

Running on Her Own

SPORTS, PAGE 17

West Springfield senior Caroline Alcorta won the 6A North region cross country title on Nov. 6, finishing with the third-best girls' time in Burke Lake Park course history.

Sweet Gathering in the Sunshine

NEWS, PAGE 3

For Whom The [School] Bell Tolls

NEWS, PAGE 4



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Fairfax Families4Kids coordinates activities mentors and youth in foster care, including outings and community service. Paris, who was recently adopted, visited the honey farm of Dan Price with other young people and mentors, getting to see first hand how honey is made, and picking sunflowers to be delivered to people in nursing homes.



Dan Price of Reston, founder of Sweet Virginia Honey with Dante, a young man who is being mentored by volunteers with Fairfax Families4Kids.



A Sweet Virginia beekeeper makes the bees sleepy so visitors can see inside the hives.

Sweet Gathering in the Sunshine

Mentors, foster children and other youth learn about bees; county needs more foster families, mentors.

On a beautiful day in late summer, a group of young people of varied backgrounds, including some youth in foster care, gathered with their adult mentors under the ongoing auspices of Fairfax Families4Kids on a field trip into the countryside.

Their destination was a farm that is home to bee hives and sunflower fields owned by Dan Price.

Price first got involved with Fairfax Families4Kids several years ago when he contacted advocate Joan Brady of Great Falls after reading about the potential demise of the program due to budget cuts.

Price offered to donate money to help keep the program that matches older foster children with adult mentors going. He funded a trip for the group to go to New York to see the Lion King a few years ago, and has kept in touch since. He was impressed with the program and the long-term connections it created for young people who, by definition, had been through some very tough times.

Several weeks ago, the group visited his farm to see how honey is made.

"It's a very nice program, the mentors are very kind hearted," Price said. "The kids are just terrific, teenagers, they were all just very nice people."

ON AVERAGE there are about 300 foster children in Fairfax County during any given month, about one-third of them between 12 and 17.

Because of a shortage of foster families in Fairfax County, about 40 percent of foster children are placed outside of the county, some as far away as Richmond and beyond. This makes it even more difficult for them to maintain any sense of community, and makes it impossible for them to continue in the same schools.

Even within Fairfax County, there aren't enough foster families to ensure that children won't be living an hour away from their homes and schools because the county is so large.

"Removing a child from the home is used as a last resort – whenever possible we try to provide services that allow children to remain with their families or at least to be placed with relatives," said Amy Carlini, communications director for Fairfax County Department of Family Services. "Events leading up to removal are often traumatic, as is being placed with a family the child doesn't know. If the foster family lives far away from the child's original home, it can compound the disruption, making it challenging to remain in contact with friends and relatives, continue with after-school activities and more."

Foster children who reach the age of 18 without being adopted or reunited with relatives is another crisis of foster care in Fairfax County. Last year, 49 foster children in Fairfax County "aged out" of foster care at age 18 because they were not able to return to their families or be placed with relatives, and the county was not able to find adoptive families for them.

Get Involved: Become a Foster Parent

There is a shortage of foster parents in Fairfax County, and as a result, about 40 percent of the 300 or so children are placed in foster care too far away to stay in the same schools and maintain their existing connections.

Fairfax County holds a monthly orientation session to find out more about being a foster parent; the next meeting is Nov. 18.

To find out more, call 703-324-7639, TTY: 703-222-9452, or attend an orientation meeting. See visit <http://www.fairfaxcounty.gov/dfs/childrenyouth/fca.htm>

Several foster children in Fairfax County are waiting, hoping to be adopted. You can see photos and descriptions at <http://www.fairfaxcounty.gov/dfs/childrenyouth/adoption-creating-connections.htm>

Get Involved: Become a Mentor

Fairfax Families4Kids coordinates group and individual mentoring for young people 12 to 21, many currently living in foster care. Opportunities to spend quality time in the community engaged in regularly scheduled, structured group activities and community service projects. Fairfax Families4Kids gives individual adults and groups an important role to play in helping youth and teens find permanent families, and lasting connections with caring, supportive adults. There are many upcoming events. Call coordinator Beverly J. Howard, Ph.D., at 703-324-7518 or e-mail at beverly.howard@fairfaxcounty.gov

The stakes are high. A 2010 study at the University of Chicago found that only about 6 percent of former foster children aged 23 or 24 had graduated from college with either an associate's or a bachelor's degree. Several surveys in other parts of the country show that between 18 and 40 percent of former foster children have been incarcerated for at least one night as adults.

Sweet Virginia

Sweet Virginia is a Reston nonprofit founded by Dan Price that advocates for honey bees, and provides students a hands-on experiences in world of honey bees and the art and science of beekeeping and honey bee sustainability.

In addition to providing educational opportunities to groups like Fairfax Families4Kids, Sweet Virginia is partnering with George Mason University's New Century College to address the collapsing honey bee population through education and by establishing apiaries. GMU's recent course on beekeeping and sustainability was full and had a waiting list of more than 100. Sweet Virginia is raising money through indie-gogo at indiegogo.com/projects/hivestarter to build more apiaries, expand bee sustainability curriculum into public schools and expand George Mason's university level training to develop more professional beekeepers.

Sweet Virginia Foundation, 1760 Reston Pkwy, Reston, VA 20190. www.sweetvirginia.com

IT'S CRITICAL to increase quality foster care where children and youth can stay connected to support communities, to have long-term mentors for foster youth and to find adoptive families for the children and youth waiting to be adopted.

