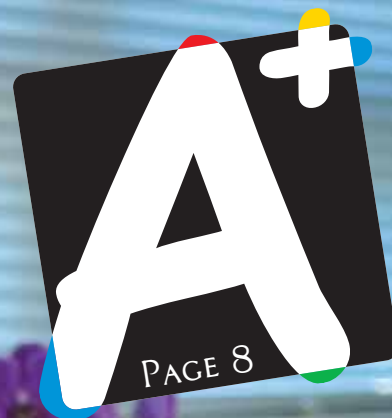


# Springfield CONNECTION

Franconia ❖ Kingstowne ❖ Newington

Karen Kenna, Cardinal Forest Elementary School principal, joins area school's principals in discussing what's new in the upcoming school year.



Fairfax Republicans  
Nominate  
Wolfe for Sheriff  
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Friday Night  
Closure on I-95  
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Schools Ready  
For New Beginning  
NEWS, PAGE 3

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PHOTOS BY ELEANOR LAMB/THE CONNECTION

AUGUST 22–28, 2013

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## Fairfax Republicans Nominate Bryan 'BA' Wolfe for Sheriff

**Wolfe faces Democratic nominee Stacey Kincaid in Nov. 5 special election.**

BY VICTORIA ROSS  
THE CONNECTION

**W**hen retired Fairfax police officer Bryan "BA" Wolfe was selected as the Republican nominee for Fairfax County Sheriff last week, he vowed to "restore the public trust" by making the 500-member department more "accountable and transparent."

He also pledged to donate his salary to charity if he wins against Democratic challenger Stacey Kincaid in the Nov. 5 special election.

Wolfe's campaign promise echoes a similar pledge made by former Sheriff Stan Barry during his 2011 run.

Barry's salary pledge and his participation in the county's Deferred Retirement Option Program (DROP) ignited the "DROP Stan Barry" bomb. County Republicans hammered Barry for his participation in DROP, claiming Barry could collect nearly \$1 million in pension benefits in a program never intended for elected public officials. Barry, whose salary was set at \$160,000 a year by the Fairfax County Board of Supervisors, challenged the claims.

**FIRST ELECTED SHERIFF IN 1999**, Barry announced last May that he would retire in July, launching the special election between Wolfe and Kincaid. The winner will serve the remaining two years of the sheriff's four-year term.

"[Wolfe's] pledge to donate his salary to charity shows clearly how passionate he is that leadership changes are needed at the department," said Jay McConville, chairman of the Fairfax County Republican Committee (FCRC), in an Aug. 15 news release.

"I am running for sheriff to restore the public trust and confidence in our law enforcement community," Wolfe, 51, said. The U.S. Air Force veteran said he will hold the Sheriff's Department "to a higher standard of accountability than previously held and I will work to create greater transparency that is so necessary."

McConville said Wolfe's record of service, both in the military and as a police officer, "demonstrates the kind of commitment to community and selfless service so needed at the top of the Sheriff's Department."

"I strongly believe in a leadership style encouraging participation which calls for greater involvement from all levels of the Sheriff's Department and I have the necessary skills, knowledge and drive to effectively serve as the next sheriff," Wolfe said.

A 1979 graduate of Robinson Secondary School, Wolfe joined the U.S. Air Force in 1981. He is an 18-year member of American Legion Post 177 in Fairfax and a member of the National Rifle Association. Wolfe has earned several awards for his service to his community, including being named Policeman of the Year twice, as voted by his peers



**Bryan Wolfe, a former Fairfax police officer and U.S. Air Force veteran, was chosen by the Fairfax County Republican Committee last week as its nominee in the Nov. 5 special election to succeed retired Sheriff Stan Barry.**



**Stacey Kincaid, a 26-year veteran with the Fairfax County Sheriff's Department, won the Democratic nomination for sheriff during a caucus held July 17.**

in the department. He and his wife Kelly live in Clifton and have three daughters and two sons.

Kincaid, a graduate of Frostburg State College, began her career with the Fairfax County Sheriff's Office in 1987. She said a summer internship at the Sheriff's Office "sparked my interest in a career as a deputy sheriff." In 2008, she received the agency's highest honor, the Distinguished Service Award.

A Vienna resident, Kincaid won the Democratic nod against acting Sheriff Mark Sites in a caucus last month.

Kincaid said that while she is focused on the three main functions of the sheriff's office—running the county's jail, performing security at the courthouse and serving civil process—she also wanted to "bring the agency forward."

"As the largest sheriff's office in Virginia, we should be the role model for the commonwealth," she said after her win over Sites last month. She added that she wanted to focus on diversity inside the department as well as in community outreach efforts.

"When I say diversity, I am talking about diversity of thought, values and beliefs, not just skin color," Kincaid said. "We need the office to respect and reflect the diversity in our community. ... Listening and learning is an important part of forging a relationship with the community."

**THE FAIRFAX COUNTY SHERIFF'S OFFICE** is responsible for managing the Adult Detention Center, providing security in the courthouse and serving civil law process. The sheriff and the sheriff's deputies have civil and criminal jurisdiction in Fairfax County, the City of Fairfax and the towns of Vienna and Herndon.

"Our sheriffs serve our community well, and they deserve someone who has a passion for service and not a continuation of the establishment bureaucracy that has failed for years to provide the type of leadership needed," McConville said.

## Schools Ready for New Beginning

**Principals set goals for the new school year.**

**Jason Pensler**, Orange Hunt Elementary School principal, Springfield

"One exciting change is the fact of taking and fostering the gifts that [the students] already have and incorporating more of a collaborative, creative feel. Our students enjoy learning and our teachers enjoy teaching. It's a good mixture. We are a German immersion school. For first graders, it's brand new for them to be able to come in and learn the core language. That's a big change for little ones. Also kindergarten are starting school. That's a wonderful change. We have a wonderful community, very supportive in our endeavors to provide education that's rigorous and making sure students are competitive in a global economy. It's something we do as a unit."



