

Virginia Voters Get More Choices in 2013

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Helping Teens Bounce Back From Adversity

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Diane DiPietro of Burke shows her award for the 2013 Braddock District Citizen of the Year to son Joey, 5, and daughter Katie, 3.

JULY 18—24, 2013

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

Gun Control Vigil Continues

Reston-Herndon Alliance to End Gun Violence holds vigil on the 14th of every month commemorating date of Sandy Hook shooting.

BY JASMINE KANG
THE CONNECTION

Every month, supporters of gun regulation hold a vigil outside of the NRA headquarters to honor the victims of shootings, as well as urge Congress to take action. The vigil takes place on the 14th of every month, which is the date of the Sandy Hook Elementary shooting.

"I come to express that we are way past time for gun regulation," Del. Ken Plum (D-36) said. "The vigil is a way to keep it in the public's mind. If it can happen once, it can happen again."

Those attending the vigil hope that Congress will pass legislation regarding gun regulation.

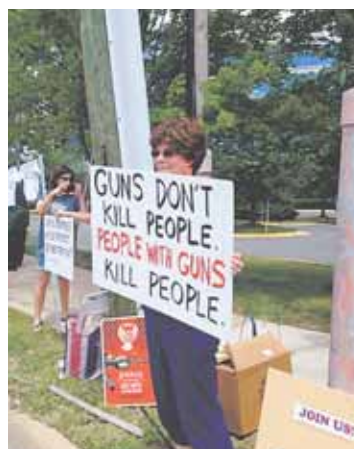
"I'm fed up with the violence and lack of action," Ralph Greenwood said. "A first step is reasonable control—registering weapons, instructions for safety, elimination of



Ralph Greenwood shows his support for gun regulation with a sign.

semiautomatic weapons and required background checks."

The event is organized by the Reston-Herndon Alliance to End Gun Violence, but local community members and other organiza-



Donna Auritsh holds a sign for observers to see. Drivers passing the vigil showed their support by honking or waving.

tions participate in the vigil. According to Joanne Simon of the Alliance, about 35 people attended the first vigil, but it has now grown to over 100 participants.

"I'm here because I'm sick and tired of the deaths that can be pre-



PHOTOS BY JASMINE KANG/THE CONNECTION

Members of the Reston-Herndon Alliance to End Gun Violence and local community members hold a vigil outside NRA headquarters to honor victims of shootings

vented and for me, it's a moral issue," Alex Dixon said. "Guns have their place in our society but the way that they're being regulated does not respect people's inherent dignity and worth."

Alice Englert, a resident of Warrington, attended the vigil in honor of her relative Daniel Barden, a victim of the Sandy Hook Elementary shooting.

A display of t-shirts representing the victims of the Sandy Hook Elementary and Virginia Tech shootings was featured.

"It's a way to honor all gun victims, with the focus on Newtown and Virginia Tech," Simon said.

The vigil took place the day after George Zimmerman was found not guilty in shooting of Trayvon Martin.

"Many of us are mourning that verdict, which was a miscarriage of justice," Martina Leinz said. Leinz is the president of the Virginia chapter of Million Mom March, which advocates for gun safety.

The Alliance will continue to hold vigils on the 14th of each month in front of the NRA.

"It's not just about Trayvon Martin," Dixon said. It's about the nameless and faceless that have died and I'm here for them."

SEE VIEWPOINTS, PAGE 6

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Virginia Voters Get More Choices in 2013

Northern Virginia has most two-party races on ballot.

BY VICTORIA ROSS
THE CONNECTION

While the Virginia governor's race is the one getting the most attention, both nationally and in the state, Virginia's House of Delegates race is shaping up to be the most competitive in a decade.

According to an official candidate list released last week by the Virginia State Board of Elections, 57 House seats will be contested this November—marking only the second time in the last decade where at least half of the 100 House seats will have more than one name on the ballot.

2013 is the second election cycle since the House Republican leadership re-drew district boundaries following the 2010 Census. In 2011, voters in nearly two-thirds of the 100 House districts had no choice on the ballot.

Of the 57 contested races, 44 include races with at least one Republican and one Democrat, and most of the two-party races on the ballot will take place in Northern Virginia (see chart.)

Throughout the state, 43 of the 100 House districts are uncontested, meaning there is only a single candidate on the ballot. Delegates Ken Plum (D-36) and Charniele Herring (D-43) are the only uncontested candidates in Fairfax County.

Republicans enter the election with a commanding 67-32 margin over the Democrats, although there are nearly three times as many Democrats challenging incumbent Republicans from two years ago. In June 2011, according to the Virginia Public Access Project, about 15 percent of the 100 House of Delegates seats were being contested between a Democrat and a Republican.

Each member of the Virginia House of Delegates serves two-year terms, represents approximately 80,000 citizens and receives an annual salary of \$17,640. By contrast, the Virginia Senate consists of 40 members. Each member is elected for a term of four years and receives an annual salary of \$18,000. A senator represents approximately 200,000 citizens of the commonwealth. The Virginia General Assembly meets annually, beginning on the second Wednesday in January, for 60 days in even-numbered years and for 30 days in odd-numbered years, with an option to extend annual sessions for a maximum of 30 days.

The Senate of Virginia and the Virginia House of Delegates, both bodies of the Virginia Legislature, meet in the historic capitol building in Richmond. For more information on the state legislature, go to virginiageneralassembly.gov.

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State Delegates Eileen Filler-Corn (D-41), far left, and David Bulova (D-37), far right, prepare bills in the lower house chamber during the 2012 General Assembly session. Both face challengers this November.

