

Art of Movement Thrives at Workhouse

NEWS, PAGE 7

Art of Movement Program Director
Lesley Spalding practices side twist
Pilates at the Workhouse Arts Center.

Battling for Lieutenancy

NEWS, PAGE 3

McAuliffe, Cuccinelli Highlight Small Business Summit

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THE RUN FOR VETERANS



**3,600 MILES.
21 STATES.
1 STEP AT A TIME.**

The Run For Veterans is a 501(c)(3) registered non-profit charitable organization operated solely by volunteers dedicated to educating the American public about key issues confronting veterans transitioning from military service to civilian life.

Partnering with



www.TheRunforVeterans.org

Jack Taylor's
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*Invites you to a fundraiser
to benefit Brendan O'Toole's
3,600 mile cross country run
to support these
veteran's charities:*



For more information on
The Run for Veterans mission and
the three listed charities, please visit
www.therunforveterans.org.

When: Friday, October 4, 2013
5:30 – 8:30 p.m.

Where: Alexandria Toyota
3750 Jefferson Davis Highway
Alexandria, VA 22305

*Parking for the event is being provided in the
shopping center across the street from Alexandria
Toyota, courtesy of Potomac Yard Center.*

Attire: Business Casual/Casual

Ticket price: \$100 per person
\$50 for ages 25 and under

To RSVP or sponsor this event: Preferred
method: Please send your check payable to:
The Run for Veterans c/o Jack Taylor
P.O. Box 299 Alexandria, VA 22313. Or, go to
www.therunforveterans.org to register
on the homepage using PayPal.

For **questions**, contact Erica Grooms: 703-
797-5343 or egrooms@alexandriatoyota.com

The Run For Veterans is a tax-exempt organization
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Code. Your contribution is tax-deductible to the
extent allowed by law. EIN: 46-0839165

**Support the
Well Being
of Our Heroes!**



ABOUT ALEXANDRIA'S BRENDAN O'TOOLE

Brendan O'Toole served in the United States Marine Corps from 2008-2012. He enlisted during his senior year at T. C. Williams High School in Alexandria. During his time in the Corps, O'Toole completed two overseas deployments as a communications specialist based out of Marine Corps Air Station Cherry Point (N.C.).

On his first deployment (2009), Brendan served as a member of the 24th Marine Expeditionary Unit (MEU) which assisted in the Haitian earthquake relief effort, before serving in the Indian Ocean, the country of Djibouti, and patrolling the Gulf of Aden and the east coast of Africa where pirating was a major problem. During their Haitian duty, O'Toole established a functioning communication system that was used to coordinate the distribution of vital humanitarian supplies.

On his second deployment (2011), O'Toole was stationed in Afghanistan with Marine Air Support Squadron 1. Upon his arrival, he was assigned to Regimental Combat Team 6, which was assigned to the western part of the Helmand Province, outside the city of Delaram. O'Toole was responsible for all ground communications efforts of the Direct Air Support Center's area of operation. Sgt. O'Toole established and maintained radio and tactical communications systems used to coordinate air strikes against insurgent forces as well as support medical evacuations, and re-supply to U.S. military and coalition forces throughout the battlefield. It was during his Afghanistan deployment that Brendan started planning for The Run for Veterans.

In June 2012, Brendan completed his active duty military service with the rank of Sergeant. On his return home to Alexandria, he began planning and organizing The Run for Veterans, which was chartered by the State of Virginia in August, 2012.

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**Let's
Go
Places**

Republican E.W. Jackson speaks as Democrat Ralph Northam listens Tuesday night at the Arlington campus of George Mason University.



PHOTO BY
MICHAEL LEE POPE/
THE CONNECTION

Battling for Lieutenancy

Improbable race for lieutenant governor comes to Northern Virginia.

BY MICHAEL LEE POPE
THE CONNECTION

Standing in line for a quick dinner before the debate Tuesday, Sept. 24, between candidates for lieutenant governor, former Republican U.S. Rep. Tom Davis and his wife Jeannemarie Devolite Davis said they were looking forward to the event as a form of political theater. Jeannemarie Devolite Davis, who once represented Fairfax County in the State Senate, was one of the unprecedented seven candidates vying to be the Republican standard-bearer at the Republican convention in Richmond earlier this year. But despite her Tea Party campaign materials, convention goers selected the firebrand preacher E.W. Jackson after he gave a rousing speech that had delegates on their feet waving electric candles.

"It will be entertaining," observed the former congressman as he sat down to a sandwich. "The only thing missing is the popcorn."

This year's campaign for lieutenant governor has provided a political show unlike any other in recent memory.

The Democrat in the race, state Sen. Ralph Northam (D-6), is a standard candidate of the Democratic establishment. It's the Republican who has hogged the spotlight in the race after his improbable victory at the convention in May, when he delivered his speech that outlined a conservative vision for Virginia's future in a hellfire-and-brimstone delivery honed by years in the pulpit. When asked about his controversial statements comparing Planned Parenthood to the Ku Klux Klan and suggesting yoga allowed for Satanic possession, Jackson whipped out his iPad and read aloud from a section of the Virginia Constitution that provides for free speech.

"We've got to watch this because what this really amounts to is a religious test," said Jackson, eliciting laughter from some in the audience. "It's the same

thing they tried to do to John Kennedy, the same thing they tried to do with Mitt Romney."

Candidates who are trailing in the polls are usually the ones on the attack. But this race is different, and Northam remained on the attack during the entire debate—criticizing Jackson for not paying taxes and castigating the Republican for what he called "divisive" rhetoric. Again and again, Northam portrayed Jackson as a candidate who would be dangerous for Virginia's economy and reputation.

"Making statements against the LGBT community saying that they are sick individuals," said Northam. "Making statements against Democrats saying that they are anti-God, that they are anti-family and that they are anti-life, they are offensive."

THE CANDIDATES took opposing views on several positions. The Democrat supports Medicaid expansion because he says Virginia tax dollars would go elsewhere if the program is not expanded, adding that the cost of leaving people uninsured would remain a burden. The Republican opposed Medicaid expansion as a government overreach, arguing that it was a program that was sure to fail and bring Virginia's economy down with it. Perhaps the most surprising exchange of the evening came over the issue of mental health.

"Look, I don't want to scare you but I've got some mentally ill people in my family," said Jackson. "They need help. They need treatment."

The Republican said the 1975 movie "One Flew Over the Cuckoo's Nest" created a dangerous change in how people feel about treating people with mental illness, moving away from a model of institutionalizing people. Jackson said the recent mass shootings have shown that some people should be in institutions, where they can receive treatment without being a menace to society. Once again, Northam went on the attack.

"How sad," responded the Democrat. "I'm sorry that you have people in your family that are mentally ill and how sad that you would go visit them in an institution, Mister Jackson. We can do better than that here in the commonwealth."

"The only thing missing is the popcorn."

— **Former U.S. Rep. Tom Davis**

SEE DEBATE, PAGE 5

Residential Studios Put On Hold

Supervisors establish committee, plan additional public outreach.

At the recommendation of Chairman Sharon Bulova (D-At-Large) and Supervisor Michael Frey (R-Sully), the Fairfax County Board of Supervisors on Tuesday deferred its Nov. 20 public hearing on a proposed residential studios (RSUs) amendment to conduct additional community outreach.

The board also established a Planning Commission Residential Studios Committee.

"It is important that the county hear from the various stakeholders affected by the proposed residential studios amendment," Bulova said.

"The Planning Commission's Residential Studios Committee will provide an engagement process with the goals of addressing and resolving questions and concerns associated with the RSU amendment. I encourage residents to participate in the process," Bulova added.

ON JULY 30—in a move designed to increase affordable housing options for working-class individuals—the board unanimously voted to authorize a public hearing on a proposed zoning ordinance amendment regarding residential studio units (RSUs) that would permit RSU use in various residential, commercial and industrial districts by special exception or in all planned development districts.

"There is a tremendous need for housing at all income levels in Fairfax County," Chairman Sharon Bulova said after the July 30 vote. "Permitting residential studios is an excellent way to accommodate lower income rental units and provide more housing choices for our residents. RSUs can be a great tool for providing efficiency apartments for our younger entry level workers, for seniors and others who may not need or want a lot of space."

In the past 40 years, Fairfax County has become one of the wealthiest counties in the nation. As land prices soared, the creation of low to moderate priced housing plummeted.

For several years, county officials have grappled with hous-

ing options that will aid efforts to end homelessness, accommodate the area's aging single population, and increase affordable housing for a workforce earning less than 60 percent of the area median income (AMI).

Donna Pesto, the county's senior assistant to the zoning administrator, said the proposal would not change the building codes, and would apply to rental units only.

Under the proposal, Pesto said there could be no more than 75 residential studio units in a building and a minimum of 80 percent of units have to be affordable to low-income earners, those making about \$45,000 per year or less. The maximum square footage for the units would be 500 square feet, plus a bathroom and kitchen.

"As parts of the county continue to urbanize, higher densities can be achieved, which makes the inclusion of more affordable housing more practical," Pesto said.

Pesto said the standards for allowing RSUs were "pretty stringent."

BUT PUBLIC REACTION to the proposal has been less than enthusiastic. Despite assurances from county planners that RSUs would not be developed in ways that would dampen property values, many residents and homeowners groups voiced opposition to the proposal.

In order to address community concerns members of the Planning Commission have suggested a process for encouraging engagement in changes to the advertised ordinance.

The committee will provide opportunities for detailed consideration of the Zoning Ordinance Amendment by planning commissioners, citizens and other stakeholders through five scheduled committee meetings. All meetings will be open to the public and will allow opportunities for discussion.

The Planning Commission will continue to conduct Work Sessions scheduled for Sept. 25

SEE STUDIOS, PAGE 5

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NEWS

Wear Jeans to Work, Help End Homelessness

Register now to
participate in
Jeans Day Fairfax
Friday, Oct. 18.

By VICTORIA ROSS
THE CONNECTION

Who knew?
Just by wearing
jeans to work, you
can actively help
nearly 3,000 men, women and
children in Fairfax County who
face homelessness and hunger
every day.

On Tuesday, the Fairfax County
Board of Supervisors proclaimed
Friday, Oct. 18 "Jeans Day
Fairfax," the third annual Jeans
Day event in Fairfax County.

Launched in 2011 by the Fairfax
County Office to Prevent and End
Homelessness (OPEH), the event
is a popular fundraiser for
homelessness and other causes
nationwide.

Jeans Day is a relatively simple
idea. Companies go casual for a
cause, inviting employees to wear
their jeans to work in exchange
for a \$5 contribution to fight
homelessness.

Last year, more than 200 em-
ployers, schools and community
residents became denim do-
gooders, pulling on a pair of their
favorite jeans to demonstrate
their support for ending
homelessness.

The day of community give-
back is sponsored by The Fairfax County Chamber
of Commerce, in partnership with the Fairfax-Falls
Church Community Partnership to Prevent and End
Homelessness, The Connection Newspapers and
Apple Federal Credit Union.

