations, with four

multi-unit franchisee. Sutton left a job with NASA to open her Dogtopia in Woodbridge, Va. or Jane's pre-school, the facilities comprise mul-tiple playrooms to better accommodate the difin 2008. "Yes, I took the leap and opened my fering sizes, ages and temperaments of those at play, and includes special flooring that's easier on joints and prevents slipping. There are even webcams installed in the playrooms so owners can check-in to be sure that their furry family member is, indeed, having a great time. All potential new playmates go through rigorous screening and must provide proof of appropriate vaccinations and certificate of health. Dogtopia doesn't "breed discriminate." Social dogs of all breeds are welcome.

While Saturday's event may have been primarily intended to introduce their services to the Springfield community, Sutton's staff also welcomed doggie day campers who currently attend the Woodbridge location, like chocolate lab Calypso. Calypso's "mom" and "dad," Jon and Beth Carpenter, have been taking him there for quite some time. "It's great energy management." was Jon Carpenter's comment. "And I think it has made him a friendlier, more social guy." The Carpenters plan to use the Springfield spot for convenience on the way to work.

AMBER SUTTON'S NEW DOGTOPIA is located at 7401 Fullerton Road, Site A, in Springfield. Information about Dogtopia is available online at dogdaycare.com and Sutton and her staff by for a visit. "It's really a fun place for all of us."



at both locations welcome poochy parents to come Bill and Arleens Burston of Springfield brought Lady Lou to check out the facilities.

#### Free Remodeling & Design Seminars!

Sat., Nov. 10th - 10am-2pm

Where: 5795B Burke Centre Pkwy Burke, VA 22015 (behind Kohl's)

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#### Saturday's Seminars:

- Kitchen and Bath Trends
- Paint Colors Made Easy 10 Tips for a Stress Free Remode

inars run from 10am-Noon. Lunch to follow. Please arrive at 9:45am for check-in.

#### Seating is limited. Call Sabrina at 703.425.5588 to reserve your seats!

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Springfield Connection \* November 8-14, 2012 \* 9

## Wellbeing Cutting a Rug

"Dance classes, just by their very nature, help maintain balance, coordination and agility. These all help reduce the risk of falling."

—Juanita Kuntz, wellness coordinator

#### Researchers say dancing can improve balance and mental ability in seniors.

By Marilyn Campbell The Connection

pringfield resident Fred Griffin enjoys a good hoe down and takes pleasure in doing a do-si-do. In fact, he has been square dancing since high school.

"At this time in my life, square dancing is the most enjoyable exercise activity, as well as the most consuming mind and body activity, that I participate in," said Griffin, a 76-year-old resident of Greenspring retirement community.

Researchers say dancing can improve mental and physical well-being in the elderly. According to studies published in Frontiers in Aging Neuroscience, dancing can improve cognitive ability and balance, and decrease the risk of falling that often increases with age.

"The key to improving balance and coordination, regardless of age, is to challenge it," said Rita Wong, a professor of physical therapy at Marymount University in Arlington. "Dance can be a fun and effective way to challenge your balance and to improve the control and coordination of your muscles. [This gives you] better control of unanticipated challenges to your balance that occur in real life situations, which may result in a fall if the body is not able to quickly respond to a balance challenge."

Wong said dancing is effective because it requires using arms, legs, and torso in coordinated patterns. "Ongoing dance classes should gradually increase the speed and complexity of the dance steps as participants improve with practice," she said. "The amount of challenge should start out geared to the physical activity level of the person."

Juanita Kuntz, a Springfield-based wellness coordinator, agrees: "Dance classes, just by their very nature, help maintain balance, coordination and agility. These all help reduce the risk of falling," she said. "Aerobic activity provides extra energy and helps you relax and sleep better."

Dancing, like other forms of exercise, can improve mental clarity: "Research shows that physical activity can positively affect connections between nerves in the brain, thereby improving attention and information-processing skills," Dominique Banville, director of George Mason University's Division of Health and Human Performance in Fairfax, said in an email.

Kuntz also said that dancing can be a pleasurable social opportunity for seniors: "Add the fun and friends to the mix of a dance class, and it is a near perfect activity for many...seniors."



Springfield resident Fred Griffin has been square dancing since high school. Researchers say dancing can improve mental and physical well-being.



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- Balance and fall prevention information

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### Calendar

#### **THURSDAY/NOV. 8**

An Absolute Turkey. 7:30 p.m., at the Dale S. Rumberger Auditorium, South County High School, 8501 Silverbrook Road, Lorton. A French bedroom farce looking at adultery from moral and comic angles; ages 13-plus. \$10, \$8 for senior citizens and students. www.southcountytheatre.org.