**Danny Little**, Washington Irving Middle School principal, Springfield

"It's exciting how we're continuing to focus on learning. We're getting good at defining what skills students need. We're very excited about the new Superintendent Karen Garza and Assistant Superintendent Angela Atwater. I'm looking forward to their ideas to find areas to focus and improve [upon]. It helps if you see it from a different perspective. I love change. Half of our students are new each year. Our students bring talent and excitement. The toughest part is that there's always so much you want to put in place, there never seems to be enough time. We're continuing to work with West Springfield [High School] so we can tie our community together as a pyramid. We have sessions on bullying and parenting. We focus on collaboration with feeder schools and the high school. It's a unified front."



**Karen Kenna**, Cardinal Forest Elementary School principal, Springfield

"It's like putting on a new pair of shoes. You have to break them in. A high level of stress is put on building relationships. We're looking at the personalization of students' strength. Creating positive energy excites me. [We have] possibilities to be awesome. We work with the West Springfield pyramid to form a collaborative learning team. It's almost like dropping a pebble in. People like to come to Cardinal Forest. The building itself is welcoming and bright. This is the people business."



—ELEANOR LAMB

# HOME SALES

In July 2013, 196 Springfield homes sold between \$815,000-\$151,000. This week's list represents those homes sold in the \$815,000-\$585,000 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
7005 SPRINGVILLE CT	6	4	0		SPRINGFIELD	\$815,000	Detached	0.33	22150
6406 BRIDGE CREEK CT	4	3	1		SPRINGFIELD	\$795,000	Detached	0.20	22152
5615 TOWER HILL CIR	4	4	1		ALEXANDRIA	\$795,000	Detached	0.12	22315
6225 CARDINAL BROOK CT	6	3	1		SPRINGFIELD	\$790,000	Detached	0.26	22152
6333 STILL SPRING PL	4	4	1		ALEXANDRIA	\$740,000	Detached	0.13	22315
7820 GAMBRILL WOODS WAY	4	3	1		SPRINGFIELD	\$720,000	Detached	0.33	22153
8940 MOUNTAIN ASH DR	4	2	1		SPRINGFIELD	\$700,000	Detached	0.20	22153
5990 MANORVIEW WAY	4	3	1		ALEXANDRIA	\$699,000	Detached	0.10	22315
6329 BROCKETTS XING XING	4	3	1		ALEXANDRIA	\$675,000	Detached	0.22	22315
6496 CORY PL	4	4	1		SPRINGFIELD	\$670,000	Detached	0.36	22150
7415 JENNA RD	4	3	1		SPRINGFIELD	\$640,000	Detached	0.27	22153
6106 SHERBORN	5	4	1		SPRINGFIELD	\$625,000	Detached	0.30	22152
6701 SCOTTSWOOD ST	3	3	1		ALEXANDRIA	\$623,000	Townhouse	0.06	22315
6660 ORDSALL ST	3	3	1		ALEXANDRIA	\$610,000	Townhouse	0.07	22315
6633 THURLTON DR	3	3	1		ALEXANDRIA	\$600,000	Townhouse	0.07	22315
6625 SPRINGIRTH TER	3	3	1		ALEXANDRIA	\$599,900	Townhouse	0.05	22315
6576 FORSYTHIA ST	3	3	1		SPRINGFIELD	\$590,000	Detached	0.18	22150

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# NEWS



Police investigator Tom Polhemus discusses the perils of identity fraud.



Police Det. Mike Deane advises residents, "Monitor your bank statements."

PHOTOS BY BONNIE HOBBS/THE CONNECTION

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## Guarding Against Identity Theft and Fraud

Police advise residents on how to protect themselves.

BY BONNIE HOBBS  
THE CONNECTION

With identity theft and fraud being such a major concern these days, police investigator Tom Polhemus and Det. Mike Deane recently presented some ways local residents can protect themselves from becoming victims.

They're both with the Sully District Station's Financial Crimes section and spoke during a meeting of the station's Citizens Advisory Committee. Basically, said Polhemus, "If you know how people are being ripped off, you'll know how to protect yourself."

He told residents to watch their bank accounts online and carefully examine their statements each month. If something's amiss, he said, "After 60 days, you own it."

The mail also holds hidden dangers, said Polhemus. "When you get a pre-approved credit application in the mail, thieves will take it from your mailbox, get the credit card and run up the bill in your name," he warned.

But, he said, "There's an opt-out number on the application, and you can call it from your home phone. Just follow the prompts and that'll tell the three credit bureaus—Esperian, Trans Union and Equifax—that you don't want this mail anymore."

Polhemus said consumers should go to [www.annualcreditreport.com](http://www.annualcreditreport.com), or call this entity, to check on their credit report for any possible discrepancies or charges that shouldn't be there. "Do it once a

year; it's free," he said.

"If you find there's a delinquent account with something you didn't sign up for, contact the creditor and fill out a police report and an affidavit of fraud," said Polhemus. "Have it removed from your credit report and stay on top of it. We see a lot of credit card fraud and stolen credit cards. They're taken especially from women in crowded restaurants or at fitness centers and health clubs."

He said thieves also know that many people leave their wallets and purses in their cars, instead of in lockers, at their gym. So he told residents to keep their valuables with them, instead.

"Some thieves will even steal a person's keys from their gym locker and then use them to open their car and steal their credit cards," added Deane.

**SENIOR CITIZENS** are also preyed upon, said Polhemus. "People will take a credit card from their purses while they're distracted," he said. But those wanting to commit credit card fraud and identity theft target people of all ages.

