

McGruff, the crime fighting canine, stands firm as he joins forces with Fairfax County police officers at the West Springfield District Station on Tuesday, Aug. 7 to celebrate the 30th anniversary of National Night Out. Springfield Supervisor Pat Herrity (in green shirt), Braddock Supervisor John Cook (in blue shirt) and Braddock School Board member Megan McLaughlin, (standing next to Herrity) also attended several NNO events.

Cops on the Block

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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.

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

Effective 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."



Frank at ECHO after delivering the collection of small appliances collected at a drive at St. Raymond of Penafort Catholic Church.

Soon-to-Be Eagle Scout Aids ECHO

Frank Wheaton is a Life Scout since 2009 with Boy Scout Troop 995, which meets at St. Bernadette Catholic Church in Springfield. Every Life Scout, besides earning merit badges, can choose to organize and lead a service project as part of the rank advancement requirement for Eagle Scout.

As of Saturday, June 8, Frank began that process as he pulled up to St. Bernadette Catholic Church to begin his "Small Appliance Collection Drive" to benefit ECHO (Ecumenical Community Helping Others) in Springfield.

He chose this particular project, wrote his mother Joan Wheaton in an email to the Connection, "because he has volunteered at ECHO in the past and realized how valuable the organization is to the community."

Four days of collection drives in Springfield were held in conjunction with mass times at St. Bernadette Catholic Church, Saturday and Sunday, June 8 and

9, and at St. Raymond of Penafort on Saturday and Sunday, July 6 and 7.

Frank advertised the collection drives through announcements in the churches one week prior to the collection dates. About a week after the collection drives, Frank had Scouts gather at his house where the appliances were inspected, cleaned, tested and then delivered to the ECHO building.

The items collected included small microwaves, toasters, blenders, irons, rice cookers, pots and pans, flatware, serving utensils, sewing machines and much more. The items the Boy Scouts collected are given out to ECHO clients on an as-needed basis, depending on supply. The clients are mostly from the Springfield and Burke area. From the ECHO website, ECHO-Inc.org, Frank used the description "ECHO, an all volunteer charity, gives food and financial help to people with short-term emergencies, and provides clothes and household items to people with low incomes."

3

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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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LETTERS

Springfield Post 176 Conducting Membership Drive

BY DAVE WALLACE

Springfield Post 176 is conducting a membership campaign for the new 2014 Legion membership year and is seeking wartime veterans in the Springfield area to become a valued member at their Post home.

The nation's largest veteran's service organization has fostered American pride since its founding more than 94 years ago.

The American Legion was responsible for the creation of the original GI Bill, used by millions of veterans to obtain assistance in education and home loans. The organization was also instrumental in the passage of legislation creating the Department of Veterans Affairs.

Additionally, the work of The American Legion to support the nation's youth continues to grow, as more young people are

involved in Legion-sponsored programs. The Boy Scouts of America, American Legion Baseball, Junior Shooting Sports and the National High School Oratorical Contest are just a few examples of how The American Legion continues to strive to provide a solid foundation on which the youth of America may grow.

Since 1919, these proud American veterans have been making a difference in our lives. If you're on active duty, or a veteran who has transitioned out of the military and would like to make a difference for the surrounding community, contact Post 176.

Contact Membership Chair Dave Wallace at david.f.wallace09@gmail.com for more information on how you can become a member of The American Legion Family at Springfield Post 176.

You can go to the Post's website at: www.vapost176.org for more info.

BULLETIN BOARD

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

SATURDAY/AUG. 17

American Red Cross Blood Drive. 9 a.m.-3 p.m. All Saints Episcopal Church-Sharon Chapel, 3421 Franconia Road, Franconia. 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.

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**THE
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WELLBEING

If You Are What You Eat, Eat Well Local nutritionist turns personal challenge into book and health and nutrition practice.

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 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. "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 Pro-



Teri Cochrane

gram 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] encourages 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

"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

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 en-

dometriosis 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."

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."

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."

A lie can travel halfway around the world while the truth is putting on its shoes.

—Mark Twain

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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



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

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).

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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 county, go to: <http://www.connectionnewspapers.com/news/2013/may/22/fairfax-county-calendar/>.

THURSDAY-SUNDAY/AUG. 1-SEPT. 8

3rd Annual Workhouse Clay National Exhibition. Workhouse Arts Center, 9601 Ox Road, Lorton. View A juried exhibition of ceramic art from across the country representing various styles and trends in the art field. <http://workhousearts.org/events/visual-arts/3rd-annual-workhouse-clay-national-2013>.

THURSDAY/AUG. 8

55th Library Anniversary: August in Antarctica. 7:30 p.m., Richard Byrd Library, 7250 Commerce St., Springfield. Learn about the exploits of Richard Byrd and his lasting impact on Antarctic research today.

