Late Summer Fun

CONNECTION Franconia ***** Kingstowne ***** Newington

Springfield

South Pole Comes to Springfield

A reading enthusiast dons the Antarctic explorer suit that children will be able to try on during the Aug. 10 55th Anniversary Cel-ebration at The Richard Byrd Library.

Page 4

News, Page 4

PAGE 8 & CLASSIFIED, PAGE 10

Sports,

*

ENTERTAINMENT, PAGE 7

Рното

VA Adopts: ampaign for 1,000 News, Page 3

August 1-7, 2013

Cobias Reel in

Fundraiser

Sports, Page 8



(1) DUE AT SIGNING INCLUDES DOWN PAYMENT (COROLLA: \$1,999, CAMRY: \$2,499, RAV4: \$2,990), FIRST MONTH'S PAYMENT, \$499 PROCESSING FEE AND NO SECURITY DEPOSIT. NOT ALL CUSTOMERS (ULL QUALIFY TAX), REGISTRATION AND INSURANCES ARE EXTRA, CUSTOMER IS RESPONSIBLE FOR EXCESSIVE WEAR AND EXCESS MILEAGE CHARGES OF \$0.15 PER MILE IN EXCESS OF AGREEMENT'S MILES (COROLLARAV: 36,000 MILES). CAMERY: \$4,000 MILES), OFFER AVAILABLE ON APPROVED CREDIT TO QUALIFIED CUSTOMERS FROM TOYOTA FINANCIAL SERVICES. (2) 0% APR FINANCING AVAILABLE FOR UP TO 60 MONTH'S ON SELECT MODELS. OFFERS FOR WELL-OUALIFIED ULYERS WITH APPROVED TIEF1+ CREDIT THROUGH TFS. 60 MONTHLY PAYMENTS OF \$16 67 PER \$1,000 BORROWED. (3) PURCHASERS CAN RECEIVE UP TO \$2,750 CASH BACK FROM TOYOTA OR CAN APPLY CASH BACK TO DOWN PAYMENT. THE NEW VEHICLE MODEL (4) BASED ON BLACK BOOK TRADEV VALUE MINUS EXCESS MILEAGE ADD RECONDITIONING. (5) COVERS NORMAL FACTORY SCHEDULED SERVICED SERVICED SERVICE COMES FIRST. THE NEW VEHICLE CAN-NOT BE PART OF A RENTAL OR COMMERCIAL FLEET. SEE PARTICIPATING DEALER FOR COMPLETE PLAN DETAILS. VALID ONLY IN THE CONTINENTAL UNITED STATES AND ALASKA. (6) COLLEGE GRAD AND MILITARY REBATE AVAILABLE ON APPROVED CREDIT THALU TFS. ELIGIBLE CUSTOMERS MUST BE IN ACTIVE DUTY STATUS IN U.S. MILITARY TO RECEIVE REBATE. (7) 2012 OR 2013 ERA-ESTIMATED MILEAGE MAY VARY' (8) CUSTOMERS CAN REFERENCE S500 INCENTIVE FROM TOYOTA UPON LEASING A NEW 2013 RAV4 AND TRADING IN A TOYOTA VEHICLE (1) WHICH VER COMES FIRST FROM DATE OF TOUV PURCHASE. (11) 1.9% APR FINANCING ON ALL CPO VEHICLES FOR UP TO 60 MONTH'S UPIN APPROVED CREDIT ON SELECT MODELS THROUGH TFS. 60 MONTH'S PER \$1,000 BORROWED. ONE INCENTIVE PER TRANSACTION. ALL OFFERS EXPIRE 86/13.



Fairfax County Board of Supervisors Chairman Sharon Bulova welcomed Virginia Governor Bob McDonnell during the event at the Fairfax County Government Center on Tuesday, July 30 to promote the governor's "Virginia Adopts: Campaign for 1,000" initiative.



From left-Supervisor John Cook (R-Braddock); Ryan Kelly, Office of Governor Bob McDonnell; Janet Kelly and Kelly's mother. Janet Kelly spoke about the couple's adoption experience during the event at the Fairfax County Government Center on Tuesday, July 30.

VA Adopts: Campaign for 1,000

Governor McDonnell promotes adoption, foster care during Fairfax County tour.