Mentors can provide a window for foster children and youth to a life beyond foster care.

"They need a connection with a caring adult," said Beverly Howard, coordinator of Fairfax Families4Kids and also an adoptive parent. The organization sets twice monthly up group activities for mentors, prospective mentors and foster children, including sports, visits to places like the Sweet Virginia apiary, community service projects like assembling back packs for school children in Haiti and many others. This group mentoring gives adult volunteers and foster children a chance to get to know each other. This arrangement has led to many long-term mentoring relationships and also quite a few adoptions.



PHOTO BY ANDREA WORKER/THE CONNECTION

From left: Dr. Judith Owens, MD, MPH, D'ABSM is the Director of Sleep Medicine for Children's National Medical Center and heads the consultant group contracted by Fairfax County Public Schools to study the later start times and to present cost-effective scenarios for implementing the change. She is joined by Monica Cameron, Frost PTA President, Lisa Ross, Woodson Pyramid Coordinator, and Phyllis Payne, co-founder of Start Later for Excellence in Education Proposal (SLEEP).

For Whom The [School] Bell Tolls

School district works toward later start times for high schools.

ANDREA WORKER
THE CONNECTION

Would you send your teenagers to school or put them behind the wheel after allowing them to down two or three alcoholic beverages? Hopefully not. But the effect of sleep deprivation on the average adolescent has been shown to be impairment equal to – if not more than – just that amount of alcohol. And more and more parents, teachers, school authorities, doctors, and many others increasingly agree that the sleep-deprived state is the plane on which the majority of our kids exist today. One way to help them catch a few more hours of sleep per week is to delay the school start time.

You would think that a small change in the start times of Fairfax County high schools – from 7:20 a.m. to 8 a.m. or a bit after – would be a relatively simple thing to enact. Like Captain Picard aboard the Starship Enterprise, why can't the Powers That Be simply command "Make it so," and that would be the end of it? "There's a huge ripple effect to be considered," explained Patricia Reed, Fairfax County Public Schools (FCPS) Board Member, Providence District, to a small gathering last Monday night at Frost Middle School in Fairfax, organized by a partnership of PTAs and the founders

of Start Later for Excellence in Education Proposal (SLEEP). Reed is a supporter of the delayed start times and sympathized with the frustration being expressed by the assembled parents and other stakeholders. There was lots of head nodding and murmurs of agreement when Mantua resident Shannon Murphy asked questions like, "How much of the decision to move forward is based on transportation issues and expense? On budget shortfalls?" and "Why can other counties like Arlington and Loudoun start later, but Fairfax is taking years to get to the same place?"

Reed and her fellow Board Member, Megan McLaughlin (Braddock District) addressed the audience for almost an hour, while awaiting the arrival of the evening's key guest speaker, renowned sleep authority Dr. Judith Owens, Director of Sleep Medicine and Children's National Medical Center in DC, and the head of the consulting collaborative contracted by FCPS to study the proposed new start times and provide workable solutions for their enactment. Both could not have spoken more passionately on the topic. "As Dr. Owens will elaborate upon," stated McLaughlin, "our sleep deprived kids are a quiet health crisis in Fairfax County."

McLaughlin and Reed gave a succinct, and often brutally honest, history of the movement toward delayed start times in the county. "Even though the vast majority supports later start times, when we presented the final proposal for implementation in 2009, almost everyone protested, even those most in favor of the idea," admitted

SEE SLEEP, PAGE 5

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SLEEP Promotes Later Start Times

FROM PAGE 4

McLaughlin, “and the change was ultimately voted down. Some people took that to mean that later start times weren’t wanted, but that wasn’t the case. The solutions that were presented at the time were flawed, didn’t take into account all of the obstacles or solicit enough input from the parents, teachers, administrators, transportation providers, and all of the others who would be affected by the change.”

“So what will give this attempt a greater chance of success than the 2009 effort?” asked a number of the attendees, almost in unison.

ONE SIGNIFICANT DIFFERENCE is the change in the makeup of the Board since that time, as well as the arrival of new Superintendent of Schools, Dr. Karen Garza. “I am really hopeful that we will get this done,” said McLaughlin, “and Dr. Garza has shown real support for this change.” The gathering shared her enthusiasm, but expressed dismay when warned that a county-wide roll-out probably wouldn’t happen



PHOTO BY ANDREA WORKER/THE CONNECTION

From left: Fairfax County Public Schools Board Members Patricia Reed (Providence District) and Megan McLaughlin (Braddock District) attended the meeting at Frost Middle School to update the community on FCPS’s goal to bring later start times to the region’s high schools. Both are ardent supporters of the plan.

in time for the start of the 2014-2015 school season, although McLaughlin expressed confidence that some sort of limited implementation could possibly be ready by then. “In the end, it may not be a one-size fits all solution for every district and every school, given the differences in the communities throughout our county,” said Board Member Reed.