"Northern Virginia businesses step up every day to
support our community in many ways, but we're es-
pecially excited about this opportunity because it's a
chance for employees to get involved directly," said
Fairfax Chamber President & CEO Jim Corcoran of
the Jeans Day initiative.

"The majority of people without homes in our com-
munity are children and working families," said Dean



PHOTO BY DEB COBB/THE CONNECTION

Dean Klein, Office to Prevent and End Homelessness; Anna Smith, Pathway Homes; Jim Corcoran, president, Fairfax County Chamber of Commerce, and KayAnn Shoeneman, Fairfax Chamber, gather before the Board of Supervisors meeting's proclamation of Oct. 18 as "Jeans Day Fairfax."

Klein, Director of Fairfax County's OPEH.

"Homelessness affects everyone, with social and economic costs to the community, including increased public costs for medical care and education. Every-
one can help end homelessness by participating in
Jeans Days Fairfax."

Klein said businesses and individuals can make
Jeans Day Fairfax another huge success by being cre-
ative.

"It's fun and simple to organize. Ask people to come
to work in their jeans and make a donation of \$5.
It's a great way to bring a team, a floor or the whole
company together," Klein said.

Turn \$5 Into \$50,000 to Help End Homelessness

Dean Klein, the director of the county's Office to Pre-
vent and End Homelessness, had some good news to share
about Jeans Day Fairfax at the Fairfax County Board of
Supervisors meeting Tuesday.

"We have been selected to receive a \$25,000 Challenge
grant from the Phillip Graham Fund to support the 3rd An-

nual Jeans Day event," Klein said, adding:

"This exciting grant is intended to help us to challenge
businesses, schools, faith groups and individuals to help
us meet a larger goal of \$25,000."

When the county meets its \$25,000 goal, the Phillip Gra-
ham Fund will provide a matching \$25,000.



3rd Annual Jeans Day:
Putting the ZIP on Homelessness
Friday, October 18, 2013

**Help end
homelessness
in our
community.**

Get involved!

Register and allow your
employees or members
to wear jeans to work
on Friday, October 18,
in exchange for a \$5
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to the Fairfax-Falls
Church Community
Partnership to Prevent
& End Homelessness!

jeansday2013-eorg.eventbrite.com

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Fairfax-Falls Church Community Partnership
www.fairfaxcounty.gov/homeless

THE CONNECTION
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www.ConnectionNewspapers.com

Fairfax COUNTY
Chamber OF COMMERCE

Apple
FEDERAL CREDIT UNION

NEWS

Studios

FROM PAGE 3

and Oct. 2 at the Fairfax County Government Center.

Following the Work Sessions, the Residential Studios Committee

Debate

FROM PAGE 3

RESPONSE TO the debate was as divided as the candidates. Republicans moved to proclaim Jackson as the winner, arguing that Northam's campaign offers the kind of big-government solutions that are off-putting to Republicans and many moderates. GOP leaders called attention to Jackson's support of home schooling and low taxes.

"Not only did E.W. Jackson win tonight's debate, but he also made a strong case for why he's the best candidate to be Virginia's next lieutenant governor," said Republican Party of Virginia Chairman Pat Mullins in a written statement. "Ralph Northam offered the same tired, bigger government, higher taxes answers to Virginia's problems that Democrats have been offering for decades."

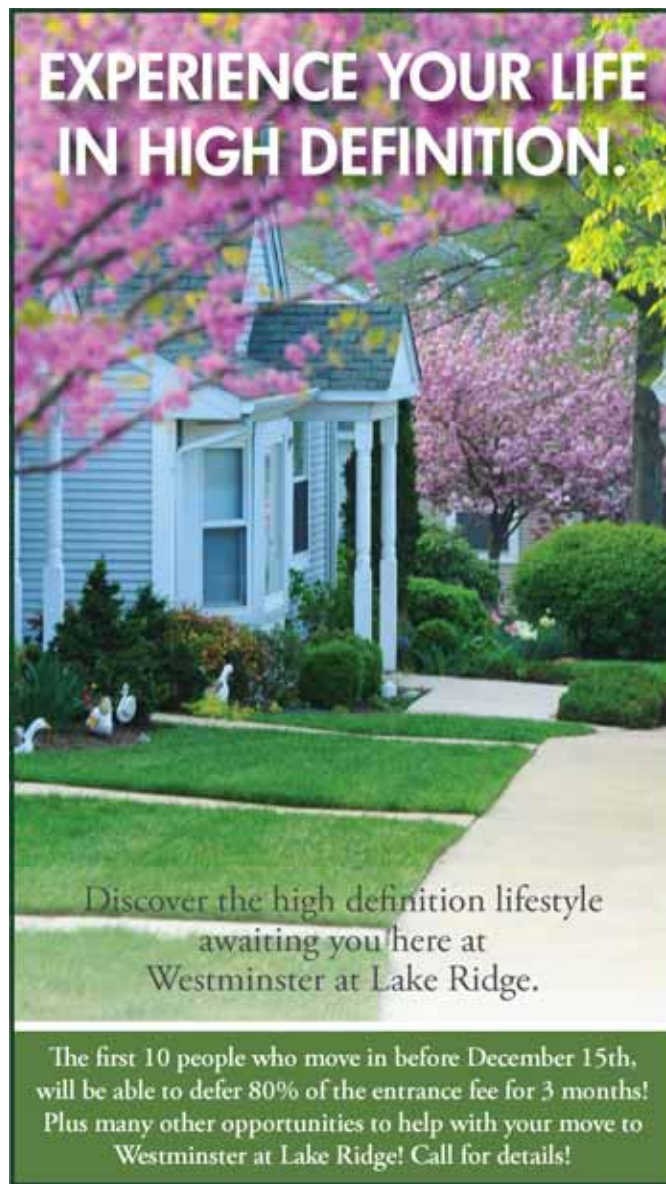
Democrats also tried to claim

will convene in late October with further meetings in November, December, and January, and a public hearing in late February. The public hearing currently slated for Nov. 19 will be rescheduled.

— VICTORIA ROSS

victory. They pointed to Jackson's controversial statements and warned that if he is elected, he will bring unwanted attention to Virginia by making it the butt of jokes on late-night television.

"Whether it's fighting for jobs across the commonwealth, finding new funding for education, or standing up against the Tea Party Republicans' continued effort to invade women's personal decisions, Ralph Northam has the record and the temperament to serve Virginians well in Richmond," said Del. Charniele Herring (D-46), chairwoman of the Democratic Party of Virginia. "In tonight's debate there was a clear contrast between Senator Northam, who continues to strive to make the commonwealth inclusive regardless of religion or sexual orientation and E.W. Jackson who defended his divisive comments at every turn. Senator Ralph Northam is far and above the best choice for lieutenant governor."



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**Tuesday, October 8, 2013
at 6:30 p.m.**

**Harbour View
13200 Marina Way
Woodbridge, VA 22191**



Shoulder pain is a common problem. Living with shoulder pain can be exhausting. Learn about the causes of shoulder pain and shoulder pain treatments from a shoulder specialist. A **FREE** community lecture to discuss treatment options for Rotator Cuff Tears and Shoulder Arthritis will be held in your area by one of Inova Mount Vernon Hospital's experienced shoulder surgeons, Dr. Sameer Nagda. This is an opportunity for you to "Ask the Expert" any questions you may have.

Dr. Nagda was recently selected to join the American Shoulder and Elbow Surgeons (ASES), an elite society whose membership consists of approximately 300 leading orthopedic surgeons worldwide specializing in the shoulder and elbow.

Thanks to new techniques and medical advances, thousands of people are returning to the active lifestyle they deserve. Free of shoulder pain. This is your chance to join them.

This seminar is **FREE** and we ask that you register by visiting our Website at inova.org/asktheexpert or calling **1.855.My.Inova (694.6682)**.





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AREA ROUNDUPS

Clifton Town Council Meets Oct. 1

The next meeting of the Clifton Town Council will be Tuesday, Oct. 1, at 7:30 p.m., in the Clifton Town Meeting Hall. It's at 12641 Chapel Road in Clifton.

Run Around Lake for Wounded Warriors

The 7th Annual Run Around the Lake—Run for Wounded Warriors will be held on Sunday, Oct. 6. Check-in begins at 7 a.m., run starts at 8 a.m. at Burke Lake Park, 7315 Ox Road, Fairfax Station.

Event is sponsored by J. M. Waller Associates, Inc., a Service Disabled Veteran Owned Business specializing in environmental, facilities and logistics consulting and management services to federal, state, municipal and commercial clients and Halfaker & Associates, an 8(a), Small Disadvantaged Business, Service Disabled Veteran Owned, Woman Owned Small Business providing a comprehensive suite of services across the areas of homeland security and defense, physical security, program management and information technology.

The sponsors invite everyone to participate in the 7th edition of this annual event to support the Wounded Warrior Project as they run, jog and walk around Burke Lake while helping the Wounded Warrior Project. Race sponsors will cover the costs associated with the run allowing for 100 percent of registration fee and donations to go directly to Wounded Warriors.

The 7th Annual Run Around the Lake will once again be a formally timed event, so it is great for competitive runners but is also an excellent event for those

just looking to have a good time.

Last year's Run Around the Lake raised \$25,157 for Wounded Warriors. Projected turnout for the 2013 event is 500-plus people.

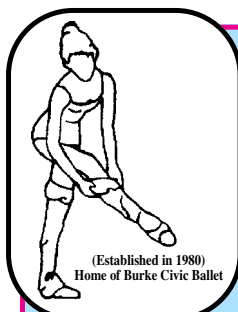
For additional information, visit http://www.jmwaller.com/wounded_warriors.asp or contact us at 703-912-2903 or runforwoundedwarriors@jmwaller.com.

Bark, Wag and Wine Fundraiser

Operation Paws for Homes is holding its first Bark, Wag and Wine fundraiser event on Oct. 5 from 1-5 p.m. to benefit their mission of finding a permanent home for homeless dogs that are rescued from high kill rural shelters. The event will take place at the Paradise Spring Winery in Clifton. Advanced tickets are \$14 for adults and \$7 for children. There will be a silent auction, vendors, food, award winning wine and fun. Silent auction items include four Disney hopper tickets, Potomac Riverboat cruises, Shapes Day Spa package, Melting Pot, Chef Geoff and Carmellos dinners for two. Visit www.barkwagwine.org for details.

OPH rescues dogs of all breeds and ages from high-kill shelters reducing the number of dogs being euthanized. Most of the dogs come from rural shelters in South and North Carolina. OPH provides pet adoption services to families located in Virginia, Washington, D.C., Maryland, and Southern Pennsylvania. OPH is a 501(c)(3) organization and is 100 percent donor funded (OPH receives no funding from federal, state, or county governments). As a result OPH relies on donations and adoption fees to save the dogs in need.