> By Victoria Ross The Connection

he atmosphere was festive as more than 100 people-including adoptive parents, children and state and local officialsgathered in the Fairfax County Government Center atrium Tuesday, July 30 to welcome Virginia Gov. Bob McDonnell (R) during the statewide tour to promote his "Virginia Adopts: Campaign for 1,000" initiative.

THE GOAL of the campaign is to match 1,000 children currently in foster care with adoptive families. The governor launched the statewide campaign on May 17 from the steps of the Governor's Mansion during Virginia's Foster Care Month.

"Whether you're Republican, Democrat, pro-choice, pro-life, adoption can transcend those issues," McDonnell said at Tuesday's event. "Even in affluent place like Fairfax, there are children in need of loving homes."

McDonnell said the General Assembly provided \$1.5 million for the campaign, and the money will be used to help prospective adoptive parents with medical and other expenses associated with adopting a child.

"I'm passionate about this," McDonnell said. "Children in foster care are there through no fault of their own, and just as much as any child, they deserve a loving, secure and stable family and home."

McDonnell noted that in 2012, 708 children were adopted from foster care in Virginia. He said that most of the 4,000 chil-



dren currently in Virginia's foster care system are over the age of 10 and many a part of a sibling group. He also acknowledged the grim statistics for children who age out of the foster care system: within two years of aging out, about 25 percent will be incarcerated and 54 percent will be homeless.

"Of the 4,000 children in Virginia's foster care system, about 1,000 children are ready for, and eagerly awaiting, adoption,' McDonnell said. "Each of these children deserves a secure, stable home environment. Together, we can help these children find loving families and make Virginia a better place."

Supervisor Pat Herrity (R-Springfield) and Chairman Sharon Bulova (D-at-large) sat with McDonnell and gave the welcome and closing remarks.

Herrity spoke movingly about his own experience as an adoptive parent. He and his wife, Nancy, adopted daughter Valeria in 2002 when she was 9 years old. She is

Supervisor Pat Herrity (R-Springfield) spoke about his adoption experience during the event to promote the governor's **"Virginia Adopts: Campaign** for 1,000" initiative held Tuesday, July 30. Daughter Valeria, now 21, joined Herrity's family in 2002. Nancy, Valeria, Pat and Sean Herrity in a recent campaign photo.

HOTO CONTRIBUTED

now 21, and about to graduate from culinarv school.

"As an adoptive parent this campaign is close to my heart," Herrity said. "By matching kids with adoptive families we are giving these children a shot at a life, a chance to stay in education, and a place to call home."

Herrity said he and his wife first met their daughter when she was playing with his sister's children. She had been adopted from Russia by a local couple, but that adoption wasn't working out.

"It was a bad situation. We met her and we started having her over to our house. The last thing I thought I'd be doing that summer is adopting a child," Herrity said. "There was a need and somebody needed to step up and help this girl.

"When she came into our lives, she didn't know the days of week or how to tell time," Herrity said during the event. "By the end of this year, she will have graduated from

Learn More

Virginia Governor Bob McDonnell urges anyone considering becoming a foster parent or adopting to visit:

www.VirginiaAdopts.Virginia.Gov. Twitter: @Virginia Adopts Facebook: VirginiaAdopts

- #VAdopts
- #Campaign for 1000
- For more information about Fairfax County foster and adoption services, go to www.fairfaxcounty.gov/dfs/childrenyouth/ fca.htm
- Attend an Orientation Meeting: The Fairfax County Department of Family Services hosts orientation meetings for prospective foster and adoptive parents the second Monday of each month at 7 p.m. at the Pennino Building, 12011 Government Center Parkway. For more information, call 703-324-7639 or TTY: 703-222-9452

Indiana University of Pennsylvania's Culinary School."

Herrity admitted it was difficult for him to say "adopted daughter."

"She's my daughter, period. I asked her permission before I publicly talked about her. She said if I can help somebody else get adopted, that's okay."

NANNETTE BOWLER, director of the Fairfax County Department of Family Services, served as mistress of ceremonies for the event.

"The Department of Social Services is grateful to the governor for his leadership in heightening the awareness of the great need for adoptive homes for our foster children who are available for adoption, yet do not have adoptive placements, particularly children ages 12 to 17 years of age," said Bowler.

Currently, about 300 youth in Fairfax County are in foster care, according to county Bowler, and when children cannot return home safely, county officials attempt to provide adoption or permanent-placement services for them.

"I think anytime we can bring this issue to the forefront, especially at such a high level, it can only help to get the word out about the dire need for the children to have a loving, permanent family," Bowler said.

