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PHOTO BY VICTORIA ROSS/THE CONNECTION

Kincaid Elected First Female Sheriff

NEWS, PAGE 8

During the sheriff's race, Stacey Kincaid, attended the Jeans Day 2013 Challenge Breakfast at Herndon's Deltek. Kincaid (right), is standing with Sharon Bulova (D-at-large), chairman of the Fairfax County Board of Supervisors.

Battleground? Not Exactly

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Honoring WWII Veterans

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NEWS

Burke Ballet's 20th 'Nutcracker'

Cast of 200 draws heavily from Buffa's Dance Studio, welcomes professionals from Cincinnati, Colorado and Manassas companies.

BY TIM PETERSON
THE CONNECTION



PHOTOS BY TIM PETERSON/THE CONNECTION

From left — West Springfield senior Melissa Lester as Big Snow, Brian Engler as un-costumed Dr Stahlbaum and Carla Cannonito as Mother Ginger.

Just as Clara Stahlbaum's dream of a being whisked away by a living nutcracker prince grows increasingly fantastic over the course of the night, director Buffa Hargett's vision of a perfect performance of "The Nutcracker" ballet has evolved dramatically from mere scenes performed at local shopping malls to a staggering 200-person full production celebrating its 20th anniversary onstage.

"I'm just surprised my mom is able to make it better every year," said Fairfax Station resident Melissa Hargett, Buffa's daughter and co-director. "She instills in the staff nothing is ever perfect. We have to get better little by little, and make it an experience people want to come back to every year."

On Saturday, Nov. 16, the curtain will rise on the Burke Civic Ballet's 20th performance of the famous holiday masterpiece. Buffa opened the 1600-student Buffa's Dance Studio — a primary supplier of dancers and rehearsal resources — 33 years ago, but created the BCB in 1994 as a non-profit organization to provide a community-minded opportunity for amateur adults and students to learn and perform alongside professional dancers.

The two organizations operate in tandem for mutual benefit and education, especially in the case of a show like "The Nutcracker." "It gives young dancers the experience of a complete production," said Brian Engler of Burke, who plays Dr Stahlbaum and is the only active cast member who has been in all 20 productions. "Even in a dance recital they only see pieces of it. They go out and do a spot and they leave. For this, everything has to go like clockwork."

THE STUDENT DANCERS, who range from 3 to 18 years old, are up for the challenge. "The strength of these dancers is amazing," said Springfield resident Carla Cannonito, who plays Mother Ginger. "All of these kids are so adaptable — they will jump in and assume a role at any time."

"Coming here, it's check your egos at the door," Cannonito continued. "It's an

SEE BALLET, PAGE 5



Members of Buffa's Dance Studio and the Burke Civic Ballet for the Nov. 16 premiere of the organization's 20th edition of "The Nutcracker" as co-director Melissa Hargett (third from far right) looks on.

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PHOTO BY MICHAEL LEE POPE/THE CONNECTION

Terry McAuliffe delivers his victory speech Tuesday night.

Democrats Score Narrow Victory

Division in Republican Party cited in loss.

BY MICHAEL LEE POPE
THE CONNECTION

When Jim Dillard first ran to represent Fairfax County in the House of Delegates in 1965, the Republican Party of Virginia was a different animal. Recalling that race on Election Night 2013, Dillard said that was a time when the party welcomed diversity between moderates and conservatives. He lost that first race, but went on to serve in the House of Delegates for more than 30 years. This year, though, he worked for Democratic gubernatorial candidate Terry McAuliffe in a fierce race for governor against Republican Attorney General Ken Cuccinelli.

"The party has gone so far to the right, and they are trying to shove all these social issues down everybody's throat," said Dillard, who represented House District 41. "That's turned off an awful lot of Republicans who used to vote for me."

Although polls leading up to Election Day showed McAuliffe with an average lead of six percentage points, the actual vote was much closer. McAuliffe narrowly edged out Cuccinelli 48 percent to 45 percent. State Sen. Ralph Northam (D-6) enjoyed a more comfortable lead against Republican E.W. Jackson, 55 percent to 45 percent. That means Northam will resign his state Senate seat, upsetting the balance between 20 Republicans and 20 Democrats. The special election for Northam's seat is expected to become a hotly contested race because the stakes of the outcome could determine which party controls the state Senate.

"That's a seat that has a split between Norfolk and the Eastern Shore," said Clark Mercer, political director of the Democratic Party of Virginia. "So the key to winning that election will be having a candidate that can draw votes from both of those regions."

IN MANY WAYS, the results of the election have yet to play out. Aside from the special election for Northam's seat, the race for attorney general appears to be headed to a recount. Late Tuesday night, state Sen. Mark Obenshain (R-26) had a very narrow lead and Republican Party Chairman Pat Mullins issued a statement congratulating him on winning the election. State Sen. Mark Herring (D-33) appeared before reporters to say he was not conceding the race.

"Right now, it's basically 50-50 and the numbers have been moving in our direction all night," said Herring. "The race is far from over."

The numbers were, in fact, moving in Herring's direction as votes continued to be tallied. By Wednesday morning, Herring had a very narrow lead over Obenshain. Because the margin of victory is likely to be less than 1 percent, a recount in that race seems likely. For many Democrats who gathered at the Sheraton Premiere in Tysons Corner, it was yet another indication that election 2013 turned out to be much closer than many people had anticipated.

"It turned out to be a race that was so close that in the annals of Virginia history it's going to go down as one of the closest races of all time," said Pat McCune of Centerville, saying the race was closer than expected.

ELECTION 2013 was a long and bitter slog for candidates, who spent much of the campaign hurling accusations and counter-accusations. Cuccinelli was dogged by his association with a wealthy businessman who made lavish gifts to the governor and attorney general that went unreported on disclosure forms. McAuliffe was haunted by accusations about his relationship to a troubled green-car company. As the race unfolded, it became increasingly negative — especially in television ads that dominated screens across Northern Virginia.

"Election nights are emotional times," said Gov. Bob McDonnell in a written statement. "For the winner there is the thrill of victory, combined with the recognition that the hard work preceding this moment is but a prelude to the tremendous effort yet to come."



PHOTO BY VICTORIA ROSS/THE CONNECTION

Del. Dave Albo debates the landmark transportation bill on the House floor of the Virginia General Assembly last February.

Battleground? Not Exactly

Competitive state races gave Northern Virginia voters more choices, but they stick with incumbents over challengers.

BY VICTORIA ROSS
THE CONNECTION

Every two years, Virginia holds all of its statewide elections. When it's time to elect a new Governor, every member of the Virginia House of Delegates, a 100-seat body currently held by a GOP majority (67 Republicans – 32 Democrats and 1 Independent), is also up for re-election.

While downballot races got the spotlight, Northern Virginia actually saw the most competitive two-party races this year, with 57 contested House seats. This marks only the second time in the last decade where at least half of the 100 House seats had more than one name on the ballot.

"So what?" voters seemed to declare when casting their ballots.

Despite more choices, voters stuck with the politician they knew, giving incumbents in nearly every Fairfax County district a decisive victory.

District 37

Incumbent: David Bulova (D) won a resounding victory with 60.95 percent of the vote (11,521 votes) over Republican challenger Patrice Winter's 38.86 percent (7,345 votes).

District link on VPAP at www.vpap.org/elections/district/

Localities: Fairfax County (69 percent), City of Fairfax (31 percent); 2012 elections: Obama 60 percent/Romney 38 percent/Johnson 1 per-

cent, Kaine 61 percent/Allen 39 percent

Many political watchers considered this district up for grabs in 2011, but the district remains strongly blue.