For more info on OPH Rescue go to www.ophrescue.org. Mark your calendar to attend this wonderful fundraiser event.



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HEALTH & FITNESS

**Art of Movement
Program Director
Lesley Spalding
practices side twist
Pilates at the Work-
house Arts Center.**



PHOTOS BY
STEVE HIBBARD/
THE CONNECTION

Art of Movement Thrives at Workhouse

**Lesley Spalding runs 15
exercise classes for 250
people a week.**

BY STEVE HIBBARD
THE CONNECTION

The Workhouse Arts Center in Lorton offers Art of Movement classes in vibrant formats that are “off the beaten path.” The fall season started Sept. 16 with 19 certified instructors teaching everything from Pilates to yoga to hula to zumba to jazzercise to “strong graceful body.” About 250 people of all ages can sign up for eight-week classes, six days a week, between 7 a.m. and 10 p.m. The next session starts Nov. 11.

“We’re always seeking and reaching out to make sure we’re on top of our game with the latest information,” said Program Director Lesley Spalding, 51, of Rolling Valley in Springfield. “We’re all certified in every aspect.”

Spalding brought her own posse of 35 fitness pros to the Workhouse five years ago and it was an instant hit and profit-making venture. “It grew pretty strong and quick from the get-go.” Now, she’s looking to branch out further by offering reiki, shiatsu, massage therapy, and muscle action technique. Spalding has 20 years in the health and wellness movement.

Five room spaces at Workhouse are set up for group-type settings for 10 or 12 people to do hula or tai chi or yoga. There are 50 Pilates classes per week taught by nine certified “Stott Pilate’s” instructors in

SEE TEACHING, PAGE 16



(From left): Christine Heckel teaches a pilates barre class to Ashley Patrican, 27, and her mom Eileen, 51, of Clifton, at the Workhouse Arts Center.

DR. GENE SWEETNAM DR. GRACE CHANG O P T O M E T R I S T S



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Monday, Oct. 7, Registration 9:30 a.m., shotgun start, 11 am
International Country Club in Fairfax
13200 Lee Jackson Memorial Highway

Highlights include hole-in-one contests, skills competition, post-tournament awards banquet, silent auction, raffles and prizes. Registration includes box lunch, banquet, greens fees, cart, driving range and great company.

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Register at www.bgcgw.org/fairfax/golf-tournament-2
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Or contact Amir Capriles amir.capriles@microsoft.com

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OPINION Vote

It will matter who is elected governor.

Absentee voting has already begun; Election Day is Tuesday, Nov. 5. If you've read this far, you care enough that voting is absolutely essential.

On the ballot:

Every Virginia voter will vote for governor; lieutenant governor; attorney general and their member of the House of Delegates.

At the top of the ticket, there are stark differences in the vision for Virginia held by the candidates of each party.

While almost all the coverage and advertising has focused on the significant negatives of the two major party candidates for governor, one of these two men will in fact be elected governor and serve as governor for the next four years. It will make a huge difference which one.

It shouldn't take very much research for you to determine which candidate holds views closer to your own. What is critical is that you don't let the negatives about personality or other details keep you from voting. It matters. Figure out which one is your candidate and get out and vote.

Also on the ballot in Fairfax County: sheriff, and the school bond.

Register to Vote

To vote on Election Day, you must be registered at your current address no later than Oct. 15. You can check your registration status online by visiting the State Board of Elections website at www.sbe.virginia.gov. There you can also download a voter registration form and mail or fax it to your elections office address.

Fairfax County Board of Elections, 703-222-0776, www.fairfaxcounty.gov/eb/

12000 Government Center Parkway, Fairfax, Suite 232, Fairfax, 22035; FAX 703-324-2205; email

voting@fairfaxcounty.gov

City of Fairfax General Registrar, 703-385-7890, <http://www.fairfaxva.gov/Registrar/GeneralRegistrar.asp>

10455 Armstrong Street, Sisson House, Fairfax, 22030; FAX 703-591-8364; email kevin.linehan@fairfaxva.gov

State Board of Elections, 804-864-8901 Toll Free: 800-552-9745 FAX: 804-371-0194

email: info@sbe.virginia.gov <http://www.sbe.virginia.gov/cms/VoterInformation/Index.html>

Choose Your Own Election Day

From now until Saturday, Nov. 2, you can vote absentee in person for a variety of reasons, but you must sign a form affirming that you do qualify. Almost everyone with a job in Northern Virginia qualifies for one particular reason, however: your work plus commute time would be 11 hours or more between 6 a.m. and 7 p.m. on Election Day. Other reasons include planned travel, pregnancy, illness or disability, being a student out of area, and more. Voters can also vote absentee by mail.

EDITORIAL

It's worth looking at the absentee ballot application online before going to vote absentee in person. <http://www.sbe.virginia.gov/Files/Forms/VoterForms/ABApplication.pdf>

If you live in Fairfax County, you can vote at Fairfax County Governmental Center or any one of seven "satellite" voting locations. If you have not been to the government center, it's worth having a look.

Fairfax County Government Center, 12000 Government Center Parkway, Suite 323, Fairfax, VA 22035.

Saturdays: Sept. 28, Oct. 5, Oct. 12, Oct. 19, Oct. 26 and Nov. 2, 9 a.m.-5 p.m.
Monday, Tuesday, Wednesday and Friday, until Oct. 12, 8 a.m.-4:30 p.m., **Thursdays:** 8 a.m.-7 p.m.

Closed On Columbus Day, Monday, Oct. 14

Monday-Friday, Oct. 15-Nov. 1, 8 a.m.-7 p.m.

The satellite locations in Fairfax County are also open for absentee in person voting; **Saturdays: Sept. 28, Oct. 5, Oct. 12, Oct. 19, Oct. 26 and Nov. 2;** 9 a.m.-5 p.m.

Monday-Friday: Beginning Oct. 1-Nov. 1, 3:30-7 p.m.

❖ **Franconia Governmental Center,** 6121 Franconia Rd., Alexandria, VA 22310

❖ **West Springfield Governmental Center,** 6140 Rolling Rd., Springfield, VA 22152

❖ **Mason Governmental Center,** 6507 Columbia Pike, Annandale, VA 22003

❖ **Sully Governmental Center,** 4900 Stonecroft Boulevard, Chantilly, VA 20151

For more on voting absentee in Fairfax County, call 703-222-0776. or visit <http://www.fairfaxcounty.gov/elections/absentee.htm>.

COMMENTARY

By MICHELLE KROCKER

EXECUTIVE DIRECTOR, NORTHERN VIRGINIA AFFORDABLE HOUSING ALLIANCE

In Search of Affordable Housing

Challenges for Residential Studio Units and the need to address them.

Fairfax County's Planning Commission will hold two workshops on Wednesday, Sept. 25 and Oct. 2 to expand the discussion about the proposed residential studio unit (RSU) amendment to the Zoning Ordinance. There will be a staff presentation on Sept. 25, and questions submitted online by citizens to the Planning Department will be answered in the second workshop on Oct. 2. The plan is for both workshops to be televised on the county's cable station.

There is a growing body of evidence that indicates the presence of an increasing percentage of single person households both nationally and regionally, and many of these households desire a smaller, more affordable place to live than what the market currently provides. The RSU amendment seeks to address this growing need. These smaller units—often referred to as micro units—range in size from 250-500 square

feet, and are designed with kitchens and bathrooms in each unit. They can serve a range of people in our workforce, new graduates, returning veterans, those who are retired on fixed incomes, persons with disabilities who have limited incomes, and those with extremely low incomes. These are all people who want to live in our community, but with the current market housing choices, they have few options to be able to live affordably. In fact, given their incomes, many of these people may pay more than 50 percent of their monthly income for rent.

The proposed amendment allows the development of up to 75 small units for individuals earning up to 60 percent of the area median income—approximately \$45,000 annually. Eighty percent of the residents in RSU developments will be at or below this income category; the remaining 20 percent will have no income re-

strictions. The amendment language requires development to take place near collector streets or major thoroughfares, with adherence to all height, set-back and open space requirements for the proposed zoning district. Parking requirements are reduced, taking into consideration the driving patterns or use of mass transit by the residents, as well as the historical data that shows lower rates of car ownership by many of these households.

Citizen groups in the county have responded to this proposal with strong emotion and concerns. Some of these concerns are legitimate and deserve to be considered, and some are based on unfounded fears and misconceptions regarding the design and scale of development, and the kinds of people who might live there.

Some of what drives this strong negative reaction is the overcrowding occurring in certain

neighborhoods in the county. Illegal boarding houses have sprung up in communities, and homeowners there feel that the county has been slow or unresponsive to addressing the problem. These neighborhoods fear that RSUs could be a way to "legitimize" overcrowded housing situations, and so they are opposed to any RSU development in the lower density residential districts—even with the strict requirements for commercial construction, appropriate scale, location on a collector street and the necessary approval by special exception.

However, people don't choose to live in overcrowded, unsafe conditions; they are forced to when they have no other options. In fact, housing advocates believe this new housing type could actually eliminate overcrowding in neighborhoods. Developing residential studio units throughout the county will provide more affordable opportunities for those persons living in illegal, overcrowded housing and those paying more than

SEE COMMENTARY, PAGE 19

Fairfax Station,
Lorton & Clifton
CONNECTION

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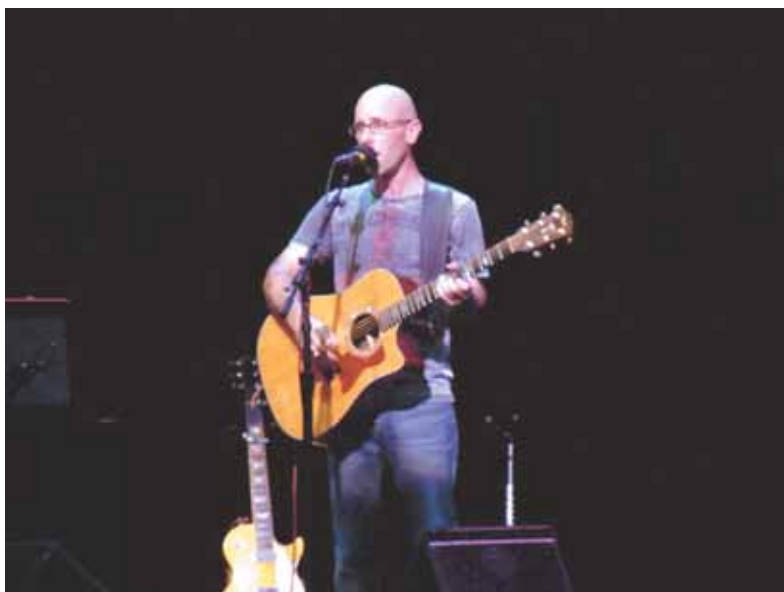


PHOTO COURTESY OF
EDDIE FROM OHIO

Rocktoberfest Comes to Lorton

Metropolitan School of the Arts rocks out with Robbie Schaefer of Eddie from Ohio, Oct. 27.