For example, said Polhemus, "A temp at your dentist's office has access to your credit card information and address. She can order a \$4,000 computer online, have it sent to your address and track its shipping online. Then she'll call UPS and tell them to hold it for pickup, instead. Or she'll change the shipping address to another state."

He said police also handle a  
SEE IDENTITY, PAGE 11

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## Police Undercover Operation Nets 23 Men

Police arrested more than 20 men and charged them with solicitation of prostitutes on Thursday, Aug. 15.

In response to citizen concerns and to discourage illegal activity in Fairfax County, police performed an undercover operation throughout the county between 3 and 10 p.m.

Officers worked in an undercover capacity and, after communicating online, met men at four different hotels.

Arrests took place at hotels in Springfield, Falls Church, Herndon and the Tysons Corner area. In all, 23 men were charged. One of the men was also charged with possession of cocaine.

The investigation was led by the Organized Crime and Narcotics Division (OCN) and supplemented by patrol officers. OCN detectives have developed community outreach relationships with local hotels. Businesses request this type of pro-active approach of law enforcement to thwart illegal activity in their establishments.

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

## Celebrate National Dog Day At the Shelter

Get ready for lots of woofs, ruffs and barks, along with plenty of laughter and fun this weekend, at the first-ever National Dog Day celebration at the Fairfax County Animal Shelter. Join dozens of your furry friends on Saturday and Sunday, Aug. 24 and 25 from 10 a.m. to 5 p.m., 4500 West Ox Road for the festive events.

There are many breeds, ages, and sizes of dogs available for adoption this week. The shelter goal is to help find loving homes for the 25-plus dogs available right now.

Note: there will be fee-waived adoptions all weekend on dogs and puppies.

For more information, contact Kristen Auerbach, Animal Shelter Director of Communications & Outreach at 703-324-0208. Don't forget to check out the Animal Shelter's new calendar of upcoming events.

3

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**Where:** 5795 B Burke Centre Parkway, Burke, VA 22015

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# OPINION

## Excerpts From King's 'I Have a Dream'

**Martin Luther King Jr. spoke to the March on Washington 50 years ago next week, Aug. 28, 1963.**

**L**isten to audio of the entire speech at [www.smithsonianmag.com/multi-media/audio/128077288.html](http://www.smithsonianmag.com/multi-media/audio/128077288.html). To read the full speech, see: [www.archives.gov/press/exhibits/dream-speech.pdf](http://www.archives.gov/press/exhibits/dream-speech.pdf).

"Five score years ago, a great American, in whose symbolic shadow we stand signed the Emancipation Proclamation. This momentous decree came as a great beacon light of hope to millions of Negro slaves who had been seared in the flames of withering injustice. It came as a joyous daybreak to end the long night of captivity.

"But one hundred years later, we must face the tragic fact that the Negro is still not free. One hundred years later, the life of the Negro is still sadly crippled by the manacles of segregation and the chains of discrimination. One hundred years later, the Negro lives on a lonely island of poverty in the midst of a vast ocean of material prosperity. One hundred years later, the Negro is still languishing in the corners of American society and finds himself an exile in his own land. So we have come here today to

dramatize an appalling condition. ...

"We have also come to this hallowed spot to remind America of the fierce urgency of now. This is no time to engage in the luxury of cooling off or to take the tranquilizing drug of gradualism. Now is the time to rise from the dark and desolate valley of segregation to the sunlit path of racial justice. Now is the time to open the doors of opportunity to all of God's

### EDITORIAL

children. Now is the time to lift our nation from the quicksands of racial injustice to the solid rock of brotherhood. ...

"We can never be satisfied as long as a Negro in Mississippi cannot vote and a Negro in New York believes he has nothing for which to vote. No, no, we are not satisfied, and we will not be satisfied until justice rolls down like waters and righteousness like a mighty stream. ...

"I say to you today, my friends, that in spite of the difficulties and frustrations of the moment, I still have a dream. It is a dream deeply rooted in the American dream.

"I have a dream that one day this nation will

rise up and live out the true meaning of its creed: 'We hold these truths to be self-evident: that all men are created equal.'

"I have a dream today. ...

"This is our hope. This is the faith with which I return to the South. With this faith we will be able to hew out of the mountain of despair a stone of hope. With this faith we will be able to transform the jangling discords of our nation into a beautiful symphony of brotherhood. ...

"This will be the day when all of God's children will be able to sing with a new meaning, 'My country, 'tis of thee, sweet land of liberty, of thee I sing. Land where my fathers died, land of the pilgrim's pride, from every mountainside, let freedom ring.'

"And if America is to be a great nation this must become true. So let freedom ring ...

"And when this happens, when we allow freedom to ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual, 'Free at last! Free at last! Thank God Almighty, we are free at last!'"

### COMMENTARY

## Setting Record Straight on Libraries

**The facts on the proposed library pilot program.**

BY PAT HERRITY  
SUPERVISOR (R-SPRINGFIELD)

**T**here has been much confusion about the recently-announced recommendation from the Library Board to pilot some changes to more efficiently serve library patrons at two county libraries. Libraries are pillars in our community, they are resources for people furthering their education, they are places of discovery for children, and they are a critical gathering place in our neighborhoods. Just like our community, our libraries have evolved over time, and as they have countrywide, libraries will need to continue to evolve in order to best meet the needs of our residents. Unfortunately, the announcement of this simple two-library pilot has resulted in a swirl of misinformation about what it is and what it will do. I would like to take this opportunity today to set the record straight.

First, this is a pilot program. The county is not suddenly making overnight changes to the way our libraries operate. Instead, we

are going to run a pilot program at the Burke Centre and Reston Regional Libraries to see if the recommendations work. Both libraries will test the "one-desk" model of customer service, with cross-trained staff answering account and information questions, as well as increased programming conducted within the branch and the community. The one-desk model should be a benefit to the library patron who will only have to go to one place to get all of their questions answered. It will likely also make for more well rounded staff that have a greater understanding of the total operation of a library.

