

Springfield CONNECTION

Franconia ❖ Kingstowne ❖ Newington

WELLBEING

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More than 400 supporters gathered at the Waterford at Fair Oaks on April 25 for FACETS' Opening Doors Benefit Breakfast. FACETS, a nonprofit serving individuals and families suffering the effects of poverty in Fairfax County, marked 25 years of service to Fairfax County.

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(From the right) Adrian Tatem, Nana Boateng, Frank Amoako and Saad Latif provide musical entertainment at the FACETS Opening Doors Benefit Breakfast on April 25 at the Waterford at Fair Oaks. The young musicians participate in the FACETS youth programs at Reagan Oaks in Fairfax.



PHOTOS BY ROBBIE HAMMER/THE CONNECTION

U.S. Rep. Gerry Connelly (D-11) gave the opening remarks at the 2013 Opening Doors Benefit Breakfast in support of FACETS at the Waterford at Fair Oaks on April 25.

Opening Doors for Neighbors in Need

FACETS marks 25 years of community service.

BY VICTORIA ROSS
THE CONNECTION

“A few years ago my life underwent two major changes that shook my world... My husband and I separated and then I lost my job.”

Lisa, a Fairfax mother, delivered that blunt statement during her speech to a crowd of more than 400 people during FACETS’ “Opening Doors” Benefit Breakfast on April 25.

The breakfast was part of a yearlong celebration marking FACETS’ 25 years of service in the community, providing support to individuals and families to break the cycle of poverty and homelessness.

“FACETS is a great example of engaged citizens coming together to make their community a better place to live, by helping those in need find housing and other services,” said Supervisor John Cook (R-Braddock).

THE EVENT featured remarks from U.S. Congressman Gerry Connolly (D-11), an active supporter of the nonprofit, and FACETS founder Linda Wimpey.

“Linda had the vision that FACETS would be the place where caring, committed people held the dreams and visions of people in need and worked with them until those dreams for a better life could be realized,” said Amanda Andere, FACETS executive director since 2009.

In an emotionally charged speech, Lisa told the attendees she could not have survived without the help of FACETS.

She said her situation spiraled down quickly when her husband did not provide



Linda Wimpey, founder of FACETS, welcomed guests to the 2013 Opening Doors Benefit Breakfast in support of FACETS on Thursday morning.

financial support, and her next job did not pay enough for her to rent an apartment in the county.

“Panic set in,” she said. “With my recent cut in pay, finding something I could afford for my daughter and I seemed impossible.”

After moving from one basement apartment to another, she and her daughter began living in a homeless shelter.

At the shelter, she connected with a FACETS case manager who helped her apply for housing assistance through Fairfax County’s Bridging Affordability Program, which provides rental subsidies and supportive services to low-income families. Bridging Affordability, a nonprofit collaborative led by Northern Virginia Family Services (NVFS), has assisted more than 100 families since it was launched in September 2011.

Today, she and her daughter live in a two-bedroom apartment, and she is pursuing a business degree at Northern Virginia Community College while working in cosmetics.

“I never thought battling with poverty and



Frank Palmer of Springfield mingles with attendees of the 2013 Opening Doors Benefit Breakfast in support of FACETS on Thursday morning, April 25, at the Waterford at Fair Oaks. Palmer, a longtime FACETS supporter, began tutoring children in Robison Square and continues to devote time to the Fairfax nonprofit.

homelessness was something I would face ... FACETS helped me take steps towards economic stability and set me up for success,” Lisa said.

While Lisa’s story is inspirational, many more Fairfax County residents continue to struggle on the knife-edge of poverty and homelessness.

Nearly 60,000 people live in poverty in Fairfax County, and many say they are just one paycheck away from being homeless.

According to Fairfax County officials, hundreds of local individuals and families have lost housing vouchers because of sequester cuts to the housing choice voucher program, a Housing and Urban Development program that helps the working poor, elderly and disabled afford housing in high-rent markets afford housing.

“FACETS clients and so many others are being impacted by sequestration. With the loss of housing choice vouchers our progress to end homelessness is beginning to stall,” said Amanda Andere, FACETS executive director since 2009. “While the breakfast provided inspiration, it also brought home

the fact that FACETS is still needed in the community.”

ANDERE NOTED some of FACETS recent successes by working with Fairfax County government, faith partners and other nonprofits:

- ❖ In the last three years FACETS helped 43 people who once were living on the streets find a place to call home.

- ❖ In the past two years, FACETS helped prevent and end homelessness for more than 400 families.

- ❖ In the last year, 11 out of the 13 graduating high school seniors in FACETS Education and Community Development program went on to pursue higher education.

But Andere said she wakes up every day with dreams of working herself out of a job.

“I want to fundamentally change the situations people in need face so I can stand here—not 25 years from now but in two years—and say we are on track to end homelessness and break the cycle of poverty,” she said.



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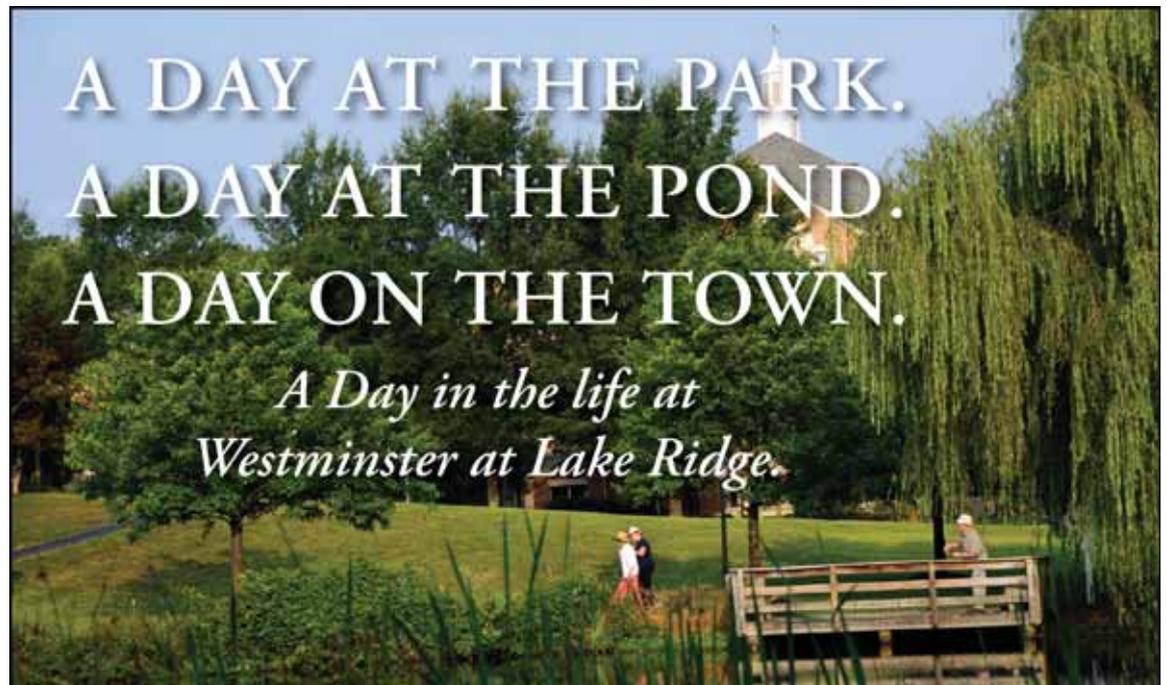
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THE COUNTY LINE

Fairfax County Union Officials Say Board's Budget Fails Staff, Residents

Supervisors maintain cuts necessary to eliminate projected \$169 million shortfall.

BY VICTORIA ROSS
THE CONNECTION

On the day the Fairfax County Board of Supervisors adopted the FY2014 budget, the leaders of Fairfax County's four public employee unions issued a joint statement saying the budget "failed" staff and county residents.

"By passing a budget that fails to attract the best and the brightest, the Fairfax County Board of Supervisors has put the services our residents depend on at risk. Meanwhile, Fairfax County employees continue to fall behind their peers across Northern Virginia, Washington D.C. and Maryland," according to a statement by the SAFE Coalition (Standing Altogether for Fairfax County Employees), which represents the unions.