District 40

Incumbent: Tim Hugo (R) soundly defeated Democrat Jerrold Foltz, a first-time candidate with 60 percent of the vote (14,878 votes) to Foltz' 40 percent (with 9,891 votes)

District link on VPAP at www.vpap.org/elections/district/
Localities: Fairfax County (83 percent), Prince William County (17 percent)

2012 elections: Romney 51 percent/Obama 48 percent, Allen 51 percent/Kaine 49 percent

District 41

Incumbent: Eillen Filler-Corn (D) faced two challengers: Republican Fredy Burgos and frequent candidate Christopher F. DeCarlo (who also threw his hat in the ring for the sheriff's race.) Filler-Corn sailed past both challengers with 57 percent of the vote (15,021 votes) over Burgos' 40 percent (10,388 votes) and DeCarlo's 3.58 percent (944 votes).

District link on VPAP at www.vpap.org/elections/district/
Locality: Fairfax County

2012 elections: Obama 57 percent/Romney 41 percent/Johnson 1 percent, Kaine 59 percent/Allen 40 percent. Filler-Corn ran unopposed in 2011 in what is considered a Democratic-leaning district. After this win, the district may be considered a solid blue.

District 42

Incumbent: Dave Albo (R) knocked off Democratic challenger

SEE HOUSE, PAGE 4

AREA ROUNDUPS

Volunteer Opportunities

The Fairfax Station Railroad Museum needs volunteer docents on Sunday afternoons from 1-4 p.m. Greet museum visitors and tell them about the exhibits, the Museum and its railroad and Civil War history. Ideal for people who live in the Fairfax, Burke, Clifton or Fairfax Station area and want to contribute to the local community through volunteerism. Docents should possess good

people skills. This is a perfect opportunity for those interested in railroads, the Civil War and Northern Virginia history. Training and orientation provided. Other volunteer opportunities are gardening, publicity and exhibit planning. The Museum is located at 11200 Fairfax Station Road in Fairfax Station, Va. Call Michael at 703-945-7483 for more information.

House

FROM PAGE 3

Ed Deitsch with 59.82 percent of the vote (15,232 votes) to Deitsch's 40.07 percent of the vote (10,204 votes).

District link on VPAP at www.vpap.org/elections/district/

Locality: Fairfax County. 2012 elections: Obama 52 percent/Romney 46 percent, Kaine 54 percent/Allen 46 percent

District 42 is often called a swing district, although it's not clear why. Albo, a senior member of the house, has fought off several Democratic challengers in the last several elections. Although Albo may have felt some backdraft over general voter distaste for

the tea party agenda, particularly on women's rights, Albo held firm, voting with many Democrats this year for the landmark \$3.5 billion transportation bill.

District 43

Incumbent: Mark Sickles (D) solidly held his seat with 73.56 percent of the vote (14,444) over Republican challenger Gail Parker with 25.28 percent of the vote (4,985 percent)

District link on VPAP at www.vpap.org/elections/district/

Locality: Fairfax County. 2012 elections: Obama 64 percent/Romney 34 percent, Kaine 66 percent/Allen 34 per-

cent. Sickles ran unopposed in 2011 in this strongly Democratic district.

District 44

Incumbent: Scott Surovell(D) overwhelming won reelection with 71.06 percent of the vote (13,177 votes) to Republican challenger Joseph A. Glean's 28.10 percent of the vote (5,210 votes).

District link on VPAP at www.vpap.org/elections/district/

Locality: Fairfax County. 2012 elections: Obama 64 percent/Romney 34 percent, Kaine 65 percent/Allen 35 percent

Surovell ran unopposed in 2011 in this very blue Democratic district.

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Burke Civic Ballet to Present 20th 'Nutcracker'

FROM PAGE 2

overarching culture, that everyone looks out for everyone else. This is something that's more unique to Buffa."

"We pride ourselves on being the anti-'dance moms,'" said Melissa. "We want our dancers to try their best, but realize it's never perfect, there's always something to strive for. Nobody is perfect in anything we do."

That sentiment drives the whole production process forward, and the sense of an educational community is well established among the dancers.

"They'll tell us what to do and then we convey it to the younger kids," said West Springfield senior Melissa Lester, who plays Clara's best friend, Big Snow, Spanish lead and Dew Drop. "I love doing it. You have to have a positive atmosphere to have an amazing Nutcracker. It makes you want to be here, work, be on stage, get the entire experience of it."

TO HELP ENHANCE THE EXPERIENCE for both cast and audience, the Hargetts annually enlist the help of professional dancers to both run workshops for the older students and perform key roles in "The Nutcracker." This year, look for Colorado Ballet principal dancers Sharon Wehner as



The Burke Civic Ballet cast of 200 features student dancers ages 3-18, as well as amateur adult performers.

PHOTOS BY TIM PETERSON/THE CONNECTION

the Sugar Plum Fairy and Jesse Marks as the fairy's cavalier. Aleksey Kudrin is a local pro from the Manassas Ballet playing the Nutcracker prince, and Thomas Bell from the University of Cincinnati will offer his talents as Drosselmeyer.

In addition to the pros onstage, this an-

niversary production will feature fresh choreography — the Hargetts attend multiple "Nutcracker" productions each year in an ongoing effort to stay fresh and new — brand new Ukrainian costumes for many of the snow scene dancers and a new grandfather clock. All the costumes, set pieces and

When & Where

Saturday, Nov. 16, at 2 p.m. & 6 p.m. and Sunday, Nov. 17, at 2 p.m. & 6 p.m. Ticket sold online at www.buffa.com. Adults \$28, children and seniors \$20. Ernst Community Theater, NVCC Annandale campus.

other backstage work is managed by anywhere from 200-400 parent volunteers.

All told, the production costs roughly \$75,000 to pull off, only a third of which is recouped by ticket revenue. The rest comes from donations, audition fees and two major annual fundraisers — a Spook A Thon and Dance A Thon — that took place in October.

"It's such hard work in such a short amount of time," said Melissa. "But this gives them a way to have an end result, an end goal. It's something to produce and be proud of."

"This is my last Nutcracker, senior year," said Lester, "so I want to go out with a bang. The path I've gone to get to here, this is all I have left — I just want it to be amazing."

Giving young performers the opportunity to be stars in a major performance is what the program is all about. "That is truly [Buffa's] vision of bringing the arts to Northern Virginia," said Cannonito, "and making this accessible to all. The children make the Nutcracker come alive."



Get Back in the Swing of Things!

Latest Treatments in Back and Neck Pain

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Millions of people suffer debilitating neck and back pain. If you are one of the millions please don't miss this opportunity. A FREE community lecture, to discuss causes of neck and back pain and the latest treatment options, will be held in your area by one of Inova Mount Vernon Hospital's experienced orthopedic spinal surgeons, Dr. Corey Wallach. This is an opportunity for you to Ask The Expert any questions you may have.



Corey Wallach, MD, completed his spine fellowship at the prestigious UCLA Comprehensive Spine Center which specializes in minimally invasive, motion preserving and traditional treatment for the neck and lumbar spine. He completed his residency at the University of Pittsburgh Medical Center, where he conducted research on biologic treatment strategies for degenerative spinal disorders, earning both national and international recognition for his efforts. He now serves as a medical director for the Inova Spine Institute.



OPINION

Be Part of Children's Connection

Call for student artwork and writing; deadline Dec. 6.

During the last week of each year, The Connection devotes its entire issue to the creativity of local students and children. The results are always remarkable, and the editions have won many awards. It is a keepsake edition for many families, and an edition read and praised by readers with and without children.

The annual Children's Connection is a tradition of well over a decade, and we begin getting inquiries from teachers and parents about submitting artwork and writing almost as soon as each school year begins.

We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens or other creative efforts.

We ask that all submissions be digital so they can be sent through email or delivered on CD or flash drive. Writing should be submitted in rich text format (.rtf). Artwork should be photographed or scanned and provided in jpeg format.

Identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school, name

of teacher and town of school location. Please provide the submissions by Friday, Dec. 6.

Some suggestions:

❖ Drawings or paintings or photographs of family, friends, pets or some favorite activity. These should be photographed or scanned and submitted in jpeg format.