Second, we are not laying anyone off. This is a pilot program—we have absolutely no intention of cutting staff to accommodate the pilot program. If the model works, any reduction in staff at the libraries is expected to occur via natural attrition. Over 30 percent of employees in the county's library workforce will be eligible to retire by 2015.

Third, by not requiring a Masters of Library Science (MLS) requirement for the positions in the pilot, we are not "dumbing down" the library workforce. Only 15 states nationwide currently have a MLS requirement and Virginia isn't one of them. The MLS will remain a preferred qualification,

however a dynamic workforce, and one that attracts the best and the brightest, should be open to competition from people with differing backgrounds. As the challenges of a 21st century library system continue to evolve, the county needs to be able to hire the best person for the job—that could be someone with a MLS, someone with a technology or education degree, or more likely, a mix of both. Currently, the vast majority of those on our library staff do not hold an MLS.

Finally, this is an opportunity for the county to bring you the best library service that it possibly can. This is an opportunity to increase the efficiency of our library system and improve customer service. It is an opportunity to adapt to the challenges that the Internet and technology bring.

The real question is, "Why wouldn't you want to do a pilot to see if you can improve service and be more efficient?" Only when we have the results of the pilot the Library Board and county staff can make an informed decision on the best course for our libraries and the county. I will be waiting for the results of the pilot before I form any opinion on whether we should make the changes permanent at these two libraries or institute them at any other libraries.

### LETTERS TO THE EDITOR

## Beyond the Borders

To the Editor:

The needs of our immigrant populations will continue long after Congress makes a decision about comprehensive immigration reform.

Immigrants face many obstacles in integrating into their new communities. Joanne Lipson, a nurse anthropologist who studied an Afghan population that settled in California after the Afghan Russian incursion, found that language and social dissonance kept most Afghans from associating with Americans. This keeps people from thriving in their new country. In her book, "The Middle of Everywhere: Helping Refugees Enter the American Community," psychologist Mary Pipher explains the myriad of things persons from other cultures must learn about life here in the U.S. This book is available through the Fairfax County Public Library. ESOL classes, citizenship classes, GED and vocational training will be needed to fully integrate our new Americans into society.

More than military presence at the border, the root causes of immigration must be addressed.

**Susan Jacobson NP**  
Fairfax

## Springfield CONNECTION

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PHOTO BY TREVOR WRAYTON/VDOT

## Friday Night Closure on I-95

Looking south on I-95 near the Newington exit, crews prepare a box beam that will support the ramp to and from the future 95 Express Lanes, which is scheduled to be put in place this Friday night. This ramp, which is near Alban Road and the Fairfax County Parkway, will be a reversible ramp linking the express lanes and the Fairfax County Parkway. On Friday night, Aug. 23, crews will close the right lane of I-95 south at 9:30 p.m., a second lane at 11 p.m., and progress to a full closure after midnight. The full closure will be removed by 6 a.m., with all lanes open by 9 a.m. Saturday morning, Aug. 24. During the I-95 closure, through traffic on southbound I-95 will be diverted to the HOV lanes through the construction, and local traffic looking to access the Fairfax County Parkway, or Lorton Road area will be detoured to Backlick Road (Exit 167) to access the Fairfax County Parkway via Furnace Road and Lorton Road via Route 1. All closures are weather permitting. If inclement weather occurs, the full closure of I-95 South will take place Saturday night, Aug. 24 into Sunday morning Aug. 25.

## Raising Awareness for Honey Bees

**T**angles Hair Salon and Spa of Burke held a beehive party last Saturday, Aug. 17, in honor of National Honey Bee Day at the store in the Burke Commons shopping center next to Walmart.

About 50 people were treated to complimentary beauty treatments like beehive updos, paraffin wax treatments and yellow mini-manicures. Resembling honeybees themselves, the stylists and guests wore black and yellow outfits with

matching nail polish, eye shadow and bee-inspired jewelry.

"Eighty percent of pollination is done by the bees," said Millie Singh, co-owner of the salon. "Honey is not the only thing we get from the bees."

"Colony Collapse Disorder is a real, major problem," Singh's daughter Ashley Thomas said. "I think it's wonderful that Tangles Salon is helping to raise awareness with style."

—STEVE HIBBARD



PHOTO BY STEVE HIBBARD/THE CONNECTION

Manal Kabro gives a beehive hairdo to Emma Sharman of Springfield.

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# End-of-Summer Tips to Make Return to School Less Stressful

Area experts provide advice on easing back into to school.

By MARILYN CAMPBELL  
THE CONNECTION

For some children, the transition from laid-back summer days to intensely structured school hours can be jarring. Moving from an environment where one's greatest challenge is deciding whether to choose chocolate or vanilla ice cream, to a routine that calls for getting dressed before dawn, heading to school and paying attention in classes all day can be jolting.

One of the most challenging aspects of returning to school, say experts, is children's loss of some control over their schedules. "In the summer, children have more control over their lives," said Alice Young, Ph.D., a professor of education at Marymount University in Arlington. "They have greater ability to make decisions about what time they're going to wake up and what they will do next. When they get ready to go back to school, they control nothing. Parents and teachers tell them what they have to do."

"Humans are innately routine driven beings," said Len Annetta, Ph.D. professor in the College of Education and Human Development at George Mason University. "Whether or not it is hard wired or



One hurdle that parents and students, like these Height School chemistry students, led by teacher Peter Bancroft, face when making the transition from a relaxed summer schedule to a demanding academic year is the mental preparation for the pace and discipline that school requires.

a learned behavior is often debated. Regardless, our bodies and minds often function better once in a routine. Parents would be wise to...start their children with a breakfast that is...consistent with what they will have during the

school year [and] limit screen time to just educational activities or activities that get the brain thinking analytically."

