

**Chef Phil Davis supervises Braddock Supervisor John Cook as he flips burgers during Bonnie Brae's National Night Out celebration on Tuesday, Aug. 6. Civic association president Nancy Davis (left) and Anne Riege, former civic association president, take part in the fun.**

## Meet New County Police Chief

NEWS, PAGE 13

## 'Collect for Kids' Needs Donations

NEWS, PAGE 4



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## News

From left—  
Truc Bui,  
Nicole Bain,  
Katherine  
Knight and  
Jenny Hwang.



PHOTO CONTRIBUTED

## Fairfax High School Students Graduate from Governor's School of Agriculture

Four students from Fairfax High School graduated from the 2013 Governor's School of Agriculture held at Virginia Tech June 30 to July 27.

Nicole Bain, Truc Bui, Jenny Hwang and Katherine Knight, all seniors in the 2013-14 year, were one of 100 rising junior and senior high school students from across the commonwealth selected to participate in the month-long summer residential program for gifted students interested in agriculture and natural resources.

The program was developed in 2001 to provide hands-on, cutting-edge, scientific and academic instruction to future leaders and scientists to promote their understanding of the scope, opportunities and chal-

lenges, through academic and scientific rigor of the broad fields of agriculture, human health, natural resources and veterinary medicine.

Students received instruction from Virginia Tech professors in the College of Agriculture and Life Sciences, the College of Natural Resources, and the Virginia-Maryland College of Veterinary Medicine. In addition, agricultural education teachers from school divisions around the state joined the school's faculty.

"The Virginia Governor's School for Agriculture is a great way to introduce Virginia's youth to the science of agriculture," said Curtis Friedel, GSA director and assistant professor of agriculture and extension education in the College of Agriculture and Life Sciences. "Many of the students attending our program don't have an agricultural background, so it is very informative for them to see all the possible careers in agriculture available to them."

Each student was assigned to a "major," a class made up of about 20 students, based on his or her interests. These included animal science, plant science, food science, agricultural engineering and agricultural economics, with leadership classes integrated into each program. Students in each major completed the same specialized course designed to provide major-specific instruction and to prepare them to work on a major-specific project.

Each major was divided into work groups to undertake a group research project that culminated in a symposium and poster session on the last day of the school. Although the school curriculum was intense, students also participated in a variety of recreational activities, field trips and industry tours during the 28 days.

Students interested in participating in the Governor's School for Agriculture for 2014 should contact their high school guidance counselor, or Dr. Curtis Friedel, director of the Governor's School of Agriculture, at agschool@vt.edu or 540-231-6836.

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**Braddock School Board representative Megan McLaughlin and longtime Stone Haven resident Charlie Dane chat during the neighborhood's NNO event on Tuesday, Aug. 6.**



**Mauro Vargas, 7, tells Officer Ron Manzo of the West Springfield Police Department that he wants to be a police officer when he grows up. Vargas met the police officer during the National Night Out ice-cream social at Ravensworth Baptist Church in Springfield on Tuesday, Aug. 6.**

PHOTOS BY VICTORIA ROSS/THE CONNECTION



**George Mason University provided an information table during Middleridge's annual NNO bash, one of the largest in the county. From left, Traci Claar, director of the Office of GMU's Community and Local Government Relations, and Sarah Gallagher, assistant director in the Office of Community Relations, handed out literature on GMU to visitors throughout the evening.**

## Cops on the Block

**Fairfax County Police join hundreds of neighbors at National Night Out events.**

BY VICTORIA ROSS  
THE CONNECTION

**"**Is that a real gun?" His eyes wide with excitement, 7-year-old Mauro Vargas ran up to Officer Ron Manzo the minute he spotted the blue uniform at Ravensworth Baptist Church in Springfield on Tuesday, Aug. 6.

"Is it heavy? Do you ever have to shoot people? Can I see it?" Vargas quickly asked Manzo.

After a short lesson on gun safety, Vargas told Manzo he wanted to be a police officer when he grew up.

"I want to fight crime and keep people safe," he said.

"Talking to this little boy about being a police officer was a great way to start the night off. It's what this night is all about," Manzo said.

Manzo, a Fairfax County police officer based in the West Springfield Police district, was at the church for an ice-cream social to celebrate National Night Out (NNO), an event designed to strengthen community connections within neighborhoods and to heighten awareness of crime prevention issues. Along with Supervisor John Cook (R-Braddock) and Fairfax County School Board member Megan McLaughlin, Manzo attended 10 neighborhood NNO events Tuesday night.

**HE WAS ONE OF HUNDREDS** of Fairfax County police officers, firefighters and other first responders who joined communities across the county in recognition of the 30th annual National Night Out. Sponsored by the National Association of Town

Watch and Target Corporation, crime prevention officers in Fairfax County have worked to help coordinate local events all year long.

While the threat of rain kept the crowd count down, residents still enjoyed dozens of pool parties, picnics, parades, concerts and carnivals across Fairfax County.

"This is what makes our neighborhoods great places to live, people coming together to celebrate National Night Out," Cook said to residents at several NNO events. "We are lucky to have really active neighborhood watch programs throughout Fairfax County."

Captain Joe Hill of the West Springfield Police Department said when neighbors notice and report suspicious activity, it immediately helps keep criminal activity low. "Good neighbors are the best defense against crime in a community," Hill said.

Hill attended several events with Supervisor Pat Herrity (R-Springfield), who ended the evening at the Colchester Road Neighborhood Watch event.

"These events are a great way to meet your neighbors and keep your neighborhood safe," Herrity said.

Fairfax's Middleridge neighborhood hosts one of the largest and most elaborate NNO events in the county, with carnival rides, a band and information kiosks provided by various organizations throughout the county. Delegate David Bulova (D-37) and his wife, Gretchen, started the Middleridge party 17 years ago.

Joe Lucero, who attended the event with his wife, Kelly, and two young daughters, said Middleridge was a strong family neighborhood. "People look out for one another. This is one of our favorite events," Lucero said.

**FAIRFAX** has more than 600 neighborhood watches throughout the county, with the longest sustained Neighborhood Watch program in the nation. Learn more about National Night Out at <http://www.fairfaxcounty.gov/police/nno/> or by contacting the crime prevention officer at your local district station.



**Gigi Lucero (left) and her big sister Cecilia, 4 (right), got tattoos during Middleridge's National Night Out celebration on Tuesday, Aug. 6. Dad Joe Lucero (far right) and mom Kelly (holding Cecilia) said the annual NNO event is one of the highlights of the neighborhood.**



## NEWS

# 'Collect for Kids' Needs Donations

**Deadline for collecting school backpacks and calculators is Aug. 12.**

BY STEVE HIBBARD  
THE CONNECTION

Our Daily Bread in the City of Fairfax is trying to increase its capacity to collect school supplies to help 2,000 students by partnering for the third year with the "Collect for Kids" Back-to-School program. That's 1,217 more than last year's 783 number of students who benefited. The deadline for cash donations, backpacks and scientific calculators is Aug. 12.

"We've already purchased the supplies; we're hoping to get the cash donations," said Our Daily Bread Executive Director Lisa Whetzel. "If they can give us cash, we buy supplies in bulk."

A \$30 donation will help two students with school supplies. And this year, that doesn't mean notebook paper, scissors, pens or pencils—it's a brand new model. The total budget is \$20,000, which Our Daily Bread is still trying to raise.

As of Friday, it has enough supplies to help 300 students. "Three hundred is completely inadequate," said Whetzel. "We're trying to provide for 2,000 children, and we have a long way to go."

Dawn Sykes, season and holiday programs manager with Our Daily Bread, added: "The goal is to have kids start off the school year with a positive attitude and the tools they need to succeed."

Collect for Kids is partnering with Kids R First, Fairfax County Public Schools, the Fairfax County Office of Public and Private Partnerships, Apple Federal Credit Union and other groups and businesses. They are working together to make sure students on free and reduced lunch programs get the supplies they need come September.

Children from 14 schools in both the Jeb Stuart Pyramid and the Fairfax High School Pyramid benefit from the collections. Social workers help identify the needy students from their schools who are on the free or reduced lunch programs, and the supplies are given directly to them.



**Displaying backpacks and calculators are (from left): Lisa Whetzel, executive director of Our Daily Bread, with Dawn Sykes, season and holiday programs manager.**

Whetzel said 47,000 children are on the free or reduced lunch program countywide. "And even with all the nonprofits working together, we're still not meeting the need," she said.

This year, Office Depot is offering a discounted rate for its school supplies. The type of calculators needed are: TI30xa Solar School Edition, TI-83 or TI-84 (new or gently used ones).

On Aug. 12, volunteers will be sorting the supplies, and the school PTAs will be delivering them to the schools where they will be further sorted, said Whetzel.