House of Delegates 2013 Elections

LOCAL RACES WITH MAJOR PARTY CHALLENGERS

- ❖ **District 34**—Democrat Kathleen Murphy challenges Republican incumbent Barbara Comstock.
- ❖ **District 35**—Republican Leiann Leppin challenges Democratic incumbent Mark Kearn.
- ❖ **District 37**—Republican Patrice Winter challenges Democratic incumbent David Bulova.
- ❖ **District 39**—Republican Joe Bury challenges Democratic incumbent Vivian Watts.
- ❖ **District 40**—Democrat Jerrold Foltz challenges Republican incumbent Tim Hugo.
- ❖ **District 41**—Republican Fredy Burgos and Independent Christopher DeCarolo challenge Democratic incumbent Eileen Filler-Corn.
- ❖ **District 42**—Democrat Ed Deitsch challenges Republican incumbent Dave Albo.

LOCAL RACES WITH THIRD-PARTY CHALLENGERS

- ❖ **District 38**—Jim Leslie challenges Democratic incumbent Kaye Kory.
- ❖ **District 43**—Glenda Gail Parker challenges Democratic incumbent Mark Sickles.
- ❖ **District 44**—Joe Glean challenges Democratic incumbent Scott Surovell.
- ❖ **District 45**—Jeff Engle challenges Democratic incumbent Rob Krupicka.
- ❖ **District 47**—Laura Delhomme challenges Democratic incumbent Patrick Hope.
- ❖ **District 48**—Lindsey Bolton challenges Democratic incumbent Bob Brink.
- ❖ **District 49**—Terry Modglin challenges Democratic incumbent Alfonso Lopez.

LOCAL UNCONTESTED RACES

- ❖ **District 36**—Democratic incumbent Ken Plum
- ❖ **District 46**—Democratic incumbent Charniele Herring



The Aloha Boys play music while The Aloha Girls (and one guy) dance for the crowd.

Obon Festival At Ekoji Temple

Celebration remembers ancestors who passed away.

Hundreds of people attended the Obon Summer Festival Saturday, July 13, at the Ekoji Buddhist Temple in Fairfax Station. The 1,500-year-old Japanese tradition with music, dancing, food and exhibits remembers loved ones who passed away and are at peace. The feast included chicken teriyaki bento dinners and spam musubi. The Ekoji Festival ended with a candlelight service in the Three Treasures Garden.



Mutsumi Koga of Fairfax with her children: Ayame, 11, Tamae, 9, and Nobuto, 7. They are wearing yukatas, which are light cotton Japanese kimonos for summer festivals.



Chiaki Davis with son Cyan, 15, of Fairfax, and Michael Veluz, 14, of Fairfax.



PHOTOS BY VICTORIA ROSS/THE CONNECTION

Members of the Audrey Moore Rec Center Rescue Team—Sophie Polnow, Tim Polnow, Connie Polnow, Corey Stoney and Faith Garrish—were honored during the 2013 Best of Braddock Awards Wednesday, July 10 at the Kings Park Library.

Celebrating Community Spirit

Burke resident named Citizen of the Year during “Best of Braddock” awards.

BY VICTORIA ROSS
THE CONNECTION

Always civic-minded, Burke resident Diane DiPietro gladly volunteered to be a board member of the Kings West Swim Club, a popular community gathering place in the Kings Park West subdivision.

But in 2005, DiPietro found herself in a difficult position. After years of declining membership and skyrocketing maintenance bills, the swim club shut down. And because of a quirk in state law, DiPietro, as the club’s president, was personally liable for the abandoned property, which had become an eyesore, health hazard and a magnet for troublemakers.

FAST FORWARD TO 2013. On Wednesday, July 10, DiPietro was honored as the Braddock District Citizen of the Year during the annual Best of Braddock Awards for her part in transforming the nine-acre swim club property into the county’s newest park – Rabbit Branch Park on Tapestry Drive.

“Diane was tireless in her efforts in getting a blighted and unused property converted into something positive for her community,” said Bill Barfield, chairman of the Braddock District Council of Community Associations (BDC), which hosts the annual event to recognize and celebrate community volunteerism. The Braddock Supervisor John Cook co-hosted the event, held at the Kings Park Library.

“I was completely caught off-guard,” DiPietro said. “This was such a team effort.” DiPietro worked closely with Tony Velucci, Braddock’s appointee to the Park Authority Board, and Cook (R-Braddock) to transform the dilapidated swim club into parkland and a storm-water retention basin. In addition, DiPietro worked with local legislators who changed state law to protect those who volunteer on community boards.

The annual event drew more than 100 guests, including U.S. Rep. Gerry Connolly (D-11), State Senators Dave Marsden (D-37) and Chap Petersen (D-34), State Delegates David Bulova (D-37) and Eileen Filler-Corn (D-41), and Chairman of the Fairfax County Public Schools Board Ilryong Moon.

“You know it’s a special event when this many politicians show up,” Cook quipped.

“Volunteering is the rent we pay for the air we breathe,” said Connolly in his remarks to the crowd. He also told one of his trademark jokes. “In Fairfax County, we believe there is no problem on God’s green earth that cannot be solved with another task force.”

“It’s about all of you giving that little extra that has made the difference,” Cook said during the ceremony. “We may not be unique, but we are a special community when it comes to volunteers.”

After presenting certificates to the “official” Best of Braddock winners, Cook presented a “surprise” award. Barfield was honored for his work as chairman of the BDC for the past four years. He was recently elected 2nd vice president of the Fairfax Federation of Citizens Associations. In the last decade, Barfield has served as president of Edsall Park Community Pool Association (2003-2006) and president of Country Club View Civic Association (2006-2007). BDC Treasurer Kevin Morse, a member of the Burke Conservancy, was also honored for his volunteer efforts on behalf of the BDC.

“Each year we are so pleased to let residents know they have neighbors who are actively showing how powerful community engagement can be,” Cook said.

“Each year we are so pleased to let residents know they have neighbors who are actively showing how powerful community engagement can be,” Cook said.

TO NOMINATE a person or group for the Best of Braddock Awards, email ann.sharp@fairfaxcounty.gov. For more information on the BDC, go to bdcfx.org.