#### FRIDAY/NOV. 9

- **Dinner & a Movie Series: To Catch** a Thief. 7 p.m., at the W-3 Theater in the Workhouse, 9601 Ox Road, Lorton. Culinary and cinema art fuse with a three-course dinner and the Alfred Hitchcock jewel thief tale starring Cary Grant and Grace Kelly \$50 (includes meal, screening, coffee service and hors d'oeuvres).
- www.WorkhouseArts.org. An Absolute Turkey. 7:30 p.m., at the Dale S. Rumberger Auditorium, South County High School, 8501 Silverbrook Road, Lorton. A French bedroom farce looking at adultery from moral and comic angles; ages 13-plus. \$10, \$8 for senior citizens and students.
- www.southcountytheatre.org. Masters of Melody. 8 p.m., at the Ernst Community Cultural Center, 8333 Little River Turnpike, Annandale. The NOVA-Annandale Symphony Orchestra plays Offenbach, Schubert, Duke Ellington and others at their fall concert. \$15 and \$10, students with ID; children are free. 703-569-0973 or
- www.reunionmusic.org. NOVA-Annandale Symphony Orchestra. 8 p.m., at the Ernst Community Cultural Center, 8333 Little River Turnpike, Annandale. "The Great C Major" Symphony No. 9

by Franz Schubert, Copland's Rodeo, Duke Ellington and Overture by Jacques Offenach. \$15, adults; \$10, seniors, teens and NOVA students/ faculty; children are free. 703-569-0973.

#### SATURDAY/NOV. 10

- A Fair to Remember. 9 a.m.-3 p.m., St. John Lutheran Church, 5952 Franconia Rd., Alexandria. The craft fair and bake sale feature homemade entrees, baked goods, jams, purses, ornaments, painted woodcrafts, the annual quilt and many hand-crafted items. 703-971-2210 or www.sjlc.com.
- The Marketplace: A Homemade **Fundraiser.** 9 a.m.-noon, at Grace Bible Church, 9115 Lorton Station Blvd., Lorton. Goods and services for sale to benefit the Assist Pregnancy Center; to sign up for a table contact julie at julieadavidson@cox.net or Stacey at sjfiz1@gmail.com.
- www.assistpc.org. 6th Annual Christmas Craft **Bazaar.** 10 a.m.-3 p.m., at Annandale United Methodist Church, 6935 Columbia Pike, Annandale. Forty-plus artists, crafters and vendors with handcrafted jewelry, ornaments, glass art, bath and body products, pottery, woodwork, needle work, children's clothes, sand gardens, fabric art and blankets; the historic Little White Church and museum open for free tours; a used book sale, cafe and bake sale also selling fresh pecans; and children's entertainment at 11 a.m., the Great
- Zucchini. 703-256-8330. An Absolute Turkey. 2 p.m., at the Dale S. Rumberger Auditorium, South County High School, 8501 Silverbrook Road, Lorton, A French bedroom farce looking at adultery

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Shutter Booth

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call 703-778-9416. Deadline is Friday. Dated announcements should be submitted at least two weeks prior to the event.

Send notes to the Connection at south@connectionnewspapers.com or

from moral and comic angles; ages 13-plus. \$10, \$8 for senior citizens and students.

- www.southcountytheatre.org. **Post 7327 Buddy Poppy Distribution.** 2-4 p.m., at the Cardinal Forest Giant, 8320 Old Keene Mill Road, Springfield. Donate an hour or two of your time to the worthy cause of encouragement. 413-313-9211.
- 2nd Saturday Art Walk. 6-9 p.m. Workhouse Art Center, 9601 Ox Road, Lorton. Meet each building's featured artist, a reception in W-16 from 6-7 p.m. and more. www.WorkhouseArts.org.
- 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.

#### SUNDAY/NOV. 11

- Veterans Day Joint Service. 11 a.m., at the Springfield American Legion, 6520 Amherst Ave., Springfield. Honor troops and veterans together with VFW Post 7327. info@vfwPost7327.org. National Symphony Orchestra. 3 p.m., at the Lorton Workhouse, 9601
- Ox Road, Lorton. The season of Music Friends' Concerts at the Alden openings concert featuring Natasha Bogachek and Dasha Gabay with violin and piano. 703-620-9535 or Anitalamkin@hotmail.com.

#### **TUESDAY/NOV. 13**

Fall Silent Auction. 9:30 a.m., at the Springfield Fire Station Bingo Hall, 7011 Backlick Road, Springfield. Bid



A few of Mary Gallagher Stout's currently untitled pieces.