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News

South Pole Comes to Springfield

August in Antarctica commemorates Richard Byrd Library's 55th Anniversary.

he Richard Byrd Library will beat the heat with its 55th Anniversary Celebration, August in Antarctica. The organizations that founded the library in 1958, such as the Friends of Richard Byrd Library, the Woman's Club of Springfield, the Upper Pohick Community League, and the Springfield Art Guild are collaborating to run this event. The celebration will have two components.

Thursday, Aug. 8, the first of the celebratory events, will be geared toward adults. Delegate Vivian Watts will welcome adults to the ceremony after a reception with cake and punch. Then, author Guy Guthridge will give a lecture titled "Richard Byrd: Antarctic Explorer," which will include a question and answer session. Participants will also be treated to an informative PowerPoint on the South Pole and will get to see the Antarctic flag, which will be flown in the library's meeting room.

"The Woman's Club was originally instrumental in starting the library, so we are definitely anxious to continue our help," said Pat Milot of the Woman's Club of Springfield.

THE SECOND PART of the anniversary celebration will be held on Saturday, Aug. 10 and will be family-oriented. These foundations are coming together to transform the Richard Byrd Library into the South Pole.

Shirley Edwards of the Springfield Art Guild made snow by mixing water and artificial snow powder, and the celebration will include two large bins of it. Children will be able to play in the snow in the middle of August. Edwards' husband, Ron, built wooden penguins with face cutouts that children can stand up to and get photographed in. One of the penguins looks like Richard Byrd's mascot; the other two are a mother penguin with her child.

"Members of the Springfield Art Guild are looking forward to making little penguins of the kids who attend this event," said Edwards.

Attendees will also be able to send postcards to the South Pole. The postcards will be delivered and sent back to the children's families with the rare Antarctic postage stamp. The celebration will also include a penguin face-painting station, an activity where children sort through a basket of gloves and mittens to find a match, and a National Science Foundation computer game where children decide which creatures belong in the North Pole, South Pole or both.

The National Science Foundation also loaned the library a real Antarctic explorer suit, complete with boots, heavy-duty gloves, a thickly padded coat, hats and goggles. Children will be able to try the outfit on, to see how it feels to be a real explorer.

"We are sneaking education in," said president of the Friends Group Christine Peterson.

These various activities will not be the only source of education. Kids will be able to try a sort of blubber glove, which is a plastic bag coated in Crisco and layered with another bag. The kids will then put their gloved hand in a tub of icy water. The glove's purpose is to simulate how blubber insulates a penguin they will be given a snow cone. and keeps them warm underwater.

PARTICIPANTS will also be able to sign a flag with the Richard Byrd logo that will be sent to Antarctica and flown in front of a colony of penguins. The fly-

4 Springfield Connection & August 1-7, 2013



The Community Founders stand before a photo of Richard Byrd, who they will commemorate on Aug. 8 and 10 with an Antarctic celebration.



The Antarctic patch is clearly visible on the explorer coat. It is the same kind of coat that is worn on South Pole expeditions.

ing will be broadcast on a webcam, so people can log in and see the flag that they signed waving in the chilly South Pole air.

Not all the activities will occur inside the library. Outside, children will be able to balance papier mache eggs on their feet the way adult penguins do. Also, as children leave the festivities after a full day

"In August, whether it's hot or rainy, you want to leave Springfield and go to Richard Byrd, because Richard Byrd will be Antarctica," said Peterson. "Everything will be cool."

-Eleanor Lamb



Jack Cason, 80, brought home the gold medal from the National Senior Games held last week.

Winning Gold, Bronze Greenspring residents Jack Cason and Charlie Edwards were awarded top medals at the National Senior Games.

eighbors Jack Cason and Charlie Edwards competed in archery at the National Senior Games in Cleveland last week. Both Cason, 80, and Edwards, 94, live at Greenspring retirement community in Springfield and competed in the compound release archery competition on July 23-24. Cason brought home the gold medal and Edwards was awarded the bronze medal in their respective age categories. The two qualified for the National Senior Games in May 2012 after receiving gold medals in their respective age groups at the Virginia Senior Games.