Diane DiPietro of Burke was honored as the Braddock District Citizen of the Year during the 2013 Best of Braddock Awards Wednesday, July 10 at the Kings Park Library for her work transforming the Kings West Swim Club into a neighborhood park. From left—U.S. Rep. Gerry Connolly (D-11); Joe DiPietro holding daughter Katie, 3; State Sen. Dave Marsden (D-37); Del. Eileen Filler-Corn (D-41); Diane DiPietro with son Joey, 5; Supervisor John Cook (R-Braddock); Del. David Bulova (D-37); and State Sen. Chap Petersen (D-34).



Supervisor John Cook (R-Braddock) presents BDC Chairman Bob Barfield (left) and BDC Treasurer Kevin Morse (right) a special Best of Braddock certificate for their community volunteerism during the 2013 Best of Braddock Awards Wednesday, July 10 at the Kings Park Library.

SCHOOLS

Fifteen County Students Win College-sponsored Scholarships

Fifteen Fairfax County Public Schools (FCPS) graduates from the class of 2013 have been named winners of college-sponsored scholarships by the National Merit Scholarship Corporation (NMSC).

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

❖ Christie Goddard of Langley High School (computer science), National Merit Virginia Tech Scholarship.

❖ Praveena Mylvaganam of Langley High School (biology), National Merit University of Maryland Scholarship.

❖ Faith Tetlow of Madison High School (undecided), National Merit University of Southern California Scholarship.

❖ Joshua Higbee of McLean High School (economics), National Merit Brigham Young University Scholarship.

❖ Nicholas Kemp of Marshall High School (music), National Merit Northwestern University Scholarship.

❖ Anagha Srikanth of Robinson Secondary School (journalism), National Merit American University Scholarship.

❖ Kirsten Cardinal of Thomas Jefferson High School for Science and Technology (TJHSST) (chemical engineering), National Merit Rensselaer Polytechnic Institute Scholarship.

❖ David Gao of TJHSST (economics), National Merit University of Chicago Scholarship.

❖ Genevieve Gural of TJHSST (aerospace engineering), National Merit Virginia Tech Scholarship.

❖ Thomas Hay of TJHSST (computer science), National Merit Northeastern University Scholarship.

❖ Karina Hemmendinger of TJHSST (polymer-plastics engineering), National Merit Case Western Reserve University Scholarship.

❖ Amanda Nelson of TJHSST (neurosurgery), National Merit Denison University Scholarship.

❖ Vaughn Varma of TJHSST (mechanical engineering-robotics), National Merit Rochester Institute of Technology Scholarship.

❖ Christian Burruss of Woodson High School (engineering), National Merit Virginia Tech Scholarship.

❖ Mineyop Lee of Woodson High School (biochemistry), National Merit University of Chicago Scholarship.

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AUGUST 19–AUGUST 23..... HOTEL TRANSYLVANIA (PG)

Attendees will receive a coupon for a dollar (\$1.00) Off a cup of frozen yogurt from JOSIE'S SELF-SERVE YOGURT



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OPINION

Share Wisdom With Newcomers and Others

The Connection's Newcomers and Community Guide publishes in late August.

Our Insider's Edition Newcomers and Community Guide will publish the last week of August.

What tips do you have for someone getting to know your community? We're hoping to share the places, activities, events, organizations and volunteer opportunities your neighbors might not know about. What great places and activities do you think newcomers should know about? Events that should not be missed? Organizations that do a great job?

Places to volunteer? Tips for navigating your PTA or your school's front office? We'd love to have your photos to go along with your suggestions.

Faith organizations, nonprofit organizations, clubs, environmental groups, advocacy groups, youth sports teams and others who offer events open to the public are invited to send a paragraph about the organization and how to get involved.

We will publish a selection of local tips along with a plethora of information useful to new-

comers and long-time residents alike, including our award-winning Insider's Guide to the Parks, information on how to vote and more.

See last year's community guides by going to www.connectionnewspapers.com/PDFs/ and scrolling down to Newcomers.

Email tips and photos to editors@connectionnewspapers.com. Send in your Insider's Tips by Friday, Aug. 16.

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— MARY KIMM,

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VIEWPOINTS

What would you like Congress to do regarding gun violence?

Comments by participants in the Reston-Herndon Alliance to End Gun Violence monthly vigil at NRA Headquarters on Sunday, July 14.

—JASMINE KANG



Bob Hatfield, retired, Oakton

"Be courageous, think beyond the influence of the NRA and remember that U.S. citizens vote."



Erin Moran, student, McLean

"For now, background checks would be the biggest step. For assault weapons, I don't see any reason for someone to be carrying those."



Sabrina Adleson (left), student, Burke

"I'd like Congress to pass reasonable laws—not depriving people of guns but having laws that keep people safe."



Anne Alston, retired, Herndon

"I would like to see magazine sizes reduced and I don't know if we're going to get around to that so, at the least, some regulation on background checks."



Del. Ken Plum (D-36), Reston

"I'd like to see Congress pass legislation regarding universal background checks and outlaw assault weapons, which are weapons of war and don't belong in a civilized society."

LETTER TO THE EDITOR

Climate Change: An Existential Threat

To the Editor:

It would be difficult to overstate the importance of the president's bold new plan to cope with climate change, through maximum use of his executive authority to by-pass GOP obstructionism.

The president clearly understands that climate change poses both an immediate threat to our health and ultimately an existential threat to human existence.

The president's plan announced Tuesday, June 25, is a comprehensive approach to cutting the pollution that causes climate change and threatens public health, setting us on a path to make our communities healthier, safer and more resilient.

As Virginians, we should be especially grateful and supportive of the president's plan because rising sea levels, dangerous storm surges and intense hurricanes already pose serious threats to coastal cities in the Southeast, and climate change will intensify these impacts.