To make a donation, mail a check to: Our Daily Bread, 4080 Chain Bridge Road, 2nd Floor, Fairfax, VA 22030 (write Back to School in the memo). Contact Dawn Sykes at 703-273-8829.



**Supervisor Cathy Hudgins (D-Hunter Mill) cuts the ribbon and opens the 65th Fairfax County 4-H Fair on Aug. 3. With her on the podium are (from left) Katie Mutchler, of Fairfax Station, Fair Princess; Amy Jenkins, of Fairfax Station, Fair Princess; Rachel Stephenson of Chantilly, Queen; Connor Tweddle of Vienna, King; and Lenah Nguyen, 4-H Extension Agent for Fairfax County.**

## Frying Pan Farm Park Hosts 65th Annual 4-H Fair

**Katherine Knight of Fairfax, president of the 4-H Fair Board and member of the Fairfax City 4-H Community Club, attaches ribbons to the photos submitted to the Fairfax County 4-H photography competition on Aug. 2.**



PHOTOS BY DEB COBB/THE CONNECTION



**Becky Randolph of Fairfax, member of the Krazy for K9s 4-H Dog Training Club, adjusts booties on her dog Lulu just before the start of the costume competition at the Fairfax County 4-H Dog Show on Aug. 3.**

3

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# NEWS

## Local Families, Au Pairs Help Support Children in Need

Fairfax County Local Childcare Coordinators (LCCs) Dariece Rau, Kimberly Nelson, Christine Bodziak, Shawna Levins, Cinzia Putzeys and Debora Smith, along with area au pairs and their host families, enjoyed cool refreshing yogurt and other treats at Yolly Molly Café in Fairfax to support Cultural Care's Kids First Foundation Sunday, Aug. 4.

The families and au pairs came from Fairfax, Clifton, Centreville, Fairfax Station and Springfield, all with a mind to support child advocacy groups and other non-profits benefiting children in need worldwide. Currently, Kids First supports: Share Our Strength, one of America's leading not-for-profit organizations whose mission is to end childhood hunger; Jeevitha Anathashrama, an orphanage in India; and Dom Dietzcka, an orphanage in Poland.

Yolly Molly provided the setting and donated 15 percent of all sales between 1-5 p.m. that day to benefit Kids First. In total, over \$100 was raised which will be matched 100 percent by Cultural Care Au Pair to support Kids First. Yolly Molly will continue the support through Aug. 25 by continuing to



PHOTO COURTESY OF SHAWNA LEVINS

**Families and their au pairs gather at Yolly Molly Café to support Kids First Foundation.**

collect donations for Kids First.

As a local childcare coordinator for Cultural Care Au Pair, Rau and her fellow LCCs support au pairs in the area, as well as their host families, ensuring that the entire family has a positive experience. The program, regulated by the U.S. Department of State, allows qualified young people with proven experience to live in the

United States for one year providing childcare for local families, while taking college courses and experiencing American culture first hand.

To become involved with the Kids First program or to learn more about hosting an au pair in your home, call Rau at 703-944-3907, or visit Kids First online [culturalcarekidsfirst.org](http://culturalcarekidsfirst.org).

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# OPINION

## Issues That Matter

### Mental health services discussion gives insight into real differences between candidates.

It came as somewhat of a relief to have the candidates for governor in Virginia, Ken Cuccinelli (R) and Terry McAuliffe (D), discuss an actual issue that matters to many Virginia families this week at a forum on mental health issues.

While press coverage of Cuccinelli and McAuliffe might lead one to believe that they are two similar, ethically challenged candidates, in fact they differ dramatically in their views about key issues affecting Virginia.

Money is critical to providing appropriate mental health services. So is access to health insurance that covers treatment for mental illness.

Virginia has an opportunity to expand health care for poor residents, with the bill paid by the federal government. Virginians are already paying the taxes that fund the expansion of Medicaid in other states. This would provide coverage for individuals with income up to \$14,856 or \$30,656 for a family of four.

Cuccinelli opposes expanding Medicaid; McAuliffe supports it.

Virginia stands to lose more than \$9.2 billion in federal funds over the first five years if it opts out of Medicaid expansion to individu-

als and families with incomes up to 133 percent of the poverty level.

It's a travesty that legislators engaged in partisan grandstanding could get to decide that as many as 400,000 Virginians would not get access to health coverage.

About 13 percent of Northern Virginia residents do not have health insurance. Fairfax County government, which supports the expansion, says it would provide coverage for 25,000 to 30,000 Fairfax County residents.

### Beyond Gifts And Disclosure

It's unlikely that there will be a special session of the General Assembly to address "holes" in Virginia's disclosure laws. No doubt some changes to rules on gifts to candidates and officials and their families will emerge from the next session of the Virginia General Assembly, which begins in January.

Virginia is one of only a few states with no limits on campaign contributions and little oversight on campaign spending, setting the stage for abuses beyond gifts, shopping sprees,

etc. Reform should move beyond gifts and into genuine campaign finance reform.

### Share Wisdom, Second Request

Our Insider's Edition Newcomers and Community Guides, will publish the last week of August. Thank you to the many people who have sent in contributions for publication. We are still seeking more input.

What tips do you have for someone getting to know your community? Do you have a favorite park? What sites in your community do you take visitors to see? We're hoping to share the places, activities, events, organizations and volunteer opportunities your neighbors might not know about.

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.

Email tips and photos to editors@connectionnewspapers.com. Send in your Insider's Tips by Friday, Aug. 16. For information on advertising, email sales@connectionnewspapers.com or call 703-778-9431.

— MARY KIMM,

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## A Life-changing Experience in Ghana

BY SHANNON WILKINSON  
VIRGINIA TECH CLASS OF 2014

I recently got back from the most life-changing experience of my short 21 years. Yendi, Ghana is a beautiful place on the West Coast of Africa that is so completely different from our delightful home in Springfield. As I traveled out of the United States for the first time in my life, I had no idea what to expect. I knew I was going to bring them the gift of mosquito nets, but I was not expecting the gift I was about to receive.

On our team of eight people, I was charged with being the "malaria expert." Malaria is a vector-borne disease that runs rampant in West Africa, and takes the lives of young children quite often in the wet and warm climate of Ghana. I pondered the ways I was going to educate the villagers about the disease and the easiest way I could get across my message. Going in with the mindset of expert was probably not my best plan.

All the villages we went to were in extreme poverty. Most didn't have enough clothes, and some villages hadn't seen a vehicle in over 50 years. But all of the Gha-



**Justin Pierson, Sarah Robbins, Shannon Wilkinson, Rachel Haynes, Missy Foor, Amanda Lewis.** ("We rode in the back of this pickup truck everyday ... and that's why we were all so dirty.")



**Shannon Wilkinson, walking through the village with some of the little children to hand out the nets and the instructions on how to use them.**

naians we met are remarkably self-sufficient. They did not have much, but they had plenty. So the thought of me going to teach them how to live better was hilarious as soon as I got there. We literally got laughed at for being white and speaking English the whole time we were there. They appreciated the nets, because they already understand that mosquitoes bring the disease, and they shared their life with us.

Life there is so relaxed. They work very hard, mostly as farmers, but they give everything they have. While I was there, people offered me their own food, they invited me into their homes, and they danced and smiled with me. I even got a live chicken as a gift for stopping to visit. I still have no idea why they were so excited to have a random white girl who didn't speak their language come visit but they were always ecstatic to invite us in.

The one phrase that all the English speakers there used that will never leave me is this. "You are welcome." That is the greeting that everyone uses there. It's as if you are already part of the family, and they understand your unspoken thank you.

Akwaaba. You are welcome.

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## SATURDAY/AUG. 10

**NAACP Meeting.** 10 a.m., Braddock Hall, 9002 Burke Lake Road, Burke. The meeting will include a viewing of speakers and sessions from July's NAACP Convention. [www.fairfaxnaacp.org](http://www.fairfaxnaacp.org).

## MONDAY-THURSDAY/AUG. 12-15

**"The Edge" Youth Basketball Summer Camp.** 9 a.m.-3 p.m. Providence Presbyterian Church Gym, 9019 Little River Turnpike, Fairfax. "The Edge" combines teachings of both basketball and life fundamentals. Ages 6-15, full-day and half-day options available. <http://www.bestyouthhoops.com/fairfaxcamp>.

## FRIDAY/AUG. 16

**American Red Cross Blood Drive.** 8 a.m.-2 p.m. Fairfax County Government Center 12000 Government Center Parkway, Fairfax. The American Red Cross Greater Chesapeake and Potomac Blood Services Region is taking blood donations. Schedule a blood donation appointment at 1-800-733-2767 or [www.redcrossblood.org](http://www.redcrossblood.org).