The statement was signed by John R. Niemiec, president of Fairfax County Professional Firefighters & Paramedics, IAFF Local 2068; Chris Cochran, president of Fairfax Coalition of Police, IUPA Local 5000; Kevin Pittman, president of the Fairfax Deputy Sheriff's Coalition, IUPA Local 5016; and Paula Woodrum, president of the Fairfax County Government Employees Union, SEIU VA 512.

Combined, SAFE represents about 4,000 active and retired members out of the county's 12,000 active employees.

"Fairfax County employees provide vital public services to the county's residents, ensuring Fairfax is a great place to live and work. But the FY 2014 budget fails to recognize these two principles: quality public services and a quality workforce. Instead, the budget cuts vital services to county residents and fails to honor the county's obligations to its employees," according to Tuesday's statement.

Union representatives said they have been working with supervisors for months to find a solution that keeps taxes low, service quality high and employees fairly compensated.

They thought they had a deal on the table last week, but the board—in a 9-1 vote—approved a budget that does not increase employee compensation. Supervisor Pat Herrity (R-Springfield) was the dissenting member of the board.

Supervisors said maintaining county compensation at the current FY2013 was necessary to help eliminate a projected shortfall of \$169 million. Other measures in the FY2014 budget that address the shortfall include a one-penny increase on the property tax rate, \$21 million in county agency reductions, and the net elimination of 41 positions. The budget also creates an \$8.1 million reserve to address the impact of sequestration and federal cuts.

The budget reflects the fiscal challenges the county has faced as a result of the prolonged and sluggish recovery from the recession, according to Board of Supervisors Chairman Sharon Bulova (D-at-large). She said the negative impact of the sequester on the commercial tax base and federal employees added to the board's budget decisions.

"A great amount of effort and compromise went into this year's budget," Bulova said Tuesday. "During difficult economic times, our board has agreed to invest in important county priorities such as education, public safety, community services and critical transportation improvements while keeping taxes



Paula Woodrum,
president of the
Fairfax County
Government Em-
ployees Union



John R. Niemiec,
president of Fairfax
County Professional
Firefighters & Para-
medics



Kevin Pittman,
president of the
Fairfax Deputy
Sheriff's Coalition



Chris Cochran,
president of Fairfax
Coalition of Police

affordable for our residents."

Virginia law denies public employees collective bargaining rights, and—as a "right-to-work" state—employees are not required to become members of a union. Proponents maintain this helps counties like Fairfax resist wage and benefit demands. In 2008, when county officials froze all salaries for county government and school employees, there was little outcry.

But union officials said they will continue to push for solutions that include "fair compensation" for employees.

"Even in the face of pay freezes and furloughs over the past several years, county workers prided themselves on providing highest quality public services to the residents of Fairfax County," Woodrum said during an April 11 public hearing. "And you, the Board of Supervisors, will expect no different from my membership in the face of the unknown factors around sequestration and other economic issues that may affect our FY 2014 budget."

Woodrum pointed out that in recent years, county workers have experienced double-digit increases in health insurance premiums and out-of-pocket expenses for prescriptions and medical services, expiration of payroll tax breaks, and experienced a decrease in their household discretionary spending.

"We will continue to appeal to board members to remedy these shortfalls as best we can," she said.

Supervisors React To Budget Concerns



Chairman Sharon Bulova
(D-at-large)

"The board appreciates that employees have continued to provide quality services to our residents with professionalism and dedication, even in the face of pay freezes and tough economic times. The creation of a fair and sustainable compensation package for implementation in FY 2015 is a critical element in the long-term stability of the county workforce. The board is committed to working with employee groups to develop and refine an overall pay structure that invests in our workforce and helps in recruiting and retaining high quality employees."

Jeffrey C. McKay (D-Lee)

"I understand why our employees are upset and I can't blame them. However, we've got to play the economic hand we're dealt and this year is tough for everyone, employees and residents alike."



John C. Cook (R-Braddock)

"I agree we need to revamp our employee compensation system. We don't have great governmental services by accident. We have them because we attract and retain great employees. To keep them we need a competitive compensation plan. Our old plan was not workable and we have been going year by year for the last four years, knowing that we needed a new permanent plan. We will be working with our employee groups during the spring and summer months to develop such a plan. This was a tough budget year and we had to balance a number of factors. We made the difficult

decision to freeze county pay as part of that difficult balance. We will have a new system in place next year. We understand the frustration of our employees and appreciate all their hard work on behalf of the people of Fairfax County."

Pat Herrity (R-Springfield)

"Our employees are our biggest asset, and to ensure our services remain top notch we must continue to attract and retain the best and the brightest. I was a vocal advocate for incentive compensation for our employees this budget year based on cost savings achieved at carryover. This concept was very successfully implemented at the state level under Governor McDonnell. The county has a spending problem, not a revenue problem, and money saved from the common sense solutions I have proposed, in addition to ones identified and implemented by our employees, could have gone a long way to help our employees and residents."



—VICTORIA ROSS

OPINION

Springing for Jobs Low-income neighbors face another barrier: sequestration.

BY AMANDA ANDERE
EXECUTIVE DIRECTOR/FACETS

With colorful flowers blooming and the days getting longer and warmer, spring always signals renewal and hope. For those affected by poverty, we may need an extended spring this year in order to fully reap its benefits.

I know we've seen slow and measured progress with the healing of the economy. But for low-income residents in our community, they are often the first and last to feel the effects of a recession. Now they face another barrier: sequestration. Now counties—including Fairfax—are losing federal funding for housing vouchers, threatening to put vulnerable families out in the streets.

This is especially unfortunate since ending homelessness is a top priority in Fairfax and we have made progress in our efforts, with the number of people who are homeless in Fairfax County down 12 percent, according to the annual point-in-time survey. Despite the recessions, we've had real success at helping people stabilize their lives. This latest barrier may be more than we can overcome.

Vouchers are important tools to close the gap between earnings and the high cost of living in our region. The issues facing the most vulnerable are compounded by the lack of afford-



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able housing and the difficulty in finding employment that will cover the costs of living here.

Local nonprofits work mostly with individuals who are low-skilled, have less than a 10th

grade education (and in many cases less than sixth grade), and have limited English proficiency and low literacy levels. We are able, with significant effort, to find employment for many of these individuals. This employment, however, often offers low wages, little or no benefits, and may not last long term. We are all challenged in finding long-term employment with sufficient wages and benefits for the people with whom they work.

In our business, we call this underemployment. Nearly 40 percent of the homeless in our county are employed, but their earnings or their hours aren't enough to pay for housing and the basics. Nationwide, 7.6 million Americans are underemployed, due to the scarcity of full-time employment. Factoring in the 7.6 percent unemployment rate, the outlook does not seem as rosy for our struggling neighbors.

At FACETS, these realities have challenged us to put more emphasis on job placement and career development to help our clients obtain positions that will lead to better incomes and

careers. In tandem with this focus, we are also providing more life skills training to prepare them to manage their finances, set priorities, and be responsible tenants.

But it's still not enough. That's why we are recommending the county create a Workforce Innovation Fund to support a pilot workforce program, designed in conjunction with the county's nonprofit partners to achieve:

- ❖ Better coordination among all entities providing workforce development services in the county;

- ❖ An improved system for connecting people to available jobs, particularly in growth industries;

- ❖ An improved system to ensure more people complete community college and certification programs and obtain employment when they are done; and

- ❖ A plan for moving people from low-pay, low-skill entry level jobs along a career path to jobs with better pay.

Our individual programs along with this fund will be life changing for residents that are extremely low-income, enhancing their ability to move into jobs with sufficient salary. A renewed community commitment to helping get people sustainable employment will make this a season to remember.

FACETS, a nonprofit serving those suffering from the effects of poverty in Fairfax County/City. www.FacetsCares.org.

Five Myths About Public Libraries

BY SARAH TALLEY
SOUTHER

The Digital Age is well past its dawn and budgets are tight, leaving many people to question why we continue to fund libraries. After all, don't they just house a bunch of old books in print and everything you need is online ... right? Here's a few common myths about libraries:

1. Google and other search engines meet everyone's information needs.

Search engines can find amazing things, but only if you have access to the Internet. For many, the Fairfax County Public Library is their only means of access. Even in a wealthy area like Northern Virginia, almost 20 percent of families make less than \$50,000 per year, and depend on libraries for access to the Internet.