There are schedule modifications that parents can implement now to make the first day of school less

jolting, however, and local education experts offer tips that range from gradually modifying a sleep schedule to planning after school activities.

"Start getting back into a school-year sleep schedule," said Ashley

C. Lowry, the upper school academic coordinator and Advanced Placement U.S. history teacher at Connelly School of the Holy Child in Potomac, Md. "It's important that students hit the ground running. Continuing to stay awake until midnight or later will not provide students with the brainpower needed to start the year off right."

A sleep schedule adjustment is particularly important for middle and high school students. "Get them up earlier for those needed doctor and dentist appointments before school starts," said Lisa Turissini, Ed.D., chair of the Department of Education at Marymount University. "This age group loves to sleep in and some adjustment to an earlier schedule is really a good idea. You can also have them go to bed earlier to assist getting up earlier each morning."

Ann Richardson Miller, director of admission at The Madeira School in McLean, said "Sufficient sleep is critical to academic success. While harder to enforce at home, we believe strongly that this one simple thing can ensure success for transition into high school."

**DESIGNATE AN AREA** for completing homework assignments. "Do they have a work area set to go at home to complete homework each evening?" asked Turissini. "Is

there a set time each evening for this to happen? Will there be certain evenings when everyone is present for family dinner together?"

**"In the summer, children have more control over their lives. When they get ready to go back to school, they control nothing. Parents and teachers tell them what they have to do."**

— Dr. Alice Young, professor of education at Marymount University in Arlington.

Setting goals, both academic and personal, is important when beginning a new school year. "All school divisions, private or public, have some sort of grade-level objectives," said Shannon Melideo, Ph.D., associate dean, School of Education and Human Services at Marymount University. "Find the appropriate grade-level goals and spend a few minutes with your child reading over what they will learn and set some goals."

Such goals are helpful in creating a smooth back-to-school transition. "For example, ride a bike, read a chapter book, hit a double,

[learn to] tie shoes, [make the] honors list," said Melideo. "Write those goals down and put them in a place that the student can see often."

Young, says that parents should help children choose attainable goals. "Success breeds success. Early in the school year, set goals that are achievable," she said. "A bad goal is 'I'm going to make straight As this semester' if the child made Ds and Cs last semester. A better goal, for example, would be, 'I am going to turn in all my homework and not having any missing assignments during the first session.'"

One hurdle children and parents face when making the transition from the more relaxed summer schedule to the demands of the academic year is the mental preparation for the pace and discipline that school requires, said Michael S. Moynihan, head of the Upper School at The Heights School in Potomac.

"As study requires focusing

one's attention and energy on texts or material to be mastered, it is necessary to start to build up the mental habits of focus and contemplation before one jumps into the classroom," he said. "The best practical way for parents to help their children do this is to build set reading times into the daily schedule in the days leading up to the start of the school year. Wise parents will help their children choose reading materials that are a bit challenging.."

To help jumpstart brainpower, Lowry suggests "spending two to three hours a day on school-related work. This can be working on required summer work, or exploring academic areas of interest. This helps dust off the cobwebs."

Melideo recommends taking trips to the public library to find books or resources about topics a child will cover during the school year. Melideo said, "For example, third graders in Virginia often learn about ancient civilizations. Get some books on ancient Egypt."

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Messiah Lutheran Church is having a Flea Market and Craft Sale as part of its Fall Festival on September 21, 2013. 10 x 10 booths are only \$20. Messiah is located at the corner of Fort Hunt and Belle View. The festival will be advertised heavily. To sign up and get more information go to [Festival.MessiahELCA.org](http://Festival.MessiahELCA.org)

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## Seven Schools to Implement Back-to-School Soda Ban

FCPS conducts pilot program banning sugary sodas in seven high schools.

Healthy eating habits begin early, and in an effort to curb consumption of sugary drinks by students, Fairfax County Public Schools (FCPS) will be conducting a pilot program in September that will ban sugary soda drinks in seven of its 25 high schools.

Sugary drinks, according to researchers, are believed to be a major contributor to increasing rates of childhood obesity in the United States, as well as diabetes, heart disease and other diseases. Schools in more than 40 states have banned student access to sodas.

According to an Aug. 19 FCPS new release, soda products are not currently available in any Fairfax County Public

Schools during the school day, except for adult purchases in teachers' lounges.

The ban will remove regular soda products from the after-school soda machines in each of the seven participating schools, which include Chantilly, Falls Church, Langley, Marshall and West Potomac High Schools; Lake Braddock Secondary School; and Thomas Jefferson High School for Science and Technology.

Student and parent after-school fundraisers such as snack bars and booster clubs are excluded from this pilot.

"I have been working with staff and the Real Food for Kids community advocates to get this pilot started. I proposed the idea back in February, and we've been working with staff and various school principals to get support," said Ryan McElveen, a Fairfax

County school board member.

"Obviously, some schools are wary of the idea since they could potentially lose revenue if students don't buy enough of the new, healthier products, but I'm confident that they will. In fact, students at TJ requested that we remove all sodas, including diet, from the machines, after they did research on the nutrition contents," McElveen added.

In the participating schools, 47 existing soda machines will be replaced with 37 new, state-of-the-art glass front beverage machines.

The new items, according to school officials, will include diet sodas, diet and unsweetened teas, coconut waters, V-8 Fusion Juice, SoBe Lifewaters, Propel Zeros and G2 Gatorade products. The costs

of the new machines will be covered by the Coca-Cola Company and PepsiCo.