## WEDNESDAY/AUG. 21

**"Are They Doing That On Purpose?" Understanding Behaviors.** 1:30 p.m. Alzheimer's Family Day Center, 2812 Old Lee Highway, Suite 210, Fairfax. Learn how to successfully interpret

communication by those with memory impairments. Free admission. 703-204-4664.

## THURSDAY/SEPT. 19

**Lunch N' Life.** Noon-2 p.m. The Abiding Presence, 6304 Lee Chapel Road, Burke. Robert Thompson of the Washington Post discusses traffic issues and plans for the area's future. \$10, for ages 50 and up, checks payable to the Shepherd's Center of Fairfax-Burke. Call Faye Quesenberry at 703-620-0161 to make reservations; the S.C.F.B. office at 703-323-4788 for transportation; [scfbva.org](http://scfbva.org) for more information.

## ONGOING

**Nomad Camp.** Begins Aug. 12. Pick-up and drop-off at Sherwood Community Center, 3740 Old Lee Highway, Fairfax. Families and individual campers enjoy a week of special field trips. Children must be accompanied by adults; adult chaperones must also pay. For prices and more information, call 703-385-7858.

**Diabetes Self-Management Workshop.** Wednesdays, Sept. 4-Oct. 9, 10 a.m.-noon. Bruen Chapel United Methodist Church, 3035 Cedar Lane, Fairfax. Adults with diabetes learn to become empowered self-managers for a healthier and happier life. Free; register by Aug. 30 at 703-281-0538. Direct questions to Maureen Riddel at 703-481-2371 or Colleen Turner at 703-324-5489. [www.scov.org](http://www.scov.org).

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# WELLBEING

## If You Are What You Eat, Eat Well

BY MARILYN CAMPBELL  
THE CONNECTION

When Teri Cochrane's son was 18 months old, he was diagnosed with asthma and placed on a variety of medications, including steroids. Less than two years later, doctors warned the Reston mother that he would have frequent seizures, would never have a normal childhood and would never grow taller than 5 feet 4 inches. When Cochrane's daughter was born three years later, she also suffered from health problems, including chronic, severe abdominal pain.

"I went to great doctors in the area, but there wasn't an effort to find out why they were sick," said Cochrane. "It was always, 'Give them this medicine.'"

Cochrane was unwilling to accept constant medication without knowing the root cause of her children's illnesses, however. Making it her life's mission to find healing alternatives, she began doing her own research to find nutritional solutions.

"We found a pediatrician who was familiar with alternative medicine and we started our son on his healing path," said Cochrane. "The doctor said 'Don't eat this,' but he didn't tell me what we could eat. It took a lot of effort and a lot of tears to determine how to



LINDSAY BENSON GARRETT

Teri Cochrane

feed my family in a different way. Fifteen years ago, the term gluten-free wasn't on anyone's radar."

Cochrane left her corporate career after 20 years and returned to school to study nutrition, herbology and holistic methods of healing. She started her own nutrition and wellness practice called Healing Paths, Nutrition and Wellness Counseling, and has written a book called "Restorative Recipes: A Mindful Path to the Essential You."

**HER CLIENTS RANGE** from infants to adults. Cochrane's approach is tailored for each individual, focusing on specific health concerns and how they can be addressed through improved nutrition and natural supplements. She addresses ailments including allergies, hormonal imbalances, headaches, gastrointestinal upsets, menopausal symptoms, cancer and depression.

**"It took me a lot of effort and a lot of tears to determine how to feed my family in a different way. Fifteen years ago, the term gluten-free wasn't on anyone's radar."**

— Teri Cochrane, author and nutritionist

"Our counseling includes plans for insulin insensitivity, irritable bowel syndrome, high blood pressure, high cholesterol, cardiovascular disease, ADHD (attention deficit hyperactivity disorder) and other chronic and autoimmune conditions," said Cochrane.

"Food is our medicine," she continued. "But we've lost sight of our food. If you're eating fast food or food out of a package, you're not eating real food."

Nurse Practitioner Laura Evan, who holds a doctorate in nursing practice and is an assistant professor in the Nurse Practitioner Program at the George Mason University School of Nursing in Fairfax, agrees that eliminating processed foods can improve health.

"Avoid trans fats," she said. "These are modified fats found in processed foods. Avoid salt. It's a flavor enhancer [and] en-

courages the body to hold on to water and can increase [blood pressure] in certain patients."

Cochrane approaches each client as an individual. "Each person has their own signature biochemistry, and that tells me what they need for their body," said Cochrane. "You have to eliminate certain foods and then reintroduce them after waiting a period of time between each introduction."

She also offers meal plans and provides cooking and shopping guidelines for balanced nutrition that will meet individual health needs. She even takes clients on grocery store tours to demystify the new shopping process.

**ALEXANDRIA RESIDENT** Tamara Kieffer is one Cochrane's patients. "I have had migraines for many years ... and wanted to get off some of the medication and explore a homeopathic approach," she said. "It is a process and it gets frustrating because you want results right away. I got off gluten and cut out nitrates and nitrites, which meant giving up processed deli meat and hotdogs."

Once she began to see improvements in her health, Kieffer became motivated. "It is hard to cut things out of your diet, especially sugar, which was the last thing to go, but as soon as I did, my brain fog cleared

and I felt so much better." She says honey and dates work well as sweeteners.

Kieffer stresses that changing her diet was a long and difficult process, but says the pay-off was well worth the sacrifice. "My migraines are much improved. I am not off my meds entirely, but I was able to reduce them and now they work 90 percent of the time. Before it was much less."

Chronic abdominal issues have plagued Judy Clayton, of Arlington, for most of her life. "From constipation to endometriosis and internal scarring from multiple surgeries, I've had chronic pain [since childhood]," she said, adding that she also suffered from high blood pressure.

"When Teri tested me, it showed that I was dairy lactose intolerant, and was allergic to mold, like those found in mushrooms and peanut butter," Clayton said.

Clayton, who is 66, thought making the recommended dietary changes would be difficult, but she was wrong.

Her new diet includes a myriad of foods like beef, chicken, goat milk products and grain-like foods such as quinoa. "I thought I was going to miss bread and potato chips, but I don't," she said. "I think that my body is getting more nutrients so I don't crave the foods I used to eat. I've also lost 18 pounds and feel like a whole new person."



PHOTO BY KIRSTEN ROSE PHOTOGRAPHY

**Madeleine, Teri, Doug and William Cochrane.** When Teri Cochrane's children were young, doctors told her their illnesses would prevent them from having normal childhoods. She credits improved nutrition with their health and well-being, an issue she discusses in her book, "Restorative Recipes: A Mindful Path to the Essential You."

**WHILE COCHRANE IS PROUD** to have turned her personal research into a source to help others, she is especially proud of the health and well-being of her two children. Today, her 15-year-old daughter Madeleine is a ballet dancer in an elite professional program. Her son William is 19 years old and is 5-feet-11-inches tall. He is attending the University of Virginia on a full scholarship.

"He is fit and no longer on medication," said Cochrane. "He was prom king, on the varsity swim team and a junior Olympic champion in karate."

## American Red Cross Blood Drives for August

The American Red Cross Greater Chesapeake and Potomac Blood Services Region will hold blood drives in cities and towns throughout the region.

Donors are encouraged to give all summer long, but especially near key summer holidays when donations decline. From May 23 to Sept. 13, donors, recipients and blood drive coordinators will be asked to share their inspirational videos and personal messages about how their lives have been touched by blood donation. Call 1-800-REDCROSS (1-800-733-2767) or visit [www.redcrossblood.org](http://www.redcrossblood.org) to schedule your blood donation appointment today.

Blood drive area schedule:

♦Aug. 16 in Fairfax  
8 a.m. to 2 p.m. at Fairfax County Government Center, 12000 Government Center Parkway

♦Aug. 17 in Franconia  
9 a.m. to 3 p.m. at All Saints Episcopal Church-Sharon Chapel, 3421 Franconia Road

♦Aug. 20 in Springfield  
1:30 to 7:15 p.m. at American Legion Post 176, 6520 Amherst Ave.

♦Aug. 21 in Lorton  
8:30 a.m. to 2 p.m. at Noman M. Cole Jr. Pollution Control Plant, 9399 Richmond Highway

**Swimmers (front to back) Natalie Powell, Ryan Powell, Ian Schmitt, Faith Richardson, Molly Murphy, and Tyler and Parker Brown.**



## Fighting Cancer With Swim-a-thon

The South Run neighborhood pool fifth annual Swim-a-thon raised over \$1,895 and counting for INOVA's Life With Cancer organization Sunday, July 14. Neighbors from Burke, Fairfax Station and the South Run neighborhood swam a combined total of 677 laps, amounting to 16,925 meters swam in the pool.