### Thirty Works in 30 Days—30X30 30x30 challenged artists to create 30 small works in 30 days just in time for the

holidays, a time to gift and own unique artwork from artists in the community. The 30x30 artists created their 30 pieces based on a theme and all in the same medium. The exhibit will open on the Workhouse's annual Black Friday, with each panel ranging from \$30-179. The opening reception and sale are on Friday, Nov. 23 from 5-7 p.m.

to benefit the Springfield Chapter of Quilters Unlimited, a non-profit preserving the tradition, culture and history of quilting; items are donated by members and include gift baskets and quilt top. https:// sites.google.com/site/squfallauction or squ.fallauction@yahoo.com.

a.m.-1:30 p.m., at Springfield Golf & Country Club, 8301 Old Keene Mill Road, Springfield. An antique and

estate jewelry appraiser, a presentation on appraising and a talk on worry and fear; food, prizes and child care provided. Reservations by Nov. 9. \$17. 703-590-6562 or SpringWmConn@yahoo.com. **Civil War Forum.** 7:30 p.m., at the

Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. A talk on the manuscript "This Forgotten Land: A Tour of Civil War Sites and Other Historical Landmarks South of Alexandria, VA." 703-425-9225 or www.fairfaxstation.org.

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#### WEDNESDAY/NOV. 14 Timeless Jewelry Luncheon. 11:30

## Sports

### Chase Sets Lake Braddock Record at XC Regionals

#### Bruins girls', boys' teams qualify for states.

By Jon Roetman The Connection

ake Braddock senior Sophie Chase looked at the clock and realized she was on the verge of something special as she approached the finish line during the Northern Region cross country championships on Nov. 2.

Chase's resume already included multiple Patriot District and Northern Region titles and the 2011 AAA state championship. But as she neared the end of her final race at Burke Lake Park, Chase found a way to add achievements to her decorated career as a high school harrier.

Chase won her third consecutive region title, finishing with a school-record time of 16:42, which also equaled the third-best girls' time in the history of the Burke Lake Park course.

"I think the last thing I saw before I closed my eyes coming down the last straightaway because I was straining was the clock, and it was like 16:30, 16:31, 16:32," Chase said. "I was [thinking], 'Aaahhh, I've got to run!' I got through and then I knew I got [the school record], so I was really excited."

Chase broke Wendy Neely's Lake Braddock record of 16:49.2, set at the 1986 Northern Region championships. Chase's time of 16:42 tied Hayfield's Melissa Dewey (2004) for third-best all time. Langley's Erin Keogh set the course record of 16:09.7 at the 1985 Northern Region championships.

"There's been so much history on this course," Chase said, "that being able to finally be up there chasing those legends—like Wendy Neely, Erin Keogh, all those greats—it's incredibly surreal and just amazing."

**CHASE'S EFFORT** helped Lake Braddock win the girls' team championship. The Bruins finished with a score or 38, followed by Oakton (92), Chantilly (109) and West Springfield (116). The top four teams and top 15 individuals advanced to the state meet, scheduled for Saturday, Nov. 10 at Great Meadow.

Lake Braddock's Hannah Christen placed third with a time of 17:08. Katie Roche (17:33) finished sixth, Katy Kunc (18:08) was www.ConnectionNewspapers.com



Lake Braddock senior Sophie Chase set a school record with a time of 16:42 during the Northern Region championships on Nov. 2 at Burke Lake Park.

13th and Misha Suresh (18:30) was 18th.

"What we keep telling girls is we can't take anything for granted," Chase said. "No matter how fast we ran today, no matter how good our team looks going into states, you can never take anything for granted."

**EARLIER, IN THE BOYS' RACE**, Lake Braddock captured the fourth and final state berth, finishing with a score of 124. Chantilly won the boys' championship with a score of 39, followed by Oakton (85) and Robinson (87).

Lake Braddock's Nick Tuck placed second with a personal-best time of 15:03. Chantilly's Sean McGorty won the race with a time of 14:19.

Tuck just missed becoming the first Lake Braddock boys' runner

to break 15 minutes at the Burke Lake Park course.

"I ran as hard as I could," Tuck said. "If I didn't break 15, it wasn't meant to be, but I'm so glad I ran that close to 15."

Tuck finished 44 seconds behind McGorty and 20 seconds ahead of third-place Logan Miller from Chantilly.

"I did the same thing at the district meet, so it's something I'm familiar with," Tuck said about running alone. "I tried to do what I didn't do last time and stay awake during that middle mile. [That's where] I lost most of my time last week. I focused more on that this time and that really helped."

Lake Braddock's Alex Corbett (15:43) finished 13th, Forrest Isenhour (16:06) was 37th, Kevin Monogue (16:12) finished 43rd and Ben Fogg (16:23) was 55th.



Lake Braddock's Nick Tuck placed second at the Northern Region championships, helping the boys' team finish fourth and earn a state berth.



#### Winning Goal

South County senior Alexis Schramm assisted the game-winning goal against Fairfax in the Northern Region Field Hockey semifinals on Nov. 1, which gave the Stallions a state tournament berth.



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