Rocktoberfest, a family-fun, musical festival, features a headlining performance from Robbie Schaefer, singer of Eddie from Ohio and singer Kira Willey, a children's music artist, as well as performances from other local artists at the Metropolitan School of the Arts in Lorton on Sun., Oct. 27 from noon to 4 p.m. at the Workhouse Arts Center at 9601 Ox Road. Cost is \$10 per person, which benefits the non-profits Metropolitan School of the Arts and One Voice, an organization that provides for needy children in East Africa, India and the United States. For tickets, go to www.metrofinearts.com.

The \$10 admission fee for Rocktoberfest covers free activities that include: headline entertainment by Robbie Schaefer of Eddie from Ohio, local children and adult performers, moon bounce, crafts, face painting, obstacle course, slides, sports, face painting, crazy hair and nail painting. Food cost is additional. All profits go to MSA and One Voice. Gently used dance shoes of all kinds, dance leotards and dance costumes will also be for sale. Corporate sponsorship is available from \$500 to \$10,000.

Founded in 2011, OneVoice was founded by Eddie

From Ohio's guitarist and songwriter, Robbie Schaefer. OneVoice has done everything from build a school in Tanzania to provide surgeries to children with heart defects in Kenya. Working in East Africa, India, and here in the U.S., OneVoice is committed to helping children everywhere experience their creativity at work in the world. Robbie Schaefer is part of the D.C.-based indie folk band that has had more than a 20-year career and has released nine albums. They've cultivated a large and loyal fan base across the U.S. and beyond, selling out venues from San Francisco to Chicago to Washington, D.C., and appearing at the Telluride Bluegrass Festival (CO), NPR's Mountain Stage, and most recently, The Montreux Jazz Festival in Montreux, Switzerland. Go to www.onevoicecommunity.org.

Lorton-based, Metropolitan School of the Arts (MSA), a 501 (c) 3 organization, is the first Washington, D.C. area, private, secondary performing arts school, founded in 2013 by Melissa Dobbs. The MSA performing arts studios in Alexandria and Lorton have taught dance, music and theater to more than 10,000 students since 2001. Call 703-339-0444 or visit www.metropolitanarts.org, Facebook or Twitter.

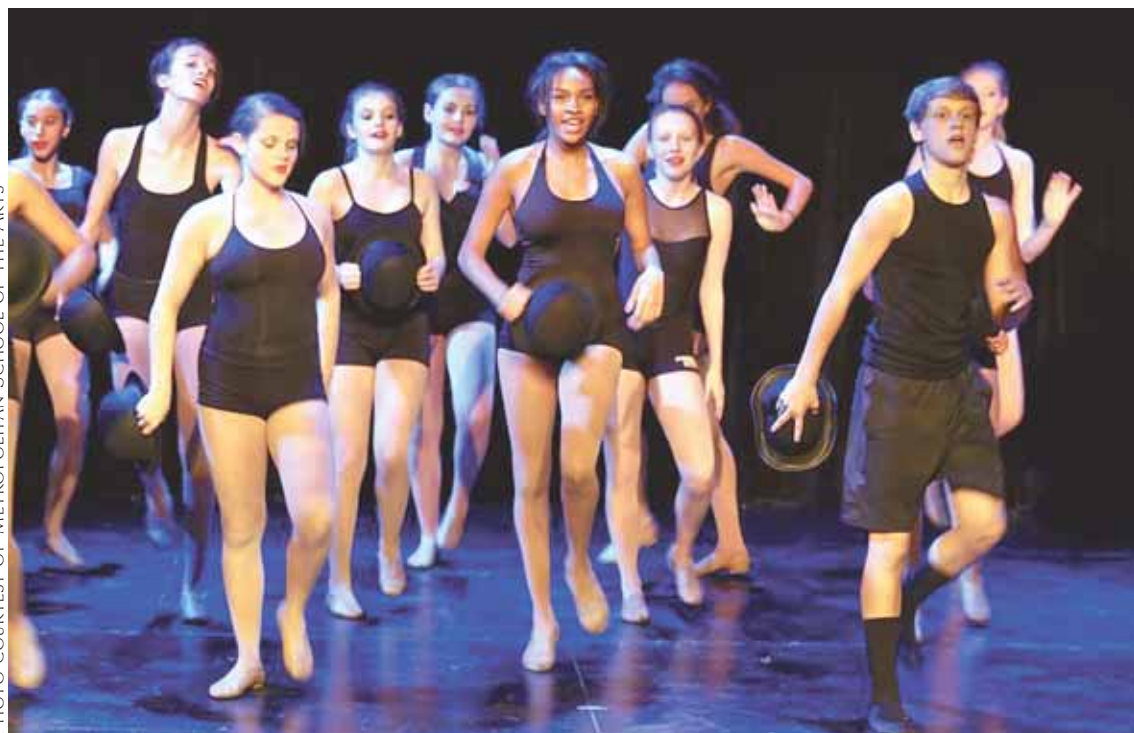


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Selling cotton candy at last year's Clifton Day are Dariece Rau, assistant leader of Clifton's Cub Scout Pack 1861, with (back row, from left) Nick Richmond, Gannon Rau and Sean Cunningham and (front row, from left) Thomas Mikolashek and John Biamonte.

Crafts, Plays, Dance: Fun Events for Fall

BY BONNIE HOBBS
THE CONNECTION

Below is a partial listing of some autumn events happening in the local area:

Oct. 12—The Fairfax Fall Festival, held throughout the streets of downtown Fairfax, will be held Saturday, Oct. 12, from 10 a.m.-5 p.m. There'll be crafts galore, plus food, music and fun for children.

Oct. 12—Encore Theatrical Arts Project will be among 12 dance companies performing in the fourth annual Fairfax County Dance Coalition Gala Showcase. "A Celebration of Dance" is slated for Saturday, Oct. 12, at 7:30 p.m., in the theater of NOVA's Annandale campus. Ballet, jazz, tap, modern, hip hop and international dances will be presented. Tickets are \$22 in advance at www.fairfaxcountydance.org/gala.htm or \$25 at the door. The audience is invited to the reception after the show.

Oct. 13—The 46th annual Clifton Day festival is Sunday, Oct. 13, from 9 a.m.-5 p.m. (Rain date, Oct. 20). The family-friendly fun includes crafts, food, antiques, jugglers, bagpipe players, unicyclists, music, pony rides, civil war reenactments and children's activities. For VRE train schedule plus parking information, go to www.cliftonday.com.

Oct. 18, 19, 20—The Craftsman's Classic Arts & Crafts Festival will be held, Friday-Sunday, Oct. 18-20, at the Dulles Expo Center. Friday-Saturday, 10 a.m.-6 p.m.; Sunday, 10 a.m.-5 p.m. For more information,

see www.craftshow.com.

Oct. 26—The Clifton Haunted Trail is slated for Saturday, Oct. 26, from 7-10 p.m., in the Town of Clifton's Eight-Acre Park. Sturdy shoes are recommended; snacks and beverages are available. (Not recommended for young children). For cost and other information, see www.cliftonhauntedtrail.com.

Nov. 8-10—The Northern Virginia Christmas Market craft show returns to the Dulles Expo Center, Friday-Sunday, Nov. 8-10. Hours are Friday-Saturday, 10 a.m.-6 p.m.; Sunday, 10 a.m.-5 p.m.

Nov. 14-16—Robinson Secondary's theater students present "Little Shop of Horrors," Thursday-Saturday, Nov. 14-16, at 7:30 p.m. Tickets are \$10 in advance, \$12 at the door. See www.RobinsonDrama.org.

Dec. 7—The annual Clifton Christmas Parade on Horseback, Christmas-tree lighting ceremony and homes tour are set for Saturday, Dec. 7. The parade begins at 2 p.m.

Dec. 13-15 and Dec. 20-22—Encore Theatrical Arts Project's song-and-dance extravaganza, "Switching Christmas," takes the stage at NOVA's Annandale campus. Performances are Dec. 13-15 and Dec. 20-22. Tickets are \$18, students and senior citizens; and \$22, adults, for this colorful, family-friendly show and may be purchased at <http://www.encore-tap.org/>.

Dec. 13-15—The Sugarloaf Crafts Festival is set for Friday-Sunday, Dec. 13-15, at the Dulles Expo Center. Hours are Friday-Saturday, 10 a.m.-6 p.m.; Sunday, 10 a.m.-5 p.m.

FALL FUN



PHOTO COURTESY OF THE ARTISTS

Chamber Orchestra Kremlin, to perform at the Center for the Arts at GMU Sunday, Oct. 6 at 4 p.m. under the baton of founder and music director Misha Rachlevsky.

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-FRIDAY/SEPT. 26-27

15th Annual Fall for the Book Festival. Various times, in and around Fairfax. From a Pulitzer Prize-winning humorist to one of the most important figures in today's political landscape to the memoirist whose adventures launched Oprah's Book Club 2.0, Fall for the Book welcomes some of the nation's most exciting and provocative writers to its landmark 15th annual festival. Dave Barry, David Baldacci, Ralph Nader, Sonia Sanchez, and Cheryl Strayed are among the nearly 150 authors who will appear at this year's festival. www.fallforthebook.org.

FRIDAY-SATURDAY/SEPT. 27-28

Mothers, Children & UCM Community Sale. 9 a.m.-8 p.m. Friday, 9 a.m.-noon Saturday, at Cameron United Methodist Church, 3130 Franconia Road, Alexandria. Make some extra cash by selling your children's outgrown (but in good condition) clothes, equipment/toys and maternity wear while helping other parents outfit their growing children. Sellers receive 60 percent of the sales price and the UMW receives 40 percent to support local and national charities. 703-329-9327 or CUMC.UMW.CCS@gmail.com.

SATURDAY/SEPT. 28

Ballroom Social Dance. 7:30-10:30 p.m. McGuirewoods Gallery, Workhouse Arts Center, 9601 Ox Road, Lorton. A Workhouse instructor leads an evening of social ballroom dance. \$5 for a mini-lesson, \$10 for the social dance.

SATURDAY-SUNDAY/SEPT. 28-29

Historic Occoquan's Fall Arts & Crafts Show. 10 a.m.-6 p.m. Saturday, 10 a.m.-5 p.m. Sunday, on the streets of Occoquan. Features the work of contemporary and country crafters and artisans from Occoquan and from all around the United States. www.occocoquancraftshow.com.

SATURDAY-THURSDAY/SEPT. 28-OCT. 31

Pumpkin Patch. 10 a.m.-6 p.m. Mondays-Fridays; 9:30 a.m.-5:30 p.m. Saturdays; 11 a.m.-5:30 p.m. Sundays, at Heather Hill Gardens, 8111 Ox Road (Rt. 123), Fairfax Station. Find pumpkins, children's activities and fall-themed fun all season. 703-690-6060.