Those who swam and those who didn't both donated, and friends and event organizers Michael Murphy, Nick Porter, Danny Murphy, Ryan Kelly and Jordan Krug are still in the

donation collection process.

The sum of \$1,895 and counting will go to combat cancer through Life With Cancer, an INOVA organization that helps families of cancer patients throughout the treatment and recovery process.

The friends started the event because, as Danny Murphy wrote in an email to the Connection, "our greater neighborhood community has been heavily affected by cancer. ... The purpose of this event is to raise awareness and money."



**Swim-a-thon Chairmen/Organizers (left to right) Michael Murphy, Nick Porter, Danny Murphy, Ryan Kelly and Jordan Krug (not pictured).**

DEPARTMENT OF PRODUCT VERIFICATION, RESEARCH AND DEVELOPMENT  
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60 DAY MARKET EVALUATION  

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## FAITH NOTES

Send notes to the Connection at [south@connectionnewspapers.com](mailto:south@connectionnewspapers.com) or call 703-778-9416. Deadline is Friday. Dated announcements should be submitted at least two weeks prior to the event.

**The Guhyasamaja Buddhist Center**, 10875 Main St., Fairfax, provides free classes to both newcomers and advanced practitioners of Tibetan Buddhism. <http://www.guhyasamaja.org> for more information.

**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 or [www.fbtministries.org](http://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](http://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 at 7300 Gary St., Springfield. 703-451-1500 or [www.fbcspringfield.org](http://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](http://www.st-andrew.org).

**Prince of Peace Lutheran Church**, 8304 Old Keene Mill Road, Springfield, offers casual worship on Saturday evenings at 5:30 p.m. Traditional services take place on Sunday mornings at 8:15 and 11 a.m. Sunday School is from 9:45-10:45 a.m. The church also offers discussion groups. 703-451-5855.

## CALENDAR

To have community events listed, send to [south@connectionnewspapers.com](mailto: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: <http://www.connectionnewspapers.com/news/2013/may/22/fairfax-county-calendar/>.

### THURSDAY/AUG. 8

**The Simon & Garfunkel Songbook.** 5-6:30 p.m., Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Since 1972, Rex Fowler and Neal Shulman have spent a lifetime making music together as the folk/rock duo Aztec Two-Step. [www.aztectwostep.com](http://www.aztectwostep.com).

### FRIDAY/AUG. 9

**American Idol LIVE! 2013 Tour.** 7:30 p.m., George Mason Patriot Center, 4400 University Dr, Fairfax. A showcase of American Idol's past-season finalists comes to the local Patriot Center.

### THURSDAY/AUG. 15

**Ryan Montbleau Band.** 5-6:30 p.m., Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. In their 10-year career, this band has built their catalog by introducing new songs to their live set, before committing to a definitive version. [www.ryanmontbleauband.com](http://www.ryanmontbleauband.com).

### FRIDAY/AUG. 16

**IONA.** 7:30-8:30 p.m., at Royal Lake Park, 5344 Gainsborough Drive, Fairfax. IONA's trademark is a high-

energy, pan-Celtic weave of the traditional music of Scotland, Ireland, Wales, Cornwall (England), Brittany (France), the Isle of Man and Galicia (Spain), featuring fiddle, vocals, flute, guitar and percussion. [www.ionamusic.com](http://www.ionamusic.com).

### SATURDAY/AUG. 17

**DC Fest With Newsboys.** 3 p.m., George Mason Patriot Center, 4400 University Drive, Fairfax. A range of performers take the local stage in this Christian musical festival.

### SUNDAY/AUG. 18

**27th Annual Pakistan Independence Day Festival USA.** Noon., at 7700 Bull Run Drive, Centreville. The Pakistan Independence Day Festival includes musical performances, rides and games. <http://www.pakistanfestivalusa.com/>.

### THURSDAY/AUG. 22

**Natty Beaux.** 5-6:30 p.m., at Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Natty Beaux is a new combo featuring musicians from Billy Coulter Band, The Junkyard Saints, Alexandria Klezmer and Western Bop. [www.nattybeaux.com/about.html](http://www.nattybeaux.com/about.html).

### FRIDAY/AUG. 23

**Inaugural Golf Tournament.** 2 p.m., Fort Belvoir Golf Club, 2920, 8450 Beulah St., Alexandria. Prizes include a chance to win \$5,000 for a hole in one, year-long BMW lease and several door prizes. 703-470-2137 or [www.fairfaxnaacp.org](http://www.fairfaxnaacp.org).  
**Shenandoah Run.** 7:30-8:30 p.m., at

Royal Lake Park, 5344 Gainsborough Drive, Fairfax. Shenandoah Run invites you to share in the songs and sounds of American folk music, from the 1960s to today. [www.shenandoahrun.com](http://www.shenandoahrun.com).

### THURSDAY/AUG. 29

**Elikeh.** 5-6:30 p.m., at Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Elikeh mixes Afro-beat with traditional Togolese polyrhythms to produce captivating tunes that are as listenable as they are danceable. [www.elikeh.com](http://www.elikeh.com).

### FRIDAY/AUG. 30

**Bruce Molsky and The Jumpsteady Boys.** 7:30-8:30 p.m., at Royal Lake Park, 5344 Gainsborough Drive, Fairfax. Bruce Molsky performs Appalachian folk music on the fiddle, guitar and banjo. [www.brucemolsky.com](http://www.brucemolsky.com).

### SUNDAY/SEPT. 15

**Jeffrey Siegel's "Gershwin and Friends."** 7 p.m., George Mason University Center for the Arts, 4400 University Drive, MS 2F5, Fairfax. Steinway Piano Gallery of Washington, D.C. sponsors the acclaimed pianist's performance of American music. \$19-\$38, Mason ID permits 1 free ticket. [cfa.gmu.edu](http://cfa.gmu.edu) and [HyltonCenter.org](http://HyltonCenter.org).

### THURSDAY-SATURDAY/SEPT. 26-28

**Friends of the Burke Centre Library Fall Used Book Sale.** 1-9 p.m., Sept. 26; 10 a.m.-6 p.m., Sept. 27; 10 a.m.-5 p.m., Sept. 28 at Burke Centre Library, 5935 Freds Oak Road, Burke. A variety of books will be sold at discounted prices. 703-249-1520.

### SUNDAY/NOV. 10

**Jeffrey Siegel's "The Glory of Beethoven."** 7 p.m., George Mason University Center for the Arts, 4400 University Drive, MS 2F5, Fairfax. The acclaimed pianist performs Beethoven's compositions as part of his Keyboard Conversations series. \$19-\$38, Mason ID permits 1 free ticket on Oct. 29. [cfa.gmu.edu](http://cfa.gmu.edu).

### SATURDAY/FEB. 22

**Jeffrey Siegel, "The Power and Passion of Beethoven."** 8 p.m., Hylton Performing Arts Center, 10960 George Mason Circle, Manassas. The acclaimed pianist performs Beethoven's "Rage Over a Lost Penny," "Sonata Pathétique," and "Farewell Sonata" as part of his Keyboard Conversation series. \$20-\$38, Mason ID permits 1 free ticket on Feb. 11, 2014. [HyltonCenter.org](http://HyltonCenter.org).

### SUNDAY/MARCH 30

**Jeffrey Siegel, "The Romantic Music of Chopin."** 7 p.m., George Mason University Center for the Arts, 4400 University Drive, MS 2F5, Fairfax. The acclaimed pianist performs Chopin's compositions as part of his Keyboard Conversations series. \$19-38, Mason ID permits 1 free ticket on March 18, 2014. [cfa.gmu.edu](http://cfa.gmu.edu).

### SUNDAY/APRIL 27

**Jeffrey Siegel, "Mistresses and Masterpieces."** 7 p.m., George Mason University Center for the Arts, 4400 University Drive, MS 2F5, Fairfax. The acclaimed pianist performs music inspired by composers' major love interests. \$19-\$38, Mason ID permits 1 free ticket on April 15, 2014. [cfa.gmu.edu](http://cfa.gmu.edu).

# COMMUNITIES OF WORSHIP

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Fairfax Assembly of God

703-591-4284

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703-573-7221

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Calvary Hill...703-323-1347

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Fairfax Circle...703-573-7372

Greater Little Zion...703-764-9111

Iglesia Bautista La Gran Comiscica...703-323-5858

Judah Praise Fellowship Christian...703-758-1456

Northern Virginia Primitive Baptist...703-255-0637

#### Buddhist

Guhyasamaja Buddhist Center... 703-774-9692

#### Bible

Bancroft Bible Church... 703-425-3800

#### Catholic

St. Leo the Great Catholic... 703-273-5369

St. Mary of Sorrows Catholic Church...  
703-978-4141

St. Paul Catholic Church... 703-968-3010

#### Coptic Orthodox

St. Mark...703-591-4444

#### Disciples of Christ

Fairfax Christian Church... 703-385-3520

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Church of the Apostles

703-591-1974

Truro Episcopal...703-273-1300

#### Jewish

Congregation of Olam Tikvah... 703-425-1880

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Jesus Christ Crucified...703-385-9015

Metropolitan Community Church

703-691-0930

Salvation Army...703-385-9700

Shepherd's Heart...703-385-4833

Word of Life Church International...