Cason is no stranger to the National Senior Games; the first time he qualified, he received a bronze medal at the 2005 National Senior Games in Pittsburgh, Pa. After missing the 2007 games, Cason returned to the National Senior Games in 2009 to compete in San Francisco,

Calif., where he earned a silver medal. In 2011, Cason earned a gold medal at the National Senior Games in Houston, Texas, where he received the highest score among all males aged 74-79 in the compound release archery competition. This year, Cason returned to Greenspring with another gold medal in hand.

For Edwards, this was his first trip to the National Senior Games. He first picked up a bow and arrow in December 2011 after Cason encouraged him to join the Greenspring Archers club at the community. Just six months later, Edwards earned a gold medal at the Virginia Senior Games. Since then, Cason has been working with him on improving his technical form and choosing the right equipment in preparation for the National Senior Games. At age 94, Edwards was the most senior archer at the competition this year and returned home with a bronze medal.



Charlie Edwards, 94, was awarded the bronze medal.

People and Pets

Greenspring resident Dorothy Cormany poses with her 7year-old shnoodle, Charlie. The photo was taken in July 2013 at Greenspring in Springfield.

Area Roundups 23 Dogs Taken From Springfield Home

On July 26, Animal Control Officers took 23 small dogs from a private home in the Springfield area. The owner became ill and could no longer care for them. She released the dogs to the county and they are currently being monitored and cared for by a veterinarian.

The dogs, mostly Maltese and bichon frise breeds, range in condition from fair to very poor. Those that are healthy are being groomed, spayed or neutered, and treated for medical conditions ranging from cataracts to heart murmurs. The Friends of the Fairfax County Animal Shelter is offering financial support

to help treat the dogs.

At least 10 of the dogs will be available for adoption later this week and others will become available after they have received further treatment. They range in age from six months to eight years and are friendly and easy to handle.

Please call the Fairfax County Animal Shelter at 703-830-1100 or email FCPDPetResources@fairfaxcounty.gov to find out more about adopting one of these dogs. If you would like to make a donation to help provide care for these dogs, visit the Friends of the Fairfax County Animal Shelter website at www.ffcas.org.

Thursday, Aug. 1, marks the beginning of the month-long adoption promotion, "Sunshine and Shelter Dogs." All dog and puppy adoption fees are half-off.



Summer Celebration

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OPINION Enjoy Tax Holiday, Donate School Supplies

Good timing to help those in need.

t is debatable whether recurring tax holidays for different seasonal needs are good policy. But since this weekend is Virginia's tax holiday on school supplies and clothing, it makes sense Editorial to take advantage of the savings, and to spread the wealth around. The savings are more significant this year with the new

sales tax increases in effect as of July 1. This year the tax holiday is Aug. 2-4. During this three-day period, school supplies selling for \$20 or less per item, and clothing and footwear selling for \$100 or less per item will be items that do not qualify, for example digital http:// school supplies. See www.tax.virginia.gov/ for more details.

When you are buying school supplies for your family, buy extra to donate to local families who are not able to afford to do the same. In Fairfax County, more than 40,000 students are poor enough to qualify for free or re-

duced price meals at school.

In Fairfax County, local nonprofits, Fairfax County Public Schools and corporate partners are collecting school supplies and backpacks. Monetary donations and backpacks are being accepted by eight local nonprofits and through local Apple and Northwest Federal Credit Union Branches, as well as online at http://collectforkids.org/donate/

New Lyme Disease Legislation Now in Effect

exempt from Virginia sales tax. There are some through Aug. 23. Last year the drive provided supplies for nearly 20,000 students. A \$10 cash donation goes a long way.

> Nonprofits partnering in this collection effort include Koinonia, New Hope Church, Northern Virginia Family Service, Our Daily Bread, Reston Interfaith, United Community Ministries, Western Fairfax Christian Ministries. For more ideas, see the Collect for Kids

> website at http://collectforkids.org. FACETS is also collecting contributions of

> money, school supplies and backpacks. Last year, FACETS gave backpacks filled with supplies to more than 300 needy students. Contact Liz Griffith, Development Coordinator at 703-352-3268 or lgriffith@facetscares.org. See http://facetscares.org/wp-content/uploads/ 2011/07/SchoolSupplyFlyerFY14.pdf.

> infectious disease markers", able to "identify

evidence of the disease when it is 2000 times

smaller" than what can be identified with cur-

Dr. Lance Liotta, also co-director of CAPMM

and Director of Science at Ceres Nanoscience,

noted that use of the Nanotrap test will "dra-

matically reduce the false negatives of current

testing processes and lead to earlier and greatly

improved treatment outcomes for those suffer-

I look forward to continuing to work with

doctors, members of the Lyme community,

neighbors, family and friends to increase pub-

lic awareness of Lyme Disease and to ensure

patient-centered medical care for all Virginians.