My 27 years of active military service included nine years of wartime service in Vietnam. Now out of uniform, and a permanent resident of our great commonwealth, I am joining fellow Virginians, many of whom are veterans, to fight a war that strikes closer to home—a war on public health in the immediate future and a long-term existential threat.

Fuel industry and congressional allies are already trying to block EPA's efforts to develop the new standards for power plants. This attacks our children and families. The Union of Concerned Scientists estimates that global warming will cause an additional 2.8 million cases of asthma attacks and other respiratory problems by 2020.

The long-term threat is existential. The rise of sea levels flooding coastal cities may spawn civil wars as people move inland and wars among nations in a desperate struggle for clean water and other resources.

Andre Sauvageot
Col., U.S. Army (retired)
Reston

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

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

Chelsea Bryan
Editorial Assistant
703-778-9410 ext.427
cbryan@connectionnewspapers.com

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

Jon Roetman
Sports Editor
703-778-9410
[@jroetman](mailto:jroetman@connectionnewspapers.com)

ADVERTISING:
For advertising information
e-mail:
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Steve Hogan
Display Advertising, 703-778-9418
shogan@connectionnewspapers.com

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

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

Editor & Publisher
Mary Kimm
703-778-9433
[@MaryKimm](mailto:mkimm@connectionnewspapers.com)

Executive Vice President
Jerry Vernon
jvernon@connectionnewspapers.com

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

Special Assistant to the Publisher
Jeanne Theismann
703-778-9436
[@TheismannMedia](mailto:jtheismann@connectionnewspapers.com)

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





A Scottish Highland cow.

Police Corral Wayward Cow From Fairfax

BY BONNIE HOBBS
THE CONNECTION

Fairfax County Animal Control officers are used to dealing with dogs, cats, skunks, raccoons and other critters. But it's not every day they're called upon to capture a cow on the run.

Yet that's what happened last week when they responded to a report of a cow running loose near the Colonnade at Union Mill shopping center on Union Mill Road in Centreville.

The cow turned out to be a Scottish Highland breed that had escaped from a farm on Winfield Road in Fairfax on Thursday, July 11. It had been loose for a few days. Besides being hot because of its shaggy coat and the 90-degrees-plus weather, it was pregnant and aggressive. So officers were warned it might attack if cornered.

"It had escaped from the farm through a gate and was very frightened," said police spokeswoman Lucy Caldwell. "It was getting a visit from the vet when it fled." She didn't know the animal's weight or if it had a name, describing the

bovine only as a "young, adult female."

Once the cow was on the loose, police received numerous calls of sightings and encounters in the days that followed. It was seen on New Braddock and Union Mill roads, Union Village Drive, Union Village Circle and Sequoia Lea Drive. Both Animal Control officers and patrol officers were involved in the pursuit.

"It had escaped from the farm through a gate and was very frightened."

—Police spokeswoman Lucy Caldwell

They tried to subdue the animal with tranquilizer darts, but several attempts to corral the orange-and-brown-horned cow were unsuccessful.

Finally, on Saturday, July 13, around 9:15 p.m., officers spotted a "mooving" object coming out of the woods near Union Mill Road. The cow allegedly charged the officers and fled through neighborhood yards. But officers gave chase and were eventually able to tranquilize the cow.

Police say a female veterinarian who'd responded to help the officers was injured during the animal's apprehension and was later treated for non-life-threatening wounds. The cow was not injured. The investigation is continuing and police say possible charges against the owners are pending.

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Multiple Offers Received

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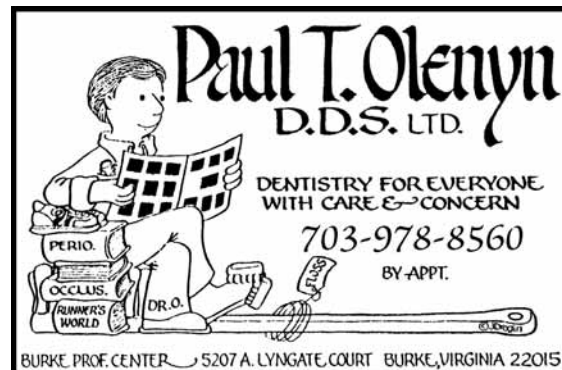


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There's something for everyone at GMU's VISTA science camp.

BY MARILYN CAMPBELL
THE CONNECTION

The thought of spending a summer immersed in science and math assignments is likely to make many students cringe. However, some Northern Virginia children are embracing the idea with a summer camp filled with projects that run the gamut from baking cookies in a solar oven to building a model roller coaster.

"I really like this camp because we do a lot of cool stuff. So far, my favorite activity is making a solar cooker," said Kaleab Tibebu, a rising fifth grade student at Hoffman Boston Elementary School in Arlington. "I've seen that on TV and always wanted to do it. We get to do a lot more science here and we aren't using textbooks."

The camp, which is part of the Elementary Science Institute at George Mason University in Fairfax, promotes Science, Technology, Engineering and Mathematics (STEM). This summer, campers are focusing on finding new forms and sources of energy. The two-week camp is designed for high-needs students from local schools. Students from Arlington County, Fairfax County, Manassas City, Manassas Park City and Prince William County are eligible to participate.

"It's awesome here. We made an oven with a pizza box, some tape and aluminum foil," said Cydell Still, a rising fifth grade student at Hoffman Boston Elementary School. "We will get to use it to cook s'mores. We have also gotten to build roller coasters and generators."

The Elementary Science Institute

is part of the Virginia Initiative for Science Teaching and Achievement (VISTA), a four-week professional development program that accepts about 30 elementary school teachers from Arlington, Fairfax, Stafford and Prince William counties and Manassas Park City. The instructors learn creative ways to make science lessons more engaging for students.

"It has been awesome, really mind boggling, to watch students be 100 percent engaged in working together on science," Becky Pierce, a sixth grade science and language arts teacher at Willow Springs Elementary School in Fairfax. "The VISTA program is teaching us to make science more hands-on and include more student involvement. When students are engaged, there are fewer behavior problems."