703-978-7101

#### Pentecostal

The Greater Pentecostal Temple...703-385-9426

#### Presbyterian

Christ Presbyterian Church...703-278-8365

Fairfax Presbyterian...703-273-5300

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# HOME SALES

In June 2013, 136 Fairfax homes sold between \$1,582,924-\$147,000. This week's list represents those homes sold in the \$1,582,924-\$444,000 range. For the complete list, visit [www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com)

Address .....	BR .	FB .	HB ...	Postal City ....	Sold Price ...	Type .....	Lot AC .	PostalCode .....	Subdivision .....
11390 AMBER HILLS CT .....	4	...	4 ... 1	FAIRFAX .....	\$1,582,924	Detached .....	1.00	22033	ESTATES AT FAIR OAKS
11388 AMBER HILLS CT .....	4	...	3 ... 2	FAIRFAX .....	\$1,225,039	Detached .....	0.83	22033	ESTATES AT FAIR OAKS
12710 LAUREL GROVE WAY .....	4	...	4 ... 1	FAIRFAX .....	\$1,200,000	Detached .....	0.83	22033	OAK HILL ESTATES
12185 WILD HORSE DR .....	5	...	4 ... 1	FAIRFAX .....	\$1,180,000	Detached .....	0.61	22033	DARTMOOR WOODS
9507 SHELLY KRASNOW LN .....	5	...	4 ... 1	FAIRFAX .....	\$1,175,000	Detached .....	0.18	22031	PICKETT'S RESERVE
3436 PRESERVATION DR .....	4	...	4 ... 1	FAIRFAX .....	\$1,159,000	Detached .....	0.17	22031	PICKETT'S RESERVE
12715 LAUREL GROVE WAY .....	5	...	4 ... 1	FAIRFAX .....	\$1,115,000	Detached .....	0.93	22033	OAK HILL ESTATES
3942 WOODBERRY MEADOW DR .....	4	...	3 ... 1	FAIRFAX .....	\$990,000	Detached .....	0.19	22033	KENSINGTON MANOR
12305 COUNTRY RIDGE LN .....	4	...	4 ... 1	FAIRFAX .....	\$960,000	Detached .....	0.92	22033	TILTON VALLEY ESTATES
4314 CHANCERY PARK DR .....	6	...	5 ... 1	FAIRFAX .....	\$937,500	Detached .....	0.26	22030	CHANCERY PARK
10115 BALLYNAHOWN CIR .....	4	...	4 ... 1	FAIRFAX .....	\$850,000	Townhouse .....	0.08	22030	FARRCROFT
10104 FARR OAK PL .....	3	...	4 ... 1	FAIRFAX .....	\$837,500	Townhouse .....	0.07	22030	FARRCROFT
3994 BALLYNAHOWN CIR .....	3	...	3 ... 1	FAIRFAX .....	\$760,000	Townhouse .....	0.07	22030	FARRCROFT
3703 CENTER WAY .....	4	...	3 ... 1	FAIRFAX .....	\$755,000	Detached .....	0.11	22033	PENDERBROOK
12737 LAVENDER KEEP CIR .....	4	...	4 ... 1	FAIRFAX .....	\$740,000	Patio Home .....	0.08	22033	RUGBY ROAD
4016 CHESTNUT ST .....	4	...	3 ... 1	FAIRFAX .....	\$739,000	Detached .....	0.18	22030	WESTMORE
10409 TOWLSTON RD .....	4	...	2 ... 2	FAIRFAX .....	\$735,000	Detached .....	0.31	22030	WINDY HILL
10081 MAIN ST .....	4	...	3 ... 1	FAIRFAX .....	\$710,000	Detached .....	0.23	22031	HALEMHURST
3700 MILLPOND CT .....	4	...	3 ... 1	FAIRFAX .....	\$710,000	Detached .....	0.14	22033	CENTURY OAK
12410 STEWART'S FORD CT .....	5	...	4 ... 1	FAIRFAX .....	\$695,000	Detached .....	0.23	22033	FAIR OAKS ESTATES
3711 CENTER WAY .....	4	...	4 ... 1	FAIRFAX .....	\$685,000	Detached .....	0.11	22033	PENDERBROOK
12503 LIEUTENANT NICHOLS RD .....	4	...	3 ... 1	FAIRFAX .....	\$670,000	Detached .....	0.23	22033	FAIR OAKS ESTATES
12367 WASHINGTON BRICE RD .....	4	...	3 ... 1	FAIRFAX .....	\$670,000	Detached .....	0.23	22033	FAIR OAKS ESTATES
3813 RUBEN SIMPSON CT .....	4	...	3 ... 1	FAIRFAX .....	\$670,000	Detached .....	0.22	22033	FAIR OAKS ESTATES
3749 MILLPOND CT .....	4	...	3 ... 1	FAIRFAX .....	\$654,000	Detached .....	0.11	22033	CENTURY OAK
3509 NODDING PINE CT .....	4	...	3 ... 1	FAIRFAX .....	\$648,000	Detached .....	0.30	22033	FRANKLIN GLEN
3714 MASON ST .....	4	...	2 ... 1	FAIRFAX .....	\$635,000	Detached .....	0.36	22030	LAYTON HALL
10406 BRECKINRIDGE LN .....	3	...	3 ... 1	FAIRFAX .....	\$630,000	Townhouse .....	0.05	22030	COURTHOUSE SQUARE - NEW
3425 COTTON TOP CT .....	4	...	3 ... 1	FAIRFAX .....	\$630,000	Detached .....	0.25	22033	FRANKLIN GLEN
13225 CORALBERRY DR .....	5	...	3 ... 1	FAIRFAX .....	\$619,900	Detached .....	0.26	22033	FRANKLIN GLEN
10509 JAMES WREN WAY .....	3	...	3 ... 1	FAIRFAX .....	\$610,000	Townhouse .....	0.05	22030	CHANCERY SQUARE
13200 SHADY RIDGE LN .....	4	...	3 ... 1	FAIRFAX .....	\$610,000	Detached .....	0.23	22033	FRANKLIN GLEN
12903 LEE SIDE CT .....	4	...	3 ... 1	FAIRFAX .....	\$609,900	Detached .....	0.12	22033	CENTURY OAK
4155 RUSH ST .....	4	...	3 ... 1	FAIRFAX .....	\$605,000	Townhouse .....	0.03	22033	CENTERPOINTE III
3204 BEECH TREE CT .....	3	...	2 ... 1	FAIRFAX .....	\$603,500	Detached .....	0.10	22030	GREAT OAKS
10506 JAMES WREN WAY .....	3	...	3 ... 1	FAIRFAX .....	\$602,000	Townhouse .....	0.04	22030	CHANCERY SQUARE
12425 ALEXANDER CORNELL DR .....	4	...	2 ... 1	FAIRFAX .....	\$595,000	Detached .....	0.22	22033	FAIR OAKS ESTATES
12308 OAK HILL RD .....	5	...	3 ... 1	FAIRFAX .....	\$590,000	Detached .....	0.29	22033	FAIR OAKS ESTATES
10541 JAMES WREN WAY .....	3	...	3 ... 1	FAIRFAX .....	\$589,000	Townhouse .....	0.04	22030	CHANCERY SQUARE
10328 SAGER AVE #215 .....	3	...	2 ... 1	FAIRFAX .....	\$585,000	Garden 1-4 Floors .....	.....	22030	PROVIDENCE SQUARE
4157 RUSH ST .....	4	...	4 ... 1	FAIRFAX .....	\$581,000	Townhouse .....	0.03	22033	CENTERPOINTE III
4279 MCCLAIN HILL CT .....	3	...	2 ... 1	FAIRFAX .....	\$568,000	Detached .....	0.07	22033	CARR AT CEDAR LAKES
3933 STARTERS CT .....	3	...	2 ... 1	FAIRFAX .....	\$567,700	Townhouse .....	0.06	22033	HIGHLAND OAKS
10005 BLACKTHORN CT .....	5	...	3 ... 0	FAIRFAX .....	\$560,000	Detached .....	0.47	22030	COUNTRY CLUB HILLS
3606 CANOE BIRCH CT .....	4	...	3 ... 1	FAIRFAX .....	\$560,000	Detached .....	0.26	22033	FRANKLIN GLEN
4002 QUIET CREEK DR .....	4	...	3 ... 1	FAIRFAX .....	\$559,000	Townhouse .....	0.06	22033	STONE CREEK CROSSING
4119 OAK VILLAGE LNDG .....	3	...	3 ... 1	FAIRFAX .....	\$551,500	Townhouse .....	0.06	22033	LEONARD PROPERTY
9805 BARLOW RD .....	4	...	2 ... 1	FAIRFAX .....	\$540,000	Detached .....	0.53	22031	LITTLE RIVER HILLS
4113 OAK VILLAGE LNDG .....	3	...	3 ... 1	FAIRFAX .....	\$540,000	Townhouse .....	0.04	22033	LEONARD PROPERTY
4375 MAJESTIC LN .....	4	...	2 ... 1	FAIRFAX .....	\$530,000	Detached .....	0.22	22033	GREENBRIAR
13111 MOSS RANCH LN .....	3	...	2 ... 1	FAIRFAX .....	\$525,000	Detached .....	0.26	22033	GREENBRIAR
4052 TIMBER OAK TRL .....	4	...	3 ... 1	FAIRFAX .....	\$525,000	Townhouse .....	1.44	22033	LEONARD PROPERTY
4035 PENDER RIDGE TER .....	3	...	2 ... 1	FAIRFAX .....	\$525,000	Townhouse .....	0.04	22033	LEONARD PROPERTY
3508 SPRING LAKE TER .....	4	...	2 ... 0	FAIRFAX .....	\$515,000	Detached .....	0.29	22030	COUNTRY CLUB HILLS
4122 MIDDLE RIDGE DR .....	4	...	2 ... 1	FAIRFAX .....	\$515,000	Detached .....	0.26	22033	GREENBRIAR
13006 MAPLE VIEW LN .....	4	...	2 ... 1	FAIRFAX .....	\$510,000	Detached .....	0.23	22033	GREENBRIAR
10328 SAGER AVE #317 .....	2	...	2 ... 0	FAIRFAX .....	\$509,000	Garden 1-4 Floors .....	.....	22030	PROVIDENCE SQUARE
10906 MAPLE ST .....	4	...	1 ... 2	FAIRFAX .....	\$500,000	Detached .....	0.21	22030	WARREN WOODS
3205 TRAVELER ST .....	4	...	3 ... 0	FAIRFAX .....	\$500,000	Detached .....	0.22	22030	MOSBY WOODS
9808 BARLOW RD .....	3	...	2 ... 1	FAIRFAX .....	\$500,000	Detached .....	0.78	22031	LITTLE RIVER HILLS
13100 FOREST MIST LN .....	3	...	2 ... 1	FAIRFAX .....	\$490,000	Townhouse .....	0.08	22033	GREENS AT FAIR LAKES
12730 DOGWOOD HILLS LN .....	3	...	2 ... 2	FAIRFAX .....	\$480,000	Townhouse .....	0.04	22033	BIRCH POND
13209 MEMORY LN .....	4	...	2 ... 0	FAIRFAX .....	\$472,500	Detached .....	0.24	22033	GREENBRIAR
12718 DOGWOOD HILLS LN .....	3	...	2 ... 2	FAIRFAX .....	\$466,500	Townhouse .....	0.04	22033	BIRCH POND
10603 CENTER ST .....	3	...	2 ... 0	FAIRFAX .....	\$465,000	Detached .....	0.23	22030	TUSICO VILLA
3816 BEVAN DR .....	3	...	2 ... 0	FAIRFAX .....	\$463,045	Detached .....	0.26	22030	FAIRCHESTER
4240 SIDEBURN RD .....	4	...	2 ... 1	FAIRFAX .....	\$460,000	Detached .....	0.23	22030	FAIRFAX TOWNE ESTATES
12331 QUIET HOLLOW CT .....	4	...	3 ... 1	FAIRFAX .....	\$460,000	Townhouse .....	0.06	22033	FAIR RIDGE
13209 PRESSMONT LN .....	4	...	2 ... 0	FAIRFAX .....	\$460,000	Detached .....	0.19	22033	GREENBRIAR
4013 DOGBERRY LN .....	3	...	2 ... 2	FAIRFAX .....	\$460,000	Townhouse .....	0.04	22033	BIRCH POND
4021 MAPLE ST .....	3	...	2 ... 0	FAIRFAX .....	\$457,091	Detached .....	0.21	22030	WILLIAMS WESTMORE
12512 SWEET LEAF TER .....	3	...	3 ... 1	FAIRFAX .....	\$457,000	Townhouse .....	0.06	22033	FAIR WOODS
13218 PLEASANTVIEW LN .....	3	...	2 ... 0	FAIRFAX .....	\$452,777	Detached .....	0.21	22033	GREENBRIAR
4414 MANOR HALL LN .....	4	...	2 ... 0	FAIRFAX .....	\$452,500	Detached .....	0.19	22033	GREENBRIAR
11802 GREEN LOOK PL .....	3	...	3 ... 1	FAIRFAX .....	\$450,000	Townhouse .....	0.04	22033	PENDERBROOK
12406 BENJAMIN HILL LN .....	3	...	2 ... 2	FAIRFAX .....	\$445,000	Townhouse .....	0.03	22033	CARR AT CEDAR LAKES
12336 QUIET HOLLOW CT .....	4	...	3 ... 1	FAIRFAX .....	\$445,000	Townhouse .....	0.04	22033	FAIR RIDGE
4361 THOMAS BRIGADE LN .....	3	...	2 ... 1	FAIRFAX .....	\$444,000	Townhouse .....	0.04	22033	CARR AT CEDAR LAKES