FRIDAY/AUG. 9

Comedian Howard G and Guests. 7, 10 p.m., W-3 Theatre Workhouse Arts Center, 9601 Ox Road, Lorton. HnH Production presents performances by Howard G and Guests. \$20 in advance, \$25 at the door, \$30 VIP seating workhousearts.org/events/performing-arts/comedian-howard-g-and-guests.

Shabbasta Dinner and Open



Gospel quartet The Dixie Melody Boys perform Friday, Aug. 16 at Mt. Calvary Community Church in Springfield, bringing their Grammy-nominated four-part harmonies to the stage at 7:30 p.m.

House. 7-8 p.m. Congregation Adat Reyim welcomes new and returning families for a pasta dinner and "meet and greet" with its Rabbi and educators. Free for prospective members and children under 5, \$6 per member, maximum of \$18 per family. RSVP at 703-569-7577 or office@adatreyim.org.

Washington Balalaika Orchestra. 7:30-8:30 p.m., at Lake Accotink Park, 7500 Accotink Park Road, Springfield. Hear musicians devoted to the study and performance of the music of Russia, Ukraine and Eastern Europe perform on traditional

instruments such as the balalaika, domra, Bayan and folk wind and percussion. www.balalaika.org.
System Override. 9:30 p.m.-2:30 a.m., Empire-Alchemy Room, 6355 Rolling Road, Springfield. System Override presents DJ House and Trance music. \$10, ages 21 and up. www.ampedandalive.com/eventdetails.aspx?eventId=1185.

SATURDAY/AUG. 10

Family Day: Antarctica at the Library. 12:30 to 4 p.m., Richard Byrd Library, 7250 Commerce St.,

Springfield. Try on extreme cold weather gear, play in the snow, experiment with blubber and more.

N Gauge Model Train Show. 1-4 p.m., Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia NTRAK members (T-TRAK layout) hold a model train exhibit. Free, museum members and children under 4; \$4, adults 16 and over, \$2, children 5-15. 703-425-9225 or www.fairfax-station.org.

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, 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

2nd Saturday Art Walk. 6-9 p.m., Workhouse Arts Center, 9601 Ox Road, Lorton. This Walk showcases over 100 visual artists' work with tours of studio buildings, visitations from artists, refreshments, and music; free admission, campus-wide. workhousearts.org/events/visual-arts/2nd-saturday-art-walk-11

Lone Star and Laundry & Bourbon. 6-9 p.m., W-3 Theatre at the Workhouse Arts Center, 9601 Ox Road, Lorton. Director Harrison G. Lee and HGL Productions presents James McLure's one-act plays "Lone Star" and "Laundry & Bourbon." \$25, will call and doors open 30 minutes before the show, cash bar and concessions available. workhousearts.org/events/performing-arts/lone-star-and-laundry-bourbon-0

The United States Air Force

Strolling Strings. 7-8 p.m., at Workhouse Arts Center at Lorton, 9601 Ox Road, Lorton. Providing a multi-dimensional experience, these musicians surround the audience with music performed exclusively from memory and without the aid of a conductor. www.usafband.af.mil.

SUNDAY/AUG. 11

Whiskey and Boots. 7-11 p.m., Empire-Alchemy Room, 6355 Rolling Road, Springfield. Stephen Lee and Wesley Spangler present country music. \$10. www.ampedandalive.com/eventdetails.aspx?eventId=1182.

WEDNESDAY/AUG. 14

Civil War Forum. 7:30 p.m., Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Civil War historian John McAnaw will present his talk, "Military Actions Around the Orange and Alexandria Railroad, 1862-1864." 703-425-9225 or www.fairfax-station.org.

FRIDAY/AUG. 16

Cool Cow Comedy. 7 and 9 p.m., W-3 Theatre at the Workhouse Arts Center, 9601 Ox Road, Lorton. Rahmein Mostafavi hosts five stand-up routines by touring comedians. \$15. <http://workhousearts.org/events/performing-arts/cool-cow-comedy-4>

Combat Paper Project Workshop Exhibition/Closing Reception. 7-10 p.m., at the Workhouse, 9601 Ox Road, Lorton. A closing night featuring prints on handmade paper made during the Combat Paper Project workshop. www.combatpaper.org/index.html.

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FAITH NOTES

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

The Guhyasamaja Buddhist Center, 10875 Main St., Fairfax City provides free classes to both newcomers and advanced practitioners of Tibetan Buddhism. The Center emphasizes working with the mind and learning how to understand the workings of the mind, overcoming inner causes of suffering, while cultivating causes of happiness. Under the direction of Lama Zopa Rinpoche, the center is a place of study, contemplation and meditation. Visit <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.

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.

Growing Your Business in Springfield

Community Business Partnership coaches entrepreneurs.