SUNDAY/SEPT. 29

Ghost Town. 6-11 p.m. at Empire, 6355 Rolling Road, Springfield. Enjoy the alternative rock band's rhythm and beats. \$10. www.empire-nova.com.

MONDAY/SEPT. 30

Dinner at Ledo's. 5-9 p.m., at West Springfield Ledo Pizza, 8324 Old Keene Mill Road, West Springfield. Enjoy family dinner while raising money for the Cardinal Forest



"Kaleidoscope Chaos," by Toni Bragg, watercolor, is featured at the Workhouse Arts Center in Building W-6 in the "New Directions" exhibit, open through Oct. 6.

planche campagnarde, cash bar available. \$25. 703-584-2900 or www.workhousearts.org/.

SUNDAY/OCT. 6

Community Sunday. Noon-3:30 p.m., at Epiphany Episcopal Church, 3301 Hidden Meadow Drive, Oak Hill, at the corner of Franklin Farm Road and Fairfax County Parkway. Sunday School at 9 a.m. and a 10 a.m. service precede festivities including entertainment, games, hot dogs, lemonade, snow cones, popcorn and more. 703-466-5200, 703-860-3370 or www.coece.org.

The Prelude Chamber Ensemble Fall Concert. 3 p.m., at St. John's United Methodist Church, 5312 Backlick Road, Springfield. A concert of "unforgettable French songs," from classical to pop music, performed by the ensemble with special guests Carlos Alberto Ibay on piano and vocals and Marc McCarthy on piano; the Prelude Youth String Orchestra also performs. www.preludechamberensemble.com.

FRIDAY-SATURDAY/OCT. 11-12

Dave Berry. Time TBD, Kate's Irish Pub, 6131 Backlick Road, Springfield. Charleston, SC-based performer plays acoustic, electric, dobo, mandolin, harmonica, guitar synth. 703-866-0860 or www.katesirishpub.com/.

SATURDAY/OCT. 12

Azalea Auction. 1-5 p.m. fixed price sale, 2-5 p.m. auction, at Kirkwood Presbyterian Church, 8336 Carleigh Parkway, Springfield. Rare and unusual varieties of azaleas for sale, such as evergreen and deciduous azaleas, including native azaleas, not commonly found in commercial nurseries. 703-860-5676 or rickbauer@cox.net.

Second Saturday Art Walk. 6-9 p.m., at the Workhouse, 9601 Ox Road, Lorton. See building upon building of art exhibitions. Highlights include Joe St. Germain's and Allen Levy's exhibition in Building W-5 Oct. 9-Nov. 3, color-filled abstractions made with knife work, structural borders and under-painting; Oct. 10-Nov. 3 is "Autumn Leaves, and a Theatrical Retrospective," or, in other words, an appreciation of the natural colors of fall. www.workhousearts.org.

Ballroom Social Dance. 7:30-10:30, in the McGuire Woods Gallery, Lorton Workhouse, 9601 Ox Road, Lorton. A mini-lesson precedes a night of dancing with complimentary refreshments and a cash bar available. \$10 social dance, \$5 for mini-lesson; dress code is casual. www.workhousearts.org.

Cool Cow Comedy. 7, 9 p.m., in the W-3 Theatre, Lorton Workhouse, 9601 Ox Road, Lorton. Each month (and sometimes twice a month) headliners and featured performers take the stage with host and comedian Rahmeim Mostafavi (who has performed stand-up as such venues as DC Improv, Richmond Funny Bone and Caroline's on Broadway). A la carte cash bar, soft drinks and concessions available; no outside



Strolling bagpiper Michael Ahnell entertains the crowd on Main Street at last year's Clifton Day festival. This year, craft vendors and family entertainment will line the streets Sunday, Oct. 13, 9 a.m.-5 p.m.

alcohol. 18 year and older. \$15 pre-sale, \$20 day-of-show. www.workhousearts.org.

SATURDAY-SUNDAY/OCT. 12-DEC. 1

Home for Dinner. Opening reception 6-9 p.m., Oct. 12, closing reception 6-9 p.m., Nov. 29, in the Vulcan Gallery, Community Action Space, Lorton Workhouse, 9601 Ox Road, Lorton. The Lorton Community Action Center (LCAC) and the Workhouse Arts Center are collaborating on the exhibition filled with arts that helps raise awareness about hunger and homelessness in southeast Fairfax County. Home for Dinner will showcase how community members can make a difference; bring canned food as a donation. www.workhousearts.org.

SUNDAY/OCT. 13

Clifton Day Festival. 9 a.m.-5 p.m., Downtown Historic Clifton. Folks from all over Virginia and the DMV area will gather in historic Clifton for old-fashioned fun, which includes live bands, children's activities, horseback rides and even a Civil War Reenactment in addition to arts and crafts, antiques, grape stomping demonstrations, the Town Market, live music, children's activities and lots of good food; the non-profit event raises funds for a variety of local organizations. <http://www.cliftonday.com/>.

Model Trains. 1-4 p.m., at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. A table top (T-TRAK) layout of N gauge model trains. Museum members and children 4 and under, free; adults 16 and over, \$4; children 5-15, \$2. 703-425-9225 or www.fairfax-station.org.

FRIDAY/OCT. 18

One Night Stands. 8 p.m., in the W-3 Theatre, Lorton Workhouse, 9601 Ox Road, Lorton. In concert, one night only, featuring solo cabaret performers from the DC area. Two performers each night, each performing a solo 45 minute set. Ticket includes light fare, cash bar available. \$15-\$25. www.workhousearts.org.

Modern Fado by Mariza. 8 p.m., at GMU Center for the Arts, 4400 University Drive, Fairfax. Mariza will perform her modernized interpretation of fado, the ancient Portuguese genre which translates as "fate" or "destiny." A pre-performance discussion runs 45 minutes prior to the performance on \$23-\$46; tickets are half price for youth through grade 12. 888-945-2468 or cfa.gmu.edu.

SEE FALL FUN, PAGE 12

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Sat, Sept. 28th — 10am-2pm

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SUN-THRU 9-9, FRI-SAT 9-9
(Weather Permitting)

FALL FUN

FROM PAGE 11

SATURDAY/OCT. 19

Fall Benefit Yard Sale. 8 a.m.-1 p.m., Messiah UMC, 8215 Rolling Road, Springfield. Proceeds will fund outreach and mission work. Items for sale include books, jewelry, women's clothing, household items, pumpkins, baked goods and a chili lunch. 703-569-9862 or www.messiahumc.org.

25th annual Spartanfest. 10 a.m.-3 p.m., at WSHS, 6100 Rolling Road, Springfield. A craft show, silent auction, games, food and more to benefit the school. 703-629-2760 or wshsspartanfest@msn.com.

Swiss Bakery & Pastry's

Oktoberfest Celebration. 11 a.m.-2 p.m., at 5224 Port Royal Road, Ravensworth Shopping Center, Springfield. Hard-to-find beers, imported mustards, coffees, brat bun loafs, black forest cake, German sausages, sauerkraut, pretzels and rolls and everything else needed for an Oktoberfest celebration. 703-321-3670 or www.theswissbakery.com.

Cecil Ray Comedy Club. 7 p.m., in the W-3 Theatre, Lorton Workhouse, 9601 Ox Road, Lorton. Host Cecil Ray leads the proceedings in a night of laughter with guest comedians from the mid-Atlantic region. \$20-\$30. www.elitevisionproductions.com.

Harvest Wine Dinner. 8 p.m., at

Paradise Springs Winery, 13219 Yates Ford Road, Clifton. The winery's third annual signature 5-course meal specifically created to pair with Paradise Springs wines features savory tarts, artichoke bisque, pan seared medallions, fritters, camembert cheesecake with pomegranate sauce and ciders and wines to match. \$139 per person plus tax (inclusive of wine, food, & gratuity). Reservations. 703-830-9463.

SATURDAY-SUNDAY/OCT. 19-20

Hungarian State Folk Ensemble. 8 p.m. Saturday, 4 p.m. Sunday, at the Center for the Arts, 4400 University

Drive, Fairfax. The troupe presents "Hungarian Rhapsody," a spirited journey through time that traces the history of this thousand-year-old culture through its dance and music traditions. \$ www.cfa.gmu.edu.

SUNDAY/OCT. 20

NTRAK Trains. 1-4 p.m., at Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia NTRAK members will have a display and N gauge trains running. Adults 16 and over, \$4; children 5-15, \$2; under 4, free. 703-425-9225 or www.fairfax-station.org.

Autumn Serenade. 4 p.m., at Ernst Community Cultural Center at Northern Virginia Community College, 8333 Little River Turnpike, Annandale. Music by Schubert, Wagner, Poulenc performed by the Virginia Chamber Orchestra. Adults, \$25; seniors, \$20; on-line discount: adults/seniors \$20. 703-758-0179 or www.virginiachamberorchestra.org.

FRIDAY-FRIDAY/OCT. 25-NOV. 1

The Music of Nevermore. 8 p.m., in the W-3 Theatre, Lorton Workhouse, 9601 Ox Road, Lorton. A concert-style performance featuring Matt Conner's musical interpretations of Edgar Allan Poe's best known poems, stories and characters. A la carte cash bar available in venue. www.workhousearts.org.

SUNDAY/OCT. 27

Rocktoberfest. Noon-4 p.m., in Building W-4, Lorton Workhouse, 9601 Ox Road, Lorton. A fall festival benefiting Metropolitan School of the

Arts and One Voice. \$12-\$15. www.workhousearts.org.

SATURDAY/NOV. 2

Lorton Senior Center Advisory Council's Bake and Craft Sale. Lorton Senior Center, 7722 Gunston Plaza, Lorton. Baked goods and products made by local artists and crafters will be sold. Free. 703-550-7195.

Irish Chamber Orchestra. 8 p.m., at GMU Center for the Arts, 4400 University Ave., Fairfax. Sir James Galway, renowned flutist of Ireland, performs with the orchestra, under the baton of JoAnn Falletta. \$37.50-\$75; half off for youth through grade 12. 888-945-2468 or cfa.gmu.edu.

ONGOING

Workhouse Farmers Market. 3-6 p.m., at the Workhouse, 9601 Ox Road, Lorton. Every Thursday on the quad is a producer-only market for discerning shoppers featuring locally grown fruits and vegetables, locally raised meats and poultry and local foods from breads to salsas and sausages. www.smartmarkets.org.

Ballroom Social Dance. Saturdays; mini-lesson, 7:30-8 p.m., \$5; social dance, 8-10:30 p.m., \$10. Each month focuses on a new style of ballroom dance. Complimentary refreshments and a cash bar will be available. Casual dress code, all skill levels welcome.

Sueños Americanos. Sept. 14-Nov. 3. McGuirewoods Gallery, Workhouse Arts Center, 9601 Ox Road, Lorton. The Workhouse showcases works celebrating Latin America through a variety of mediums and styles. workhousearts.org.