“We are taking into account transportation issues, athletic programs, daycare concerns, students who work after school, even the amount of homework our students are given,” said Reed. Dr. Owens, her team and her collaborators hope to present their “Blueprint for Change” to the Superintendent and the Board sometime in January of 2014. Reed and McLaughlin

Reasons to Start Later

- ❖ Districts with start times like ours have significantly higher teen car crash rates.
 - ❖ 1 in 4 Fairfax teens suffers from symptoms of depression.
 - ❖ 2 in 3 Fairfax teens are severely sleep deprived (lose 2 or more hours of sleep every school night).
 - ❖ More than 1,000 Fairfax students dropped out of high school in 2011-12.
 - ❖ Transportation experts have modeled no-cost and low-cost approaches that retain safe, daylight bus stops for elementary students.
 - ❖ Teens with later school start times do get more sleep. This advantage adds up to almost one month of sleep gained by the end of the school year.
- Adequate sleep improves learning, memory, mood, and performance in school, sports, and other activities
- Information from the Start Later For Excellence in Education Proposal (SLEEP) (www.sleepinfoairfax.org for references and research)

did not provide specifics, but spoke to some of the barriers that are being addressed. “No doubt you have all been hearing about our budget shortfall, so cost is always a consideration. But there are ways and means to find the money,” stated McLaughlin. “We are talking a serious threat to our children’s health and welfare. We need to get more serious about finding the means.”

Shannon Murphy and several others complained of bus stops where there are no students to collect, and others where it takes several weeks at the start of each school year for a bus to consistently collect. “They say Fairfax County runs the second largest fleet of buses after Greyhound,” noted McLaughlin, “so I know there are some problems we need to work on.” Several audience members responded that the county should consider contracting transportation to Greyhound,

or even to FedEx as companies known for their ability to provide efficient routing and logistics on a large scale.

Teacher morale, the perception of too much administrative work versus teaching time, and other transportation disconnects – like Woodson students getting out of school at 2:05 p.m. but having to wait until 3 p.m. for sports practice to begin were some of the other topics that Reed and McLaughlin gamely tackled from the audience before Dr. Owens took the floor.

Dr. Owens, the author of over 100 research and review articles, chapters and books on the topic of pediatric sleep, highlighted the work of her consulting team, then provided an overview on the science of sleep and adolescents. As FCPS Board Member McLaughlin promised, for many Owens’ pre-

SEE LATER, PAGE 7



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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

Proof Every Vote Matters

Elections have consequences, including very close races.

EDITORIAL

Tuesday morning, a full week after an Election Day that included races that were more suspenseful than anticipated (and also many races that were foregone conclusions), we are probably more than a month away from certifying the winner of the Virginia Attorney General race.

At press time, the State Board of Elections reported, unofficially, that Mark Herring (D) had 1,103,610 votes with 49.89 percent of the vote; Mark Obenshain (R) had 1,103,493 votes with 49.88 percent of the vote. The 5,152 write-in votes are huge in a race that at one point had Obenshain ahead by 15 votes.

The process of canvassing or verifying the

vote has been revealing, including a malfunctioning voting machine that had more than 2,000 votes uncounted in Fairfax County, a voting machine in Richmond that hadn't been counted at all and many smaller errors. Human error and computer error are to be expected.

It will make a difference which man is elected as Attorney General. The current Attorney General, Ken Cuccinelli, demonstrated the influence that office can exert on many fronts, from academic freedom and scrutiny to the challenge of health care reform to implementation of environmental regulations to investigations of the household staff of the Governor's mansion.

Del. Tom Rust (R) won reelection by just 57 votes, with 50.1 percent of the vote over Jennifer Boysko with 49.74 percent. Del. Barbara Comstock (R) won reelection with 50.64 percent of the vote over Kathleen Murphy (D) who received 49.19 percent, a margin of less than 500 votes. All results are still unofficial.

Consider another close race, in November 2007: then state Sen. Ken Cuccinelli (R-37) won re-election by less than one-half of a percentage point, with an edge of just 92 votes out of 37,185 ballots cast, beating Democrat Janet Oleszek. Approximately 32 percent of registered voters in the 37th District cast ballots at the polls in that election.

Retiring Del. Jim Scott was elected in 1991 with a margin of a single vote.

Just a few of many examples that prove that every vote really does matter.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

Library Reorganization Deserves More Work

BY SHARON BULOVA
CHAIRMAN/FAIRFAX
COUNTY BOARD OF
SUPERVISORS

In September, the Fairfax County Board of Supervisors called for the suspension of a major reorganization proposed to our Fairfax County Public Library system. The suspension was requested in order to provide more opportunity for outreach to concerned library employees and patrons so that proposed changes could be explained, evaluated and vetted among stakeholders. The Connection Newspaper has covered this issue.

As our nation and Fairfax County have struggled with the effects of the Great Recession and its lengthy aftermath, we have needed to make reductions to the many services and programs the county provides. Throughout this time, our Board has sought to maintain taxes at a level that is affordable for our community. I applaud our County staff for proposing efficiencies and reorganizations during this time that have helped us maintain high quality services that also save taxpayers money.

Over the past few months, I have received a number of letters, emails and phone calls regarding the proposed library reorganization as well as the "floating collection" and issues around the discarding of books. I believe, based



on the feedback I have received, that the reorganization as proposed was too much for the organization to absorb. Many of the ideas contained within the plan, however, have value and should continue to be explored.

Our shared goal is to make sure our libraries continue to be the vital and vibrant places that our community can enjoy and rely upon well into the future. The quality of our collection and the services we offer should reflect the standards Fairfax County residents expect.

I would like to thank members of the Library Board of Trustees and library staff for their efforts during the past few months as they have conducted a series of discussion forums on the proposed changes. I understand the meetings have been constructive and have included some spirited debate. I especially want to thank Deputy County Executive Dave Molchany for his personal investment of time and energy to assist library staff with ensuring a thoughtful and insightful process. Our Board has asked for a progress report from the Library Board of Trustees to be presented at our Board meeting on Nov. 19 and I am looking forward to hearing directly from them.