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## WEEK IN FAIRFAX

## Car Crash Kills Man

A Fairfax man was killed Sunday in a single-vehicle accident on Fairfax Boulevard. City of Fairfax police identified him as Vladislav Bochkov, 29, of Lochleven Trail.

The tragedy occurred Aug. 4, shortly after noon, just east of the Kamp Washington intersection. According to City of Fairfax police, initial investigation indicated that a silver 2004 BMW 530I was traveling east on Route 50 and had stopped for the red traffic signal. Then, as the light cycled to green, they say, the vehicle quickly accelerated across three lanes of traffic and continued briefly onto eastbound Fairfax Boulevard.

“The vehicle left the roadway and continued across a median, finally striking the exterior of the building complex at 10955 Fairfax Blvd. occupied by T-Mobile,” said police. “The driver, Bochkov, did not appear to be wearing a seatbelt and was transported to Inova Fairfax Hospital where he was pronounced dead.”

He had no passengers and no one else was injured. The City of Fairfax Police Department Crash Reconstruction Team was assisted at the scene by the Virginia State Police. The crash remains under investigation; it's the first fatal crash this year in the City of Fairfax.

## Fairfax Police Citizens Academy

People wanting to participate in the fourth Citizens Police Academy offered by the City of Fairfax Police Department must submit applications no later than Thursday, Aug. 15. This session will run from Thursday, Sept. 5, through Thursday, Nov. 14. Classes are from 6:30-9 p.m.

The Citizens Police Academy offers an opportunity to learn about the role of police and their many functions, services and capabilities. Initiated in 2007 by Col. Richard Rappoport, chief of police, the goal is to produce informed citizens and avoid conflicts caused by a lack of understanding.

Applicants must be city residents or work in the City of Fairfax, be at least 18 and a U.S. citizen and must pass a police background check. Download an application form at <http://www.fairfaxva.gov/Police/CitizenPoliceAcademy.asp>. For more information, contact Sergeant Kyle Penman at 703-273-2889.

## Citizens Fire & Rescue Academy

The Fairfax County Fire and Rescue Department is giving residents a chance to learn what firefighters and paramedics do every day through the Citizens Fire & Rescue Academy. Applications will be accepted until Aug. 23 or until the class of 25 is filled.

The free classes will begin Sept. 19 and run nine consecutive weeks, from 6-9 p.m., at various locations in and outside the department. Each session will cover different aspects of the organization. Topics include fire suppression, emergency medical services, training, recruitment and special operations. Attendees must be at least 18; sign up at [www.fairfaxcounty.gov/fr/cfa](http://www.fairfaxcounty.gov/fr/cfa).



## THIS IS “FRECKLES”

With a name like Freckles, you'd think he'd be covered with freckles...but he's not. This Beagle mix has an all-white body, with a tan head and a really cool huge black band around his back and belly. His birth date is July 15, 2012 and he loves other dogs. He's also HOUSE-BROKEN :-)

If a super sweet cutie pie is on your list of must-haves, come and meet Freckles. He's everyone's favorite and he wishes he had your love forever. This sweetie is waiting for you!



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# SPORTS

## South County Grad Hampton to Play Basketball for CNU

**T**he South County boys' basketball team ended the 2012-13 regular season with a 7-15 record and entered the Patriot District tournament as the No. 7 seed.