BY STEVE HIBBARD
THE CONNECTION

Juli Monroe, author of "The Enthusiastic Networker—Growing a Successful Business," told a group of 20 people last Friday, Aug. 2, how to get their books published at the monthly networking breakfast of The Women's Business Center of Northern Virginia, located in Springfield.

For those who already write blogs or newsletters, she said 50 to 60 percent of their book is already in their posts. "You write what you know," she said. "You may know more than you think you know."

She explained differences between self-publishing and getting a contract with a traditional publisher and said to write at least 2,000 words a day for good measure, "You need to sit down and make it a habit," she added.

The venue on Loisdale Road in Springfield is where local entrepreneurs mingle and exchange ideas. But it's not just for women—as 40 percent who attend are men.

Kathy Wheeler, 62, of Lorton, is the president and CEO of the Community Business Partnership, an umbrella group started in 1995 that helps grow small businesses in Northern Virginia.

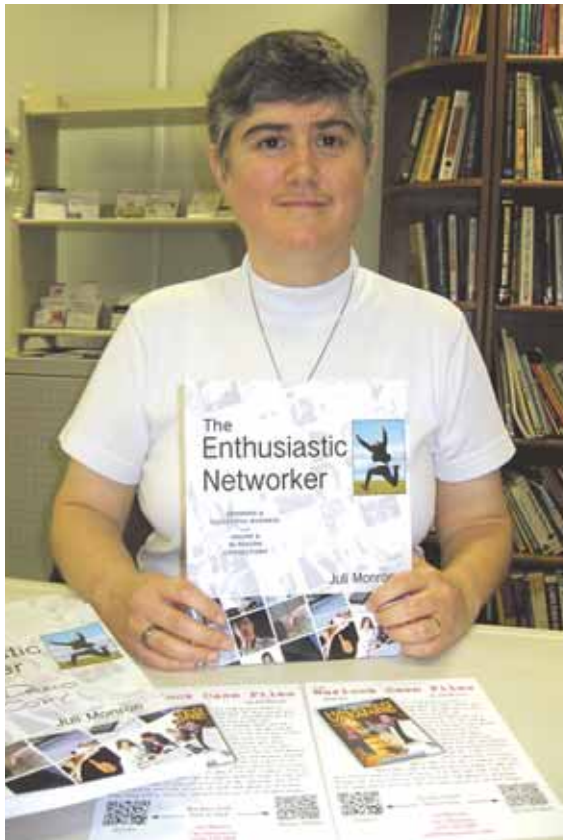
This one-stop shop houses the Women's Business Center, the Small Business Development Center, the Incubator Center and the Micro-Lending Center.

THE CENTER HELPS 2,500 clients a year—everyone from pet sitters to daycare providers to sign makers.

It hosts 220-240 training events per year: classes, workshops, seminars, conferences and symposiums aimed at small businesses. It offers one-on-one counseling with experts in government contracting, CPAs, attorneys and businessmen—all volunteers.

For example, the latest training schedule offers "The ABCs of Starting a Business," "Five Steps to Creating a Marketing Plan" and "Registering Your Business—The Legal Nuts and Bolts," all for \$25 each.

One hands-on workshop scheduled for Tuesday, Aug. 27 is "Forms



Juli Monroe, author of The Enthusiastic Networker—Growing a Successful Business, spoke at the Networking Breakfast last Friday, Aug. 2, at The Women's Business Center of Northern Virginia.



Karlene Sinclair-Robinson of the Business Finance Center and Thomas Ntuk of State Farm Insurance.

& Applications for Federal Contractors." It shows how to get your DUNS number issued by Dun & Bradstreet—crucial for state or federal government vendors.

"If you wanted to start a business, they'll set you up with a CPA to discuss tax consequences with you," said Wheeler, a former textbook editor. "If you build decks and you need to learn how to do contracts, you'll meet with an attorney who may say 'this contract has holes in it,' she added.

You can meet with a bookkeeper who will teach QuickBooks, or a marketing professional who will dissect social media, or an attorney

for advice on patents and trademarks. "But you need a business plan," said Wheeler. "We tell you that you can't get free money and you can't start it with \$5 bucks."

Everyone who comes through the door is thoroughly vetted before they can be volunteers, said Wheeler. "What we do is answer your questions about your small business."

"What the center provides is a business package," said Thomas Ntuk, of State Farm Insurance in Herndon, who is vice chair on the Board of Directors and supports the CBP with his expertise and fi-



Leona Charles, CEO of SPC Business Consulting and Kathy Wheeler of Lorton, president and CEO of the Community Business Partnership.



Pauline Letich, director, The Women's Business Center of Northern Virginia.

nancial contributions. "It provides coaching and mentoring opportunities for people who want to go into business for themselves."

Ntuk said lots of people may start their own businesses but don't have a clue how to run them. "I'm there to create an environment to help the center to continue to provide women business owners with resources that they need to start and be successful in their business."