Come meet the new co-pastors of Burke Presbyterian Church.

Rev. Meg and Rev. Jarrett McLaughlin



Burke Presbyterian Church will be welcoming our new co-pastors the weekend of September 28 and 29.

Join us for worship and say hello!

Sunday mornings at 8:30 & 11:00 a.m.
Saturdays at 5:30 p.m. — casual, with guest musicians

Visit the Burke Presbyterian Church website at www.BurkePresChurch.org for details on worship, programs for children, youth, and adults, and wonderful opportunities in mission and music.

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NEWS

Max Flory, 12, a seventh-grader at Robinson Secondary School.



PHOTO CONTRIBUTED

PEOPLE



PHOTO CONTRIBUTED

Sir James Galway called flutist Emma Resmini a “rising star” when they met in Switzerland at Galway’s master class.

Area Divers Make National Team

Madison’s Campbell, Robinson’s Flory to represent the U.S. at Junior Pan American Championships.

Crayson Campbell, a sophomore at Madison High School, and Max Flory, a seventh-grader at Robinson Secondary School, will represent the United States at the Junior Pan American Diving Championships from Sept. 26-29 in Tucson, Ariz. More than 100 divers from nine countries will participate.

Both Campbell and Flory were selected to compete in all three individual events—1-meter, 3-meter and platform—at the Junior Pan Am meet.

Campbell, 15, won his fourth consecutive junior national title on 3-meter after taking the title in the 14-15 boys age group at the 2013 USA Diving Junior National Championships in Minneapolis in August. He also won the 1-meter title and took silver on platform at junior nationals. With the two wins in 2013, Campbell is now a seven-time junior national champion. Campbell also represented the U.S. at the 2011 Junior Pan Am Championships, where he won a silver medal on platform and bronze on 1-meter in Medellin, Colombia. He also competed for Team USA at the 2012 FINA World Junior Diving Championships and made his senior international debut earlier this year at a FINA Grand Prix meet in Puerto Rico.

Flory, 12, will be representing Team USA in international competition for the first time. At the 2013 junior nationals, he won the 1-meter title in the 12-13 boys age group and added bronze medals on 3-meter and platform. His 1-meter victory marked his third career junior national title after having won titles on 3-meter and plat-

form in 2013.

Both Campbell and Flory dive with coach John Appleman at the Dominion Dive Club. Appleman will serve as one of three coaches for Team USA at the Junior Pan Am Championships.

Fairfax Station Flutist Participates in Sir James Galway Festival

Called a “rising star” by world renowned flutist Sir James Galway, local Fairfax Station flutist Emma Resmini has just returned from a summer to remember. Emma may only be 13 years old, but she has already reached significant milestones as a musician.

For the second consecutive year, she was selected to participate in the Sir James Galway Masterclass and to perform in the Sir James Galway Festival, held in Weggis, Switzerland annually. Only 30 flutists are selected to study and play with Sir James each year.

Emma first played the flute when she was 3 years old. She quickly progressed through simple flute instruction and grew into a master flutist. At age 7, Emma began studying under Alice Kogan Weinreb of the National Symphony Orchestra. As a sixth grader, admitted by special exception, Emma became the youngest participant ever in the National Sym-

phony Youth Fellowship. She has since become a frequent performer on the Kennedy Center’s Millennium Stage. Emma has soloed with the National Symphony Orchestra, Dallas Symphony Orchestra and Pittsburgh Symphony Orchestra.

With the support of American Airlines and local business owners Susan Davis and Jim May, Emma was able to study for 10 days with acclaimed flutists Sir James and Lady Jeanne Galway and Lorna McGhee.

“American Airlines was delighted to support Emma, an extremely talented young woman,” said Will Ris, senior vice president, American Airlines.

Emma is scheduled to perform with the Laredo Philharmonic Orchestra in January 2014 in Laredo, Texas, and to participate in the Rock Creek Chamber Music Series in Washington, D.C. Emma is the daughter of Marilyn and Ronald Resmini.

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PHOTOS BY ANDREA WORKER/THE CONNECTION



From left—Sheli Sotiropoulos, VASBP President Tim Ciampaglio, LaPearl Smith. Sotiropoulos and Smith represented the Virginia Department for Aging and Rehabilitative Services at the summit.



Evelyn Cromartie and Michael Sales from the NVCC Workforce Development program gave their opinions of the keynote speakers. “McAuliffe definitely gave more specifics,” said Sales. Cromartie wasn’t too sure she agreed with, or approved of Cuccinelli’s “anti-union remarks.”

McAuliffe, Cuccinelli Highlight Small Business Summit

Gubernatorial candidates speak at the Mason Inn & Conference Center.

BY ANDREA WORKER
THE CONNECTION

Virginia gubernatorial candidates Terry McAuliffe and Ken Cuccinelli were the keynote speakers at the fourth annual Virginia Small Business Partnership (VASBP) Summit, hosted by Miller/Wenhold Capitol Strategies LLC at The Mason Inn in Fairfax on Friday, Sept. 20. “We are thrilled to have them join us,” said Paul A. Miller, chairman of the VASBP.

McAuliffe was first up, and with few words allocated to his own biography, launched into several specific proposals and ideas he pledged to implement if elected.

McAuliffe’s remarks closely aligned with the program’s agenda, touching on each of the main themes being addressed in the summit’s breakout sessions: public/private partnerships, tax policy and reform, transportation, healthcare and the readiness of today’s graduates for the workforce.

MCAULIFFE APPEALED for increasing the cap on Angel Investor investments and establishing more resources to help refine promising ideas even before they are ready for investors. While he encouraged entrepreneurship in all industries, McAuliffe called for an emphasis on Biotechnology and IT. “Cybersecurity is more important than ever,” he said. “Virginia should be the national, even global leader in this field.” The Democratic candidate also expressed a need to increase partnerships with high schools and Community Colleges, describing them as the “front lens of our economy.”

Speaking on tax policy and reform, McAuliffe cited several current taxes and regulations that he deemed to “make no sense,” calling them “burdensome,” and vowing to work with localities to reduce or eliminate anti-growth taxes. “We need more



Democratic candidate for governor Terry McAuliffe addresses the attendees at the Virginia Small Business Partnership Summit. McAuliffe hit on all of the agenda highlights during his 30-minute speech.

Main Street options,” he stated. He also touched on the topic of transportation, praising the passage of Virginia HB 2313, the Transportation Bill that finally provides funds for transportation projects. “In recent years, our ranking has fallen from first place, to the third, and now to fifth on the list of best places to do business. We need to get back to number one,” he said, saying that a modern and efficient transportation infrastructure is essential to the economic life of the commonwealth.

Before completing his address, McAuliffe



Virginia Attorney General and Republican candidate for governor Ken Cuccinelli warned that the creation of part-time jobs versus fulltime jobs “is not healthy. That’s not job creation. That’s eating away at our middle class.”

did step outside the confines of the VASBP’s agenda, condemning the threat of a federal government shutdown over de-funding of Obamacare as “extremely harmful” to Virginia and linking his opponent to the House Republicans behind the measure. “Ken Cuccinelli needs to call his Tea Party allies ... and tell them to put this ideological agenda aside ... we can’t afford it,” he demanded.

MEMBERS OF THE AUDIENCE hoping to witness the candidates come face-to-face at the event were disappointed by the 20-

plus minute delay in the arrival of Cuccinelli. The attorney general of Virginia opened his remarks with an overview of his personal, educational and employment background, as well as speaking of his involvement with numerous community care projects, which he described as “a distinction in this race.” Referring to his tenure in the State Senate from 2002-2010, Cuccinelli said, “I will not need on the job training—another distinction.”

After warning that sequestration and furloughing were causing “buffeting for the first time in Northern Virginia,” he added, “I bring a plan and a positive vision.” He invited the attendees to view his website for the details of his plan to add 58,000 new jobs to the commonwealth’s economy. Like his opponent, Cuccinelli spoke of the need to close tax loopholes and to examine tax credits and to push to keep regulations down. “I am willing to fight to keep Washington off your backs,” he declared.

Cuccinelli gave significant talking time to what he called the administration’s “War on Coal,” calling it a “war on our poor in Virginia,” blasting the EPA’s proposed emissions rules announced that morning, saying they would “cripple Virginia’s coal industry.” He also defended the need to keep Virginia a “Right to Work State,” and to avoid unionization.

He reminded the crowd that he was the first attorney general to oppose the Affordable Health Care Act. “It’s economically destructive, this one rule, like I’ve never seen,” he said.

Cuccinelli wrapped up by naming some of the organizations that were endorsing his candidacy and “asking each and every one of you for your vote.” Unlike McAuliffe, Cuccinelli did not take questions from the press after his speech. His staff cited schedule overruns, saying the candidate was late for a debate preparation session.

HOME SALES

In August 2013, 87 homes sold between \$1,425,000-\$175,000 in the Clifton, Fairfax Station and Lorton area. This week's list represents those homes sold in the \$1,425,000-\$582,000 range. For the complete list, visit www.ConnectionNewspapers.com