During these recession years, library systems around the country

SEE BULOVA, PAGE 12

See You on the Train

Proposed VRE System Plan is good news for commuters.

BY SUPERVISOR
JOHN C. COOK
(R-BRADDOCK)

Fairfax County's vibrant economy keeps unemployment and taxes low, while allowing us to provide world class services for our residents. But, as we are all too aware, with growth comes serious traffic congestion, which diminishes our quality of life and could impair our economic future.

Help is coming as new transportation money from the State will help us repair and improve our roads. In addition we are building a more robust transit network.

The Virginia Rail Express is already a smashing success, serving up to 20,000 trips per day riding on the two lines – The Fredericksburg line which parallels I-95 and the Manassas Line, which parallels I-66. The service is clean, safe, efficient, and, most importantly, on time upwards of 95 percent of trips. It's time to think about expanding rail service on VRE, helping take more cars off the road, reduce emissions, and improve the quality of life of Virginians.

The VRE Operations Board, of which I am an executive committee member, will consider adopting a "system plan" next month that aims to increase ridership by 30 to 50 percent, eventually serv-



ing up to 30,000 trips per day. VRE hopes to do this by adding two more cars onto each train, adding two new trains, and increasing the number of trips in both directions. The result would be a more robust transit sys-

tem for Northern Virginia. Better connections to existing and new bus routes will also make VRE a more viable option for workers in Tysons and even Reston.

The need for expansion and VRE's ability to expand are perfectly in sync. VRE is paying off a significant amount of debt this year, giving us significant debt capacity for new projects. I've worked hard, along with my colleagues on the Capital Committee of the Operations Board, to draft a new set of financial principles that ensure VRE is expanding in a fiscally prudent way. Total debt will not exceed the level recommended by our outside financial advisors and VRE will establish new operations and maintenance reserves. These reserves will ensure that VRE can maintain, and eventually replace, the new cars and locomotives it purchases without causing future fiscal crises. We believe the new VRE financing principles could serve as a nationwide model for fiscal prudence in transit systems.

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Later Start Times Studied

FROM PAGE 5

sensation was, indeed, eye-opening.

A MEDICAL DOCTOR as well as a researcher, Owens presented physiological evidence that at puberty, the adolescent brain experiences numerous changes, including a shift in the body's "master clock" that controls circadian rhythm, influencing sleep-wake cycles among other bodily functions. "At adolescence, kids are just programmed to sleep a little later, stay up a little later," said Owens. "Forcing them to ignore this biology disrupts the sleep cycle, sometimes dangerously. The deepest REM sleep takes place during the last third of sleep, just when we are waking them up to get ready for the bus. As the week goes on, the child gets more and more sleep deprived, then tries to 'catch-up' with a long sleep on the weekends." Studies show that there is no real benefit to the "catch-up plan." "Instead," said Owens, "it's like these kids eventually enter a semi-permanent jet lag state. Not exactly peak conditions for learn-



Shannon Murphy came from nearby Mantua. A firm supporter of later start times, Murphy keeps up with the FCSP happenings.

ing, thinking creatively, engaging in sports, or just about any aspect of daily life. Worse, studies are showing sleep deprivation in our kids is having negative effects on their health and welfare a long way down the road as well." Owens provided data linking prolonged abnormal sleep patterns with diabetes, obesity, depression, bipolar and other disorders.

Owens discussed examples of other districts around the country that have made the change to later

start times. She provided statistics from these school districts showing increased attendance, decreased tardiness, reports of less depression in the student population, better test scores, and "Here's a biggie," she said. "The data shows the areas where school starts later for high schoolers report fewer car crashes involving these young drivers. When you think about it, it makes sense. The kids behind the wheel are more awake and more aware of risks."

To date, she has spoken at more than ten PTA-organized events and continues to solicit input from the public. "I am ready to keep showing up to talk about these issues and get feedback and suggestions. Changing the start times of high school is key to solving this growing health crisis, but we still need to educate students and parents on the importance of getting enough sleep."

More information on the proposal and on the science and statistics of sleep in adolescence can be found at the Fairfax County Public Schools' website, www.fcps.edu, Dr. Owens' website www.smartschoolstart.org, and at the SLEEP website www.sleepinfairfax.org.