❖ Short answers (50 to 100 words) to some of the following questions: If you could give your parents any gift that didn't cost money what would that gift be? What are you most looking forward to in the upcoming year? What is one thing that you would change about school? What do you want to be when you grow up? What is your favorite animal? What is your favorite toy? What makes a good parent? What makes a good friend? What is one of the best or worst things that ever happened to you? What is the best gift you've ever given? Ever received?

❖ Opinion (50 to 100 words) about traffic, sports, restaurants, video games, toys, trends, etc.

❖ Poetry or other creative writing.

❖ Opinion pieces about family, friends, movies, traffic, sports, food, video games, toys, trends, etc.

❖ News stories from school newspapers.

We welcome contributions from families, public and private schools, individuals and homeschoolers.

Email submissions for the Vienna/Oakton, McLean, Great Falls, Reston and Oak Hill/

Herndon Children's Connections to ChildrensNorth@connectionnewspapers.com.

Email submissions for Springfield, Burke, Fairfax, Fairfax Station/Clifton/Lorton Connections to ChildrensSouth@Connectionnewspapers.com.

Email submissions for the Potomac Almanac to editor Steven Mauren at smauren@connectionnewspapers.com.

Email submissions for the Arlington Children's Connection to editor Steven Mauren at smauren@connectionnewspapers.com.

Email submissions for the Children's Centre View to editor Steven Mauren at smauren@connectionnewspapers.com.

Email submissions for the Children's Gazette in the Alexandria Gazette Packet or Mount Vernon Gazette to editor Steven Mauren at smauren@connectionnewspapers.com.

To send CDs or flash drives containing artwork and typed, electronic submissions, mark them clearly by school and hometown and mail the CD to Children's Connection, 1606 King Street, Alexandria, VA 22314.

Please send all submissions by Dec. 6. The Children's Connection will publish the week of Dec. 26, 2013.

EDITORIAL

Helping Most Vulnerable Neighbors

Individuals with mental illness represent a disproportionately high percentage of the homeless population.

BY RUSSELL SNYDER

Once in a while you read or hear about mental health illness, probably in this very paper. However, more often than not, mental illness is discussed only when a tragedy occurs that brings it to the forefront of the national dialogue. We should strive, as a community, to change that.

More than 260,000 adults in Virginia live with serious mental illness. In the Fairfax-Falls Church community approximately 1,350 people are homeless; more than half of those individuals suffer from serious mental illness.



PHOTO CONTRIBUTED

Individuals with mental illness represent a disproportionately high percentage of the homeless population. With statistics like those above, this is an issue that needs our attention all year round.

For readers that do not know, Volunteers of America operates Bailey's Crossroads Community Shelter, a 50-bed emergency homeless shelter in Fairfax County for men and women. In our shelter, clients receive case management based on individualized service plans. They attend various life skills groups to empower them to make positive changes. Bailey's also has an outreach partnership

with the Fairfax-Falls Church Community Services Board. A Community Case Manager works directly with our clients who have been identified by staff as having a mental health diagnosis. These individuals receive services and support to build their self-sufficiency, the end goal for all of our clients in every single program we run.

It takes many resources to help homeless individuals with a mental health diagnosis find their way to recovery, but it is possible to accomplish this goal with programs like Bailey's and collaborations among community partners.

If you would like a behind-the-scenes look at the work Volunteers

of America Chesapeake is doing to assist those that are homeless and challenged with mental illness, call Tonya Fulwood, Vice President of Homeless Services, at 240-764-2661. Be an advocate and help us create awareness so we can continue to help our neighbors travel the road to self-sufficiency.

Thank you to the Fairfax community and our partners throughout Northern Virginia for your support as we continue to serve our most vulnerable neighbors in the fight to prevent and end homelessness in our communities.

The writer is President/CEO of Volunteers of America Chesapeake, a faith-based health and human services nonprofit assisting more than 8,000 people each year at 31 programs, many serving the homeless and mentally ill. Bailey's Crossroads Community Shelter has been the community's primary emergency homeless shelter since 1994.

LETTERS TO THE EDITOR

Getting Facts Right

To the Editor:

Steve Daly writes about his concerns with the federal deficit ["Frightened by Runaway Gov-

ernment," Connection, Oct. 31-Nov.6, 2013]. Unfortunately, Mr. Daly reported inaccurate information, especially the financial impli-

cations of the Patient Protection and Affordable Care Act, or Obamacare. According to Mr. Daly, the nonpartisan Government Accountability Office reported that ACA "will add \$6.2 trillion to the

long-term deficit, adding greatly to our jaw dropping \$17 trillion dollar U.S. deficit." Mr. Daly's statement is untrue. The \$6.2 tril-

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Volunteers joined Lynbrook Elementary School Principal Mary McNamee, third from left, to celebrate Microsoft and MonkeeSee-Monkee Do's contributions to transformed learning spaces at Saturday's makeover work day at Lynbrook.

At Lynbrook Elementary School, the Sensory Room gets a makeover from Microsoft and MonkeeSee-MonkeeDo volunteers who painted wall, designed murals, and outfitted the room with new furniture and special technology during Saturday's makeover at Lynbrook.

Miracle Makeover at Lynbrook

Microsoft volunteers join the school community effort.

On Saturday, Nov. 2, more than 150 volunteers from Microsoft joined the non-profit Monkee See-Monkee Do (MSMD) at Lynbrook Elementary as the Lynbrook Leprechauns became the beneficiaries of a miracle school makeover. The Springfield school buzzed all day long as moms, dads, teens and kids became painters, artists, landscapers, builders, and beautification experts for a day.

The school makeover, for which Lynbrook was selected among nominees submitted to Monkee See Monkee Do, had several projects in need of some TLC. The team completely transformed the Sensory Room, from stark white to a multicolored scene complete with murals and new specialized equipment and technology. Under the vision of Lynbrook Principal Mary McNamee, the team also provided an entirely new Family Learning Center, a hub for Lynbrook students' parents who come to the school to get additional training, learn English, and find community. From new Microsoft Surface devices to a child play center and new sitting area, the Family Center doubled in size and functionality.

"We've been raising money and planning for this day for many weeks now," said Michelle Giammanco, the Microsoft Director who served as manager of the project. "Each year through our Employee Giving Campaign, my colleagues step up to big challenges and this year's work to create some special spaces for the Lynbrook community was no different."

Microsoft employees donated more than \$25,000 for the

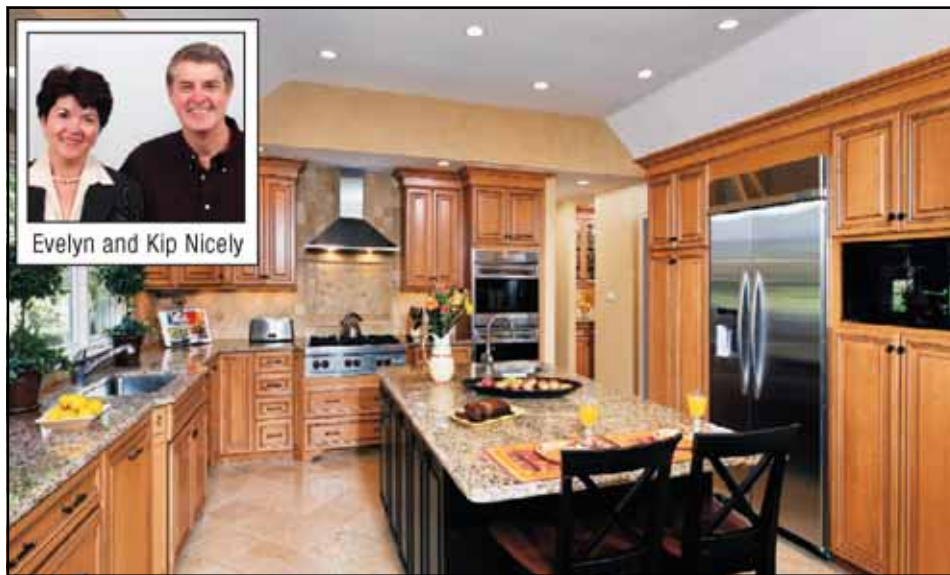
Lynbrook project, which includes matched cash equivalents by the company. MSMD and its community donated approximately \$30,000.