Not everything's online, or if it is, it's not free or it might be inaccurate. There's another hurdle: Not everyone uses search engines well enough to get to what they



need. Fairfax library staff teach people how to find and evaluate information sources all while protecting their privacy.

2. Books are becoming obsolete

Just as television and DVDs haven't killed movies, e-books haven't killed print. Over 13 million items were checked out from Fairfax libraries last year and most of them were books. Despite the uptick in demand for e-books, there are plenty of popular titles that aren't available because many publishers refuse to sell e-books to libraries.

3. The library is a quiet warehouse for books.

Odds are, no one will "shush!" you unless you're yelling on your cellphone in speaker mode. The library is a vibrant place that provides people with more than information. Early literacy story times, homework support, classes, book discussions, tax preparation assistance, tutoring, and other activities that support information literacy happen at the library. More

than 172,000 people took advantage of these events last year in Fairfax.

The Internet can bring people together, but libraries reinforce real-world communities because they are "bridging spaces" where people from many walks of life meet. Walk into a Fairfax library today, and you'll find a variety of new programs that bring people together, ranging from genealogy workshops to creative writing classes to one-on-one social media training.

4. This could all be done by volunteers.

While volunteers donated nearly 145,000 hours to the library last year, there is a limit to what volunteers can do. Staff members review collections for completeness and accuracy, present early literacy storytimes, make sure public computers run properly, and read extensively so they can provide book suggestions to all kinds of readers (including staunchly reluctant ones).

Library workers follow ethical codes that state they must try to make available accurate and complete information without bias and

protect your privacy. Much is asked of library workers, and information service expertise is necessary to provide customers with the services that they demand.

5. Public libraries are a drain on public coffers.

Libraries provide services to job seekers, businesses, consumers, and investors. Studies in Pennsylvania and Florida show that for every \$1 a community invests in its public libraries, it sees a return of about \$4.

When Thomas Jefferson said "Information is the currency of democracy," he did not envision the increasing gap between the technology "haves" and "have-nots." Access to the Internet is essential if you want to do homework, search for jobs, and interact with the government. For many in Fairfax, the library is their only means of access.

We invest resources in libraries and schools because they provide a public good in the form of educated, informed citizens during all stages of their lives. The fact that Fairfax County sees a monetary return on this investment is a wonderful bonus.

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LETTERS

TJ: Competition, Not Quotas

To the Editor:

Your editorial, "Value-added Evaluation," [The Connection, April 18-24, 2013] seems to appear regularly—in slightly different forms and, it remains misguided. Thomas Jefferson is a magnet school which admits students on a competitive basis, not on quotas. The writer seems unaware that students who receive more parental support and ad-

vancement opportunities do better in school. You cite anomalies in the representation of blacks, Latinos and poor but you do not discuss why whites are underrepresented and Asians are overrepresented. Also, you seem to disregard students from Middle Eastern countries as well as families newly arrived from European and African countries. Years of social engineering and "programs"—like "Head Start," have not changed anything. It takes support from parents. You should read Ben Carson's book, "America, the Beau-

tiful," describing how his single, African-American mother raised him to be a prominent surgeon—without "programs" and "value-added quotas." The writer and the readers should volunteer to help in the classroom, volunteer for programs like big sisters/brothers and find other ways to help. We have had no success from the money wasted on quotas, "value added," "diversity," Head Start, et al.

Tom Fields
Springfield

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"While the majority of our members are educators and students, because we live in a region saturated with government employ-

ment, we recognize that a great many of their families may be affected," says Apple FCU President/CEO Larry Kelly.

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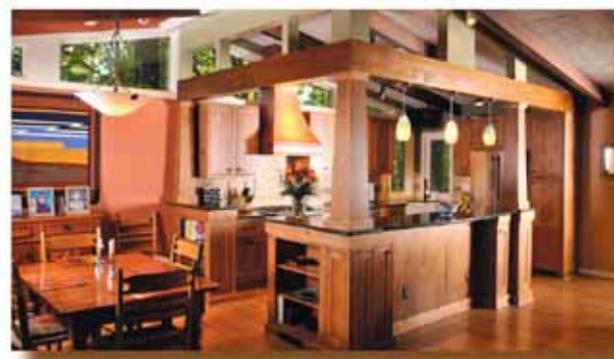
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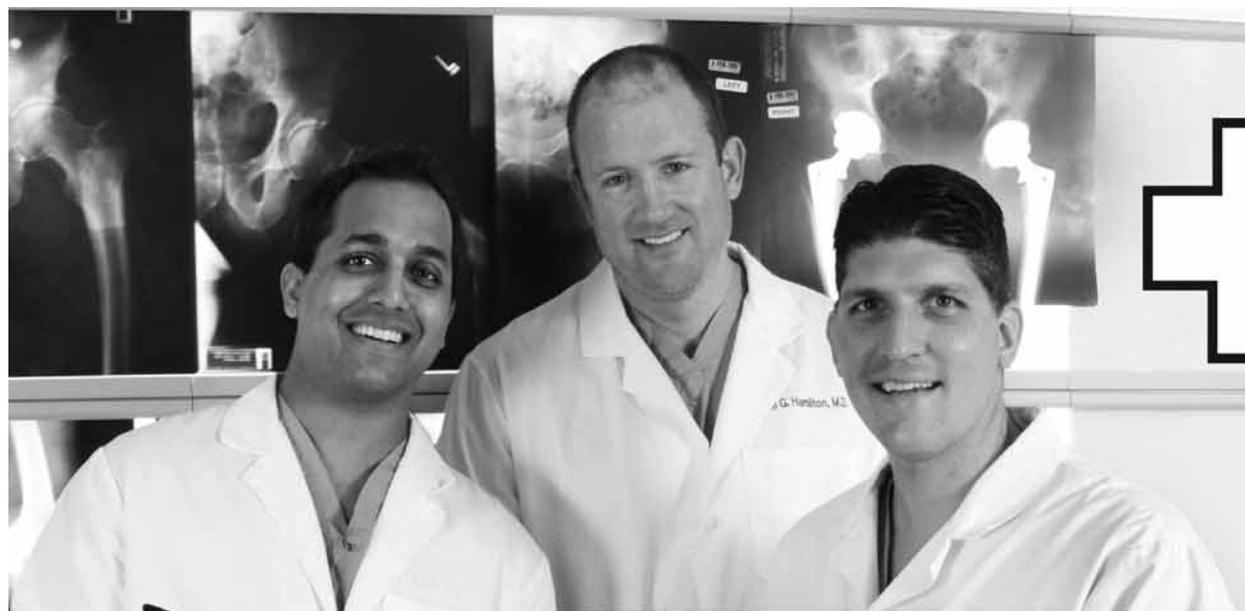
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NEWS

The core dance team of the Kidz Musiq Club dance in the "Junk Food Blues" music video. The children worked from 8 a.m. to noon on Sunday, April 14, remaining enthusiastic and professional while making the music video for Fairfax County's Fairfax Public Access Channel 10.



PHOTOS BY ROSHAN GHIMIRE



Antonio Ferro, a member of the Kidz Musiq Club, does a move during the Sunday, April 14, recording session in Fairfax. The music video Antonio and the Kidz Musiq Club danced in will air on Fairfax County stations this July.

Making The 'Junk Food Blues' Music Video

"Eating cotton candy makes my tummy ache. Birthday party pizza all the slices I can take! I got the junk food blues. I got the junk food blues. Oh, I got the junk food blues and I don't know what to do."

To the tune of jazz, nine children from the Kidz Musiq Club recorded a music video in Fairfax Sunday, April 14, to the song "Junk Food Blues." The music video is set for county-wide airing in July. The video is a collaboration between the Fairfax Public Access (FPA) show "Healthy Food Happy You" and Kidz Musiq Club, and aims to educate children from Fairfax and surrounding areas about childhood obesity and the importance of healthy food through a light-hearted jazz song.