An evaluation of the one-year pilot will be conducted by FCPS' Office of Food and Nutrition Services and will include an examination of revenues, students' product preferences and acceptance of new products.

But limiting access to sugar-sweetened beverages may not have the impact school officials hope for. In one of the most comprehensive studies on the subject, published in 2008 in The Archives of Pediatrics and Adolescent Medicine, researchers looked at soda and sweetened beverage consumption among roughly 7,000 fifth and eighth grade students across 40 states. The students were followed between 2004 and 2007, a time when many states and school districts were beginning to enact bans.

# CALENDAR

Send notes to the Connection at [south@connectionnewspapers.com](mailto: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. 22-SEPT. 8

### 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. 22

**Get Funked.** 7-11:30 p.m., Empire-Alchemy Room, 6355 Rolling Road, Springfield. The Prime Tribe, Scotts Run, Albino Rhino, and others perform acoustic, funk and fusion music. \$10. [www.ampedandalive.com/eventdetails.aspx?eventId=1181](http://www.ampedandalive.com/eventdetails.aspx?eventId=1181).

## FRIDAY/AUG. 23

### The United States Army Blues.

7:30-8:30 p.m., at Lake Accotink Park, 7500 Accotink Park Road, Springfield. This group began in 1942 and since then, it has evolved into the premier jazz ensemble of the United States Army. [www.bands.army.mil](http://www.bands.army.mil).

## SATURDAY/AUG. 24

**Free Nutritional Seminar.** 4 p.m.



PHOTO CONTRIBUTED

**The triple-threat cast of "Fame," the musical, coming to the Workhouse, 9601 Ox Road, Aug. 23-31 with 7:30 p.m. showings and one 3 p.m. matinee. The 80s throwback musical to the popular TV show that engaged teens throughout the nation is performed by students from the Metropolitan Performing Arts Theatre ensemble.**

3443 Carlin Springs Road, Bailey's Crossroads. Mikido Martial Arts presents a nutrition, exercise, and weight loss seminar led by personal trainers. 703-922-0060 or 571-344-9483.

### The Dangerous Summer, Tommy and the High Pilots, Rare Monk.

5-11:30 p.m. Varied artists perform songs of the rock genre. \$12. [www.ampedandalive.com/eventdetails.aspx?eventId=1133](http://www.ampedandalive.com/eventdetails.aspx?eventId=1133).

**Quin Tango.** 7-8 p.m., at Workhouse Arts Center at Lorton, 9601 Ox Road, Lorton. QuinTango is a quintet of two violins, cello, bass and piano dedicated to the musical performance

of tango. [www.quintango.com](http://www.quintango.com).

## SUNDAY/AUG. 25

### Women's Equality Day. 12:30-4 p.m.

Building 9, Lorton Arts Center, 9601 Ox Road, Lorton. The Workhouse Prison Museum and the Turning Point Suffrage Memorial celebrate the 93rd anniversary of the 19th amendment which granted women suffrage. The event includes music, a film, historical reenactments, and more. 703-584-2900 or [workhousemuseums.org](http://workhousemuseums.org).

**Late Nite Reading.** 5-10 p.m. Empire-Alchemy Room, 6355 Rolling Road,

Springfield. Late Nite Reading, This Is All Now, and Heres to Us perform pop music. \$10. [www.ampedandalive.com/eventdetails.aspx?eventId=1144](http://www.ampedandalive.com/eventdetails.aspx?eventId=1144).

## WEDNESDAY/AUG. 28

### Workshop: Developing Learning Skills Through Movement.

10-11:30 a.m. Kirkwood Presbyterian Church, 8336 Carrleigh Parkway, Springfield. Jeannine Lacquement, founding director of Children of the Light Dancers, explores how movement can assist learning in children. \$7 per adult; children admitted for free; complimentary refreshments; dress comfortably; R.S.V.P. to [MomsOnTheRun4@gmail.com](mailto:MomsOnTheRun4@gmail.com) with the number of children attending. 703-405-8331.

**Mic Check: Hip Hop Showcase.** 7 p.m., Empire-Alchemy Room, 6355 Rolling Road, Springfield. Varied artists present music of the hip hop genre. \$10. [www.ampedandalive.com/eventdetails.aspx?eventId=1186](http://www.ampedandalive.com/eventdetails.aspx?eventId=1186)

## FRIDAY/AUG. 30

### City of Fairfax Band Alte

**Kameraden German Band.** 7:30-8:30 p.m., at Lake Accotink Park, 7500 Accotink Park Road, Springfield. AUG-toberfest, featuring the Blaskapelle Alte Kameraden Bavarian Band, invites you to end your summer in Octoberfest style with authentic fest musik and "gemutlichkeit." [www.fairfaxband.org](http://www.fairfaxband.org).

## SATURDAY/AUG. 31

### Back to School Bash Health Fair.

10 a.m.-1 p.m. Hilton, 6550 Loisdale Road, Springfield. Volunteers and families are welcome to this free event that provides free school supplies, backpacks, haircuts, immunizations and health screenings, a community fair, and children's activities. Booths assigned first-come, first-served basis. 205-222-8975. [.OSTDevelopment@gmail.com](mailto:OSTDevelopment@gmail.com).

**True Culture 4.** 6 p.m. Empire-Alchemy Room, 6355 Rolling Road, Springfield. B Dolla presents dubstep music. \$10.

[www.ampedandalive.com/eventdetails.aspx?eventId=1190](http://www.ampedandalive.com/eventdetails.aspx?eventId=1190)

**OCEAN Orchestra.** 7-8 p.m., at Workhouse Arts Center at Lorton, 9601 Ox Road, Lorton. From mystical Celtic vocals to the stirring skirl of the Pipes, Ocean is Celtic music for ancient moderns. [www.home.comcast.net/~jcutting/](http://www.home.comcast.net/~jcutting/).