Wheeler said it's critical for business owners to have a strong foundation. "And we can help them do that by providing resources and tools for them to write their busi-

"If you wanted to start a business, they'll set you up with a CPA to discuss tax consequences with you."

—Kathy Wheeler

ness plan and do their research."

She warns that small businesses will hit roadblocks but they guide them through that. "We can help pinpoint the problem and find solutions to the problem," she said.

Pauline Letich, 65, of Vienna, is the director of The Women's Business Center of Northern Virginia, and loves the variety of clients they serve. The center teaches everything from how to host a website to how to get a domain name.

"We have a program with the Fairfax County Office for Children. We work with [daycare providers] on how to run a business," she said.

The class teaches daycare providers where to get help with contracts, types of insurance, why record keeping is important, and where to get a loan for their business.

"I started my business with no business experience. I didn't really know what I was doing," said Becky O'Neil, 49, owner of Becky's Pet Care on Cherokee Avenue in Alexandria. "They helped me write a business plan and that's what helped me get all my ducks in a row."

IN 1998, the stay-at-home mom with one child started her dog-walking and pet-sitting business in her basement.

Today she runs a million-dollar business with 3,500 clients, commercial office space at two locations and employs a staff of 90. Today, she sits on the board and participates in the Executive Roundtable to give back to the organization that helped her.

"She went through all the different training; she comes to the networking and continues to use our services," said Letich. "I think she's successful because she continues to learn for her business."

To reach the Community Business Partnership, call 703-768-1440 or Info@cbtonline.org or visit www.cbponline.org. The office is at 7001 Loisdale Road, Springfield, VA 22150.

SPORTS

South County Grad Hampton to Play Basketball for CNU

The 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 or by calling 703-228-4721 or email, 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.

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.

HOME SALES

In June 2013, 224 Springfield homes sold between \$1,075,000-\$125,000. This week's list represents those homes sold in the \$1,075,000-\$450,000 range. For the complete list, visit www.ConnectionNewspapers.com