According to the Virginia Department of Health, 15 percent of Fairfax County children ages 2 to 18 are overweight, and are in risk of weight-related diseases such as diabetes and hypertension. Currently, roughly one in three children in the United States are obese.

Jorge Mera, of Fairfax, produces the Fairfax Public Access show, "Health Food Happy You," which shows

on Fairfax County-area local television with that same goal of promoting the benefits of healthy eating to county children. He said, "The 'Junk Food Blues' will be a great tool to motivate kids to eat healthier."

For the "Junk Food Blues" music video, Mera teamed up with Renee Collins Georges, creator/owner of Kidz Musiq Club. Georges, who wrote "Junk Food Blues," is excited about her collaboration with FPA's TV show promoting healthy eating. "Teaming up with Mr. Mera and his show enables us to align and share our music, mission and programs with parents and kids in Fairfax and other coverage areas in Virginia. I hope that kids will find our music video to be entertaining, educational and fun," said Georges.

The music video is expected to be released in June on Fairfax Public Access Television.

For more information about the Fairfax Public Access show "Health Food Happy You," go to www.healthyfoodhappyyou.com and for information about Kidz Musiq Club, go to www.kidzmusiqclub.com.

—ROSHAN GHIMIRE

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PHOTOS CONTRIBUTED

The teams that participated from the first through the sixth grade.

Innovation Fair At Keene Mill

Keene Mill students participated in an Innovation Fair on April 22. The 28 student teams brainstormed problems with current products they use on a regular basis and then researched and created solutions to those problems. The students then presented their research and innovations to judges from the Patent Office, the Navy and an architectural firm.



Two third graders created a broom/dustpan combo that one person can handle.

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CALENDAR

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FRIDAY/MAY 3

Edison High School Pyramid Art Show. 6-7 p.m., at Edison HS, 5801 Franconia Rd, Alexandria. Student artwork featured from area elementary, middle and high schools. www.fcps.edu/EdisonHS/.

The Music Man. 7:30 p.m., at the Dale S. Rumberger Auditorium, South County High School, 8501 Silverbrook Road, Lorton. A cast and crew of 50-plus South County students in the musical centered around fast-talking traveling salesman Harold Hill and his con of the people of River City, Iowa. \$12; \$10 for seniors and students. www.southcountytheatre.org.

Dinner and Movie: Mamma Mia! 8 p.m. at the W-3 Theatre located at 9601 Ox Road, Lorton. A young woman who is about to wed is determined to discover the identity of her father, who has been absent from her life. She has narrowed the list to three possible candidates—and invites them all to her wedding, unbeknownst to each of them or her mother. \$39 (includes film, dinner & soft drinks). www.workhousearts.org.

SATURDAY/MAY 4

West Springfield Alumni Fest. 10 a.m.-3 p.m., at WSHS, 6100 Rolling Road, Springfield. The WSHS Baseball Team holds a festival day with a softball game, an alumni baseball game, carnival games, raffles and a silent auction to raise money for a new scoreboard; rain date is May 11. jmolms@fcps.edu.

Potting Party. 10 a.m.-5 p.m. at Heather Hill Gardens, 8111 Ox Road, Fairfax Station. Find flowers, vegetables, and herbs to plant in your own container; potting soil and fertilizer provided. Free. 703-690-6060 or www.heatherhillgardens.com.

Running Model Trains. Noon-5 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Cost is \$5 for adults; \$1 children. www.fairfax-station.org or 703-425-9225.

The Music Man. 7:30 p.m., at the Dale S. Rumberger Auditorium, South County High School, 8501 Silverbrook Road, Lorton. A cast and crew of 50-plus South County students in the musical centered around fast-talking traveling salesman Harold Hill and his con of the people of River City, Iowa. \$12; \$10 for seniors and students. www.southcountytheatre.org.

Mason Cabaret Presents: The Millennials! 8 p.m. at the W-3 Theatre, 9601 Ox Road, Lorton. An evening of cabaret celebrates the work of some of musical theatre's new composers including Jason Robert Brown (The Last Five Years, Songs for a New World), Joe Iconis (TV's SMASH, Things to Ruin), Pasek and Paul (Dogfight, Edges) and many more. \$25 (includes planche campagne). www.workhousearts.org.



The Concert Handbells and Spirit Bells from Concordia University Irvine in California present a for-all-ages handbell concert at Prince of Peace Lutheran Church Wednesday, May 15.

SUNDAY/MAY 5

Running Model Trains. 1-4 p.m., at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. A display held by the Potomac Module Crew HO Gauge Group. \$5 for adults; \$1 children. www.fairfax-station.org or 703-425-9225.

WEDNESDAY/MAY 8

Uncover the Prison in Your Backyard: Out of the Ashes. 7:30 p.m. at the McGuireWoods Gallery, 9601 Ox Road, Lorton. Former Congressman Tom Davis and retired Director of DC Department of Corrections Walter Ridley will address the political forces and events that resulted in the closing of the facility and its transfer to Fairfax

last 80 years. 703-451-5320 or concerts@kirkwoodpres.com.
2nd Saturday Art Walk. 6-9 p.m. at the Workhouse, 9601 Ox Road, Lorton. The Saturday Art Walk showcases the diverse work of more than 100 visual artists in a unique historic venue. Guests can tour seven unique studio buildings, mix and mingle with artists, buy original works of art, experience ever-changing exhibitions and meet featured artists, all while enjoying light refreshments and music. www.workhousearts.org.
SingleMarriedGirl. 8 p.m. at the W-3 Theatre, 9601 Ox Road, Lorton. Laurel Spears, a Chicago native who, when finding herself at the crossroads of a dead-end marriage and major identity crisis, decides to take herself on a date. \$20 general admission; \$15 military/senior; \$10 student/member. www.workhousearts.org.

Fairfax Symphony Orchestra: Masterworks VI. 8 p.m. George Mason University Center for the Arts, 4400 University Drive, Fairfax. Conductor Christopher Zimmerman, tenor Brennen Guillory and soprano Joni Henson perform Wagner's "Prelude and Liebestod," Tristan and Isolde and Prelude to Act 3, Lohengrin; Verdi's Overture to La Forza del Destino, Overture to I vespri siciliani, Love Duet Finale Act I Otello, "Dio ti giocondi, O Sposo" Otello, "Dio mi potevi, scagliar" Otello, Willow Song Otello and "Libiamo," La Traviata. \$25-\$55. 703-563-1990 or www.fairfaxsymphony.org.

WEDNESDAY/MAY 15

Concert Handbells and Spirit Bells. 7 p.m., at Prince of Peace Lutheran Church, 8304 Old Keene Mill Road, Springfield. These musical groups' repertoire offers a broad variety of musical styles and techniques appealing to all ages and tastes. www.poplc.org.
"Sunstroke and Ankle-Deep Mud." 7:30 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. Local authors Brian McEnany and Jim Lewis will present the untold story of the Union's II Corps arduous march across Northern Virginia on the way to Gettysburg. www.fairfax-station.org or 703-425-9225.

FRIDAY/MAY 17

The Enchantment of Beauty and the Beast. 7 p.m., at Edison High School, 5801 Franconia Road, Alexandria. The Rose Hill Players will perform the play "The Enchantment of Beauty and the Beast." \$5 for adults. \$3 for children.

Edison High School hosts a Pyramid Art Show Friday, May 3, at 6 p.m., with work featured from the elementary, middle and high schools whose students continue on to attend Edison.



County; Supervisor Gerry Hyland will introduce the closing lecture. Reservations. www.workhousearts.org.

FRIDAY/MAY 10

SingleMarriedGirl. 8 p.m. at the W-3 Theatre, 9601 Ox Road, Lorton. A film which premiered at the Capital Fringe Festival and most recently at the Edinburgh Fringe Festival in Scotland, follows Laurel Spears as she finds herself at the crossroads of a dead-end marriage and an identity crisis; she takes herself on a date. \$20 general admission; \$15 military/senior; \$10 student/member. www.workhousearts.org.