Despite having lost 11 of their last 13 games, the Stallions turned things around in the postseason, starting with an upset of No. 2-seed West Potomac in the district quarterfinals, which earned South County a berth in the regional tournament. The Stallions would reach the district championship game, where they lost to Lake Braddock. In the region tournament, South County defeated Mount Vernon and Chantilly before ending its season with a loss to eventual champion Woodson in the semifinals.

Leading the way for South County was 2013 graduate Justin Hampton, who ended his career as the program's all-time leading scorer. The 6-foot-5 Hampton was a threat to score anywhere on the court. He showed his perimeter touch during a Pohanka Classic contest, when he buried eight 3-pointers.

Hampton will continue his basketball career at Christopher Newport University.

❖ Connection: What made

Christopher Newport the right fit for you?

Hampton: I felt it had the best combination of athletics and academics for me.

❖ Connection: What will you study?

Hampton: I'm on track to major in business management and minor in computer science.

❖ Connection: What position will you play?

Hampton: I'm going to play their wing position, so like 2/3.

❖ Connection: What is your favorite memory of playing basketball at South County?

Hampton: Probably the home playoff game against Chantilly. I had as many points as they did at half time. I felt like I was on top of the world after that one.

❖ Connection: What is your career high for points in a game?

Hampton: I had 39 against TC.

❖ Connection: How many years were you on varsity?

Hampton: Just for two years.

❖ Connection: As a shooter/scorer, how would you describe your mentality on the court?

Hampton: Attack. I try to take advantage of every scoring opportunity possible.

❖ Connection: If you could go back and change one thing about



**Justin Hampton (1), a 2013 South County High School graduate, will play basketball for Christopher Newport University.**

your high school athletic career, what would it be?

Hampton: I would get serious earlier. I didn't really start working out on my own until the summer before my junior year.

❖ Connection: At what age did you start playing basketball? When did you realize playing college basketball was a possibility for you?

Hampton: When I was like 5,

probably. After my sophomore year when a lot of my friends started getting looks.

❖ Connection: Are you getting a scholarship? If so, what kind?

Hampton: I'm getting a Presidential Leadership Scholarship.

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

Hampton: Hopefully less politics and more basketball.

❖ Connection: Who is your favorite musician? Why?

Hampton: I like Sonny Rollins; he's a jazz saxophonist. I was the first chair saxophonist for our band for three years.

❖ Connection: What's your favorite movie? Why?

Hampton: "Space Jam." It's just always been my favorite movie.

❖ Connection: What's your favorite food?

Hampton: Pizza.

❖ Connection: What is your favorite hobby outside of basketball?

Hampton: I play music and like video games.

❖ Connection: What location is the farthest you've traveled from the Washington, D.C. metro area?

Hampton: I've been to Cancun and Jamaica.

—JON ROETMAN

### SPORTS ROUNDUPS

#### NVSO Registrations Due in August

Registrations for the 2013 Northern Virginia Senior Olympics to be held Sept. 7-19 are due Aug. 23 by mail or Aug. 30 online. There is no onsite registration.

More than 50 events will take place at 17 different venues throughout Northern Virginia. Registration fee is \$12, which covers multiple events. Participants must be 50 years of age by Dec. 31 and live in a sponsoring jurisdiction.

Among the events offered are track, field, swimming, diving, tennis, table tennis, bowling, Wii bowling, eight ball pool, handball, racquetball, golf, miniature golf, badminton, pickleball, cribbage, scrabble, duplicate bridge, Mexican train dominoes, line dancing, yo-yo tricks and more. Information is available online at [www.nvso.us](http://www.nvso.us) or by calling 703-228-4721 or email, [nvso1982@gmail.com](mailto:nvso1982@gmail.com).

Sponsoring jurisdictions are the cities of Alexandria, Fairfax and Falls Church and the counties of Arlington, Fairfax, Fauquier, Loudoun and Prince William.

#### Soccer Tryout

Reston United 99 Blue, a U14 NCSL D5 team, is holding supplemental tryouts in August. Coach Kamal Ismail is a former professional player and has more than 20 years coaching experience. He currently coaches JV and varsity boys' soccer at South Lake High School. The

team has been in the NCSL since U9 and currently has players from Reston, Herndon, Ashburn and Chantilly. For more information, email Jay [atbirdintheyard@yahoo.com](mailto:atbirdintheyard@yahoo.com).

#### Lee High, Coach Girton Win 2013 Strength of America Award

Robert E. Lee High School and coach John Girton received the Strength of America Award from The National Strength and Conditioning Association (NSCA) and the President's Council on Fitness, Sports & Nutrition at the organizations' 36th annual conference and awards banquet July 12 in Las Vegas, N.V. The award recognizes high schools that have represented the gold standard in strength and conditioning programs.

Robert E. Lee High School was measured in four categories to receive the award: supervision, education, program and facilities. Selected from hundreds of eligible schools, Robert E. Lee HS was honored at the Paris Hilton and Casino, Las Vegas, N.V., during the conference awards banquet.

With the increasing numbers of inconsistent gym conditions and strength programs across the country, the NSCA and the President's Council work together to provide all high schools concise guidelines to improve their curricula.



**The coaches at the Washington Redskins High School Coaches Clinic, along with Redskins QB Robert Griffin III and Redskins legend, Joe Theismann. Theismann presented Griffin III with the Quarterback Award from the Quarterback Club of Washington.**

#### West Springfield's Laguna Meets Redskins

The Washington Redskins Charitable Foundation hosted the Washington Redskins High School Coaches Clinic Wednesday, July 31, along with Sheltering Arms Physical Rehabilitation Centers. Redskins Executive Vice President/General Manager Bruce Allen, head coach Mike

Shanahan and Redskins alumnus LaVar Arrington met with more than 250 high school coaches from Virginia, Maryland, Washington, D.C., West Virginia and North Carolina. Paul Laguna, Varsity WR coach at West Springfield High School, also attended.



# Meet New County Police Chief

Lt. Col. Edwin C. Roessler Jr. has served in every rank as he's moved up the ladder.

BY BONNIE HOBBS  
THE CONNECTION

**E**ffective Tuesday morning Aug. 6, a Centreville resident, Lt. Col. Edwin C. Roessler Jr., became Fairfax County's new chief of police. He was appointed July 30 by the county Board of Supervisors.

The position became vacant in October 2012, when former Chief Dave Rohrer was promoted to deputy county executive for public safety. Roessler has served as acting police chief since March 23, and his new job culminates a law-enforcement career spanning 24 years.

"It's a noble profession, I enjoy it and I look forward to being able to serve the men and women of the police department and the community," he said. "And what's really exciting is that I'm a member of the community, and it's an honor to serve my neighbors."

Originally from Brooklyn, N.Y., Roessler, 49, actually comes from a family of New York City firefighters. But a few uncles were police officers and, in high school, he decided to study criminal justice and go into law enforcement.

Then, after a stint with the New York City Department of Investigation, he and his wife moved to Virginia for a better lifestyle. While in college, Roessler did an internship at American University and got a taste of Fairfax County. And earlier, two cousins had moved here—one joining the police department and, the other, the fire department.

So he came to the county, too, and became a patrol officer. "Route 28 was one lane each way then, and there were three farms here when we first moved to Centreville, over 24 years ago," said Roessler.

**HE AND HIS WIFE**, a small-business owner, have three children. Their oldest daughter is in college, their youngest daughter is a high school senior and their son is starting middle school.

Over the years, Roessler's held several high-level, management positions. But as far as he's concerned, the highlight of his career was being a patrol officer.

"It's the satisfaction of helping someone in crisis or just lending them a hand when they need it," he explained. "Sometimes, you're doing something that changes their life. Patrol officers are given



**Lt. Col. Edwin C. Roessler Jr.**

the latitude, discretion and trust to help the community, and that's what drew me to the job."

But throughout every assignment, said Roessler, "It's a police family; the people I work with, we're a team. And in every county agency, I've had great mentors that allowed me to grow. It's a leadership style of always being willing to help each other out."

"You entrust your life to others so you can get home at the end of the day," he continued. "It's also about the working relationships you form. And what a terrific community this is—the support we get is a thrill." He said the residents and the county leadership are the police department's partners in making Fairfax County a safe place to live, work and play.

Roessler chose the supervision-and-command career path, within the department, and competed for each advancement, including deputy chief. However, he became acting chief based on his seniority. He then applied for the top job, and the supervisors and county executive conducted a national search over some six months.

Tuesday morning at 9:30 a.m., Roessler officially became chief, and he couldn't have been happier. "Being the chief, I feel like a cop on the street again. Being able to serve others, I feel content. This is a calling, and I'm just proud to be part of a great organization and county. The support from the community—and having terrific staff and volunteers—makes it fun."