"It has been awesome, really mind boggling, to watch students be 100 percent engaged in working together on science."

— Becky Pierce, science and language arts teacher at Willow Springs Elementary School in Fairfax

Throughout the program, teachers worked together with scientists from around the region to create problems for students to investigate and solve. The students acted as scientific investigators and explored topics like regional energy sources and energy extraction.

"We are seeing a great deal of collaboration with the students working in teams," said Pierce. "They are thinking on a higher level, asking



Students study electricity and record their observations like scientists during the VISTA camp.

and answering their own questions, and wanting to do research to find out more information."

During one project, the students were divided into groups and given a set of supplies to create a solar oven: boxes, foil and tape. "Every group came up with a different design," said Pierce. "Some worked and some didn't, but they shared information and learned how to modify them to make them work."

Mollianne Logerwell, VISTA director of science and education at George Mason University, is impressed with the program's outcomes. "In our third year of this camp, it is still amazing to see how excited students and teachers get by engaging in active science inquiry and problem-solving," she said. "Mason has such a wealth of resources. The students have been able to see first-hand a solar golf

From left: Rebecca Pierce, Terri Kidwell and Amy Hurley, all teachers at Willow Springs Elementary School in Fairfax, attend the VISTA Elementary Science Institute. They are planning to bring the VISTA teaching methods back to their fourth, fifth and sixth grade classrooms during the school year.



Cydell Still, a rising fifth grader at Hoffman Boston Elementary School in Arlington, tests out a solar car.



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CALENDAR

To have community events listed, send to south@connectionnewspapers.com or call 703-778-9416 with questions. The deadline for submissions is the Friday prior to publication; we recommend submitting your event two weeks ahead of time. To see more entertainment events, go to: www.connectionnewspapers.com/news/2013/may/22/fairfax-county-calendar/

THURSDAY-SUNDAY/JULY 18-21

Quidam. 7:30 p.m. Thursday-Saturday; 1 and 5 p.m. Sunday; 3:30 p.m. Saturday, at the Patriot Center, 4400 University Drive, Fairfax. The Cirque du Soleil acclaimed production centers around an imaginary world where a girl meets characters who encourage her. \$32-\$115. 1-800-745-3000, www.cirquedusoleil.com/quidam or www.ticketmaster.com.

THURSDAY/JULY 18

King Soul. 5-6:30 p.m., Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. King Soul brings you real Southern Soul, featuring original songs, gritty vocals, a slamming horn section and driving rhythms. www.kingsoulband.com.

FRIDAY/JULY 19

Bachata-VIP. 7:30-8:30 p.m., at Royal Lake Park, 5344 Gainsborough Drive, Fairfax. Bachata is a popular form of latin dance and a romantic style of music that can trace its origins to the rural areas of the Dominican Republic. www.bachata-vip.com.

SATURDAY/JULY 20

Clifton Film Festival. 4 p.m., at the Workhouse Arts Center, 9601 Ox Road, Lorton. This film festival showcases original films made by the



Students are enjoying their films being played up on the screen at the 2012 Clifton Film Fest. This year's fifth annual film fest opens Saturday, July 20, at the Workhouse Arts Center and features films made by Fairfax natives among other filmmakers' works. The first original film opens at 4 p.m., and plenty of snacks, BBQ and shaved ice and ice cream make it a real party.

surrounding community at the Workhouse Arts Center. <http://workhousearts.org/events/performing-arts/sixth-generation-concert>.

SUNDAY/JULY 21

9th Annual Vibha Run/Walk. 8 a.m. Fairfax Corner Shopping Center, 4100 Monument Corner Drive, Fairfax. This Run/Walk raises funds for Vibha, a nonprofit organization aiming to help underprivileged children in India and the U.S. Chip Timing provided; flat course; food and DreamMile T-shirt for all paid participants; children's carnival, music, and face painting. Register. <http://www.active.com/framed/eventdetail.cfm>

CHECKSSO=0&EVENT_ID=2103882. <http://thedreammile.org/dc>.

THURSDAY/JULY 25

Emily Hearn. 5-6:30 p.m., Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Emily Hearn, a 21-year-old singer/songwriter currently based out of Athens, Ga. with charming, lighthearted melodies. www.emilyhearn.com.

FRIDAY/JULY 26

Tom Principato. 7:30-8:30 p.m., at Royal Lake Park, 5344 Gainsborough Drive, Fairfax. Tom has been playing around the globe performing dozens of blues hits and making music enjoyed by fans everywhere. www.tomprincipato.com.

MONDAY-FRIDAY/JULY 29-AUG. 9

Stage Door Camp. 9:30 a.m.-3:30 p.m., at Robinson Secondary School, 5035 Sideburn Road, Fairfax. An acting camp for youth; signup in June. www.RobinsonDrama.org.

SATURDAY-SUNDAY/JULY 27-28

2nd Annual Earth 2100 Conference. George Mason University, Johnson Center, Dewberry Hall South, 4400 University Drive, Fairfax. Participants explore global environmental issues and interact with representatives from the United Nations Environment Programme and four key think tanks. \$50 including two meals and a reception on July 11. http://www.ourtask.org/earth_2100_conference.

SUNDAY/JULY 28

Community Eat-for-Heat Pancake Feast and Water Play. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. Food, arts and crafts, playground time, and water play to raise funds to prevent hypothermia. \$6 per adult, \$4 per child, free for children up to 2 years old. Call 703-323-0880 or email LaurieA@jccnv.org for details.

THURSDAY/AUG. 1

Little Red & The Renegades. 5-6:30 p.m., Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Little Red is American music, with a heavy emphasis on zydeco and Cajun. www.littleredandtherenegades.com.

SATURDAY/AUG. 3

Lou Lou Shop to Give. Shop to support the Foundation for Women's Cancer/Society of Gynecologic Oncology for the National Race to End Women's Cancer, Sunday, Nov. 3 in D.C. www.loulouboutiques.com or twitter.com/LouLouBoutiques.