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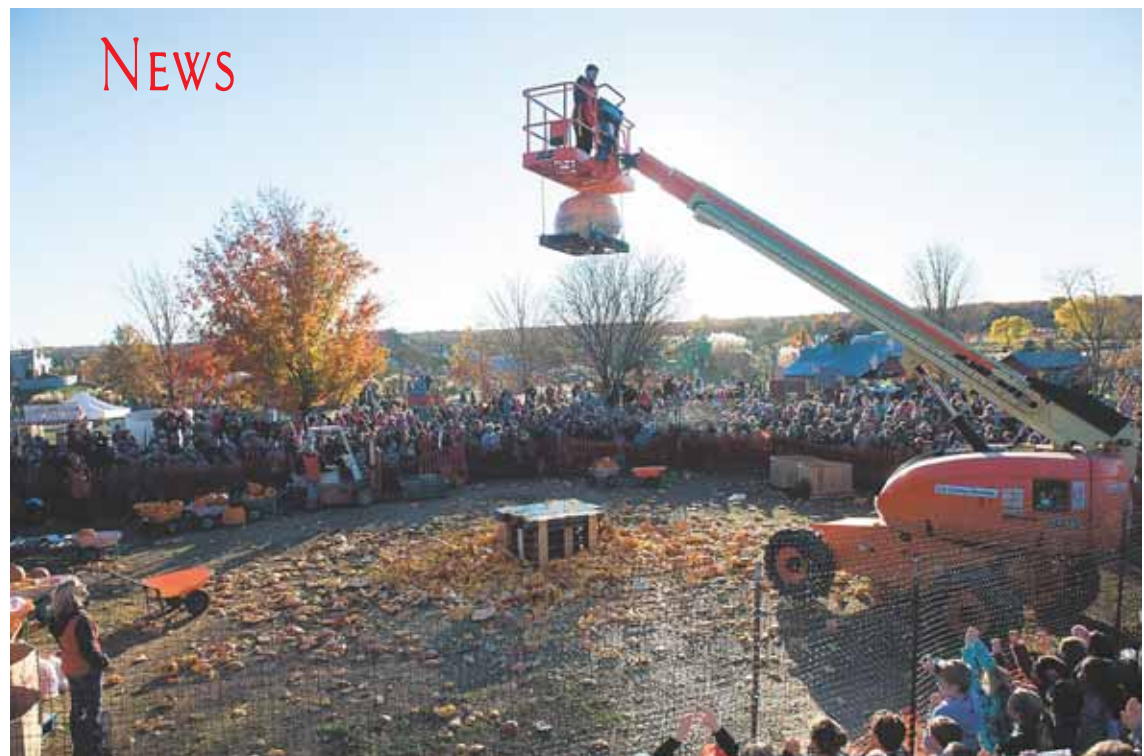
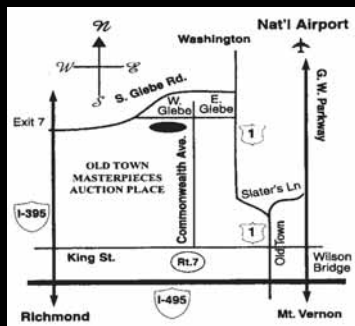
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PHOTOS BY DEB COBB/THE CONNECTION

The blue ribbon winning pumpkin at the Virginia State Fair, a giant 750-pound pumpkin is lifted 60 feet into the air to be dropped in front of the crowd at the Cox Farms Pumpkin Madness festivities.

Pumpkin Madness

In what has become a post-Halloween tradition in northern Virginia, the pumpkins were flying at Cox Farms' Pumpkin Madness on Nov. 2 and 3. More than 700 pumpkins, including at least 250 jack o' lanterns brought by attendees, and a massive 750 lb giant pumpkin, were either dropped from a 60-foot lift or launched from the farm's trebuchet in a smashing tribute to the season.



The carnage from Pumpkin Madness at Cox Farms on Nov. 3.

During the Cox Farm Pumpkin Madness festivities, more than 700 pumpkins are dropped from a 60-foot lift or launched from the farm's trebuchet. Guests attending the festival are invited to bring their own pumpkins to be dropped.



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Celebrate students, camps, schools, enrichment programs, colleges and more in our **A-plus: Education, Learning, Fun** pages, the third week of every month.

Questions? E-mail sales@connectionnewspapers.com or call 703-778-9431

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Home LifeStyle

Choosing Art

BY MARILYN CAMPBELL
THE CONNECTION

When Anne McCloud and her fiancé, Mark Graham, moved into their Herndon home two years ago, with the exception of a large, deep red Chesterfield sofa, a present from Anne's parents, the furniture they had was left over from graduate school: a tattered antique chair in need of reupholstering and two side tables. The walls were bare except for a mirror that hung over the fireplace. Other than reupholstering the chair in a tapestry fabric with colors of gold and wine, their home remains unchanged today.

McCloud is finally ready to create a polished interior, however. She wants to purchase wall art that complements their existing sofa and chair. She wants their art collection to grow in harmony with their furniture purchases.

"We want to buy some original art," said McCloud. "We're even considering having a piece commissioned, but we're not sure how to coordinate the colors and we cannot afford to hire a professional interior designer. So we're doing this on our own."

WITH SO MANY CHOICES in art, fabrics and furnishings, it's easy to feel overwhelmed when it comes to do-it-yourself interior design. Building a collection of art that you love and combining it with furniture that that fits your style can be overwhelming for interior design novices.

Mia Belotti, an interior designer and owner of Maison et Jardin, Ltd. in Great Falls, said there are two ways to approach the design issue. "If you have an expensive piece of art, then you choose furniture around it. If you already have furniture, choose art that goes with it."

Scale and size are important. "You have to create a balance," said Belotti. "If you have a large piece of furniture against the bottom half of a wall, a small painting will look awkward hanging over it."

Designers agree that choosing art is personal. "I never tell clients what



Sallie Kjos of GreyHunt Interiors in Chantilly suggests homeowners pay attention to the type of art that catches their attention and base their décor around it.

PHOTOS COURTESY OF GREYHUNT INTERIORS



Sallie Kjos of GreyHunt Interiors in Chantilly suggests grouping smaller pieces of art. "Go for a collage of different items or artwork," she said.

"You have to create a balance. If you have a large piece of furniture against the bottom half of a wall, a small painting will look awkward hanging over it."

— Mia Belotti, an interior designer and owner of Maison et Jardin, Ltd.

to like," said Sharon Kleinman, of Transitions by Sharon Kleinman in Potomac, Md. "People's homes should be about what they like and what speaks to them."

Kleinman says it is possible to create a harmonious room with

two opposing styles such as antique and modern. The key, she says, is in details such as framing. "If you have a traditional interior with antique furniture," she said, "I would have no problem taking a Picasso and putting it in a very or-

nate frame."