Lynbrook Elementary School serves more than 600 students, more than 76 percent of who are English language learners and

over 84 percent of who are eligible for free or reduced price meals.

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NEWS



PHOTO BY VICTORIA ROSS/THE CONNECTION

During the sheriff's race, Stacey Kincaid, attended the Jeans Day 2013 Challenge Breakfast at Herndon's Delttek. Kincaid (right), is standing with Sharon Bulova (D-at-large), chairman of the Fairfax County Board of Supervisors.

Kincaid Elected First Female Sheriff

Kincaid, a Vienna resident, pledges commitment to diversity, department's employees and community outreach programs.

BY VICTORIA ROSS
THE CONNECTION

Democrat Stacey Kincaid, a 26-year-veteran of the sheriff's department, made local history Tuesday by becoming Fairfax County's first female sheriff.

Kincaid, 48, won in a four-way race with 53.74 percent of the vote against Bryan Wolfe, the GOP candidate, and independents Chris DeCarlo and Robert Rivera.

The contest was the only county-wide office on the ballot this year, a special election to fill the post held by Democrat Stan Barry, who retired midway through his fourth term last July.

Kincaid's decisive victory ends a race that became increasingly rancorous in the past several weeks, with near daily attacks from the

Wolfe camp alleging intimidation, vandalism and "hypocrisy" over Kincaid's purchase of firearms.

Kincaid said she would rather focus on the positive aspects of campaigning.

"The way that I've looked at this race, it's a bonus that I've had this opportunity to talk about the department. So many people don't know what sheriff's office does, so it's been a chance to talk about the department and the community outreach programs we have," Kincaid said.

The Fairfax County Sheriff's Office, the largest in the state with more than 600 employees and a \$63 million budget, has three primary functions: operating the Adult Detention Center, providing security in the courthouse, and serving civil papers, such as evic-

SEE KINCAID, PAGE 9

WWW.CONNECTIONNEWSPAPERS.COM

Kincaid Elected Sheriff

FROM PAGE 8

tion notices, child protective orders and subpoenas.

THE SIGNIFICANCE of being the first woman in the county's history to serve as sheriff — succeeding 76 men in the department's 271-year history — is not lost on Kincaid.

She began her career with the sheriff's office in 1987 as a summer intern. As she rose through the ranks in the male-dominated profession, Kincaid said she often took inspiration from her mother, who died in 2003 after a long battle with breast cancer.

During an interview in October, Kincaid said her mother was often her biggest cheerleader and her hero.

"I saw the fight she had with breast cancer, the obstacles she overcame. She was my hero," Kincaid said. "And from the beginning, she would say 'you could be the first female sheriff.'"

In 2008, Kincaid received the Distinguished Service Award, the agency's highest honor. In 2011, she was eligible to retire, but chose

to continue her career.

"Throughout the years, my mom's words had been on my mind," Kincaid said. "I never thought the race was about me. I wanted to run for this office because I care about our 600 employees and the community we serve."

Kincaid, who has worked all four divisions of the department, said her first order of business will be to sign the civil service protection agreement which guarantees due process for department employees.

"I've been on record and said countless times that the primary thing it does it prevents any employee for being fired without just cause and prevents any political retaliation," Kincaid said.

Kincaid also said she was "passionate about collaboration with the community," and enhancing services of the sheriff's department, particularly in the areas of mental health and programs aimed at reducing recidivism.

She said she'd like to expand one of the programs called Project Life-saver, a program that provides tracking devices for people who tend to wander, such as the elderly with Alzheimer's or children

on the autism spectrum.

Kincaid also made diversity a key issue of her campaign, and said she was "deeply committed to equal protection of the rights of all members of our community."

"Diversity is as important to me as it is to the citizens that I will serve. When I became a deputy sheriff in 1987, women were underrepresented in policing. The same can be said of many other underrepresented groups as well," she said, adding that the office must "face up to the evolving needs of the community and the expectations placed upon its top leadership."

TO RELIEVE THE STRESS of an intense job, Kincaid said she enjoys working out, watching NFL football and making jewelry that she donates to charities.

"One of my proudest moments was running in the Ovarian Cancer 5K. I had made 112 pairs of earrings with silver and teal. When we started the race, I could see all these silver and teal earrings. That was such a gift to me, to see these courageous women wearing my earrings," Kincaid said.

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WELLBEING

Yoga Community Lauds New Smithsonian Exhibit

Sackler exhibit is first of its kind.

BY MARILYN CAMPBELL
THE CONNECTION

Yoga instructor Luann Fulbright of McLean moved her practice from the mat to a gallery recently when she joined diplomats, philanthropists, artists and fellow yogis at a gala to celebrate the opening of “Yoga: The Art of Transformation” at the Arthur M. Sackler Gallery in Washington, D.C. It is the world’s first exhibition on the art of yoga.

“I couldn’t be more excited to have been able to attend this exhibit,” said Fulbright, a director of Dream Yoga Studio & Wellness Center in McLean. “It’s not only the first of its kind, but it was put together by a team of scholars led by Debra Diamond, an exquisitely studied and curious curator who brings her depth knowledge of Indian and Asian art and yoga together to shed light on the history and fascinating, many missing stories of yoga that are like yoga itself — mind expanding.”

The exhibit, which opened Oct. 19, features temple sculptures, devotional icons, manuscripts and court paintings created in India over the past 2,000 years. With artifacts borrowed from 25 museums and private collections in India, Europe and the United States, the exhibit explores yoga’s diverse history.



Yoga students Teresa Duncan and Jean Edelman attend a gala to celebrate the opening of “Yoga: The Art of Transformation” at the Arthur M. Sackler Gallery.

Museum officials said the exhibit reunites three monumental stone yogini goddesses from a 10th-century Chola temple for the first time, as well 10 folios from the first illustrated compilation of asanas, or yogic postures, made for a Mughal emperor in 1602,



Maryam Ovissi, a sponsor of “Yoga: The Art of Transformation” and the owner of BelovedYoga studio with locations in Reston and Great Falls, attends the exhibit’s opening gala with her student Jean Edelman, also an exhibit sponsor.

which have never before been exhibited together. The exhibit also includes Thomas Edison’s “Hindoo Fakir” (1906), the first

Details

“Yoga: The Art of Transformation” will remain at the Sackler Gallery until Jan. 26, 2014. Visit <http://asia.si.edu/exhibitions/current/yoga.asp>.

movie ever produced about India. Maryam Ovissi, one of the exhibit’s sponsors and the owner of BelovedYoga studio in Reston and Great Falls, said she appreciates such a comprehensive exploration of the evolution of yoga. “Yoga has become a very loaded word in our society, and there are many facets to it. You can think of yoga as a gem,” she said. “The exhibit shows that yoga has philosophical roots. It offers an understanding of [yoga] as a healing modality and gives a perspective of how it was introduced to the West and evolved into what has become today. The curator did an excellent job of showing that it’s an entire journey. People will walk away knowing that yoga is rich and has layers to it.”

YOGA INSTRUCTORS said the exhibit will educate people about the practice. “Having an exhibit like this confirms that yoga is so much more than most folks today think,” said Fulbright. “It’s not a fad. It’s not a par-

SEE YOGA, PAGE 13

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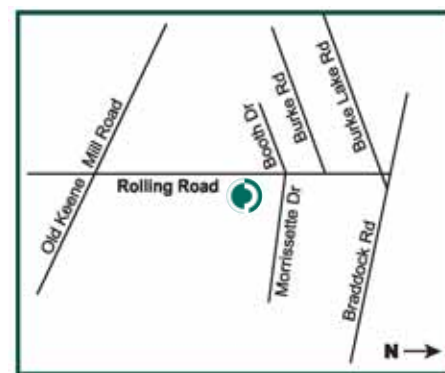
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Nearly 300 people gathered at the US Airways terminal to welcome WWII veterans as part of the Honor Flight program.