"vector-borne" illness in the United States. ("Vec-

tor" refers to a toxic microbe in the blood caused

by a bug bite, such as a tick bite.) The Virginia

Department of Health reports that there were

an estimated 1,110 cases of Lyme disease in the

state in 2012, up 9 percent from 2011. And cases

Lyme disease is the most commonly reported

rent testing processes.

ing from Lyme Disease."



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By Barbara Comstock State Delegate (R-34)

n July 1, the Lyme Disease Testing Information Disclosure Act that I sponsored this year went into effect. Virginia is now the first state

in the nation to disseminate information about testing problems directly to those who are suffering from Lyme Disease. This patient-centered measure enables patients to seek additional testing, if necessary, as well as receive appropriate and timely treatment. I've already seen this information posted in doctors' offices around our area, in compliance with the new law, and other states impacted are looking to take action too.

We modeled our Lyme legislation on an earlier bill we passed which provided information to women about problems in identifying breast cancer in women with dense breast tissue. In both cases, getting more information to patients both empowers and helps them seek additional treatments or information to help them battle these diseases.

I've heard from so many people in our community who are battling Lyme. Since I first took office, I have worked with leaders throughout Northern Virginia, including our Congressman Frank Wolf and Lyme Disease prevention advocates, to increase public awareness of this public health threat. In 2011, I passed a resolution to permanently designate May as Lyme Disease Awareness Month in Virginia.

The Lyme Disease Testing Information Disclosure Act that we passed this year simply requires health care providers to notify those tested for Lyme Disease that tests can produce a high rate of false negative results. The tests for Lyme only

LETTERS TO THE EDITOR

To the Editor:

become more accurate the longer the disease is in your body. We worked with McLean's Monte Skall and members of the National Capital Lyme Disease Association and were assisted by many of their volunteers who worked tirelessly to get their stories about failing to detect Lyme to legislators throughout Northern Virginia and the Commonwealth. It was the grassroots support and these stories that generated the winning bipartisan margin. Sharon Rainey of Great Falls, another tireless advocate who helps those in our community with Lyme Disease, was also a leader who worked with us to make this legislation a reality.

help promote earlier diagnosis and treatment for this devastating illness, and are fortunate that the medical community in our area is working to find solutions. For example, in May, I joined some of my colleagues for a meeting with researchers from George Mason University's Center for Applied Proteomics and Molecular Medicine (CAPMM) and business partner Ceres Nanoscience to learn more about a new technology that will dramatically improve detection of Lvme Disease.

The lead researcher on the project is George Luchini, recently named as one of the "Brilliant lier stages. This testing also is could lead to

Dr. Chip Petricoin, Co-Director of CAPMM and Director of Science at Ceres Nanoscience explained the Nanotrap as a "vacuum cleaner for

> stead of worrying about having during our down time?

> > Alex Serote Burke



We need better and more accurate testing to

Mason Assistant Professor, Dr. Alessandra 10" scientists under the age of 40 by Popular Science magazine. Her team and their partners at Ceres Nanoscience have been dedicated to refining their work on a new technology called a Nanotrap that will dramatically improve detection of Lyme Disease at much earearlier cancer testing.

them in our lockers, where they interruption. Lunch should be a might be stolen. If schools are askbreak from our classes and a chance ing us to use our electronic devices, why not allow us a little freedom to relax. Teachers allow us to use phones during class so many of us

requirement to write to a local newspaper, I am writing to express my opinion about whether or not

Using iPhones, iPods During School Lunch

Lake Braddock Secondary School. As part of a Scouting merit badge I think students should be able to use their iPhones or iPods during lunch, because all you're doing is electronic devices should be aleating. It's pretty boring. I don't lowed during lunch and other free understand why this would be an

times between classes at my school,

6 ♦ Springfield Connection ♦ August 1-7, 2013



were reported in all regions of Virginia. Early symptoms of Lyme disease may include headache, stiff neck, fever, muscle aches and fatigue. If left untreated or if treatment is delayed, the disease can become chronic with serious, debilitating complications, such as joint

are bringing them to school anyway.