address	BR	FB	HB		Postal City	Sold Price	Type	Lot AC	PostalCode
9322 CASTLE HILL RD	5	5	1		SPRINGFIELD	\$1,075,000	Detached	0.25	22153
5408 BACKLICK WOODS CT	5	4	1		SPRINGFIELD	\$870,000	Detached	0.40	22151
7761 CAMP DAVID DR	4	3	1		SPRINGFIELD	\$830,000	Detached	0.25	22153
7102 ORIOLE AVE	4	4	1		SPRINGFIELD	\$825,000	Detached	0.51	22150
7762 CAMP DAVID DR	5	3	1		SPRINGFIELD	\$794,000	Detached	0.28	22153
8132 DRAYTON LN	5	5	2		SPRINGFIELD	\$781,000	Detached	0.25	22151
8703 MIDDLEFORD DR	4	3	1		SPRINGFIELD	\$749,900	Detached	0.23	22153
6992 CLIFTON KNOLL CT	4	3	1		ALEXANDRIA	\$745,000	Detached	0.20	22315
7032 HIGHLAND MEADOWS CT	6	4	1		ALEXANDRIA	\$740,000	Detached	0.27	22315
6073 PINEY WOODS CT	5	3	1		ALEXANDRIA	\$723,000	Detached	0.14	22315
6312 BROCKETTS XING	4	4	1		ALEXANDRIA	\$718,000	Detached	0.20	22315
6217 CARDINAL BROOK CT	4	3	1		SPRINGFIELD	\$715,000	Detached	0.26	22152
7213 DANFORD LN	5	2	1		SPRINGFIELD	\$701,000	Detached	0.33	22152
8423 SWEET PINE CT	5	3	1		SPRINGFIELD	\$680,000	Detached	0.23	22153
7708 GRALNICK PL	5	3	1		SPRINGFIELD	\$675,000	Detached	0.30	22153
6342 BROCKETTS XING	5	3	1		ALEXANDRIA	\$675,000	Detached	0.19	22315
7382 SHADY PALM DR	4	3	1		SPRINGFIELD	\$660,000	Detached	0.37	22153
7823 ODELL ST	5	3	1		SPRINGFIELD	\$659,000	Detached	0.79	22153
7606 MARITIME LN	4	3	1		SPRINGFIELD	\$655,000	Detached	0.19	22153
6911 RASPBERRY PLAIN PL	4	2	1		SPRINGFIELD	\$650,000	Detached	0.43	22153
9011 PENN MANOR CT	4	3	1		SPRINGFIELD	\$648,000	Detached	0.25	22153
8414 GOLDEN ASPEN CT	4	3	1		SPRINGFIELD	\$641,500	Detached	0.22	22153
9057 NORTHEdge DR	4	3	1		SPRINGFIELD	\$629,900	Detached	0.39	22153
6508 TERRY DR	5	3	1		SPRINGFIELD	\$615,000	Detached	0.37	22150
8532 ETIA DR	4	2	1		SPRINGFIELD	\$615,000	Detached	0.24	22152
7219 CALAMO ST	4	3	1		SPRINGFIELD	\$605,000	Detached	0.54	22150
7006 SPANIEL RD	4	2	1		SPRINGFIELD	\$604,900	Detached	0.46	22153
6352 ALDERMAN DR	4	3	1		ALEXANDRIA	\$600,000	Detached	0.11	22315
8811 HAYLOAD CT	4	3	1		SPRINGFIELD	\$589,900	Detached	0.23	22153
7201 ADRIENNE GLEN AVE	5	2	1		SPRINGFIELD	\$585,000	Detached	0.20	22152
7930 CARRLEIGH PKWY	4	2	1		SPRINGFIELD	\$582,000	Detached	0.31	22152
6505 LIGNUM ST	5	3	0		SPRINGFIELD	\$580,000	Detached	0.51	22150
5408 CASTLE BAR LN	5	3	1		ALEXANDRIA	\$579,600	Detached	0.10	22315
9228 NORTHEdge DR	3	2	1		SPRINGFIELD	\$577,000	Detached	0.32	22153
8119 VIOLA ST	4	2	1		SPRINGFIELD	\$575,000	Detached	0.20	22152
7903 NARCISSUS CT	5	4	1		SPRINGFIELD	\$560,000	Detached	0.20	22152
9209 CUTTING HORSE CT	4	2	1		SPRINGFIELD	\$555,000	Detached	0.26	22153
8007 LADY LEWIS CT	5	2	1		SPRINGFIELD	\$550,000	Detached	0.23	22153
8203 TAUNTON PL	3	2	2		SPRINGFIELD	\$549,950	Townhouse	0.10	22152
8345 TERRA GRANDE AVE	5	2	1		SPRINGFIELD	\$549,900	Detached	0.28	22153
6905 BEN FRANKLIN RD	4	3	0		SPRINGFIELD	\$545,500	Detached	0.56	22150
6702 LITTLE ANN CT	4	2	1		SPRINGFIELD	\$545,000	Detached	0.32	22152
7619 CHANCELLOR WAY	5	2	1		SPRINGFIELD	\$541,500	Detached	0.28	22153
6633 CREEK POINT WAY	3	3	1		ALEXANDRIA	\$539,000	Townhouse	0.06	22315
8603 LAUREN DR	3	2	1		SPRINGFIELD	\$531,000	Detached	0.20	22153
8301 MAGIC LEAF RD	4	3	0		SPRINGFIELD	\$530,000	Detached	0.32	22153
6015 WESCOTT HILLS WAY	3	2	2		ALEXANDRIA	\$530,000	Townhouse	0.05	22315
8121 GREELEY BLVD	4	2	1		SPRINGFIELD	\$525,000	Detached	0.28	22152
5610 BUCKINGHAM PALACE CT	5	3	1		ALEXANDRIA	\$525,000	Detached	0.27	22315
7419 GILLINGHAM ROW	3	3	1		ALEXANDRIA	\$525,000	Townhouse	0.05	22315
8819 SIDE SADDLE RD	4	2	1		SPRINGFIELD	\$524,900	Detached	0.26	22152
6157 ROXBURY AVE	5	2	1		SPRINGFIELD	\$520,000	Detached	0.25	22152