PHOTOS COURTESY OF ELLEN PETERSON

Main Street Band director Geoffrey Seffens leads the ensemble in patriotic medleys, service songs and popular music from the 1940s to welcome WWII veterans from around the country to Washington, DC.

City of Fairfax Main Street Band Welcomes WWII Vets

Honor Flight Tours help veterans around the country visit memorials.

BY TIM PETERSON
THE CONNECTION

Jenny Ebert was born in Belgium in 1930, and experienced the German army invading her homeland as a teenager. On Saturday morning, Nov. 2, Ebert was at the US Airways terminal of Reagan National Airport helping members of the City of Fairfax Main Street Band and nearly 300 onlookers welcome two planes' worth of American WWII veterans.

Ebert's husband Paul plays French horn in the band, which performs four times a year as part of the Honor Flight Tour program that flies veterans from around the United States to visit memorials in Washington, DC, for the day.

"She has such patriotic feelings for America," said Main Street Band director Geoffrey Seffens. Jenny has been present, thanking each disembarking veteran personally, at every Honor Flight performance of the band going back four years. She understands what the servicemen saw and did because she was there.

THE BAND PLAYED a mixture of military service songs, patriotic medleys and popular hits from the WWII era, including "The White Cliffs of Dover," "It's Been a Long, Long Time" and "Don't Sit Under the Apple Tree." "They come off the plane and they have hard time walking," Seffens said of the veterans. "But when they hear the music, they see people from the terminal that have gathered, they just lighten up. One of them did a jig."

The Honor Flight program flies in vets via a handful of commercial airlines as many



Thomas Fleming and father Ed Fleming, of Leesburg, both perform at every Honor Flight performance of the City of Fairfax Main Street Band.

as five days a week, though US Airways is the only one with live entertainment. Performances from various types of ensembles celebrate vets' arrival in the morning and departure at night.

According to Greg Locher, US Airways customer service agent and Honor Flight welcome coordinator for US Airways at Reagan, the airline became involved with the program in 2006, but didn't begin celebrating with live music until two years later.

The US Airways Honor Flight team had just been using a boom box to play music from the 1940s. One day, even the boom box moved one supportive traveler to tears. "She missed her flight," Locher said. "Then she came over and said, 'Listen, I'm with the National Symphony Orchestra. How would you like it if I could get some live music going so you don't have to use the boom box?'" The woman, Janet Brown, and husband Mike Brewer helped bring in quar-

tets and quintets to play instead, and by word of mouth the Honor Flight gig became highly sought after.

THE MAIN STREET BAND became involved four years ago, shortly after the group's inception. They were looking for opportunities to develop an identity for the group that would make it unique from its well-established older sibling City of Fairfax Band.

"It did help us," Seffens said. "It gave us a sense of doing something special, unique — something that mattered. Now, we've been around for a while, we've established our niche." Performances are now open to any City of Fairfax Band Association members, though the Honor Flight group still mainly comprises Main Street Band members, and occasionally their spouses or children, such as trombonists Ed and Thomas Fleming of Leesburg.

Locher said the band has become a crowd



Jenny Ebert (left) lived through the liberation of Belgium by US forces, and comes to every Main Street Band Honor Flight performance to personally thank each WWII veteran.

favorite, which led the US Airways team to invite them for the 300th Honor Flight into DC. Last Saturday, they were as impressive as ever. "The crowd was just cheering, clapping," Locher said. "The vets started crying, then it's just a roller coaster. The crowd started crying. Everyone's happy but they're still crying."

"In a time when our country seems to be torn by partisan politics," Seffens said, "sometimes there seems to be a disillusionment. But when this happens, when you see the patriotism, you take great pride in knowing what these people did on behalf of freedom. It rejuvenates the spirit."

"We're doing something right," Locher added.

Yoga Community Lauds Exhibit

FROM PAGE 11

ticular religion. It's not just exercise. It's a constantly developing practice that people from many cultures have embraced for thousands of years to transform and empower themselves and their nations. I'm encouraging all [of my] students to see this exhibit, which can't help but motivate and deepen their practice."

Great Falls resident Jean Edelman, an exhibit sponsor and one of Ovissi's students, hopes those who make the trek to the Sackler Gallery will walk away inspired. "I think it is a wonderful opportunity to bring to light yoga to people who never knew anything about it. It is a great for the mind, body and spirit."

Dawn Curtis, owner of East Meets West Yoga Center in Vienna, also attended the opening gala. She believes the exhibit will offer attendees "a great education about the vastness of yoga and its practices. It is an amazing exhibit. The most extraordinary room ... is what I would call the Goddess room: three beautiful yoginis brought together in one room," she said, referring to the Chola goddesses. Alexandria resident Heather Sutliff, of East Meets

West Yoga Center, said the exhibit will make yoga more accessible to a wider audience. "I think the fact that the Smithsonian has dedicated an exhibit to yoga spotlights its growing influence in society," she said. "It kind of endorses yoga's legitimacy and makes people sit up and take notice, and think, 'Hey, maybe I should look into this yoga thing.'"

She also hopes people recognize the health benefits. "Yoga practice not only helps calm the mind, but has significant physical benefits that can be realized right after your first yoga class," said Sutliff.

"There are many medical studies that show consistent yoga practice reduces the risk of heart disease and diabetes and can lower cholesterol levels. I look forward to the day when I can get a prescription for yoga practice as easily as a prescription for a statin or beta-blocker."

Yoga instructor Sara VanderGoot, of Mind the Mat Pilates & Yoga in Alexandria and Arlington, said the exhibit will raise awareness about the practice. "The exhibit really means a lot to the yoga community," said VanderGoot. "It's great to have an exhibit that educates people about the roots and origins of yoga and what it can do for their lives and their health."

"It's great to have an exhibit that educates people about the roots and origins of yoga and what it can do for their lives and their health"

— Sara VanderGoot of Mind the Mat Pilates & Yoga

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CALENDAR

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SATURDAY/NOV. 9

Veterans' Day Breakfast. 8:30-9:30 a.m., at Kirkwood Presbyterian Church, 8338 Carleigh Parkway, Springfield. Honor Kirkwood's veterans and their family members and hear guest speaker James Percoco, director of Education for the Friends of the National World War II Memorial, speak preceding the traditional Cake Cutting in honor of the Marine Corps Birthday. RSVP. Jonathan.Larson@planate.net.

"From the Fire" Exhibit. 6-9 p.m., at The Vulcan Gallery, Building W-16, Workhouse Arts Center, 9601 Ox Road, Lorton. Five ceramic artists challenge themselves to create personal work for a joint wood firing resulting in 30 works and concomitant photographs and text curated by Brian Grow. 703-584-



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Fall Festival. 3-7 p.m., at St. George's United Methodist Church, 4910 Ox Road, Fairfax. A silent auction precedes a 5:30 p.m. spaghetti dinner and bake sale, with a live auction to

follow at 7 p.m. \$7.50 for adults and \$5.50 for children under 10; \$22 for entire families. Free childcare available. www.stgumc.org or 703-385-4550, TTY 711.

Parsons Dance. 8 p.m., at GMU Center for the Arts, 4400 University Drive, Fairfax. Choreographer David Parsons' company performs his well-reviewed, internationally acclaimed dances; discussion session held 45 minutes prior to show. \$23-\$46; half price for grade school students. 888-945-2468 or cfa.gmu.edu.

Charity Bazaar. 8 a.m.-2 p.m., at New Hope Church, 6905 Ox Road, Lorton.

Crafts, artwork, jewelry, baked goods, collectibles, raffles, silent auction, stuffed animals, food, nearly new items, etc., for sale to benefit those in hunger. 703-644-0139 or 571-234-7322.