Some homeowners are also perplexed when it comes to color coordination.

"I don't think art has to match furniture," said Kleinman. "You don't want it to clash, but it doesn't have to match. If I had a room with soft blues and yellows, I wouldn't throw a painting in that had harsh colors like red and black. You want colors to be complimentary. If the interior of the room is warm color, the colors in the painting should be warm. The same is true with cool colors. The more neutral the room, the bolder the art can be."

Kelley Proxmire of Kelley Interior Design in Bethesda, Md., suggests that in the case of McCloud, furniture in bold colors does not have to dictate bold art. "In fact, neutral art on bold walls or in a room with bold-colored furniture can have a great impact," she said.

However, she said, "It's wise to match a color in at least one of the more prominent paintings, as it adds to the peacefulness of the room. Not all the paintings have to match, but keeping one of the tones consistent makes the components of the room harmonious."

Chantilly-based designer Sallie Kjos of GreyHunt Interiors suggests that homeowners pay attention to the type of art that catches their attention. "If you have a passion for an artist, for example, Victoria Salvano, then base your decor around the colors that you are drawn to," she said. "For example, with her vibrant work, keep your main pieces such as the sofa, chairs and drapes simple and clean and add in pops of color such as teals, blues, fuchsias in your pillows, accessories, trimmings and throws to give punch and life to the room while tying in the art work."

Kjos also suggests grouping smaller pieces of art. "Go for a collage of different items or artwork," she said. "One of my favorites is taking old empty frames and hanging items inside, such as family pictures that are all framed the same that are smaller, a set of plates, candle sconces or whatever is special to you."

Creating a Feast for the Eye

Local designers share ideas for a striking Thanksgiving table.

BY MARILYN CAMPBELL
THE CONNECTION

While a menu of turkey and gravy will satisfy the belly this Thanksgiving, a well-designed centerpiece that reflects the warm hues of fall will be a feast for the eyes.

From vivid floral arrangements that spring from gourds to tables piled with seasonal produce, local floral designers say that when it comes to creating Thanksgiving table décor as tantalizing as the meal itself, the options are vast.

Charles Gang, owner of Helen Olivia Flowers in Old Town Alexandria, and his team of designers often create colorful combinations of flowers and fruit in rich hues. "As far as fall arrangements, we're [using] fruit like apples and pears, we're seeing mini pumpkins in arrangements," he said.

In fact, Gang suggests creating arrangements using full-sized pumpkins as vases. "We're doing a lot of rustic hydrangeas, a lot of roses in deep orange and germini in a variety of colors like orange and violets," he said.

Floral designer Laurie Diver, of Conklyn's Florist in Alexandria and Arlington, often uses glass cubes and bubble vases as a receptacle for her arrangements. "Flowers in orange, gold and maroon are great for fall," she said. "I also like to use hydrangeas that are green tipped with burgundy edges and lilies in rust, yellow and orange."



Floral designer Laurie Diver of Conklyn's Florist, in Alexandria and Arlington, often creates arrangements with orange, yellow and gold flowers nestled in glass cubes.

WWW.CONNECTIONNEWSPAPERS.COM



PHOTO COURTESY OF HELEN OLIVIA FLOWERS

Charles Gang, owner of Helen Olivia Flowers in Old Town Alexandria, creates fall centerpieces using full-sized pumpkins as vases.

David Hicks, owner of Conklyn's, doesn't shy away from unconventional flowers. "We have a wholesale shop that is open to the public," he said. "Two or three times per week, we import flowers from South America like kangaroo paws [a tubular flower] that come in bronze and rust and cottage yarrow that come in bronze and yellow."

Another surprise for fall, says Diver, are tulips. "We usually don't see them again until spring, but now we have an assortment of parrot tulips in orange, yellow or a combination of both with tattered edges that look very artsy."

Great Falls-based designer Alison de Wit of Distinctive Floral Designs, who isn't afraid to add a harbinger of spring to her autumn arrangements either, said, "A lot a spring flowers are available from Dutch markets."

She also combines traditional flowers with modern varieties.



PHOTO CONTRIBUTED

Great Falls-based designer Alison de Wit of Distinctive Floral Designs adds a hint of spring to her autumn arrangements with flowers from Dutch markets.

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OPINION

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FROM PAGE 6

have had to reduce hours, cut services or even close library branches; Fairfax County is not alone in this struggle. Libraries across the country have also been exploring innovative ways to contain costs while at the same time maintaining or even improving services to meet the needs of their residents.

I am confident that Fairfax County will prove to be a leader in achieving this goal. This issue has served to energize those in our Fairfax County community who appreciate the value our outstanding library system affords us. Thank you for rallying to support our libraries!

Cook

FROM PAGE 6

These exciting changes will bring VRE service to more commuters and help support our economic growth. Sound fiscal planning will ensure responsible measures so VRE will be financially sound decades into the future. All this has been accomplished by dedicated public servants who

came together, setting partisan politics aside, to address the common good. See you on the train!

Supervisor John C. Cook (R-Braddock) has served on the Fairfax County Board of Supervisors since 2009 and on the VRE Operations Board since 2010. Currently he serves as Secretary to the Board's Operations Committee and Chair of its Audit Committee.