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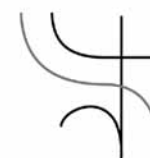
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Helping Teens Bounce Back From Adversity

Look for their strengths and build on them.

BY BONNIE HOBBS
THE CONNECTION

It's not easy being a teenager. And in today's world—where a fragile psyche can be crushed by thoughtless, callous and hurtful words by an online bully—it's important to endow teens with the tools they need to have confidence in themselves, shake off the insults and bounce back.

Toward that end, nationally renowned resiliency expert Nan Henderson spoke to about 150 parents recently at Robinson Secondary School on "Resiliency in Action: How Families, Schools and Communities Create 'Bounce-Back Kids.'"

Her presentation was held in conjunction with the resiliency program developed by the FCPS Department of Special Services in collaboration with Fairfax County government and several community youth groups. It focuses on bullying prevention and intervention; suicide prevention and helping children deal with depression; and responses to crisis situations, such as a student's or teacher's death or a natural or man-made disaster.

Impressed with the program, Henderson said, "This county is cutting-edge in actually embracing resiliency data in helping kids bounce back from adversity."

In creating it, FCPS surveyed students in sixth, eighth, 10th and 12th grades to determine both their risk factors and protective factors. Some students were bullied or had bullied others, some had been depressed or had contemplated suicide, and others needed help dealing with crises.

FCPS wanted its school psychologists, social workers and counselors to have common responses in crises, and its resiliency program used Henderson's work to link to helpful resources.

AT ROBINSON, she explained how adults can help students develop social competence, problem-solving skills, self-awareness, control and initiative. They're all traits resilient individuals possess to bounce back and overcome whatever obstacles they face.

"As a social worker in the early 1980s, I was concerned about wellness for young people and wanted them to be able to move from stress and trauma to a place of success," said Henderson. "But we always focused on the problems; and as we did so, both the child and parents became more and more demoralized."

By 1988, she knew something was wrong and, a year later, she moved to Albuquerque, N.M., as a school social worker. In 1990, schools there received a grant from the U.S. Department of Education to research how to intervene in and prevent youth risk behavior.

While researching, Henderson discovered that, "If you look over time at children and youth who go through adversity and risk behavior, the majority of them bounce back and do well. So focusing on problems, instead of resiliency, was missing the point."

The resiliency model challenges adults to hone in on children's individual strengths. So over four years, Henderson worked with a couple dozen schools and learned how schools can be effective at building resiliency. And in the 1990s, she wrote her first book on the subject to share her message with mental-health professionals and parents, too.

"We have the power to build bounce-back kids," she said. "The human condition, since the beginning of time, is all about resiliency and bouncing back from adversity. So we need to harness and find evidence of it; all children will do better if they have resiliency-building conditions in their lives."

Henderson said people, no matter what age, bounce back because of protective factors. "So parents and other professionals need to see themselves as protective factors," she said. "Parents may feel helpless to remove their children's stresses, risks and traumas, but they can put into their lives emotional protective factors to strengthen and buffer them."

Often, said Henderson, "We see a child's potential and ask why they're not doing better. Instead, we should ask what is it that keeps this child doing as well as he or she is, despite all his or her problems and struggles. What within them allows this to happen?"

She said something inside children strengthens so they can overcome their challenges. So Henderson said parents should think about how they can help their children become stronger and more resilient.

HENDERSON SAID parents should provide opportunities for their children to share their time and talents with others. For example, she said, "They could help disabled veterans or other people in need, so they can offer something and help people with problems greater than theirs."

She said parents should also treat their children with more warmth and less criticism, set and enforce clear boundaries, encourage supportive relationships with other caring people, promote education and responsibility, and provide opportunities for leadership and decision-making. They should also foster feelings of self-worth, self-motivation and perseverance in their children, as well as flexibility and a sense of humor.

Henderson said parents and other adults should let children know they believe in them and have high expectations for them. It's also important to tell them things such as, "You matter" and "It doesn't matter what you've done in the past."

She also advises parents not to give up on their children because "resiliency is a process that takes time. We are hard-wired to bounce back. When people go through problems and come out the other side, they're changed and have greater self-esteem and personal empowerment."



Nan Henderson

Giving a Local Voice to The Civil Rights Act

Next year, the nation will mark the 50th anniversary of the landmark Civil Rights Act. Last week, U.S. Rep. Gerry Connolly (D-11) announced he is embarking on a yearlong living history project to gather testimonials and stories from local residents about the civil rights movement and preserve them for posterity.

In the coming weeks and months, Connolly will be asking Northern Virginians to volunteer their personal stories and testimonials about the struggles they faced, the successes they achieved, and their other experiences related to the civil rights movement.

Connolly and his staff will compile the material received and present it to the local school and library systems in Fairfax and Prince William Counties and the City of Fairfax.

"I believe our community can create a local and very personal archive on the civil rights movement in Northern Virginia that will be studied and cherished by future generations," Connolly said. "This will be a community-wide endeavor that will preserve an important part of the history of our region, our commonwealth, and our nation."

THE CIVIL RIGHTS ACT of 1964 prohibited discrimination in public accommodations and banned discrimination based on race, gender, religion or national origin by employers. The legislation also created the Equal Employment Opportunity Commission to investigate allegations of workplace discrimination. The enactment of the legislation is considered a seminal moment for both race and gender equality in the United States.

"The heroes of the civil rights movement fought valiantly for this legislation during what was

a formative time for people of my generation and this country. The signing of the Civil Rights Act of 1964 by President Johnson was one significant victory in the long struggle against institutionalized discrimination," said Connolly.