I think we should be allowed to use

them during our free time, too, in-

pain and swelling, heart disease, neurological

problems (e.g., Bell's palsy), dizziness, irritability, ADHD-like symptoms, cognitive dysfunction, muscle weakness and neuropathy.

> For more information about Lyme you can check the following resources: http://wolf.house.gov/

index.cfm?sectionid=223§iontree=7,223 http://natcaplyme.org/lyme-topics/ overview.html.

Calendar

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. The deadline is the Friday prior to the next paper's publication. Dated announcements should be submitted at least two weeks prior to the event. For more entertainment events in the to: http:// county, go www.connectionnewspapers.com/news/ 2013/may/22/fairfax-county-calendar/.

THURSDAY/AUG. 1

- Davey Suicide & Farewell My Love. 6-11 p.m. Empire-Alchemy Room, 6355 Rolling Road, Springfield. Varied artists present rock music. \$10. www.ampedandalive.com/ eventdetails.aspx?eventId=1128.
- **3rd Annual Workhouse Clay** National Exhibition. Workhouse Arts Center, 9601 Ox Road, Lorton. A juried exhibition of ceramic art from across the country opens. http:// workhousearts.org/events/visualarts/3rd-annual-workhouse-claynational-2013.

FRIDAY/AUG. 2

Alt Washingtonia. 7:30-8:30 p.m., at Lake Accotink Park, 7500 Accotink Park Road, Springfield. This group will be performing traditional Alpine dances from Germany and Austria, representing the many different aspects of the culture. www.altwashingtonia.com/.

SATURDAY/AUG. 3

go to

box.

E-mail:

Winnie the Pooh. 1 p.m., W-3 Theatre, 9601 Ox Road, Lorton. A. A. Milne's characters encounter new neighbors and other adventures in the Hundred Acre Wood. \$8 for children under 12, \$12 for adults, See Calendar, Page 9



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Sports **Cobias Reel in Fundraiser**

Swim-a-Thon benefits Down Syndrome Association of Northern Virginia.

> BY ELEANOR LAMB The Connection

he Cobias made a splash in their effort to raise awareness and funds for Down syndrome. The Cottontail Swim Club recently held a Swim-a-Thon in order to raise money for the Down Syndrome Association of Northern Virginia. The different age groups of swimmers, which ranged from 7 to 18, took turns swimming as many laps as they could in 45-minute intervals. The Minis, which are the 4- to 6-year-old swimmers, swam in the shorter section of the pool.

Each swimmer has a sponsor who pays a fixed amount for every lap swum. Parent volunteers watch the children as they swim to count laps. Last year, the team, which has about 240 members, swam 8,000 laps. That is the equivalent of swimming to Kings Dominion. This year, the swim team, which is the leader in point standings in Division 10 in the Northern Virginia Swimming League, hopes to shatter that record.

"It gives everyone a cause," said Swima-Thon organizer Catherine Beck.

The team dives into the Swim-a-Thon with the same enthusiasm every year. The fundraiser, which has been going for as long as any of the adult leaders can remember, always helps a charitable foundation. In previous years, the event has aided The Leukemia and Lymphoma Society and the Nothing but Nets Campaign.

This is the second year in a row DSANV has been the beneficiary. Last year, the Swim-a-Thon raised over \$8,000 for the foundation. This event is one of the few major fundraisers DSANV takes part in every year.

"The best part is that it raises awareness for our organization," said Maureen Buckley of DSANV. "Unlike other fundraisers, this [involves] people outside the organization, which is great."

Although the swim team enjoys raising money for the foundation as a whole, they also have a personal tie to the team. One member of the swim club has Down syndrome, and her teammates swim hard to show appreciation and respect

for her. They are invested in her well being and the MacKinnon. welfare of all those with similar disabilities.

"It's all about inclusion. It hits home," said Team Representative Laura Travan. "It's nice to see she's part of the team, disability or not."

assistant coach, swam for Cottontail Pool for 12 years. He remembers trying to beat everyone else with the laps when he took part in the Swim-a-Thon. Now, MacKinnon is in charge of music during the event to keep the kids excited.

"I also like cheering on the kids. They're swimming to find a cure. It's just fun to watch them," said

8 Springfield Connection & August 1-7, 2013



Members of the 8-and-under group take advantage of the boogie boards during Cottontail Pool's Swima-Thon.

Photos by **Eleanor Lamb**/The Connection



Assistant coach and swim team member Connor Knowles perches in the lifeguard stand during the event.