Local REAL ESTATE
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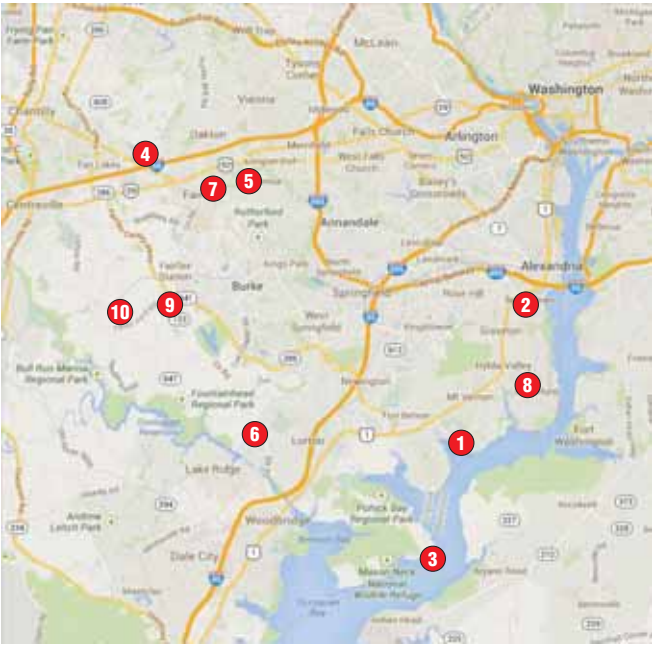


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PHOTOS CONTRIBUTED

Carrie Koffman

Saxophone Concerto at Mason

Soloist Carrie Koffman brings 'melting tone and touching sensitivity.'

The Fairfax Symphony Orchestra (FSO) and music director Christopher Zimmerman will perform a concert of both familiar and new works on Saturday, Nov. 16, 8 p.m., at the George Mason University – Centre for the Arts Concert Hall. American composer Larry Alan Smith's Saxophone Concerto is presented in its Virginia and D.C. area premiere, with soloist Carrie Koffman whose "melting tone and touching sensitivity" have drawn audiences to this unfamiliar symphonic instrument. The concert opens with the irresistible Peer Gynt by Edward Grieg, and concludes with Rachmaninov's

popular but always entrancing Symphonic Dances which also prominently features the sensuous sounds of the saxophone.

"The Symphonic Dances is a particular personal favorite of mine," Maestro Zimmerman said. "Rachmaninov takes us on a powerful, utterly transfixing musical journey, one that takes all his musical genius and a lifetime to express."

Tickets and flexible subscription packages are now available for purchase at www.fairfaxsymphony.org or by calling 703-563-1990.

The FSO continues its commitment to the students of Fairfax County by offering its Student Passport Club. Concert tickets for all students ages 6-18 are just \$5, and members of the club receive a stamp in their passports for attending, gifts from local music stores and special program notes with an activity sheet to accompany each concert. Student Passport Club members receive an invitation to the FSO's annual instrumental petting zoo.



Maestro Christopher Zimmerman



PHOTOS BY MICHAEL BROSILOW

From left: Barney O'Hanlon and Deborah Wallace in the production of "Café Variations."

Attraction and Desire Meet in 'Café Variations'

BY DAVID SIEGEL
THE CONNECTION

Seductive romance is in store as "Café Variations" explores how longing for love, finding love, and even losing love makes us visible to ourselves in unexpected ways. Melding works of inventive playwright Charles Mee with lush Gershwin music into a series of connected vignettes is what Anne Bogart, artistic director of the renowned SITI Company has accomplished.

When asked about SITI, Tom Reynolds, director of Artistic Programming, Mason Center for the Arts said the company "has a history of presenting innovative and interesting theatrical works." The company "focuses on ensemble and collaboration, so there is rarely a 'star' or even a lead character in their works, but the real star is the way in which all of the actors work together to communicate with the audience."

"'Café Variations' is a play about the very delicacy of relationships; we want it to be very personal and appealing to an audience," said Bogart. The production is designed around the spoken language of the characters as they take journeys into the mysteries of personal connections, choreographed movement and a verdant Gershwin score that helps glue the production together as a "very humane piece," Bogart noted.

The play takes place "in a cafe we would all like to discover and know in our neighborhoods; a place where people meet and anything can happen; not just a place where everyone is plugged-in, yet unconnected with each other," Bogart added. The so-

When & Where

SITI Company's "Café Variations" at the Center for the Arts, George Mason University, 4400 University Drive, Fairfax. Performance: Friday, Nov. 22 at 8 p.m. Tickets: \$44, \$36 and \$22. Visit the box office (open Tuesday through Saturday, 10 a.m. to 6 p.m.), charge by phone at 888-945-2468 or visit cfa.gmu.edu.



From left: Stephen Duff Webber and Ellen Lauren in foreground. Barney O'Hanlon in background.

cial life cafe setting will evoke a place, style and a way of life. It is a place where people are dressed-up, going out to enjoy and be attentive to one another.

The one-act production has a six-member, multi-cultural cast with several actors playing multiple roles (variations). In "Café Variations" characters explore different emotions and aspects of impressionistic moments, including conflicts.

As we know, joy is not just for unlined youth. Bogart indicated that the actors are of various ages; the production shows that falling in and out of love is for everyone. After all, love at any age can help find within us unexpected inspired energy. The fire of "Romeo and Juliet" is not just for teenagers.

"We invite everyone to come and enjoy," Reynolds said. It will be "an exciting and interesting audience experience," he added.

Love can be an inspired struggle at times; SITI's "Café Variations" gives a new outlook to the exciting and astonishing struggle that love can be.