7032 KINGS MANOR DR	3	3	1		ALEXANDRIA	\$518,250	Townhouse	0.04	22315
5608 HELMSDALE LN	4	2	0		ALEXANDRIA	\$514,900	Detached	0.25	22315
8620 ARLEY DR	4	2	1		SPRINGFIELD	\$510,000	Detached	0.24	22152
5443 BROADMOOR ST	4	2	0		ALEXANDRIA	\$510,000	Detached	0.27	22315
8803 DIANNE PL	4	2	1		SPRINGFIELD	\$509,000	Detached	0.29	22152
7820 RAVENEL CT	5	3	0		SPRINGFIELD	\$505,000	Detached	0.28	22151
8313 CARRLEIGH PKWY	4	3	0		SPRINGFIELD	\$505,000	Detached	0.27	22152
7607 SPRINGFIELD HILLS DR	4	3	1		SPRINGFIELD	\$505,000	Detached	0.19	22153
8078 ATHENA ST	5	2	1		SPRINGFIELD	\$505,000	Detached	0.28	22153
5605 RAVENEL LN	5	3	0		SPRINGFIELD	\$500,000	Detached	0.32	22151
6611 KELSEY POINT CIR	3	2	2		ALEXANDRIA	\$500,000	Townhouse	0.06	22315
6523 TERRY DR	4	2	0		SPRINGFIELD	\$498,000	Detached	0.40	22150
6546 PARISH GLEBE LN	3	2	2		ALEXANDRIA	\$497,500	Townhouse	0.06	22315
6526 BOWIE DR	4	2	1		SPRINGFIELD	\$495,000	Detached	0.76	22150
5804 CLAPHAM RD	3	3	1		ALEXANDRIA	\$495,000	Townhouse	0.04	22315
6710 PORTREE CT	5	2	1		SPRINGFIELD	\$494,900	Detached	0.25	22152
8511 PARLIAMENT DR	4	3	0		SPRINGFIELD	\$490,000	Detached	0.37	22151
6010 WESCOTT HILLS WAY	3	2	2		ALEXANDRIA	\$490,000	Townhouse	0.05	22315
6510 TASSIA DR	3	3	1		ALEXANDRIA	\$489,900	Townhouse	0.04	22315
8857 APPLECROSS LN	4	2	0		SPRINGFIELD	\$486,000	Detached	0.22	22153
5214 CATHER RD	3	2	1		SPRINGFIELD	\$485,000	Detached	0.26	22151
6012 WESCOTT HILLS WAY	3	2	2		ALEXANDRIA	\$485,000	Townhouse	0.05	22315
6552 KELSEY POINT CIR	3	2	2		ALEXANDRIA	\$480,525	Townhouse	0.04	22315
8924 CROMWELL DR	4	2	1		SPRINGFIELD	\$480,500	Detached	0.27	22151
5649 INVERCHAPEL RD	5	3	0		SPRINGFIELD	\$480,000	Detached	0.26	22151
6312 GORMLEY PL	5	2	1		SPRINGFIELD	\$479,900	Detached	0.33	22152
5243 MONROE DR	3	2	0		SPRINGFIELD	\$479,000	Detached	0.59	22151
7703 SULLIVAN CIR	4	3	1		ALEXANDRIA	\$479,000	Townhouse	0.04	22315
7708 GROVENOR CT	4	2	0		ALEXANDRIA	\$478,000	Detached	0.26	22315
5417 SOUTHAMPTON DR	5	2	0		SPRINGFIELD	\$475,000	Detached	0.24	22151
5513 KINGS PARK DR	4	2	1		SPRINGFIELD	\$475,000	Detached	0.24	22151
7801 TOWER WOODS DR	3	2	1		SPRINGFIELD	\$475,000	Detached	0.33	22153
5976 WESCOTT HILLS WAY	3	2	2		ALEXANDRIA	\$475,000	Townhouse	0.05	22315
7011 ASHLEIGH MANOR CT	4	3	1		ALEXANDRIA	\$475,000	Townhouse	0.04	22315
6513 SERENADE PL	3	2	2		SPRINGFIELD	\$470,000	Townhouse	0.06	22150
7344 WESTMORE DR	3	2	1		SPRINGFIELD	\$470,000	Townhouse	0.06	22150
5413 INVERCHAPEL RD	4	3	0		SPRINGFIELD	\$470,000	Detached	0.35	22151
6210 TYNER ST	4	2	0		SPRINGFIELD	\$470,000	Detached	0.26	22152
7108 RED HORSE TAVERN LN	4	2	0		SPRINGFIELD	\$470,000	Detached	0.24	22153
7836 GODOLPHIN DR	5	2	1		SPRINGFIELD	\$469,000	Detached	0.25	22153
8603 LANGPORT DR	4	2	1		SPRINGFIELD	\$465,000	Detached	0.25	22152
6712 GREENVIEW LN	5	3	0		SPRINGFIELD	\$465,000	Detached	0.24	22152
8261 HORNBUCKLE DR	3	2	1		SPRINGFIELD	\$465,000	Detached	0.26	22153
6203 BARDU AVE	4	2	0		SPRINGFIELD	\$464,000	Detached	0.32	22152
6337 SIMMER CIR	3	2	1		SPRINGFIELD	\$460,000	Townhouse	0.04	22150
5303 MOULTRIE RD	4	2	0		SPRINGFIELD	\$460,000	Detached	0.25	22151
8818 TRAFALGAR CT	4	2	1		SPRINGFIELD	\$460,000	Detached	0.24	22151
9011 GOLDEN SUNSET LN	3	3	1		SPRINGFIELD	\$459,900	Townhouse	0.04	22153
9000 DAUM CT	3	3	1		SPRINGFIELD	\$458,000	Townhouse	0.07	22153
7716 JANSEN DR	4	2	1		SPRINGFIELD	\$457,000	Detached	0.30	22152
6644 KELSEY POINT CIR	3	2	2		ALEXANDRIA	\$456,000	Townhouse	0.05	22315
8304 HARLAND DR	4	3	0		SPRINGFIELD	\$454,000	Detached	0.28	22152
5314 FOXBORO CT	3	2	0		ALEXANDRIA	\$452,000	Detached	0.21	22315
7635 CHANCELLOR WAY	3	2	1		SPRINGFIELD	\$450,000	Detached	0.19	22153