SATURDAY/MAY 11

Concerts from Kirkwood's 10-year Anniversary Big Band Concert. 3 p.m., at Kirkwood Presbyterian Church, 8336 Carrleigh Parkway, West Springfield. The "Difficult Run Big Band" will perform music from the

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5-K Walk to benefit children in foster care

When: Saturday, May 18, 2013, 8:30 a.m. – 1 p.m. (Registration from 8 to 8:30 a.m.)

Where: Lake Accotink Park (rear entrance) 5660 Heming Avenue, Springfield, VA.

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 2. Create your own team or join our Fairfax Families4Kids team.
- For more information, visit the Web site at www.fairfaxcounty.gov/ncs/fairfaxfamilies4kids.htm or contact Beverly J. Howard, Fairfax Families4Kids Coordinator, 703-324-7518, TTY 711. Beverly.Howard@fairfaxcounty.gov



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Officer Long Dinh was met with applause and cheers when the doors to Hard Times Cafe opened.

PHOTOS BY
NGALULA TSHISHIMBI/
THE CONNECTION

Supporting An Injured Officer

The community celebrates and supports Officer Long Dinh.

BY NGALULA TSHISHIMBI
THE CONNECTION

On Sunday, April 28, Officer Long Dinh arrived at the fundraiser hosted by the Fraternal Order of the Police (FOP) and was met with enthusiastic applause and praise. Dinh, who was seriously injured after a head-on collision on Thursday, Feb. 28, has undergone two months of rehabilitation so far. Sunday's fundraiser was an opportunity for his family, his friends and members of the local community to celebrate his recovery and to raise money to help fund his ongoing recuperation.

The fundraiser took place at the Hard Times Café in Fairfax and was organized by members of the police department as well as leaders of the FOP. At the event, volunteer friends, family and fellow officers conducted a silent auction, sold tee shirts and raffle tickets to be redeemed for buffet meals or for prizes donated by local and national organizations. The prizes included a Redskins' football helmet signed by Robert Griffin III and a BMW brand bicycle. Asked about the process of reaching out to various outlets, Officer Mike Scanlon, president of the FOP, said that businesses and organizations were very accommodating. "I don't think I heard the word 'no.' People

were happy to donate especially after finding out the reasons why."

Scanlon said the funds are for more than just medical bills. He stated that Dinh helped support and was an earner for his family. "[The accident] had a direct impact on the entire family." According to Scanlon, the money raised will hopefully offset the debt accrued by the family who, consistently took time to visit Dinh in the hospital. "The fundraiser is to help Dinh and his family and to give them one less stress to worry about."

Beyond the fundraiser, friends, family and fellow officers have all found ways to help out. Officer Dinh's father, Long Dinh Sr., said that on one occasion after it had snowed, the family had come home from the hospital to find that their driveway had been cleared.

In two months, Dinh has exhibited a "miraculous recovery," as described by both his best friend Dale and legal representative Jack Burgess. Dale described a series of critical injuries including broken bones and fractures from Dinh's head to his legs. Officer Dinh himself noted the seriousness of the accident, stating that it was critical that he was wearing a seat belt at the time of the accident and that the public should always take precautions to be safe. Burgess noted that in over 30 years of representing men and women in the police and fire departments, Dinh's accident was of the most horrific that he had seen. He also used "miraculous" to describe the rehabilitation and stated that, "he's really made a wonderful recovery."

Asked about what the community could do to help, Officer Scanlon said that the community should continue to support the Dinh family, but also generally support men and women in public safety.

The fundraiser took place at the Hard Times Cafe, which catered to the large crowds throughout the day.



The Gerardos family frequently takes workout classes at TITLE Boxing Club in West Springfield. The club offers a free "Boxing Basics" class on Tuesdays at 6:30 p.m. and a "Kickboxing Basics" at 7 p.m. weekly; both are open to the public.

Boxing out Boring

Free classes, spiking membership at The TITLE Boxing Club of Springfield.

BY CHELSEA H. BRYAN
THE CONNECTION

Kate Carski, co-owner of the TITLE Boxing Club of West Springfield, has really been enjoying the benefits of warmer weather lately. She notes that with spring weather have come spikes in business—and they are not limited to the local real estate market. "I think the most notable news in our club this month is a spike in memberships. We feel it's due to the warm weather and people wanting to get that summer body in shape. ... another interesting fact is that 20 percent of our memberships are family."

When it comes to kickboxing, families seem to feel there's something for each member, whether older or younger, in the TITLE Club's trainer-led, high-octane classes in which trainers yell out punching and kicking combinations and the class follows together. Families like the Gerardos love the classes and take them together regularly.

The free weekly Tuesday night classes at the TITLE Club are enough to get even the fittest family sweating. The classes, open to the public, are Kickboxing Basics at 7 p.m. and Boxing Basics, at 6:30 p.m. The free night at TITLE Club has featured a self-defense class in the past and Carski says she and co-owner Sam Heaps are planning on featuring the class again.

TITLE Club has been successful enough since opening in October of 2012 at its West Springfield location, 6228 Roll-



Owners Kate Carski and Sam Heaps, who Carski calls her little brother. "We are partners/co-owners who are very much part of the business, working in it," says Carski.

ing Road, that Carski and Heaps are opening a second club in Falls Church, near the East Falls Church Metro in fall 2013.

Carski and Heaps opened the club to target those who want to lose weight but quickly tire of typical exercise routines—running on treadmills, elliptical machines and the traditional gym experience. The group workouts at their gym burn between 750 and 1000 calories in one hour and also involve punching a heavy bag—not something to bore gym-haters.

In addition to the "Power Hour" workouts, The TITLE Boxing Club also has free weights, cardio machines, TRX Suspension Training, boot camps, boxing mitt work and self-defense workouts. More information can be found on Facebook at TITLE Boxing Club Springfield VA or at www.titleboxingclub.com/springfield-va/class-schedule.

Leveling the Playing Field

Should some businesses be taxed at higher rates than others?

BY MICHAEL LEE POPE
THE GAZETTE

Why should consultants be taxed at a higher rate than contractors? Is it fair to hit up businesses that do research and development for twice as much as retail merchants? These questions are at the heart of a recommendation from the Lee District Budget Advisory Group, which is urging the county government to take a close look at its business and professional occupancy license taxes.

"Someone needs to take a look at this and see if these rates are discouraging smaller businesses," said Suzette Kern, chairwoman of the advisory group. "Those are the very businesses we are trying to attract to Fairfax County."

Members of the advisory group say they are concerned that the county's current business licensing and taxation might be serving as a disincentive for some types of highly desirable businesses. Although they acknowledge the need to generate revenue to fund county services, they also say the tax and licensing structure could be reconfigured to produce "desired incentives" rather than "disincentives as they do now."

"Fairfax County should examine its business tax and licensing structure to see if high pay, high technology and professional employers would have stronger financial incentives to locate if revisions were made to the current schedule," the advisory group recommends. "This is especially important for a county striving to diversify its private sector employment base as federal spend-

Business and Professional License Tax Rates

- ❖ wholesale merchants: \$0.04 per \$100
- ❖ builder and developers: \$0.05 per \$100
- ❖ contractors: \$0.11 per \$100
- ❖ retail merchants: \$0.17 per \$100
- ❖ business service occupations: \$0.19 per \$100
- ❖ money lenders: \$0.19 per \$100
- ❖ personal service occupations: \$0.19 per \$100
- ❖ repair service occupations: \$0.19 per \$100
- ❖ utilities: \$0.24 per \$100
- ❖ amusement occupations: \$0.26 per \$100
- ❖ hotels and motels: \$0.26 per \$100
- ❖ renting by owner: \$0.26 per \$100
- ❖ professional occupations: \$0.31 per \$100
- ❖ consultants and specialized occupations: \$0.31 per \$100
- ❖ real-estate brokers: \$0.31 per \$100
- ❖ research and development: \$0.31 per \$100

ing shifts."

SUPERVISOR JEFF MCKAY warns that adjusting the BPOL taxes may be difficult because its one of the two sources of revenue that Fairfax County has authority to raise. He disagrees with members of his advisory group that the BPOL taxes create a disincentive for businesses to locate in Fairfax County — especially research and development businesses. McKay says Montgomery County is the biggest competitor to Fairfax County, especially biomedicine and bioinformatics.