SATURDAY-SUNDAY/ NOV. 9-JAN 5

100 under 200. Daily, 9 a.m.-7 p.m. Black Friday Sale, at the Workhouse Arts Center, Building W-16 McGuireWoods Gallery, 9601 Ox Road, Lorton. One hundred artists exhibiting work priced less than \$200 in an unrestrained gallery exhibit by each one of the artists at the Workhouse. <http://workhousearts.org/events/visual-arts/black-friday-workhouse>.

SATURDAY/NOVEMBER 16

Holiday Express Boutique Craft Sale. 10 a.m. to 6:30 p.m., at St. Mary of Sorrows Church hall, 5222 Sideburn Rd, Fairfax. Thanksgiving and Christmas gifts, Sweet Shop, Cafe, Silent Auction, Raffle. 703-426-8092.

SUNDAY/NOVEMBER 17

Holiday Express Boutique Craft Sale. 9 a.m. to 2 p.m. St. Mary of Sorrows Church hall, 5222 Sideburn Rd, Fairfax. Thanksgiving and Christmas gifts, Sweet Shop, Silent Auction, Raffle. 703-426-8092

FRIDAY/NOV. 29

Home for Dinner 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.

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.

Inner Librare. Through Oct. 6. Vulcan Gallery Community Action Space, Workhouse Arts Center, 9601 Ox Road, Lorton. Ceci Cole McInturff of George Mason University's School of Visual Art curates an exhibit of artists' books, book experiences, and more.

Smart Markets Springfield. 10 a.m.-2 p.m., at Springfield Mall, 6417 Loisdale Road, Springfield. Through Nov. 23, the market is open every Saturday with goods, wares, produce and farmers. www.smartmarkets.org.

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BULLETIN BOARD

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

WEDNESDAY/NOV. 13

Fall Clean-up and Recycle Day. 10 a.m.-2 p.m., at RE/MAX 100 Suite 100, 5501 Backlick Road, Springfield. Bring gently used clothing items, old/broken electronics and household items for donation to benefit 123JUNK Charity Partners which include Habitat for Humanity of Northern Virginia, AH Alternative House (Abused and Homeless Children's Refuge), The Good Shepherd Alliance, Special Olympics of Virginia, The Salvation Army and more. 703-642-3380.

Alzheimer's Brain Presentation. 1 p.m., at NARFE Springfield Chapter 893, the American Legion Post 176, 6520 Amherst Ave., Springfield. Jane Priest, Programs & Services manager for the National capital Area Chapter of the Alzheimer's Association, speaks on brain changes when Alzheimer's is at work; she'll provide info on some of the research efforts that are underway with Q&A to follow. Wear purple in honor of Alzheimer's Disease Awareness month. 703 569-9684 or harahan@verizon.net.

Civil War Forum. 7:30 p.m., at Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Local railroad historian Ron Beavers discusses the critical support provided by the Orange and Alexandria Railroad in support of the Army of the Potomac from 1862-64. 703-425-9225 or www.fairfax-station.org.

of the 17th Century. The patriotic, genealogical and heraldic society for women of lineal descendants of an ancestor who lived or served prior to 1701 in one of the original colonies in the geographical area of the present U.S. is accepting new members; the chapter meets four times yearly. jsmithtot@aol.com.

Mount Vernon Rep. Dan Storck

Community Office Hours. 10 a.m.-noon, at Lorton Library, 9520 Richmond Highway, Lorton. School Board Member and Mount Vernon District Representative Dan Storck hosts drop-in community office hours the second Saturday of each month. Dan.Storck@fcps.edu or Barbara.Larsen@fcps.edu.

Volunteer Computer Instructor needed at the Lorton Senior Center, 7722 Gunston Plaza, Lorton. Classes for beginners (using the mouse, writing and saving letters, navigating the internet, email, etc.) and advanced beginners (computer maintenance, search engines, websites for seniors, email address books, skyping, shopping and paying bills online, etc.) are in need of teachers. 703-324-5406, TTY 703-449-1186, VolunteerSolutions@fairfaxcounty.gov or www.fairfaxcounty.gov/dfs/olderadultservices.

Thank veterans for their service via the post: draw or write a note of thanks and encouragement—no need to seal in envelopes, Adopt a Soldier will do that—and send to Americas Adopt A Soldier, P.O. Box 1049, Springfield, VA 22151. www.americasadoptasoldier.org.

ONGOING

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The combined Beth El Hebrew congregation and Agudis Achim Synagogue at a candidate forum and brunch, (from left): Vivian Watts (D-39); Jerry Foltz, Democratic candidate for the 40th Delegate District; Terrence W. Modglin, Independent Green candidate for the 49th District; Gail Parker, Independent Green candidate for the 43rd District; Jay Jarvis, Beth El Hebrew Brotherhood; Robert H. Brink (D-48); Kaye Kory (D-38); Marcus Simone, Democratic candidate for the 53rd District; Alfonzo Lopez (D-49); John Tollaris, Agudis Achim Men's Club; Ed Deitsch, Democratic candidate for the 42nd District; Mark Sickles (D-43); Rob Krupicka (D-45); Scott Surovell (D-34); and Charniele Herring (D-46).

Delegates Share at Synagogue Forum

Congregants of both Agudas Achim Synagogue, 2908 Valley Drive, and the Beth El Hebrew Congregation, 3830 Seminary Road, gathered at Beth El Hebrew for brunch and a political forum Sunday, Oct. 13.

The Brotherhood of Beth El Hebrew and the Agudas Achim Men's Club sponsored the event where candidates, current delegates and their opponents from Alexandria and the surrounding communities talked on issues of interest in Alexandria and Fairfax County.

FAITH

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.

Active Military and Veterans Shabbat at Temple B'nai Shalom, 7612 Old Ox Road, Fairfax Station, will be held on Friday, Nov. 8, at 8 p.m. Active military and veterans will speak about being Jews in the military. The congregation will also be commemorating the 75th anniversary of Kristallnacht during the service. The community is welcome to attend. Contact Lynn Richmond, Director of Member Services, at lynn@tbs-online.org with any questions.

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.

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.

Clifton Presbyterian Church, 12748 Richards Lane, Clifton, offers Sunday worship services at 8:30 a.m. and 11 a.m. Nursery care is provided. Christian education for all ages is at 9:45 a.m. 703-830-3175.

St. Andrew the Apostle Catholic Church, 6720 Union Mill Road, Clifton, conducts Sunday masses at 7:30 a.m., 8:45 a.m., 10:30 a.m. and 12:30 p.m. It also offers a Saturday vigil at 5:30 p.m. and a Thursday Latin mass at 7 p.m. 703-817-1770 or www.st-andrew.org.

Prince of Peace Lutheran Church, 8304 Old Keene Mill Road, Springfield, offers casual worship services on Saturday evenings at 5:30 p.m. featuring contemporary music. More traditional services take place on Sunday mornings at 8:15 and 11 a.m. Sunday School is from 9:45-10:45 a.m. for children and adults. The church also offers discussion groups for adults. 703-451-5855 or www.poplc.org.

LETTERS

FROM PAGE 6

lion dollar estimate is not in the GAO report (Patient Protection and Affordable Care Act: Effect on Long-Term Federal Budget Outlook Largely Depends on Whether Cost Containment Sustained, GAO-13-281, Jan. 31, 2013) and GAO did not make such an estimate.

Mr. Daly's estimate may have come from Republican congressional staff, who claim to have extrapolated such a number as the 75-year cost if GAO's worst case scenario comes true. Their partisan analysis ignores GAO's best case scenario, which if used would reduce the federal deficit by \$13.25 trillion over the same period using the same extrapolation methodology, according to PolitiFactVirginia (June 17, 2013). GAO also did not say which outcome is more probable. In fact, another nonpartisan office, the Congressional Budget Office estimates over the next decade, ACA will reduce the deficit by \$100 billion. That's because the ACA includes new spending cuts and tax increases, which more than offset the cost of expanding health insurance to millions of Americans. Our elected leaders may disagree over the merits of particular policies or the size of government, but it is

important that they and we use accurate information in our debates. And it is not a show of greater patriotism, as suggested by Mr. Daly, to defiantly close the government or bring down the national economy to win a particular side of a debate. Our nation's greatest success has always come by applying reason and by compromising to find common ground. I hope that is the lesson taken by our national leaders and my fellow citizens from last month's national debacle and from the results of the Nov. 5 Virginia state elections.