Recently, a retired Prince William County teacher, who was one of the first teachers to integrate all-white Prince William schools, had an opportunity to meet another civil rights icon, Congressman John Lewis of Georgia. Congressman Connolly hosted Fannie Fitzgerald for the unveiling of the Frederick Douglass statue in the U.S. Capitol and he introduced her to Congressman Lewis.

"Mrs. Fitzgerald was one of the brave and remarkable educators who integrated Prince William County Public Schools a decade after the Supreme Court handed down its decision in Brown V. Board of Education," Connolly said. "It is my hope that this project will preserve Mrs. Fitzgerald's story and many others like it. I also welcome our younger generations to share their thoughts on how and why the legislation is important to them and how it affects their daily lives. Sadly, we continue to wrestle with issues of equality to this day, and the voices contained in this archive can be an important ally in the fight against discrimination."

MORE INFORMATION will be distributed as the yearlong archival history project moves forward. Written statements with phone, address and email can be submitted to Congressman Connolly's Prince William County District Office at 4308 Ridgewood Center Drive, Woodbridge, VA 22192. Call 703-670-4989 with any questions about the archival project.

—VICTORIA ROSS

Crime Solvers 5K Fundraiser

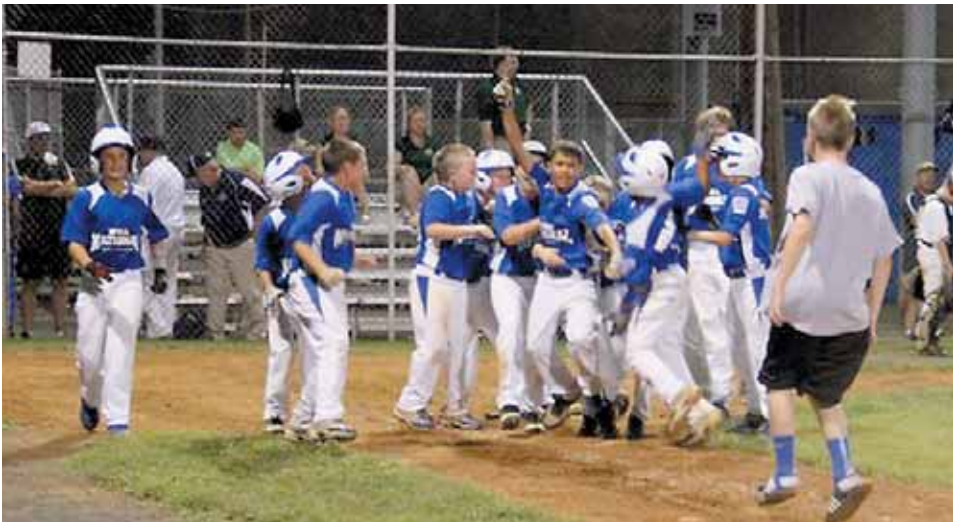
In partnership with Capital Area Runners, Fairfax County Crime Solvers is hosting its first 5K run fundraiser and needs the community's support. Residents are encouraged to sign up now to participate in this family-friendly event; everyone is welcome.

It's slated for Sunday, Aug. 4, at 8 a.m., on Grand Commons Avenue at the Fairfax Corner Shopping Center, off Monument Drive in Fair Oaks. Register at www.capitalarearunners.com/

crimesolvers5k.com.

A nonprofit, Fairfax County Crime Solvers provides an anonymous phone tip line, plus texting and e-mail capabilities to the public to report criminal information. Tipsters' identities are protected under state law. This program is not run by the police department, but by business leaders and residents seeking to make this county a safe place to live and visit.

Learn more about Crime Solvers at www.fairfaxcrimesolvers.org.



WSLL National 10/11 All-Star team celebrates after Bryce Hickman's walk-off home run to win the district championship.



The WSLL American 11/12 All-Star team defeated the National team, 11-1.

West Springfield Little League Sweeps District 9 Championships

Will host, compete in 10/11 state championship.

West Springfield Little League swept all three all-star divisions this year, with the WSLL American 11/12 All-Star team beating WSLL National, 11-1; WSLL National 10/11 defeating Fort Hunt, 7-6; and WSLL National 9/10 prevailing over WSLL American.

After losing their first game of the tournament to South County, 6-3, and facing elimination, the West Springfield National 9/10 All-Star team showed a lot of heart, determination and character by settling in and finishing with a five-game winning streak. Their 11-5 win in the championship game was a great showing against a very

talented West Springfield American squad. The National squad, managed by Craig Stine, had wins over WSLL American (3), Woodlawn and Central Springfield by a combined score of 62-23.

"I am so proud of our kids — how they competed and carried themselves throughout the tournament," Stine said. "They represented their families, league and community with pride, and I hope this is a memory they look back on fondly during their baseball careers."

The team heads off to compete in the state tournament in Richmond, July 18-July 22 in search of WSL's first 9/10 state crown.

In the 10/11 Division, WSLL National won the district championship in dramatic fashion, with a walk-off, three-run home run by Bryce Hickman, capping a come-from-behind 7-6 win against Fort Hunt. The National All-Star team, coached by Joe Rozmeski, had been undefeated going into the championship game, with victories over Dale City, Central Springfield, Dumfries/Triangle/Quantico, and Fort Hunt before the championship rematch.

"Our players were resilient in the championship game," Rozmeski said. "We faced a very talented Fort Hunt team and we scratched out enough bases in the sixth inning to get the right player to the plate at the right time."

"It's a storybook ending to the tourna-

ment," said WSLL President Greg Adams, whose son plays on the team and youngest son is a member of the 9/10 National team that won the district championship just two nights later against WSLL American, 11-5. "We came back and won to host and compete in our own tournament."

West Springfield American's 11/12 team completed the league's trifecta, with an 11-1 victory over the always-dangerous WSLL National team. West American was undefeated in District 9 Tournament play, and departs for Lynchburg to compete for the third straight year in the Virginia State Championship, held July 19-23.

Coach Greg McIntyre noted, "The boys played great in districts and it is exciting to go back to the state tournament."