Address	BR	FB	HB	Postal	City	Sold Price	Type	Lot AC	Postal Code	Subdivision
5805 RIVER DR	5	5	1		LORTON	\$1,425,000	Detached	0.72	22079	HALLOWING POINT RIVER
12900 WYCKLAND DR	5	5	2		CLIFTON	\$1,395,000	Detached	5.28	20124	WYCKLAND
11201 CHAPEL RD	5	4	1		FAIRFAX STATION	\$1,100,000	Detached	5.01	22039	PROSPECT HILLS
5705 RIVER DR	4	3	0		LORTON	\$1,057,000	Detached	0.71	22079	HALLOWING POINT RIVER
9320 OCCOQUAN OVERLOOK DR	4	5	2		LORTON	\$1,050,000	Detached	1.00	22079	OCCOQUAN OVERLOOK
7701 LEEDS MANOR CT	4	4	1		FAIRFAX STATION	\$1,020,000	Detached	5.00	22039	DEVEREUX STATION
8209 COPPERGLOW TRL	4	3	1		FAIRFAX STATION	\$975,000	Detached	5.00	22039	SHADOWWALK
9272 BLU STEEL WAY	4	5	1		LORTON	\$975,000	Detached	0.85	22079	REMINGTON
10712 OX CROFT CT	4	3	1		FAIRFAX STATION	\$950,000	Detached	0.86	22039	STONEY CREEK
5931 FAIRVIEW WOODS DR	5	4	2		FAIRFAX STATION	\$950,000	Detached	0.59	22039	FAIRVIEW WOODS
8314 CATHEDRAL FOREST DR	6	5	0		FAIRFAX STATION	\$905,000	Detached	5.10	22039	CATHEDRAL FOREST
9916 SHADY COVE DR	6	4	1		FAIRFAX STATION	\$889,888	Detached	0.58	22039	SOUTH RUN
12395 HENDERSON RD	4	4	1		CLIFTON	\$875,000	Detached	5.04	20124	CLIFTON HUNT
8611 WOODWREN LN	5	4	1		FAIRFAX STATION	\$875,000	Detached	0.28	22039	CROSSPOINTE
6401 WOODLAND RUN CT	5	3	1		CLIFTON	\$865,000	Detached	1.48	20124	LITTLE ROCKY RUN
7908 GREENEBROOK CT	5	4	1		FAIRFAX STATION	\$850,000	Detached	0.25	22039	BARRINGTON
8104 BELLINGHAM CT	5	5	1		FAIRFAX STATION	\$849,900	Detached	0.25	22039	BARRINGTON
10101 VAN THOMPSON RD	4	3	1		FAIRFAX STATION	\$847,750	Detached	8.59	22039	HAMPTON WOODS THREE
10608 CANTERBERRY RD	4	3	1		FAIRFAX STATION	\$835,000	Detached	2.01	22039	CANTERBERRY ESTATES
9210 CROSS OAKS CT	5	4	1		FAIRFAX STATION	\$820,000	Detached	0.28	22039	CROSSPOINTE
11566 CLARA BARTON DR	5	4	1		FAIRFAX STATION	\$800,000	Detached	0.71	22039	FAIRFAX STATION
11800 WINTERWAY LN	4	3	1		FAIRFAX STATION	\$799,000	Detached	5.00	22039	GLENVERDANT ESTATE
8726 FOXHALL TER	4	3	1		FAIRFAX STATION	\$779,000	Detached	0.34	22039	CROSSPOINTE
9403 OAKINGTON DR	5	4	1		FAIRFAX STATION	\$765,000	Detached	0.29	22039	BARRINGTON
9326 HALLSTON CT	4	3	1		FAIRFAX STATION	\$740,000	Detached	0.29	22039	BARRINGTON
8309 CROSSPOINTE DR	5	3	1		FAIRFAX STATION	\$714,900	Detached	0.34	22039	CROSSPOINTE
5606 WILLOW CROSSING CT	4	2	1		CLIFTON	\$705,000	Detached	0.44	20124	CLIFTON MANOR
11839 CLARA WAY	4	3	1		FAIRFAX STATION	\$703,000	Detached	0.58	22039	INNISVALE
13921 SOUTH SPRINGS DR	4	3	1		CLIFTON	\$694,000	Detached	0.22	20124	LITTLE ROCKY RUN
5931 INNISVALE DR	4	2	1		FAIRFAX STATION	\$690,000	Detached	0.97	22039	INNISVALE
11509 HAVENNER RD	5	3	1		FAIRFAX STATION	\$690,000	Detached	0.83	22039	FAIRFAX STATION
11130 ROBERT CARTER RD	4	3	1		FAIRFAX STATION	\$690,000	Detached	1.42	22039	FAIRFAX STATION
12653 SCHOOL ST	5	3	0		CLIFTON	\$680,000	Detached	0.00	20124	TOWN OF CLIFTON
13008 FIELDSPAR CT	4	4	1		CLIFTON	\$675,000	Detached	0.46	20124	REISER PROPERTY
8919 KIGER ST	5	3	1		LORTON	\$675,000	Detached	0.50	22079	LORFAX HEIGHTS
6420 STONEHAVEN CT	4	3	1		CLIFTON	\$665,000	Detached	0.28	20124	LITTLE ROCKY RUN
11542 LILTING LN	5	3	1		FAIRFAX STATION	\$655,000	Detached	5.00	22039	SINGING WOODS THE
6716 BRIARCROFT ST	4	3	0		CLIFTON	\$635,000	Detached	5.00	20124	ARMSTRONG AND ENGLISH
6019 POCOL DR	4	3	1		CLIFTON	\$625,000	Detached	0.62	20124	VANNOY PARK
7735 PORTERS HILL LN	4	2	2		LORTON	\$617,500	Detached	0.10	22079	LORTON STATION
6006 CAPTAIN MARR CT	4	2	1		FAIRFAX STATION	\$615,000	Detached	0.49	22039	FAIRFAX STATION
9540 PARSONAGE LN	4	3	1		LORTON	\$615,000	Detached	0.09	22079	LORTON VALLEY NORTH
6108 UNION SPRINGS LN	4	3	1		CLIFTON	\$610,200	Detached	0.23	20124	LITTLE ROCKY RUN
6226 BALLSPORD DR	4	2	1		FAIRFAX STATION	\$605,000	Detached	0.69	22039	FAIRFAX STATION
6176 OTTER RUN CT	5	3	1		CLIFTON	\$590,000	Detached	0.23	20124	LITTLE ROCKY RUN
14003 MARBLESTONE DR	4	2	1		CLIFTON	\$590,000	Detached	0.21	20124	LITTLE ROCKY RUN
6200 SANDSTONE WAY	4	2	2		CLIFTON	\$589,500	Detached	0.21	20124	LITTLE ROCKY RUN
7997 ALMEDA CT	4	4	1		LORTON	\$582,000	Detached	0.10	22079	EVANS

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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.

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.

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.

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 8:30 and 10 a.m. Services in Clifton are held on Sundays at 8:15 and 10:30 a.m. 703-323-9500 or www.Lordoflifeva.org.



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THE CONNECTION
NEWSPAPERS



HEALTH & FITNESS



Students practice stretching in the chair-based Gentle Pilates class, part of the Workhouse Arts Center's Art of Movement program.

PHOTOS BY
STEVE HIBBARD/
THE CONNECTION

Teaching the Art of Movement

FROM PAGE 7

three spaces containing \$40,000 worth of Joseph Pilates equipment (the inventor). "We are ground-zero for Pilates," she said.

The Art of Movement classes occupy eight rooms in building W-11, which is 7,729 square feet. The center serves not only tri-athletes, marathon runners and the super-fit, but novices as well. "We get high-level athletes who want to strengthen their core. We have high-level ballet dancers who want to rehab a sprained ankle," she said. Classes can be geared for every level: gentle movement, improving balance or strengthen core.

Prices range from \$110 for eight weeks of group classes up to 12 people. The Pilates classes are \$210 for eight weeks for three people in a group. Private and semi-private training is \$80 per class. "Enthusiastic members" get \$10 off each class registration.

This is also the place that Pilates instructors go for their own advanced training. "When we get together, we tackle the advanced-level repertoires," she said. "It turns into Cirque d'Soleil at that point—but it's fun." Workhouse CEO and former Mayor of Fairfax John Mason does Pilates twice a week with Spalding.

Classes are also perfect for beginners: "We are an environment where a person who has never done a structured movement or exercise program to feel safe and successful for tackling a new piece that they'd like to add," said Spalding.

She suggests beginners start with Pilates or yoga. "You might finally begin to understand why certain things have been a challenge to you in your movement, as your instructor leads you in safe patterns of exercise," she said.

Since 2008, Eileen Patrican, 51, of Clifton has done yoga, belly dancing, Pilates and the reformer class.



Instructor Cherry Nutting demonstrates hula dancing based on Hawaiian culture.

"I love it. The instructors here are the very best you can come across," she said. "If you have a problem, they work with you. These people are very mindful of you."

Her daughter Ashley, 27, agrees: "It's its own oasis for fitness," she said. "It's like a family. They challenge you in every class."

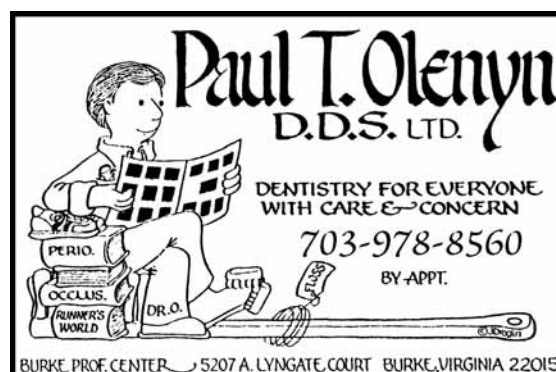
For nine years, Wendell Mickens, 36, of Lorton, has had multiple sclerosis and was not able to exercise. He discovered Spalding's classes, which he calls "revolutionary," and now takes sit-down Pilates, general yoga, and reformer training. "Her program is remarkable," he said. "I'm able to actually move and build strength, because I had no muscle mass before going there." Workhouse partners with the National Multiple Sclerosis Society and Back in Motion Physical Therapy.

Alex Ibarra, 50, of Old Town Alexandria, originally from Ecuador, suffers from herniated cervical discs along her neck (C2-C5). After taking a "cocktail of medicines," she decided to try classes with Spalding. For three years now, she's been taking Pilates and yoga six times a week. "I was introduced to Lesley and I just fell in love with her," she said. "Every hour for me is a challenge, and my condition is getting much better." Ibarra no longer takes medicine and her pain just melts away after the workouts, she says.

The center attracts people from as far away as Fredericksburg, Vienna, the district, La Plata, Md., and Berryville.

Last spring, Spalding taught yoga to the boys' varsity lacrosse team at South County High School. "They were great and really receptive," she said.

Spalding is married to husband Doug and the couple has two grown daughters, ages 26 and 23. For more details on the Art of Movement classes, email Lesley Spalding at lesleyspalding@workhousearts.org or call 703-584-2965.



SPORTS

Henderson Leads Lake Braddock To Comeback Win Over Westfield

Bruins tight end Antonellis has big pass-catching performance.

BY JON ROETMAN
THE CONNECTION

Caleb Henderson's voice had nearly vanished when he declined to be interviewed after Friday's contest against Westfield. A few minutes later, with the help of a cough drop, the Lake Braddock quarterback returned to answer questions.

During the game, Henderson had to overcome a different ailment to lead his team to victory.

Despite suffering from cramps in his hamstrings and calves during the second half, Henderson led Lake Braddock on a 72-yard scoring drive in the game's closing minutes, capped by a 20-yard touchdown pass to AJ Alexander that lifted the Bruins to a 28-24 victory over Westfield on Sept. 20 at Lake Braddock Secondary School.

Playing for the first time on their new turf field, the Bruins beat a Westfield program that finished region runner-up the last two years and hadn't lost a regular season game since October of 2010. Lake Braddock improved to 3-0 in 2013, including road wins against rival Robinson and perennial power Stone Bridge.

What does it mean to open the season with three tough victories?

"The first thing that comes to me is never schedule these three teams again," Lake Braddock head coach Jim Poythress said. "The second thing is that we have a pretty good football team ... a team that could really make a run in the playoffs. But ... if we don't improve, we'll be one and done."

Westfield took a 24-21 lead when Dominique Pearson scored on a 3-yard run and the Bulldogs added a two-point conversion with 3:11 remaining in the fourth quarter. Lake Braddock started its ensuing drive at its own 28-yard line and Henderson moved the Bruins down the field in seven plays. Facing third-and-eight at the Westfield 20, Henderson found Alexander for the go-ahead touchdown.