As a longtime member of the department's senior management team, Roessler said "several great leaders have allowed us to develop innovative ideas to make us a Cadillac, cutting edge, law en-



PHOTO BY BONNIE HOBBS/THE CONNECTION

**Enjoying National Night Out in Sully Station II in August 2011 are (front row, from left) Jesse and Rose Plowchin, Lt. John Trace and Capt. Purvis Dawson of the Sully District Station, Kim Hines, Laura Elder and then Deputy Chief of Patrol E.C. Roessler; and (back row, from left) Paul Fraraccio and Eugene Larty of West Centreville Fire Station 38.**

## Roessler's Resume With FCPD

Before Lt. Col. Edwin Roessler became acting and then full-fledged chief of police for Fairfax County, he served in every rank as he's moved up the ladder. Since 2010, he was deputy chief of patrol managing Animal Services, plus crime-fighting efforts across eight district stations.

Roessler also organized police emergency responses to a variety of natural disasters and tactical operational events. He deployed personnel to President Barack Obama's inauguration in January and managed patrol assets committed to solving several, multijurisdictional crimes. And he directed the Police Department's strategic-planning initiatives.

He received his undergraduate degree from Arizona State University and his graduate degree from George Washington University. He also graduated from a variety of professional-development-and-leadership programs.

forcement agency. It's high performance and fine tuned."

**HIS VISION** now is for the police to "continue ethical leadership with an engaged community so we can continue to build upon our ability to fight crime, enhance our culture of safety and keep pace with urbanization." He said the culture of safety includes developing safety protocols regarding how the police interact with the community.

As for urbanization, Roessler tied it to the 11 new police positions the supervisors approved as of July. Two will be animal control officers and nine will be the foundation of a new police station in Tysons Corner. Others will be needed in connection with county growth related to projects such as the Silver Line, rail to Dulles, the Springfield Mall redevelopment and the revitalization of Route 1,

South County and the Reston Town Center.

"So it'll take a new style of policing," he said. "For example, officers will go up a 30-story building or navigate a city-style environment in pairs." And when large crowds flock to places such as Fairfax Corner on the weekends, said Roessler, "We need to pay attention to make sure we have adequate staffing to meet future needs. All this will happen over decades, but we need to start planning now."

"We'll make five-year strategic plans, including staffing, budgets and program objectives, and tweak them," he said. In the current economy, said Roessler, "We're looking at where we can alter our business model, without sacrificing safety, to economize where we can. But as the economy improves, we'll be able to do more."

Looking back on his distinguished career, what he's proudest of is be-

As a senior commander, Roessler headed the Internal Affairs Bureau and the Criminal Justice Academy. He managed the department's budget and human resources and led a Patrol Bureau division overseeing the Crime Analysis Unit and the construction of the Sully District Station.

He also spearheaded efforts creating the Incident Support Services program serving department members and their families. And he both supervised and commanded the Civil Disturbance Unit. In addition, Roessler volunteered for assignments that would help increase and improve police services to the community.

He's currently a senior advisor to the International Association of Chiefs of Police for its international, police-education-and-training program. As Fairfax County's chief of police, his annual salary will be \$188,410.

— BONNIE HOBBS

ing a patrol officer. "And it's important for me to remember that," he added. "They're what the community sees every day; they're the first responders to 911 calls. They're the face of the Fairfax County Police Department and they're what makes our reputation."

Now leading 1,360 sworn officers, 352 non-sworn officers, plus a core of volunteers, Roessler takes his new position seriously. He said the toughest part of his job will be meeting the challenge of looking out for the employees' safety and welfare, including their pay and benefits, within budget constraints.

What will give him the greatest satisfaction, he said, is "being able to serve my fellow employees, volunteers and the community as a leader. I love Fairfax County. The motto is 'A great place to live, work, play and grow old,' and I'm living all that."



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5:30 pm - 7:30 pm

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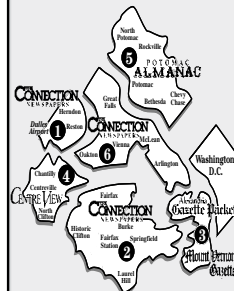
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**21 Announcements** **21 Announcements**

**OBITUARY**

**DURHAM – Mr. Bobby Hunt** passed away Friday, July 26, 2013 at his home. He was born in Washington Co., FL to the late Raymond Jasper Hunt and Beatrice Culpepper Williams. He was also predeceased by his wife, Ida Ruth Hunt.

Mr. Hunt is survived by two sons, James Hunt and Kevin Hunt and wife, Perla; three grandchildren, Alan, Collin and Sofia Hunt; and brother, Charles Hunt.

A graveside service will be conducted Saturday, August 10, 2013 at 1:00 p.m. at Glenwood Cemetery in Chipley, FL.

Flowers are acceptable. Memorial contributions may be made to Lung Cancer Alliance, P.O. Box 418372, Boston, MA 02241 or online at donate@lungcanceralliance.org.

The family is being assisted by Clements Funeral Service, Inc. in Durham and Brown Funeral Home in Chipley, FL. Online condolences may be made at [www.clementsfuneralservice.com](http://www.clementsfuneralservice.com).

**21 Announcements** **21 Announcements**

**TRUSTEE'S SALE OF VALUABLE IMPROVED REAL ESTATE**

Improved by the premises known as  
14206 Beddingfield Way, Centreville, Virginia

In execution of a Deed of Trust from Ananad Kumar Erungur Ramamurthy and Archana Saibaba, dated October 15, 2007, and recorded October 16, 2007, in Deed Book 1961 at page 2200 among the Land Records of Fairfax County, Virginia, the undersigned substitute trustee will offer for sale at public auction at the front entrance of the Judicial Center for Fairfax County, at 4110 Chain Bridge Road, Fairfax, Virginia, on

Monday, August 19, 2013 at 9:30 a.m.

the following property being the property contained in said Deed of Trust, described as follows:  
Lot 17, Section 3, Landbay 1-B, Centre Ridge, as the same appears duly dedicated, platted and recorded in Deed Book 9068 at page 1861, among the Land Records of Fairfax County, Virginia.

Commonly known as 14206 Beddingfield Way, Centreville, Virginia 20121.

**TERMS OF SALE:** A deposit of \$25,000.00 or ten percent (10%) of the sale price, whichever amount is less, in the form of cash or its equivalent will be required of the purchaser at the time and place of sale; the balance of the purchase money being due and payable within fifteen (15) days after sale, time expressly being of the essence, with interest at the rate of 3.375 percent per annum from date of sale to date of settlement. Provided, however, that if the holder of the secured promissory note is the successful bidder at the sale, no cash deposit shall be required, and part of or the entire indebtedness, including interest and costs, secured by the Deed of Trust, may be set off against the purchase price.

Any defaulting purchaser shall forfeit the deposit and stand the risk and cost of resale.

Sale shall be made subject to all existing easements and restrictive covenants as the same may lawfully affect the real estate. Sale is further subject to mechanic's and/or materialman's liens of record and not of record. The property will be sold subject to all conditions, covenants, restrictions, rights of redemption of federal lienholders or encumbrances, and agreements of record affecting the same, if any.

In the event the undersigned trustee is unable to convey to the purchaser good title, then purchaser's sole and exclusive remedy shall be in the refund of the deposit paid at the time of sale.

The subject property and all improvements thereon will be sold in "as is" condition without warranty of any kind. Purchaser shall be responsible for any and all building and/or zoning code violations whether of record or not of record, as well as for all unpaid and enforceable homeowners' or condominium owners' association dues and assessments, if any. Purchaser also shall be responsible for obtaining possession of the property at his/her expense. Purchaser shall assume the risk of loss and shall be responsible for any damage, vandalism, theft, destruction, or the like, of or to the property occurring after the time of sale. Conveyance will be by special warranty deed. Conveyancing, recording, transfer taxes, notary fees, examination of title, state stamps, and all other costs of conveyance are to be at the expense of purchaser. State and local taxes, public charges, and special or regular assessments, if any, shall be adjusted to the date of sale and thereafter shall be assumed by the purchaser.

Sale is subject to post-sale confirmation that the borrower did not file for protection under the U.S. Bankruptcy Code prior to the sale, as well as to post-sale confirmation and audit of the status of the loan with the loan servicer including, but not limited to, determination of whether the borrower entered into any repayment agreement, reinstated or paid off the loan prior to the sale. In any such event, the sale shall be null and void, and the Purchaser's sole remedy, in law or equity, shall be the return of his deposit without interest. Additional terms may be announced at the time of sale. This is a communication from a debt collector and any information obtained will be used for that purpose.

DAVID N. PRENSKY  
Substitute Trustee  
FOR INFORMATION CONTACT:  
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**21 Announcements** **21 Announcements** **21 Announcements**

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