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WEEK IN SPRINGFIELD

Assaults in the Franconia Area

On Tuesday, July 30, there were two unrelated assaults. The first incident took place in the area of Briarleigh Way and Crestleigh Way at approximately 10:14 in the morning. A 30-year-old woman was walking when a man appeared and inappropriately touched her and then fled. She was not injured.

The suspect was described as white or Hispanic, in his late 20s. He was approximately 5 feet 10 inches to 6 feet tall and 170 pounds. He was wearing a white shirt and light colored pants.

The second event occurred near Backlick Road and Highland Street at approximately 1:30 p.m. A 23-year-old woman was grabbed from behind and inappropriately touched. The man fled. She was not injured.

The suspect was described as Hispanic, approximately 5 feet 8 inches tall and skinny. He was wearing a black, short sleeve shirt and black jean shorts.

Residents are reminded to immediately call the police if they are the victim of a crime.

Anyone with information is asked to contact Crime Solvers by phone at 1-866-411-TIPS/8477, e-mail at www.fairfaxcrimesolvers.org or text “TIP187” plus your message to CRIMES/274637 or call Fairfax County Police at 703-691-2131.

Pizza Delivery Driver Robbed

Officers responded to the 8300 block of Windfall Road for the report of a pizza delivery driver who had been robbed at gun-point. Around 9:30 p.m. on Friday, Aug. 2, the 49-year-old driver delivered a pizza and was walking back to his car. He was approached by a man who displayed a handgun and demanded money. The victim was not injured. The suspect fled toward Great Lake Lane.

The suspect was described as black, in his mid-20s, around 6 feet tall and approximately 160 pounds. He was wearing a blue, hooded sweatshirt, blue jean pants and a red bandana partially covering his face.

The police helicopter and a K9 team responded to check the area.

Anyone with information is asked to contact Crime Solvers by phone at 1-866-411-TIPS/8477, e-mail at www.fairfaxcrimesolvers.org or text “TIP187” plus your message to CRIMES/274637 or call Fairfax County Police at 703-691-2131.

SCHOOL NOTES

Send notes to the Connection at south@connectionnewspapers.com or call 703-

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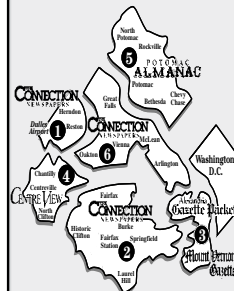
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21 Announcements **21 Announcements**

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.

21 Announcements **21 Announcements**

TRUSTEE'S SALE OF VALUABLE IMPROVED REAL ESTATE

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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.

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Defense of Marriage?

Candidates for attorney general take different approaches to constitutional ban on gay marriage.

BY MICHAEL LEE POPE
THE CONNECTION

Virginia's next attorney general will have to stand in a courtroom and make a decision about whether or not the commonwealth's constitutional ban on marriage should be defended. Republican candidate Sen. Mark Obenshain (R-26) has been clear about his support for the amendment and his intention to provide a vigorous defense of marriage. Democratic candidate Sen. Mark Herring (D-33), on the other hand, has yet to take a position on whether or not he will defend the amendment if elected.



Sen. Mark Herring (D-33)



Sen. Mark Obenshain (R-26)

"He's taking a look at the case," said Kevin O'Holleran, campaign manager for the Herring campaign. "He's going to work with his attorney general staff and make sure that they do what they feel is appropriate in this circumstance."

Last week, the American Civil Liberties Union of Virginia and the Lambda Legal filed a federal lawsuit in the Western District of Virginia at Harrisonburg challenging the amendment. Ken Cuccinelli, the Republican incumbent currently running for governor, has vowed to defend the amendment in court. But he will no longer be the attorney general by the time the suit is before a judge. Meanwhile, the Obenshain campaign jumped on Herring's lack of position as a political weakness that demonstrates inconsistency.

"Senator Obenshain and Senator Herring both voted for Virginia's marriage amendment, both clearly at the time believing that it was constitutional," said Paul Logan, communications director for the Obenshain campaign. "Senator Obenshain has said consistently that as attorney general, he will defend Virginia's laws — including this one — against any challenges, whether he agrees with the policy behind the laws or not."

THE FEDERAL LAWSUIT was filed last week on behalf of a Staunton couple and a Winchester couple who have been denied marriage licenses. The ACLU and Lambda Legal are hoping to certify the case as a class-action suit to represent all same-sex couples in Virginia who wish to marry here or who have married in other jurisdictions. The complaint says constitutional prohibition against gay marriage, which was approved by Virginia voters in 2006, sends a message lesbians, gay men and their children are second-class citizens.