Westfield drove to the Lake Braddock 33-yard line during its



Westfield running back Tyler Thrasher-Walker carries the ball against Lake Braddock on Sept. 20.



Lake Braddock tight end Ryan Antonellis scores a touchdown against Westfield on Sept. 20.

final possession, but Bruins defensive back Timothy Coulter ended the threat with an interception.

Henderson, who is committed to the University of North Carolina, completed 15 of 25 passes for 243 yards and three touchdowns. It was Henderson's first victory in four games against Westfield, including a pair of losses against the Bulldogs as a sophomore at West Potomac. Last season, Henderson's first with Lake Braddock, the Bruins lost to Westfield, 49-29.

"I think he's come a long way in his two years here," Poythress said about Henderson. "To his credit, this kid's laying on the sideline in between drives completely cramped up. ... He was firing the rock. He stepped up and he wanted to win."

Henderson attributed his cramps to consuming a pregame energy drink.

"We practice one-minute drills every day, [starters versus starters], we score almost every time," Henderson said. "The defense gets mad at us, but that's just the type of fire power we have on offense [and] that's the type of chemistry

I have with my receivers."

One of those receivers is Ryan Antonellis, a 6-foot-4, 230-pound tight end who finished with five catches for 132 yards and a score.

"I've never seen an athlete like Ryan," Henderson said. "You stick a linebacker on him, he'll run right by him. You stick a corner on him and he'll just go up and get it over the corner." During the Bruins' game-winning drive, Henderson connected with Antonellis for gains of 22 and 26 yards.

"He stepped up," Poythress said about Antonellis. "They kick on the lights, they're going to have this ribbon-cutting for the field, the media is here and it's a big game, and we wanted to see who would step up when they turned the lights on and he certainly did."

Lake Braddock running back Trevor O'Brien carried 15 times for 95 yards and a touchdown. Alexander had six catches for 55 yards and Sica finished with three receptions for 51 yards.

Lake Braddock will host Annandale at 7:30 p.m. on Friday, Sept. 27. Westfield will host Fairfax.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION



The Woodson field hockey team defeated West Potomac 3-0 on Sept. 24.

Late Goals Propel Woodson to Victory

West Potomac goalkeeper Hauptle plays well in defeat.

BY JON ROETMAN
THE CONNECTION

The Woodson field hockey team had struggled putting the ball in the cage in recent games and entered Tuesday's contest against West Potomac with hopes of scoring early and often.

Initially, it was more of the same for the Cavaliers. Woodson kept the ball at its offensive end for nearly the entire contest and held a 17-2 advantage in penalty corners, but after 57 minutes, each team had a goose egg on the scoreboard.

After coming up empty time and time again against West Potomac goalkeeper Eve Hauptle, Woodson's Andrea Pasierb finally scored with 2:35 remaining, triggering a late goal-scoring burst.

Alex Lightfoot and Sam Schaffer added goals in the final minute, giving the Cavaliers a 3-0 victory over West Potomac on Sept. 24 at W.T. Woodson High School.

"Statistically, we said, you keep shooting, you're going to score. That first one is just going to be tough," Woodson head coach Meg Jarrell said. "We said once you get the first one, they're going to just start piling up and they did."

"We just ran out of time or I think we would have kept scoring."

Lightfoot said "teamwork and communication" helped keep the Cavaliers from getting frustrated with their inability to score. Their persistence paid off with three goals in the final 155 seconds.

"We had the momentum most of the game and we've been having a hard time finishing," Lightfoot said. "Once we

"We just ran out of time or I think we would have kept scoring."

— Woodson field hockey coach Meg Jarrell

[started scoring], I think it gave us even more momentum."

Part of the Cavaliers' goal-scoring struggles had to do with West Potomac's Hauptle, who finished with 13 saves.

"I think our junior goalkeeper, Eve

Hauptle, is one of the best in the region and she keeps us in a lot of games," West Potomac head coach Dana Hubbard said. "She's the reason that the score wasn't more (lopsided) than it was."

I think our defense stayed really tough, we were just unfortunate to have one go in and then everything fell apart from there."

West Potomac (3-6) will travel to face Mount Vernon at 7:30 p.m. on Thursday, Sept. 26. Woodson will travel to face West Springfield at 7:30 p.m. on Friday, Sept. 27.

PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

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You are invited to submit comments in writing on this application to the Federal Reserve Bank of Richmond, P.O. Box 27622, Richmond Virginia 23261. The comments period will not end before October 11, 2013. The Board's procedures for processing applications may be found at Title 12 C.F.R. Part 262. Procedures for processing protested applications may be found at Title 12 C.F.R. Part 262.25. To obtain a copy of the Federal Reserve Board's procedures, or if you need more information about how to submit your comments on the application, contact Adam M. Drimer, Assistant Vice President, at 804-697-8980. The Federal Reserve will consider your comments and any request for a public meeting or formal hearing on the application if they are received in writing by the Federal Reserve Bank on or before the last day of the comment period.

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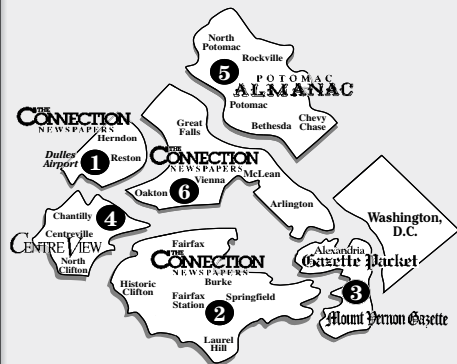
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Alexa Whitworth

Alex Whitworth to Lead Paul VI Girls Lacrosse

Paul VI Catholic High School in Fairfax has chosen Alexandra Whitworth as their new head coach for girls' lacrosse. A graduate of Paul VI Class of 2003, coach Whitworth comes to PVI after serving the past four years as the head coach at McLean High School. She is also a successful coach with the SuperNova Select Lacrosse Club and previously spent one season as the JV head coach at WT Woodson High School.

Coach Whitworth has an impressive lacrosse playing background as well. She was an All-WCAC performer at PVI and helped lead the Panthers to the 2003 WCAC Championship in her senior year. Coach Whitworth went on to be a four-year starter at NCAA Division I George Mason University, where she was named to Colonial Athletic Association (CAA) All Rookie team in 2004, earned the CAA Commissioner's Academic Award four times, was named to the ICWLCA Academic Honor Roll each semester, and served as a team captain from 2005-2008. Whitworth taught 8th grade civics for five years in Fairfax County Public Schools and is a mother of two.

"Coach Whitworth is a perfect fit for us. She is a proven leader. Not only has she played and coached at high levels, she's a PVI alum who has done what many of our young ladies aspire to do in lacrosse, in school, and in their lives," said Paul VI Athletic Director Billy Emerson. "Her teaching record was a very important to us as well. She is an excellent role model for our student-athletes."

COMMENTARY

FROM PAGE 8

50 percent of their income for housing costs.

The alliance applauds the Board of Supervisors and the Planning Commission for taking the time to provide additional information about the unmet housing needs for singles, and addressing community concerns in these workshops. We believe this is a good first step to having a broader conversation about housing affordability in Fairfax County, and we would urge the county public affairs office, and the offices of the supervisors to become more engaged in disseminating information and providing opportunities for dialogue on this question.

Fairfax County is a large, diverse, urbanizing county with a population of 1.1 million people, and it is appropriate that county leaders adopt policies that address the needs of lower income single households (many of whom make up our workforce). In doing so, we encourage solutions that balance the legitimate concerns of neighborhoods with the equally legitimate need to address housing affordability in the county.

Michelle Krocker is executive director of the Northern Virginia Affordable Housing Alliance, a broad based regional organization dedicated to the creation of successful communities through affordable housing education and advocacy.



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Sought-after 'Lakemont', with finished walkout LL. 3 BR, 3 BA, Grnt maple kit, Liv, Din, Den, Fam, 2 bonus rms, storage, 2-car gar, irrig sys, deck, backs to trees.



Gainesville Heritage Hunt 55+ COMING SOON!
Beautiful 3 fin levels, w/possible in-law suite! 5 BR, 4.5 BA, Grnt Kit, brkfst rm, liv/din combo, sun rm, loft Main & upper lvl MBRs, Rec rm, W/out LL, 2-car Garage.

www.HeritageHuntHomes.com



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www.TheJordanTeam.com



Reston \$899,900
Gorgeous 5BR, 4.5BA home in prime location on over 0.4 acres. Call Courtney 703-786-5330 for more info.

Christine Zinser
REALTOR® 703-503-1861

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CAROL
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Clifton - \$685,000 - 5 private acres



Fairfax - \$889,000 - Hampton Forest

View our current listings at www.hermendorfer.com or call John at 703-898-5148.

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Woodbridge In-Ground Pool \$425,000
Stunning 3-level, 4 BR, 3 1/2 BA Colonial features upgraded kitchen and baths. 1st floor family w/fireplace & French doors leading to ceramic deck and in-ground pool. AND MUCH, MUCH MORE!

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Herndon \$254,900
Updated 3rd floor condo with almost 1000 sq. feet finished space. Hardwood floors in the living and dining room areas, upgraded kitchen, washer and dryer in unit. Walk to pool, weight room and club room. Minutes to Park and Ride on Monroe Street. New Metro coming in 2018.

Access the Realtors Multiple Listing Service: Go to www.searchvirginia.listingbook.com



July 2013
Top Sales

1 3555 Early Woodland Place,
Fairfax — \$1,325,000



5 11101 Hampton Road,
Fairfax Station — \$1,005,000



2 7054 Balmoral
Forest Road, Clifton
— \$1,295,000

Address	BR	FB	HB	Postal City	Sold Price ..	Type	Lot AC ..	PostalCode	Subdivision	Date Sold
1 3555 EARLY WOODLAND PL	6	..	5..	1	FAIRFAX	\$1,325,000 ...	Detached ...	0.19	22031	PICKETT'S RESERVE	07/22/13
2 7054 BALMORAL FOREST RD	6	..	5..	1	CLIFTON	\$1,295,000 ...	Detached ...	2.01	20124	BALMORAL GREENS	07/12/13
3 12030 FAIRFAX STATION RD	4	..	3..	1 ...	FAIRFAX STATION	\$1,201,000 ...	Detached ...	5.05	22039	THE PATTERNS	07/22/13
4 3732 CHAIN BRIDGE RD	4	..	3..	1	FAIRFAX	\$1,060,000 ...	Detached ...	0.45	22030	HISTORIC FAIRFAX	07/31/13
5 11101 HAMPTON RD	4	..	5..	1 ...	FAIRFAX STATION	\$1,005,000 ...	Detached ...	5.00	22039	BRIARLYNN ESTATES	07/12/13
6 9902 HIDDEN TRAIL CT	5	..	4..	1 ...	FAIRFAX STATION	\$1,000,000 ...	Detached ...	0.59	22039	SOUTH RUN	07/10/13

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