Rex Simmons
Fairfax Station


Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

Letters to the Editor
The Connection
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By e-mail:

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Fairfax Water
NOTICE OF WATER RATE PUBLIC HEARING

At 6:30 p.m. on Thursday, December 12, 2013, Fairfax Water will conduct a public hearing on its proposed Schedule of Rates, Fees and Charges. The hearing will be held in Fairfax Water's offices at 8570 Executive Park Avenue, Fairfax, VA.

The proposed changes, to be effective April 1, 2014, include the following:

1. An increase in the Availability Charge from \$3,850 to \$3,950†.
2. An increase in the Local Facilities Charge from \$9,500 to \$9,750.
3. An increase in the Service Connection Charge from \$1,050 to \$1,090†.
4. An increase in the Account Charge from \$35 to \$36.
5. An increase in the Quarterly Billing Service Charge from \$9.20 to \$9.80†.
6. An increase in the base Commodity Charge from \$2.29 to \$2.42 per 1,000 gallons of water.
7. An increase in the Peak Use Charge from \$3.45 to \$3.55 per 1,000 gallons of water.
8. An increase in the Fees for Use of Fairfax Water Fire Hydrants to include the increase in the Commodity Charge and Peak Use Charge.
9. An increase in the Installation of Sewer Use Meter Charge from \$44 to \$45.
10. An increase in the Returned Payment Charge from \$17 to \$20.

A copy of the proposed changes can be viewed on our Web site at <http://www.fairfaxwater.org/rates/index.htm>. Those wishing to speak at this hearing or desiring a copy of the proposed changes should call Ms. Eva Catlin at 703-289-6017. Interested parties also may submit written comments to PublicHearingComments@fairfaxwater.org or mail written comments to:

Fairfax Water
 Public Hearing Comments
 8570 Executive Park Avenue
 Fairfax, VA 22031

All written comments must be received by close of business on Wednesday, December 11, 2013 to be included in the record of the public hearing.

†Charges reflect fees associated with a standard 5/8" residential meter. Changes in charges for larger residential and commercial meters are reflected in the Proposed Schedule of Rates, Fees, and Charges.

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PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Lake Braddock quarterback Caleb Henderson crosses the goal line for a touchdown.

Lake Braddock Football Wins Conference Crown

South County first conference team to score on Bruins.

BY JON ROETMAN
THE CONNECTION

Early in the fourth quarter, Lake Braddock quarterback Caleb Henderson, struggling with a gimp right ankle, floated an incomplete pass toward the left side of the end zone.

"Throw the ball!" Bruins head coach Jim Poythress shouted at his All-American quarterback.

"I can't!" Henderson shouted back in reference to his injured ankle.

Two plays later, Henderson again threw a pass toward the left side of the end zone. This time, he connected with Josh Churchill for a 12-yard touchdown.

The Lake Braddock football team received its first test in more than a month, when the undefeated Bruins hosted one-loss South County on Nov. 1. But much like Henderson's errant end-zone throw on a bum ankle, the Bruins had little difficulty overcoming the challenge.

The Bruins led by 14 at halftime and cruised to a 45-21 victory over South County at Lake Braddock Secondary School. The victory ensured Lake Braddock of at least a share of the Conference 7 championship.

"It's our fifth straight district title, sixth in seven years, so we have something going the right way," Poythress said. "We feel proud about that."

LAKE BRADDOCK entered the contest having outscored conference opponents 271-0 in five games. The last time someone scored a point against the Bruins was during a 28-24 non-conference victory over Westfield on Sept. 20. South County, which averaged more than 48 points per game prior to Friday's contest, ended Lake Braddock's shutout streak with 5:45 remaining in the opening quarter on an 8-yard Ed Kargbo touchdown run, but the Stallions trailed throughout the contest.

"I felt like we played hard and we adjusted," Poythress said. "It's difficult to play the option when you haven't seen it all year. They run several different options and they have some real good athletes and a good quarterback, so that factored in. We knew the shutout streak (was going to end). No one was worried about that. We knew that they would score but we felt like they'd have trouble stopping us and that proved to be true."

Henderson completed 10 of 23 passes for 193 yards and a touchdown. He also ran for 95 yards and three scores. Running back Trevor O'Brien carried 15 times for 170 yards and a touchdown, but left the game in the fourth quarter with a knee injury. Vince Sica had three catches for 99 yards.

Junior safety AJ Alexander intercepted a pair of passes for the Lake Braddock defense.

"It was a close game — we give [credit] to them, that's a great team," Alexander said. "They kept it close the first half, we came out and just played our game in the second half and it shows on the scoreboard."

SOUTH COUNTY running back LeVaughn Davis carried 19 times for 167 yards, including a 77-yard run in the second quarter that helped set up a 4-yard touchdown run by Kargbo, which cut the Lake Braddock lead to 21-14 with 8:20 left in the first half.

Stallions quarterback David Symmes completed 14 of 25 passes for 244 yards, with one touchdown and two interceptions.

Lake Braddock enters the final game of the regular season ranked No. 1 in the VHSL's 6A North region power point poll. The Bruins have a rating of 35.7, followed by Centreville with a rating of 35.1. However, Centreville will pass Lake Braddock for the top seed if the Wildcats beat Chantilly on Friday. The Bruins will close the regular season against Lee, a 5A team with a 2-7 record, while Centreville will face Robinson, a 6A team with a 7-2 mark, meaning Centreville will have more to gain from a victory.

South County (7-2) will travel to face Annandale at 7:30 p.m. on Friday. The Stallions are ranked No. 7.

The top 16 teams in the region make the playoffs.



BY NIKKI CHESHIRE/THE CONNECTION

CDaniel Clemente, Rector of George Mason University (right), stands with Pennsylvania State University President Rodney Erickson in the President's suite at Beaver Stadium for the football game against Illinois.

GMU Rector Visits Penn State

Athletic program explored.

As the Pennsylvania State University community geared up for a busy home football weekend, a visitor from Fairfax was present in the stands: CDaniel Clemente, Rector of George Mason University's Board of Visitors.

Clemente met with University President Rodney Erickson and Athletic Director David Joyner during his visit.

"My official business was that George Mason is the largest university in Virginia, and it does not have a football team," Clemente said. "I was going to the president and athletic director not because we're considering a team, but I think we need to be educated in all values of athletic programs."

Clemente added that it would be important to understand how practical a program would be in interesting to financiers as well as affecting the Northern Virginia area.

"I was impressed with the student spirit, and the total involvement with all the athletic programs," Clemente said. "Penn State has 44,000 students, we have 33,000. They have an arena for just hockey for over \$100 million, a baseball stadium, a football stadium. It's important to understand how a state university grows and affords all of those special facilities."

Clemente went on to say that though he's visited some of the larger Virginia universities — including UVA and Virginia Tech — that "Penn State is the most successful with its athletic programs," especially in how the football program manages to produce enough funds to



PHOTO COURTESY OF JULIE CLEMENTE

CDaniel Clemente, Rector of George Mason University (left) with Penn State Athletic Director David Joyner at Beaver Stadium.

support other programs within the university.

As the Rector, Clemente is one of 16 governor appointees to the Board of Visitors at George Mason. After the appointment process, the Rector is elected to a position equivalent to a chairman. According to state law, the Rector has certain authorities, including making assignments, working with the university administration to set the agenda, and reporting back to the governor as the board's official spokesperson.

During his visit, Clemente attended the football game against Illinois, which resulted in a tumultuous overtime win by Penn State. "I'd come back again for another football game!" Clemente said.