"Our challenge of attracting those people is not our tax rate, and it's certainly not out BPOL tax," said McKay. "It may be a whole lot of other reasons, political probably more than anything else."

McKay said the reason that Fairfax County charges some businesses more than others has to do with how much other kinds of tax revenue is generated from the business. For example, retail merchants have one of the smallest BPOL tax rates because they also pay sales tax indirectly that are passed on to buyers.

"We get a huge amount from retailers," said McKay. "With research and development, they are not really selling a product. So they're also not generating sales tax that comes back to the locality."

BPOL TAX RATES were set and capped by the General Assembly about 40 years ago. County officials point out that three categories — professional, consultant and research and development — fall well below the state maximum of 58 cents. Also, they point out, the flat tax is embedded into all business categories. So if a business has gross receipts between \$10,000 and \$50,000, they pay \$30

a year. If the gross is between \$50,000 and \$100,000, they pay \$50.

"This means the small businesses are generally only paying a small flat tax," said Merni Fitzgerald, director of public affairs for Fairfax County.

The last time the Board of Supervisors looked at the BPOL tax rate categories was 20 years ago, when members were trying to simplify the number of different categories that existed at the time. Supervisors ended up reducing the number of different BPOL categories from 17 down to 10. And they instituted a flat fee for small businesses. Although supervisors could theoretically raise the rates within what's allowed by the state, they still have to figure out a way to balance the books.

"The revenue consequences of any change could be significant," said Fitzgerald. "If, for example, you lowered the 31 rate to the 19 rate of the business service category, the county's revenues would decrease about \$20.4 million."

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/MAY 7

The Clifton Town Council. 7:30 p.m., at Clifton Town Meeting Hall, 12641 Chapel Road, Clifton. A public community meeting.

Authority, will speak about his book "Lead Like a General." Guests welcome. 703-569-9684 or harahan@verizon.net.

FRIDAY/MAY 10

Rummage Presale. 9 p.m., at the Living Savior Lutheran Church, 5500 Ox Road, Fairfax Station. Net proceeds from the sale will benefit various community service organizations including domestic violence program. \$5. jjjgrant@verizon.net.

THURSDAY/MAY 9

NARFE Springfield Chapter Meeting. 1 p.m., at the American Legion Post 176, 6520 Amherst Ave., Springfield. Paul Gilbert, exec. director of Northern Virginia Regional Park

Springfield Man Arrested for Producing Child Pornography

Andrew Choi, 35, of Springfield, was arrested Friday, April 26, on charges of production and possession of child pornography.

Neil H. MacBride, U.S. attorney for the Eastern District of Virginia, and Chief of Police Douglas W. Keen of the Manassas City Police Department made the announcement after Choi's initial appearance before U.S. Magistrate Judge Theresa C. Buchanan.

Choi is charged with production of child pornography, and faces a mandatory minimum of 15 years and maximum of 30 years in prison, if convicted. He is also charged with possession of child pornography, and faces a maximum of 10 years in prison, if convicted.

The investigation was conducted by the Manassas City Police Department and the Northern Virginia/DC Internet Crimes Against Children Task Force. Special Assistant United States Attorney Alicia J. Yass, a trial attorney with the Child

Exploitation and Obscenity Section of the Justice Department's Criminal Division, is prosecuting the case on behalf of the United States.

This case was brought as part of Project Safe Childhood, a nationwide initiative to combat the growing epidemic of child sexual exploitation and abuse launched in May 2006 by the Department of Justice.

Led by U.S. Attorneys' Offices and the Criminal Division's Child Exploitation and Obscenity Section (CEOS), Project Safe Childhood marshals federal, state and local resources to better locate, apprehend and prosecute individuals who exploit children via the Internet, as well as to identify and rescue victims. For more information about Project Safe Childhood, visit www.projectsafechildhood.gov.

Related court documents and information may be found on the website of the District Court for the Eastern District of Virginia at www.vaed.uscourts.gov or on <http://pacer.uspci.uscourts.gov>.

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South County Soccer Club Bonds in Bermuda

While other Elite Clubs National League soccer teams took a well-deserved break over the Easter holiday, one team went on the trip of a lifetime. FC Virginia U14s traveled to Bermuda, taking the opportunity to experience island life while also playing against the full Bermuda women's national team, and a high school team from Florida.

"It was a great trip and a great experience on and off the field," head coach Christian Cziommer said. "We actually were a football team for four days instead of a soccer team, I think that says a lot about what the status of soccer is on the island. Everyone was talking about football, recent scores, very different to the US and great for the players to see."

The experience provided a much different routine for FC Virginia's players—instead of facing off against peers, the team had to learn to deal with bigger, stronger and faster opponents of the Bermuda national team.

Not to mention the facilities that Bermuda had to offer.

"It was great to play against that high pressure because it forced us to move the ball even quicker," Cziommer said. "The fields were high quality Bermuda grass fields and for the players a great experience to play on the National Training Center facility. And of course, like on every European



FCV 98 at the Bermuda Annual National Kite Festival. Left to right, back row: Gabriella Gordon of Fairfax, Allison Maliska of Loudoun, Quinn Rogers of Centreville, Katie Le of Centreville (local TV announcer), Casey Peterson of Clifton, Isabella Gordon of Fairfax, Randi Palacios of Vienna; third row: Kathleen Brumagim of Haymarket, Rebecca Crouch of Annandale, Kelsey Hamer of Centreville, Kaitlyn Small of South Riding; second row: Grace Mondloch of Clifton, Rachel Fischer of Clifton; first row: Abigal Rynex of Chantilly, Catherine Kwitnieski of Loudoun.

field, a clubhouse with locker rooms and meeting area to hang out a team.

After opening the trip with a 3-2 win against Bermuda—thanks to Gabriella

Gordon's game-winning penalty kick—FC Virginia drew 1-1 against its high school opponents, and finished the trip with a 1-0 loss against Bermuda.

Players in the ECNL are used to a high level of intensity, but playing a national team presented a unique challenge to not just the athletes, but also to the coaches in how to approach a different kind of game.

"Before the first game [our players] were very nervous, and looking at the size of the players on the national team it's understandable," Cziommer said. "We told the players our expectations are to enjoy the game and the environment and play our possession style game, everything else will come by itself. We put a lot of emphasis of taking everything in as an overall experience, not to look at the games or scores only but also what we are doing as team off the field."

The island backdrop allowed for plenty of activities off the field: trips to the beach, live music and something quite different to the hectic setting of Northern Virginia. It was also a platform for a strong team bonding experience, and for many players, the first time leaving the country.

On the FC Virginia trip roster was: Kathleen Brumagim, Rachel Fischer, Gabriella Gordon, Isabella Gordon, Kelsey Hamer, Catherine Kwitnieski, Katie Le, Allison Maliska, Grace Mondloch, Randi Palacios, Casey Peterson, Quinn Rogers, Abigal Rynex, Kaitlyn Small and Rebecca Crouch.

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.

Fairfax Baptist Temple, at the corner of Fairfax County Parkway and Burke Lake Roads, holds a Bible Study Fellowship at 9 a.m. Sundays followed by a 10 a.m. worship service. Nursery care and Children's Church also provided. 6401 Missionary Lane, Fairfax Station, 703-323-8100, www.fbtministries.org

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.

First Baptist Church of Springfield offers Sunday school at 9:15 a.m., followed by a 10:30 a.m. worship service. 7300 Gary Street, Springfield. 703-451-1500 www.fbcspringfield.org.

Clifton Presbyterian Church, 12748 Richards Lane, Clifton, offers Sunday worship services at 8:30 a.m. and 11 a.m. Nursery care is provided. Christian education for all ages is at 9:45 a.m. 703-830-3175.

St. Andrew the Apostle Catholic Church, 6720 Union Mill Road, Clifton, conducts Sunday masses at 7:30 a.m., 8:45 a.m., 10:30 a.m. and 12:30 p.m. It also offers a Saturday vigil at 5:30 p.m. and a Thursday Latin mass at 7 p.m. 703-817-1770 or www.st-andrew.org.