"I know of too many couples who have left the state due to a lack of the protections now offered to our neighbors in the District of Columbia and Maryland," said Sen. Adam Ebbin (D-30). "With a total of 13 states and D.C. offering equality to couples, Virginia is at a competitive and economic disadvantage."

The Staunton plaintiffs are Joanne Harris, 37, and Jessica Duff, 33, who have been together since 2006. They have a 4-year-old son, Jabari. The Winchester plaintiffs are Christy Berghoff, 34, and Victoria Kidd,

also 34, who have been together almost a decade. They have an 8-month-old daughter, Lydia. Advocates for gay marriage view the case as an ideal test of the constitutionality of prohibiting gays and lesbians from participating in the institution of marriage.

"More than half of the people of Virginia believe all Virginians should have the freedom to marry the person they love," said Claire Guthrie Gastañaga, executive director of the ACLU of Virginia. "Every day that same-sex couples in Virginia are denied the freedom to marry, the government sends a message that they are second class citizens and their families are not worthy of equal dignity and respect."

HERRING FINDS himself in a precarious political position. On one hand, the amendment is very unpopular with the Democratic base he needs to win a statewide election. So announcing that he intends to defend the prohibition in court would be a losing proposition. On the other hand, announcing that he will selectively defend Virginia's laws might be a difficult sell on the campaign trail.

"For Senator Herring, it's really a lose-lose situation," said Stephen Farnsworth, political science professor with the University of Mary Washington. "When people elect an attorney general, they want to hear the candidate say that he will defend the law. But there may be political advantages to saying that this is a law that, if elected, he would not support."

Republicans, on the other hand, find themselves on solid ground. Polls show that most Republican voters in Virginia support the prohibition against gay marriage. And social conservatives such as Cuccinelli are able to frame their support of the amendment in the context of adhering to the will of Virginia voters.

"Virginia has followed the traditional definition of marriage as being between one man and one woman for more than 400 years, and Virginians voted overwhelmingly to add this traditional definition to their constitution," said Brian Gottstein, spokesman for the attorney general. "Consistent with the duties of the attorney general, this office will continue to defend challenges to the constitution and the laws of Virginia."



PHOTO BY LOUISE KRAFT/CONNECTION NEWSPAPERS

Don't expect to see political signs in the medians of Fairfax County this election season. Crews of nonviolent offenders are out four days a week confiscating the placards thanks to a new arrangement with the Virginia Department of Transportation.

The Median Has No Message

BY MICHAEL LEE POPE
THE CONNECTION

Some people call them flowers of democracy. Others call them weeds of political pollution. Whatever one thinks of the campaign signs and placards that appear along the roads of Fairfax County, expect to see a lot fewer of them. Last month, county officials launched a new program in which nonviolent inmates at the county jail hit the streets four days a week to remove illegal signs.

With apologies to Marshall McLuhan, the message is no longer in the median.

Anger and resentment has been rising over the issue of roadside political signs for years, and campaigns frequently go to war with each other to see which side can plant or steal or deface the largest number of placards. Unlike Prince William County, which had an agreement with the Virginia Department of Transportation that allows the local government to collect the signs and fine violators, Fairfax was caught in a bind. Part of the Virginia code made it illegal for the county to remove the signs in Fairfax County until after an election. Until now.

Last year, Del. David Albo (R-42) introduced House Bill 34. The legislation amended Virginia law specific to Fairfax County, allowing the commissioner of highways to enter into an agreement with the Board of Supervisors. Instead of waiting for the Virginia Department of Transportation to enforce the law against signs in the medians, the new law allows Fairfax County to enter into an agreement similar to the one that already exists in Prince William

allowing the local government to collect the signs and issue a \$100 fine for each violation.

"Once you do it a couple of times, then nobody does it anymore," said Albo. "Politicians are running to write laws, and they don't want to break them."

ALBO SAYS the 2011 campaign was the last straw. As the election for state Senate approached, the roadsides of Fairfax County were littered with thousands of signs for every candidate under the sun. Because two different attorneys general issued conflicting opinions about whether or not political signs constituted free speech, Albo said, candidates could argue the practice was legal. Albo's bill this year ended that ambiguity, clarifying the law even as it gave new authority to Fairfax County.

"This is something that has bothered people for a number of years," said Springfield Supervisor Pat Herrity. "The county has tried before to address it, but we've clearly got it addressed this time."

Back in February, the supervisors approved a contract with VDOT. Now, as a result of Albo's legislation and the supervisors' agreement, Fairfax County has a contract to enforce VDOT's rules. The new program launched on July 1, and the clean-up crew of inmates has been out every Tuesday to Friday since that time. County leaders say the weekends are still fair game.

"Signs will be removed from selected highways, not all neighborhood streets," said Troy Manos, communications director for Bulova. "Basically that means if you are having a garage sale and you want to put a sign at the end of a small residential street, that would be OK."