In the near future, Clemente intends to have Penn State's athletic director "talk to the Board of Visitors in person, as to the pros and cons of a football program."

— NIKKI CHESHIRE

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The Fairfax-based global authority on manufacturing intelligence **Infinity QS** released "The Zen Guide to Manufacturing Intelligence." This eBook, available for download at <http://www.infinityqs.com/ZenGuide/PR>, provides a look at quality metrics, showing the potential for greater quality control and cost savings from data-driven wisdom.

Dental Associates of Northern Virginia holds an annual Halloween candy exchange to support soldiers through Operation Gratitude. For every child (must be accompanied by an adult), bringing in their unopened candy, Dental Associates of Northern Virginia will "exchange" the candy for a goodie bag that will include a toothbrush, toothpaste, floss and more. Dental Associates of Northern Virginia will also match all candy gifts by donating additional dental supplies to the troops. Children are also encouraged to write letters to the troops. Locations include: 12011 Lee Jackson Highway, Suite 105, Fairfax; 9401 Lee Highway, Suite 200, Fairfax; 5417-D Backlick Road, Springfield; and 8100 Boone Boulevard, Suite 100, Vienna.

Cyclone Anaya's Mexican Kitchen joined the restaurant scene at Fairfax Mosaic in the end of October. Among nine other restaurants at Mosaic, **Ted's Bulletin** is scheduled to open its doors in late 2014. RJ Cooper's newest restaurant concept, **Gypsy Soul**, and the newly announced **True Foods Kitchen** will also open at Mosaic in 2014. www.mosaicdistrict.com.

General Dynamics Information Technology, a Fairfax-based business unit of General Dynamics (NYSE: GD), hired **Jo A. Decker** as vice president of Navy/Marine Corps accounts. In her new role, Decker is responsible for supporting strategic business development and planning for Navy and Marine Corps services.

The Virginia Small Business Partnership (VASBP) brought together over 140 small business leaders and policymakers for its fourth annual Virginia Small Business Summit at George Mason University's Mason Inn. The summit featured candidates for governor Terry McAuliffe and Ken Cuccinelli, who outlined their respective plans for Virginia's future.

Brooke Sides is the owner of the new local ballet-based fitness studio, Pure Barre Fairfax. Pure Barre is a 55-minute workout that is designed to tone your muscles and burn fat. There are over 130 locations throughout the nation. This will be the first Pure Barre studio in Northern Virginia. Pure Barre Fairfax officially opened Sept. 20th and is located on 4201 Ridge Top Road, Fairfax VA 22030. fairfax@purebarre.com or 704-796-2982.

Peterson Companies have announced two new stores will open at Fairfax Corner. Bluemercury, the nation's fastest-growing luxury beauty and spa retail chain, and Mathnasium, a math tutoring center, both opened in September 2013.

Andrew and Jessie Sample were pioneers in successfully establishing the first **Eye Level Learning Centers** in the Washington, D.C. region and are expanding into the Fairfax area this fall. The couple decided to open up a fourth location in Fairfax to satisfy the demand for supplemental education. The Samples opened their second center in Vienna in May of 2011 and the third in Ashburn in January 2013. The company currently works with over 300 children in the combined locations. In addition to Andrew and Jessie, the company has hired two full-time directors and 10 part-time instructors.

Inova Fair Oaks Hospital has been named one of the "100 Great Hospitals in America" by Becker's Hospital Review. The hospitals included in this list have proven to be innovators for medical treatments, research, technology and care delivery and are home to medical breakthroughs and act as anchors of health within their respective communities.

The Art of Shaving opened in Fairfax at 11750 Fair Oaks Mall. As a leading luxury men's grooming brand, The Art of Shaving aims to induct discerning male consumers into the "Brotherhood of Shaving"; a mission to help men achieve the perfect shave by elevating it from a chore into an enjoyable ritual.

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<p style="text-align: center; font-size: small;">TOYOTA GENUINE SERVICE</p> <p style="text-align: center;">OIL & FILTER SERVICE SPECIAL</p> <p style="text-align: center; font-size: 2em; color: red;">\$5.00 OFF</p> <p style="font-size: x-small;">Includes: Change oil, install Genuine Toyota oil filter, inspect & adjust all fluid levels and complimentary multi-point inspection with print out.</p> <p style="font-size: x-small;">NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/13. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.</p>	<p style="text-align: center; font-size: small;">TOYOTA GENUINE SERVICE</p> <p style="text-align: center;">TRUE START BATTERY SPECIAL</p> <div style="text-align: center;">  <p style="font-size: 2em; color: red;">\$129.95</p> </div> <p style="text-align: center; font-size: small;">INCLUDES BATTERY INSTALLATION</p> <p style="font-size: x-small;">Includes: 84 month warranty, 24 month FREE replacement, 24 month FREE roadside assistance, 60 month prorated, PLUS we'll check all battery cables & connections.</p> <p style="font-size: x-small;">Does not apply to hybrid batteries. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/13. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.</p>	<p style="text-align: center; font-size: small;">TOYOTA GENUINE SERVICE</p> <p style="text-align: center;">BRAKE SPECIAL</p> <p style="text-align: center; font-size: 2em; color: red;">\$109.95</p> <p style="text-align: center; font-size: small;">PADS</p> <p style="font-size: x-small;">Includes: Install Genuine Toyota front brake pads, inspect front & rear rotors & drums, check tire condition and inspect all hardware. Pads only.</p> <p style="text-align: center; font-size: small;">MACHINE ROTORS AN ADDITIONAL \$199.95.</p> <p style="font-size: x-small;">NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/13. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.</p>	<p style="text-align: center; font-size: small;">TOYOTA GENUINE SERVICE</p> <p style="text-align: center;">12% OFF</p> <p style="text-align: center;">30, 60, OR 90,000 MILE FACTORY RECOMMENDED MAINTENANCE</p> <p style="font-size: x-small;">NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/13. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.</p>
<p style="text-align: center; font-size: small;">TOYOTA GENUINE SERVICE</p> <p style="text-align: center;">5,000 MILE INTERVAL SERVICE FALL MAINTENANCE SPECIAL</p> <p style="text-align: center; font-size: 2em; color: red;">\$89.95</p> <p style="font-size: x-small;">INCLUDES: Lube, oil & filter change with up to 5 qts of oil, inspect brakes & tires, clean & adjust brakes, rotate 4 tires, replace front wiper inserts (if applicable) and multi-point inspection.</p> <p style="font-size: x-small;">NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/13. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.</p>	<p style="text-align: center; font-size: small;">TOYOTA GENUINE SERVICE</p> <p style="text-align: center;">10% OFF</p> <p style="text-align: center;">BG FLUID EXCHANGE</p> <p style="font-size: x-small;">NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/13. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.</p>	<p style="text-align: center; font-size: small;">TOYOTA GENUINE SERVICE</p> <p style="text-align: center;">4 WHEEL ALIGNMENT</p> <div style="text-align: center;">  <p style="font-size: 2em; color: red;">\$89.95</p> </div> <p style="font-size: x-small;">Your car's alignment suffers, and can cause uneven tire wear, steering problems and decreased fuel economy.</p> <p style="font-size: x-small;">INCLUDES: Inspect suspension, ball joints, struts & shocks, tire condition and set tire pressure.</p> <p style="font-size: x-small;">NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/13. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.</p>	<p style="text-align: center; font-size: small;">TOYOTA GENUINE SERVICE</p> <p style="text-align: center;">COMPLIMENTARY</p> <p style="text-align: center;">MULTI-POINT INSPECTION</p> <p style="font-size: x-small;">Includes: Inspect tires, brakes, wipers, lights, belts & hoses & fluid levels.</p> <p style="font-size: x-small;">NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/13. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.</p>

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Analyst	Projected Rate Q4 2014
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National Assoc of Realtors	5.5%
Freddie Mac	5.2%
Mortgage Bankers Assoc.	5.1%

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