Nick Masterson, one of the swim team's two head coaches, gives the Minis some direction.

Another coach who loves seeing the children reach their goals in the Swim-a-Thon is Connor Knowles. Knowles is both an assistant coach and a member of the 15-18 swim group, so he gets to participate in Connor MacKinnon, who is in his first year as an the event from two angles. Although he plays two roles, he does not mind the responsibilities that both entail. He also loves the enthusiasm the children bring to the event.

"It's not tough. It just makes it more interesting," said Knowles. "When [the children] realize what they're doing this for, everyone shows up."

VIEWPOINTS

What is the highlight of your summer tennis experience so far? What do you look forward to in the future?

-Eleanor Lamb



Zoe Green, 8, participant in 4week tennis camp at Cottontail **Pool, Springfield**

"I've done backhands. I won with a

"I like the part where you actually learn all the strokes and get to play against each other. Instead of using your feet, you use your hands. I like my tennis teacher a lot. [I like the game jail] because it's fun when you get a jailbreak. Everybody wins, nobody loses."

Steve Myers, 25, captain of Rolling Valley Swim and Racket Club's men's singles and mixed doubles teams, Springfield

"[The best] is getting everyone to come out and play. It's a lot of fun. I don't define success by wins and losses. Everyone's having a good time."





Emma Phillips, 13, member of the

match of tennis. My first match was singles and I didn't like it because I lost. Next, I played doubles and we didn't win, but we played well and felt better. I have a lot of fun and I think I could definitely improve. [I look forward to] winning a match."

Wayne Romero, 11, member of the Orange Hunt Tennis Club, Springfield "[My highlight] was winning my first match. It was pretty close. It was 8-6. I like playing tennis. It's one of my hobbies. [I look forward] to winning

more."



Julie Mohl, 16, member of the **Orange Hunt Tennis Club, Spring**field

"My first year, I was the only girl. It's nice to outnumber [the guys] for once. [I like] the quick smile and the wave as you walk on the court. I enjoy getting better and I feel like I have this year. Maybe we'll win next year."



From Page 7

runs 75 minutes with one intermission, appropriate for all ages, concessions available before the show and during intermission. workhousearts.org/events/ performing-arts/winnie-pooh.

- **3rd Annual Clay National Ceramics Exhibition Opening Reception**. 6-9 p.m., Workhouse Arts Center, 9601 Ox Road, Lorton. View The Workhouse Arts Center's 3rd Annual Workhouse Clay National Ceramics Exhibition at a reception with food and fellow art-lovers. http://workhousearts.org/events/ visual-arts/3rd-annual-workhouse clay-national-2013.
- Pentagram. 6-11:30 p.m. Empire-Alchemy Room, 6355 Rolling Road, Springfield. Varied artists perform metal music. \$20. www.ampedandalive.com/
- eventdetails.aspx?eventId=1147. The Holmes Brothers. 7-8 p.m., at Workhouse Arts Center at Lorton, 9601 Ox Road, Lorton. The Holmes Brothers have been playing a joyous and moving blend of blues, gospel, soul, R&B, rock 'n' roll and country for their fan base www.theholmesbrothers.com.

SATURDAY-SUNDAY/AUG. 3-4 Cabaret Series: Hot, Hot, Hot! 8

p.m. on Saturday, 1 p.m. on Sunday, W-3 Theatre, 9601 Ox Road, Lorton. This summer celebration features songs from the stage and screen. \$25, doors open 30 minutes before the show, cash bar available, ticket reservations recommended. workhousearts.org/events/ performing-arts/cabaret-series-hothot-hot.

MONDAY/AUG. 5

Havok. 6-11:30 p.m., Empire-Alchemy Room, 6355 Rolling Road, Springfield. Havok performs metal music. \$10. www.ampedandalive.com/ eventdetails.aspx?eventId=1109.

TUESDAY/AUG. 6

Jarren Benton. 7-11 p.m. Empire-Alchemy Room, 6355 Rolling Road, Springfield. Jarred Benton performs songs of the R&B and rap genres. \$12. www.ampedandalive.com/ eventdetails.aspx?eventId=1155.

WEDNESDAY/AUG. 7

All Shall Perish. 5-11 p.m., Empire-Alchemy Room, 6355 Rolling Road, Springfield. All Shall Perish, Oceano, and others perform acoustic and metal music. \$17 www.ampedandalive.com/ eventdetails.aspx?eventId=1091.

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