## SUNDAY-MONDAY/SEPT. 1-2

**Model Train Show.** 1-4 p.m. Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. N Gauge, Lego, and HO model trains will be on display during Labor Day weekend. Museum members and children 4 and under, free; ages 16 and older, \$4; ages 5-15, \$2. [www.fairfax-station.org](http://www.fairfax-station.org). 703-425-9225.

## MONDAY/SEPT. 2

### St. Mary of Sorrows Labor Day

**Picnic.** 10:20 a.m.-5 p.m. 5612 Ox Road, Fairfax Station. This gathering features Mass and Blessing of Tools, free entertainment, food, crafts, rides, games, a rummage sale and more. 703-978-4141.

## 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 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](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).

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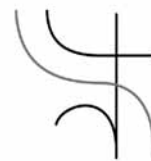
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# Identity Theft Protection Tips

FROM PAGE 4

great deal of cases involving counterfeit credit cards. “The most important thing to a criminal is the magnetic stripe on the back of your card,” explained Polhemus. “He can swipe it through a device to record it—and now he has your credit card. And there’s no skill involved; it’s really easy to do. At different times, various point-of-service computer terminals in stores and restaurants are compromised, as well.”

Noting that crimes such as these are “now driven by organized crime, such as the Russian mob and the Romanians,” he said they’ll “put a device on top of a particular ATM. So when you put in your credit card, it’ll skim your magnetic stripe and have a camera photograph your pin number as you punch it into the pin pad.”

Furthermore, said Deane, “Now they can harvest your credit card information remotely. If they want it, they’ll get it, so monitor your bank statements.”

“And if you do and you contact your bank and notify them about any charges that aren’t yours, you will get your money back,” added Polhemus.

He also advised the audience about check fraud, saying that there’s no difference between the way a real and a counterfeit check look.

What’s important, he said, are the routing and account numbers on the bottom of the check.

“When you pay your mortgage and put the envelope in the mailbox with the ‘steal-me’ flag up, a thief will take your check and counterfeit 10 checks,” said Polhemus. “He’ll then deposit these checks and get the cash back from your bank at several different locations. So don’t mail your checks from home; do it from work or at the post

office.” Even seemingly innocuous situations may pose a threat, he said. “For instance, if you pay for Girl Scout cookies with a check and the child’s brother gets a hold of it and gets the numbers, he can use them to make automatic, monthly purchases for porn, or whatever he wants,” said Polhemus. However, he added, “If your identity’s been stolen, you can get an identity theft passport from the attorney general’s office to show the police, if necessary.” Polhemus also warned residents to never wire money to strangers online. “Your nephew isn’t in trouble overseas,” he said. “And the power company isn’t going to call and threaten to turn off your power in an hour if you don’t wire money immediately—100 percent, it’s a fraud.”

**REGARDING FRAUD AGAINST THE ELDERLY**, he said people age 70 and over need to obtain a credit freeze. “They’d pay \$10 to each of the three credit bureaus to prevent anyone else from having access to their credit accounts. That way, no new credit would be issued.”

It’s necessary, said Polhemus, because some unscrupulous home health care providers will, otherwise, come into elderly people’s homes, take their credit cards and run them up. “It’s sad; we see senior citizens get ripped off all the time,” he said. “But family members can monitor their accounts online for them.”

At the end of his presentation, a resident asked how police decide which financial crimes to investigate. “Our loose criteria for investigating a case are: Is a Fairfax County resident out of money, and do we have a likelihood of prosecution?” answered Polhemus. “It also helps if there’s a good video or surveillance photo of the thief.”

## Review Credit Reports and Avoid Ripoffs

Fairfax County police offer the following tips regarding identity theft and fraud:

- ❖ Review credit reports annually
- Experian: Fraud/credit history, 888-397-3742;
- Trans Union: Fraud, 800-680-7289; Credit history, 800-888-4213;
- Equifax: Fraud, 800-525-6285; Credit report, 800-685-1111.
- Go to [www.annualcreditreport.com](http://www.annualcreditreport.com).
- ❖ Opt out of receiving pre-approved credit card applications by calling 888-567-8688.
- ❖ Monitor credit cards and bank accounts online for early fraud detection.
- ❖ Don’t mail bills from home; use electronic banking, if possible.
- ❖ Victims of identity theft should get a police report and secure a seven-year fraud alert or a credit freeze.
- ❖ People 70 and older should contact the credit bureaus and obtain a credit freeze, even if they’re not currently identity theft victims.
- ❖ Never wire money to strangers online; these requests are scams.

## SCHOOL 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.

**Sean A. Scott** of Clifton received the Pamplin College Leadership from the Pamplin College of Business at Virginia Tech, offered through University Honors for the 2013-2014 academic year. The Centreville High School graduate will major in general engineering at Virginia Tech’s College of Engineering.

**Pierce Eggan** of Fairfax Station was one of 19

American students chosen to attend the summer science program at the Weizmann Institute of Science in Israel after graduating from Thomas Jefferson High School for Science and Technology.

**Patrick Hishta**, a junior at Hayfield High School, has graduated from the 2013 Summer Residential Governor’s School for Agriculture at Virginia Tech.

**Jennifer A. Martinelli** graduated summa cum laude from Virginia Commonwealth University Dec. 8, 2012 with a degree in fine arts education. She has accepted a job as an art teacher with Fairfax County Public Schools and plans to start work in September.

Aug. 23-Sept. 1, 2013

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Robinson football coach Dan Meier talks to the Rams prior to a scrimmage at West Potomac on Friday, Aug. 16.