Prince of Peace Lutheran

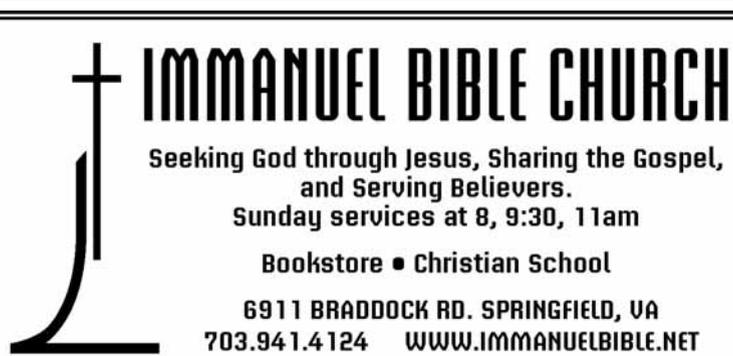
Church, 8304 Old Keene Mill Road, Springfield, offers casual worship services on Saturday evenings at 5:30 p.m. featuring contemporary music. More traditional services take place on Sunday mornings at 8:15 and 11 a.m. Sunday School is at 9:45-10:45 a.m. for children and adults. The church also offers discussion groups for adults. 703-451-5855 or www.poplc.org.

Kirkwood Presbyterian Church, 8336 Carrleigh Parkway in Springfield, supports a Mothers of Preschoolers (MOPS) program on the first and third Wednesday of each month. Meetings are 9:30-11:30 a.m. at the church. All mothers and children are welcome. The program provides mothers an opportunity to get to know other mothers through discussions and craft activities. Register at 703-451-5320.

JCCNV Mother's Circle program, for women who are not Jewish but are raising Jewish children. Free education in Jewish rituals, practices and values, while respecting the participant's choice to retain her own religious identity. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike in Fairfax. Contact Laurie Albert, 703-537-3064 or LaurieA@jccnv.org.

Franconia United Methodist Church, 6037 Franconia Road, Alexandria, offers traditional Sunday church services at 8:30 a.m. and 11 a.m. plus Sunday School classes for all ages at 9:45 a.m. Childcare is available 8:15 a.m.-12:15 p.m. There will be a Terry Hall Concert on Saturday, April 14 at 4 p.m. with old spirituals, classic hymns, southern gospel favorites and more. 703-971-5151 or admin@franconiaumc.org or www.franconiaumc.org.

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Fairfax Water

FAIRFAX COUNTY WATER AUTHORITY Notice of Public Hearing

**Resolution Authorizing Acquisition of Easements Necessary
for Public Purposes by Eminent Domain or Other Means
May 23, 2013 at 7:00 p.m.**

The Fairfax County Water Authority will hold a public hearing pursuant to Va. Code Ann. § 15.2-1903 on **at 7:00 p.m. on Thursday, May 23, 2013**, to receive public comments on a proposed Resolution authorizing the acquisition of easements necessary for the improvement and expansion of Fairfax Water's water system infrastructure adjacent to sections of the Richmond Highway (U.S. Route 1) in Fairfax County. The improvement and expansion is required to provide adequate capacity to serve existing and future customers. The necessary easements are to be located across several parcels of land adjacent to U.S. Route 1, more particularly described as Fairfax County Tax Map Parcels 083-3-01-0037, 083-3-01-0038, 083-3-01-0040, 083-3-01-0041, 083-3-08-B, 093-1-01-0019, 093-1-01-0025, 093-1-16-0013, 092-2-18-06-0001A, and 093-1-18A-0001. Following the public hearing, the Water Authority Board may vote on or after June 6, 2013, to adopt the proposed Resolution.

The proposed Resolution and other related information can be viewed at Fairfax Water's Website at <http://www.fairfaxwater.org>.

The public hearing will be held in Fairfax Water's offices at **8570 Executive Park Avenue, Fairfax, VA**. Those wishing to speak at this hearing or desiring a copy of the proposed resolution should call Eva Catlin at (703) 289-6017. Interested parties also may submit written comments to PublicHearingComments@fairfaxwater.org or mail written comments to:

Fairfax Water
Public Hearing Comments
8570 Executive Park Avenue
Fairfax, VA 22031

All written comments must be received by close of business on Wednesday, May 22, 2013 to be included in the record of the public hearing.

28 Yard Sales

Community Yard Sale
Williamsburg Manor and the Manors at Mount Vernon near Stratford Elementary just off Collingwood and Riverside are having a Community Yard Sale at many of the 100 houses in the two neighborhoods on Saturday 11 May 2013 from 8am-1pm. Everything from furniture, toys, clothes, yard equipment, computers, beds, tools, small appliances and much more. Come prepared to buy! Contact Boots Barnes at boots.barnes1@verizon.net with questions.

21 Announcements 21 Announcements

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21 Announcements

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According to the Lease by and between (1055) Timothy Fornshill and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage unit, the Manager has cut the lock on their unit and upon cursory inspection the unit was found to contain: computers, antique clock, boxes, furniture, ect. Items will be sold or otherwise disposed of on May 16, 2013 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

According to the Lease by and between (1112) Alan Cottrell and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage unit, the Manager has cut the lock on their unit and upon cursory inspection the unit was found to contain: boxes, furniture, TVs, ect. Items will be sold or otherwise disposed of on May 16, 2013 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

According to the Lease by and between (2028) Andre W Hicks and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage unit, the Manager has cut the lock on their unit and upon cursory inspection the unit was found to contain: bike, chair, boxes, ect. Items will be sold or otherwise disposed of on May 16, 2013 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

Also on May 16, 2013 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 available at auction will be a Charity Unit.

21 Announcements

21 Announcements

21 Announcements

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Fairfax senior Zack Burnett, right, scored four points for the Suburban All-Stars team during the 40th Annual Capital Classic on Sunday at T.C. Williams High School.



Woodson senior Tommy Stepka (22) competed for the Suburban All-Stars during the 40th Annual Capital Classic on Sunday at T.C. Williams High School.

Woodson's Stepka, Fairfax's Burnett Compete in Capital Classic

BY JON ROETMAN
THE CONNECTION

Being selected to compete in the 40th Annual Capital Classic was a testament to Khory Moore's talent as a basketball player. Still, the Wakefield senior wanted to leave his mark. He wanted to stand out.

While all-star games can at times be marred by lackluster effort, Moore hustled around the court, looking to make a difference. He snatched rebounds. He leaped on defense to disrupt a pass. He even took a charge—an unusual sight during an exhibition game.

"I don't like to lose," Moore said. "When they were going on a run, I had to do something different than everybody else was. I had to stand out [in case] a college coach was here."

Sunday's Capital Classic consisted of two contests. The opener was an all-local matchup between the Suburban All-Stars and the District All-Stars. The main event matched some of the best players in the area (Capital All-Stars) against some of the top talent from around the country (United States All-Stars).

ONE OF FOUR ATHLETES from the Northern Region competing for the Suburban All-Stars, Moore made his presence known during Sunday's opening contest. Moore led all Northern Region players with 12 points, including a pair of 3-pointers, but the Suburban All-Stars came up short against the District All-Stars, 118-88. Moore said participating in the event was a "great" experience, but it also served as a wake-up call.

"It made me realize that I'm not as good as I thought I was," Moore said about competing against the talented District team. "I've got to keep working every day in the gym and stay humble. That just humbled me a lot."

Moore led Wakefield to the 2013 National District championship. The Warriors finished Northern Region runner-up and advanced to the state semifinals. Moore said he is leaning toward attending Virginia Wesleyan College.

West Potomac point guard Brandon Pressley, Woodson forward Tommy Stepka and Fairfax guard Zack Burnett also played for the Suburban squad. The four Northern Region players came off the bench, entering the game together for the first time with 5:37 remaining in the first quarter.

Pressley finished with nine points. "It was a really good experience," he said. "It opened my eyes up to the type of competition that I'm going to be seeing next year trying to play on the next level."

Pressley, who is listed at 5-foot-7, said practicing against Suburban teammates JJ Epps (5-7 Magruder guard) and Magic Harris (5-11 Oxon Hill guard) was unlike anything he faced in the Northern Region.