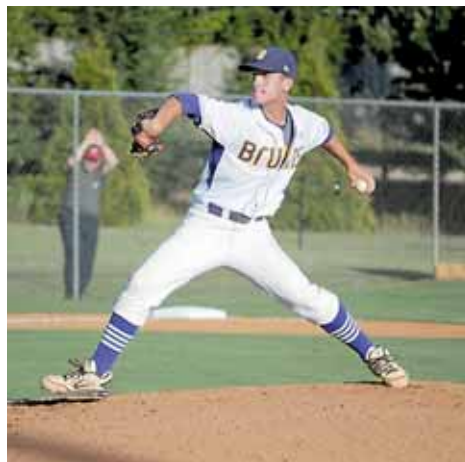
Lake Braddock Graduate Rogers to Pitch for UNC

Thomas Rogers played a major role in the Lake Braddock baseball program, capturing its first state championship in 2012. The left-handed pitcher combined with Michael Church to make a formidable 1-2 punch on the mound. The Bruins finished 26-3 and won the Patriot District title. Against Kellam in the state championship game, Rogers, then a junior, tossed a four-hit shutout and hit a home run.

Q&A

After the season, Rogers had Tommy John surgery on his pitching elbow, which limited his availability during his senior year. Over time, Rogers' pitch count increased and he earned big victories against Madison in the region tournament and Patriot in the state tournament. While Lake Braddock fell short of repeating as state champion, the Bruins took home the 2013 Northern Region title.

After a successful high school career, Rogers, a 2013 Lake Braddock graduate, will pitch for the University of North Carolina. He recently participated in a Q



Thomas Rogers, a 2013 Lake Braddock graduate, will play baseball at the University of North Carolina.

and A with The Connection.

❖Connection: What made UNC the right fit for you?

Rogers: Dream school ever since I can remember. Love the campus and coaching staff. Just felt like this was the place for me.

❖Connection: What will you study?

Rogers: Business administration.

❖Connection: Any word on playing time as a freshman?

Rogers: No word on that. Just have to play the fall season and see where I'm at after that.

❖Connection: Did you receive a scholarship?

Rogers: Partial scholarship.

❖Connection: You originally committed to the University of Georgia. Why the change?

Rogers: I changed because the more I thought about it, I would be way too far from home and my parents wouldn't be able to watch me all the time.

❖Connection: What is your favorite memory of playing baseball at Lake Braddock?

Rogers: Going to practice every day and getting to hang out with all the guys.

❖Connection: If you could go back and change one thing about your high school athletic career, what would it be?

Rogers: I wouldn't change anything. I had a lot of ups and downs throughout my high school career and it made me the player I am today.

❖Connection: You had Tommy John surgery after your junior season. What were your initial thoughts when you found out you needed the procedure?

Rogers: I was a little upset, but the more I read about the surgery and the rehab, I found out most people come back stronger, just like I did. It's sort of a thing of the past. Sometimes I forget I even had it done.

❖Connection: How does your arm feel now compared to before the surgery?

Rogers: It's the first time my arm hasn't hurt at all since I can remember.

❖Connection: When did you realize playing college baseball was a possibility for you?

Rogers: I honestly thought college baseball was attainable when I was in Little League.

❖Connection: What are you most looking forward to about the transition from high school to college?

Rogers: I'm most looking forward to not having classes starting at 7 a.m. every morning.

— JON ROETMAN

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The Jamestown-Yorktown

Foundation seeks qualified individuals for the following two part-time positions:
Outreach Education Instructor- Northern Virginia (Position# OI001) & **Outreach Education Instructor-** Fredericksburg (Position# OI002). Closes on July 26, 2013 @ 5:00 PM. For full job description and to apply visit <http://jobs.agencies.virginia.gov>. Applicants must complete an online Commonwealth of Virginia employment application. Background check & E-Verify Required. EEO/AA/ADA

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This PT position (25-30 hours) is ideal for someone seeking flexible hours and is willing to do general cleaning in a preschool setting. Being a handyman is a bonus. Candidates must demonstrate knowledge or experience with facilities maintenance, will be subject to a background check, and must complete a child abuse prevention course. Some benefits, such as paid time off, are available.

Please send your resume or appropriate information to or email admin2@standrews.net: Parish Administrator
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21 Announcements

ABC LICENSE

Bozzelli Frontier Corp trading as Bozzelli's Italian Deli, 6701 Loisdale Rd, Ste H Springfield, VA 22150. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL for a Beer/Wine on and off Premises, Keg Permit, Delivery Permit license to sell or manufacture alcoholic beverages. Michael Bozzelli/owner
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

21 Announcements

ABC LICENSE

Sicilian Italian Restaurants, LLC trading as Il Giardino Italian Restaurant, 8944 Burke Lake Rd, Burke, VA 22151. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a wine and beer on and off premises and mixed beverage restaurant license to sell or manufacture beverages. Julia Amato Manager/Member
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

21 Announcements

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Fairfax \$504,990
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Updated in Greenbriar beautiful 4 BR, 2.5 BA, 2-level home w/2-car garage. Remodeled, gourmet kitchen includes new cabinets and SS appliances. Sunny, clean, and freshly painted. Fenced, level back yard w/concrete patio.



Richard Esposito

703-503-4035

Richard@LNF.com

Service is the difference I provide



Fairfax \$3,600/month
This single family home features 4 Bedrooms, 2.5 Bathrooms and is in the heart of Fairfax. Near VRE, Express Buses, I-495 and I-66. Located in Kings Park West and Robinson School pyramid.
Richard Esposito 703-856-2529

ELLIE WESTER

703-503-1880

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Lorton Highlands \$489,900
Designer-inspired and wide-open floor plan await a new owner. Hardwood floors, gourmet kitchen, secluded deck backing to common area are a few of exciting features of this home. Over 2,300 sq. feet with a stunning three-level extension.

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