## Robinson Football Team Under New Leadership

### Running back Wilson returns after 2,000-yard season.

BY JON ROETMAN  
THE CONNECTION

After back-to-back subpar seasons, the Robinson football team is looking to return to its winning ways with a hard-nosed style of play. Leading the way for the Rams in 2013 are a 2,000-yard running back, a stout defensive lineman who now contributes on offense and an “old school” head coach with three state titles under his belt.

After retiring as principal of Robinson Secondary School, Dan Meier returns to the sidelines to serve as interim head coach of the Rams. Meier won a state championship with Chantilly in 1996, and guided West Potomac to state titles in 1989 (Division 6) and 1990 (D5). Meier takes over for Trey Taylor, who led the Rams to the playoffs in each of his two seasons as head coach, but finished with a 4-7 record in 2011 and a 5-6 mark in 2012.

“He’s a really good coach,” senior running back Joe Wilson said about Meier. “[He’s an] old school coach.”

Wilson returns as the Rams’ top offensive threat. The 5-foot-9, 195-pound running back led the area with 2,358 yards and scored 33 touchdowns last season. Avyn Johnson, Marcus Denham, DeMarcus Byrdson and Justin No could also see carries for the Rams.

Jake Pinkston could be a weapon at fullback. Entering his third year as a varsity starter, the 5-foot-8, 250-pound Pinkston has been a standout at defensive tackle. This season, he has the chance to make an impact on offense, as well.

Pinkston said Meier suggested in the past



Robinson running back Joe Wilson rushed for more than 2,000 yards last season.

that he play fullback. Now that Meier is head coach, Pinkston is lining up in the backfield.

“We’re getting back to how we used to play—hard and fast,” Pinkston said. “[We’re] not worried about the big things or anything else. We’re just focused on winning games and getting better every day. ... I like getting people on me. I like carrying the load. It’s nice.”

Junior Jack Rowlett returns as the starting quarterback. Endi Ackerman, Devante Hicks and Navarus Grant could see time at receiver. Six-foot-5, 310-pound Aiden Elkhatib is the leader of the offensive line.

On defense, the Rams return seniors with starting experience. Pinkston anchors the D-line and Johnson returns at “Mike” linebacker. Grant, Hicks, Rowlett and Stephen Diggs comprise the secondary.

Robinson will play in 6A North’s Conference 5 after the VHSL’s six-class realignment. The conference is composed of the six teams that played in the former Concorde District.

The Rams will open the season at home against Lake Braddock at 7:30 p.m. on Friday, Aug. 30.

“Our goals are play 15 games,” Wilson said, “and win the state title.”

## McLean Finishes Runner-Up at Little League Softball World Series

The McLean All-Stars reached the championship game of the Little League Softball World Series, but fell short against Sunnyside from Arizona, 9-0, on Aug. 14 in Portland, Ore.

McLean won its first five games of the World Series, beating teams from Oregon, Puerto Rico, Ohio, Italy and New Jersey.

McLean team members were: Caitlin Jorae; Madison Wolfe; Gracen Govan; Kathryn Sandercock; Elizabeth Hoeymans; Rachel Remer; Julia Jones; Jamie Wang; Kate Haas; Cate Willing; Riley Simon; and Sarah Stahlman.

## USA Hockey Team Camp to Include Public Day

USA Hockey’s 2013 U.S. Men’s National Team Camp, which will be staged at the Kettler Capitals Iceplex in Arlington, will include a public day on Tuesday, Aug. 27.

Tickets for the event are limited and are on sale at [ticketmaster.com](http://ticketmaster.com).

All ticket holders will receive the following: player autographs; collectible puck; limited edition scarf; American flag; chance to skate; exclusive pre-order access to the Nike USA Hockey Olympic replica jersey.

In addition, NHL Network’s Kathryn Tappen will host an on-ice program that will include the unveiling of the 2014 Nike Olympic jersey, the introduction of all 48 players attending the camp, and product giveaways.

## 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, 2013 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.

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Property Name: Kings Park Shopping Center  
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Voluntary Remediation Program (VRP) No: 494

VRP Applicant: FW VA-Kings Park Shopping Center LLC  
In accordance with the Virginia Voluntary Remediation Program (VRP) public participation requirements of 9 VAC 20-160-120, the general public is hereby notified that the property located at 8970 Burke Lake Road (Kings Park Shopping Center) in Burke, Virginia 22151 has voluntarily enrolled in the Voluntary Remediation Program (VRP) and is requesting a Certificate of Satisfactory Completion of Remediation from Virginia Department of Environmental Quality (VDEQ). Soil, soil vapor, and groundwater on the property have been impacted by certain volatile organic compounds (VOCs) as a result of historic dry cleaning operations that previously used tetrachloroethene (PCE) solvent. The VRP participant has performed onsite and offsite environmental testing and monitoring since 2007 and onsite remedial activities since 2008 which included soil vapor extraction (SVE) and in-situ chemical oxidation for removal of subsurface contamination. In accordance with the VRP, site characterization and human health risk assessment have been completed. The risk assessment did not identify any unacceptable risk to current onsite populations or offsite properties. Engineering and institutional controls have been selected as additional remedial actions to mitigate potential risk to future occupants and to protect the public. For more information on this matter, you may contact the persons listed below. Comments will be accepted for 30 days following the publication date of this notice.

Mr. Peter Granholm, CIH, PG  
Apex Companies, LLC  
15850 Crabbs Branch Way, Suite 200  
Rockville, MD 20855.  
Telephone: (301) 417-0200  
Email: [pgranholm@apexcos.com](mailto:pgranholm@apexcos.com)

Mr. Chris Evans  
Voluntary Remediation Program  
Virginia Department of Environmental Quality  
P.O. Box 1105  
Telephone: (804) 698-4336  
Email: [chris.evans@deq.virginia.gov](mailto:chris.evans@deq.virginia.gov)

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