"Both of those guys are about my size, extremely quick, extremely athletic and I haven't seen anything like that in our region," Pressley said. "I'm always used to being the quickest guy. It really makes me see that I have to work more on my skill and not just depend on getting by guys [with] quickness."

Pressley said he is undecided on where he will play college basketball.

Stepka finished with four points. "It's great to play in an all-star game be-

cause it shows how much you worked throughout your high school career," Stepka said. "It's not really about the game. It's just more what you did to get to the game."

Stepka helped Woodson overcome a 19-point fourth-quarter deficit to beat Wakefield in overtime in the Northern Region championship game on Feb. 23. After capturing the school's first outright region title, the Cavaliers beat Battlefield in the state quarterfinals before losing to eventual state champion Henrico in the semifinals.

"Playing in the state semifinals, winning the region and playing in this all-star game," Stepka said, "I couldn't ask for a better senior year."

Stepka said he is undecided where he will attend college or if he will continue his basketball career.

Burnett finished with four points. He helped Fairfax advance to the 2013 Northern Region tournament.

IN THE MAIN EVENT, Herndon's Will Ferguson was the lone Northern Region representative to suit up for the Capital All-Stars, who lost to the United States All-Stars, 126-120. The Capital team was coached by Herndon head coach Gary Hall.

"It was good to play for him one last time," Ferguson said.

Ferguson, who said the opportunity to play in the game was a "blessing," finished with three points. He led Herndon to the 2013 Concorde District championship and will attend Massanutten Military Academy next season.

Bishop O'Connell's Junior Etou finished with 11 points for the Capital team. Etou helped O'Connell win the Washington Catholic Athletic Conference championship.

PHOTOS BY LOUISE KRAFT/THE CONNECTION

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Call Specific Agents to Confirm Dates & Times

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Clifton
7513 Tutley Terr.....\$940,000..Sun 12-3.....Sharon Mills.....RE/MAX..703-296-1676
6817 Compton Heights Cir.....\$609,000.....Pat Fales.....RE/MAX..703-503-4365

Fairfax
6107 Fox Run.....\$698,000..Sun 1-4.....Carol Hermandorfer..Long & Foster..703-503-1812
5087 Dequincy Dr.....\$519,900..Sun 1-4.....Carol Hermandorfer..Long & Foster..703-503-1812
12730 Dogwood Hills Ln.....\$465,000..Sun 1-4.....Carol Hermandorfer..Long & Foster..703-503-1812

Fairfax Station
6209 Halley Commons Ct..\$1,199,000..Sun 1-4.....Helen Grozbean..Keller Williams..571-233-4287
11501 Lilting Ln.....\$849,000..Sun 2-4.....Pat Fales.....RE/MAX..703-503-4365
8629 Oak Chase Cir.....\$739,900..Sun 1-4.....Kathy Peters..Long & Foster..703-915-2165

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6012 Wescott Hills Way.....\$489,950..Sun 1-4..Tom & Cindy & Assoc..Long & Foster..703-822-0207
6552 Kelsey Point Cir.....\$479,950..Sun 1-4..Tom & Cindy & Assoc..Long & Foster..703-822-0207
6587 Grange Ln #104.....\$329,950..Sun 1-4..Tom & Cindy & Assoc..Long & Foster..703-822-0207

Lorton
9641 Franklin Woods.....\$349,000..Sun 1-4...Christine Stephenson.....Weichert..703-901-0944

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6150 Reza Ct.....\$1,250,000..Sun 1-4.....Jim Sauvagas..Long & Foster..703-919-9191
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7150 Sontag Way.....\$559,900..Sun 1-4.....Alice Kachejian..Long & Foster..703-282-2087
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All listings due by Tuesday at 3 P.M.

WELLBEING



PHOTO BY AMANDA LOMAX

Amanda Shipe, of Mind Your Body Oasis yoga studio in Arlington, assists a student with a downward facing dog yoga pose. Mind Your Body Oasis is one of several area studios offering free and \$5 classes during D.C. Yoga Week.

Yoga Week Comes to the Area

Local effort offers budding yogis a chance to improve their minds, bodies and spirits with free or \$5 classes.

BY MARILYN CAMPBELL
THE CONNECTION

Amanda Shipe presses the palms of her hands into the back of one of her students. The student's body forms a triangle, her head dangling upside down, the balls of her feet squeezing against the coarseness of the yoga mat beneath her. Shipe's touch sends the student's sitting bones skyward.

“[This] is called ‘downward facing dog.’ We do a lot of hands on alignment in our yoga classes to make sure students are doing their asanas [postures] correctly,” said Shipe, who runs Mind Your Body Oasis yoga studio in Arlington.

Shipe and other area yoga studio directors are welcoming new students into their doors this week as part of the eighth annual D.C. Yoga Week, an effort by the Washington-area community of yogis to raise awareness about the practice.

Participating yoga studios are offering free and \$5 classes along with discounts on merchandise and workshops. The weeklong event began April 26 and culminates with Yoga on the Mall, an outdoor yoga class of more than 1,000 yoga enthusiasts of all skill levels that will be held this Sunday, May 5, from 11 a.m. to 1 p.m.

“There are a lot of people who are afraid to take yoga. Some people have a misconstrued perception of what yoga is. This week they can take a class without making a large investment and become more familiar with yoga,” said Dawn Curtis of East Meets West Yoga Center in Vienna.

Shipe believes rampant misinformation fuels the trepidation that keeps some people at bay. “There are so many fears about yoga and so much talk out there in social media,” said Shipe. “This event will raise awareness about how great yoga is for your mind, body and spirit. It will bring new people into yoga classes and remind people that yoga is pretty mainstream and very available at many studios.”

Jatin P. Ambegaonkar, Ph.D., an associate professor in George Mason University's College of Education and Human Development in Fairfax, says the week-long focus on yoga is an opportunity to educate those who are unfamiliar with the practice.

“Scientific evidence has shown that the clear benefits of yoga include a sense of relaxation, a sense of well-being, a sense of cardiovascular wellness and musculoskeletal wellness,” said Ambegaonkar, who lives in Centreville. “The problem with yoga is that in the last eight to 10 years, there have been a lot of hybrids that have branched out from the original Indian art form of yoga, like power yoga and hot yoga, that are somewhat of a fad.”

Ambegaonkar added that while such popular forms of yoga are not necessarily harmful, more research is needed. He also offered a caveat. “One of the basic tenets of yoga is the focus on the body and recognizing it as being a temple,” he said. “People who practice yoga regularly know when they have reached their limit.”

According to its co-founder, Annie Mahon of Circle Yoga in Washington, D.C., Yoga Week began as a way to expand the yoga community and increase cohesiveness. “One goal is to make yoga accessible to a wider audience,” she said. “We'd like to be able to do more community-based yoga, like therapeutic yoga and support yoga in different areas of the [region]. We want to create more community in the yoga world.”

Freddy Margolis of Village Yoga in Potomac, Md., plans to join Yoga on the Mall. He also hopes D.C. Yoga week will unite local yogis.

“The D.C. area has one of the strongest yoga communities in the country,” he said. “People get worried about their own studios, but it's nice for us all to come together and have a nice day out on the Mall.”

For more information about D.C. Yoga Week, Yoga on the Mall or to find a list of participating studios, visit <http://dccy.org/>.

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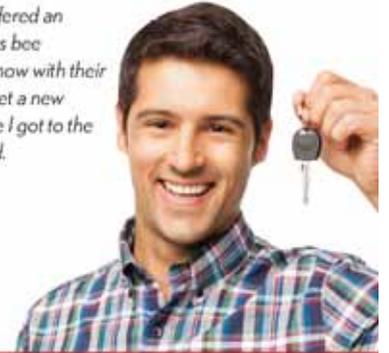
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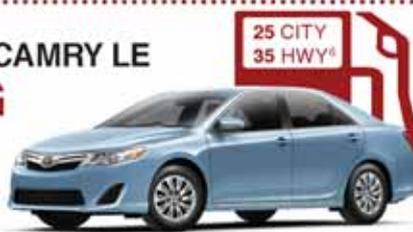
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