CALENDAR

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. The deadline is the Friday prior to the next paper's publication. Dated announcements should be submitted at least two weeks prior to the event. For more entertainment events in the county, go to: <http://www.connectionnewspapers.com/news/2013/sep/26/fairfax-county-calendar/>.

WEDNESDAY-SUNDAY/NOV. 13-DEC. 8

"Shades and Tones Spiced with Color" 11 a.m. to 6 p.m. Mondays through Saturdays, noon to 5 p.m. Sundays, at the Workhouse Arts Center, Building W-5, 9601 Ox Road, Lorton. Gloria Benedetto and Traci Oberle are the featured artists in the building; see their work featuring rich color in subtle workings. www.workhousearts.org.

FRIDAY/NOV.15-JAN. 5, 2013

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>.

"From the Fire." Workhouse Arts, 9601 Ox Road, Lorton. Five diverse ceramic artists challenge themselves to create personal work for a joint firing in "From the Fire", an educational exhibit of 30 works and concomitant photographs and text.

SATURDAY/NOV. 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/NOV.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

THURSDAY/NOV. 21

"The Miracle Worker." 7 p.m. South County High School is located at 8501 Silverbrook



Annie Sullivan, center (Kelsey Davis, double cast), talks with her students before leaving to care for Helen in South County High School Theatre fall production of "The Miracle Worker," Nov. 21-23.

Road, Lorton. The story of Helen Keller and her dedicated teacher, Annie Sullivan. Tickets: \$8 general admissions; \$6 seniors and students. www.southcountytheatre.org.

FRIDAY/NOV. 22

"The Miracle Worker." 7 p.m. South County High School is located at 8501 Silverbrook Road, Lorton. The story of Helen Keller and her dedicated teacher, Annie Sullivan. Tickets: \$8 general admissions; \$6 seniors and students. www.southcountytheatre.org.

SATURDAY/NOV. 23

"The Miracle Worker." 2 & 7 p.m. South County High School is located at 8501 Silverbrook Road, Lorton. The story of Helen Keller and her dedicated teacher, Annie Sullivan. Tickets: \$8 general admissions; \$6 seniors and students. www.southcountytheatre.org.

WEDNESDAY/NOV. 27

The Fresh Beat Band, 6:30 p.m., at the Patriot Center, 4500 Patriot Circle, Fairfax. The band from the Nick Jr. series of the same name performs. \$46.70-\$165. <http://patriotcenter.com/>.

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.

SATURDAY/NOV. 30-DEC. 28

Cookies with Santa: A Pre-Show Treat Before "In Santa, We Believe." 11 a.m. Workhouse Arts, 9601 Ox Road, Lorton. Tickets: \$8.50 Adults, \$8 Children under 12 years old.

In Santa We Believe. 1 p.m. Workhouse Arts, 9601 Ox Road, Lorton. LIVE onstage! Join for an afternoon of adventure with Vianlix Mestey's original story. Tickets: \$8 Children, \$10 Adults.

TUESDAY/DEC. 3-DEC. 6

Drumming with Dishes: The Holiday Edition. 10:30 a.m. Workhouse Arts, 9601 Ox Road, Lorton. This whimsical production is a 35-minute interactive, non-verbal show, which features two adult actors and a musician. Geared towards children ages 2-6. Tickets: \$8 for children & adults

SATURDAY/DEC. 7

Cabaret Series: Home for the Holidays. 8 p.m. Workhouse Arts, 9601 Ox Road, Lorton. Tickets: \$25, includes planche campagnarde.

SUNDAY/DEC. 8

Cabaret Series: Home for the Holidays. 1 p.m. Workhouse Arts, 9601 Ox Road, Lorton. Tickets: \$25, includes planche campagnarde.

FRIDAY/DEC. 13

One Night Stands. 8 p.m. Workhouse Arts, 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. Tickets: \$15-25.

SATURDAY/DEC. 14

2nd Saturday Art Walk. 6-9 p.m. Workhouse Arts, 9601 Ox Road, Lorton. The 2nd Saturday Art Walk at the Workhouse showcases the diverse work of more than 100 visual artists in a unique historic venue, creating an atmosphere that encourages visitors to immerse themselves in the richness of this creative community.

Cecil Ray Comedy Club 7p.m. Workhouse Arts, 9601 Ox Road, Lorton. Host Cecil Ray leads the proceedings in a night of laughter with guest comedians from the mid-Atlantic region. Tickets: \$20-30.

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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"Now Showing...1942," by Gloria Benedetto, graphite, 8x10. See Benedetto's work alongside Traci Oberle's at the Lorton Workhouse Arts Center.

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FAITH NOTES

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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.

THURSDAY/NOV. 14

EBooks. 7 p.m. Richard Byrd Library, 7250 Commerce Street, Springfield. Learn how to browse the collection, check out books, and download to PC, Mac, and eBook readers. Call the library to schedule an appointment. Adults.

FRIDAY/NOV. 15

Reading Buddies. 4 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Grab a book, grab a buddy! Teen volunteers available as reading buddies. Ages 3-8 years.

MONDAY/NOV. 18

Introduction to Creative Writing. 7 p.m. Richard Byrd Library, 7250 Commerce Street, Springfield. Six week writing workshop led by graduate students in George Mason University's Sally Merten Fellows creative writing program. Bring your ideas, laptop, or pen and paper. Adults.

TUESDAY/NOV. 19

EBooks. 2:30 p.m. Richard Byrd Library, 7250 Commerce Street, Springfield. Learn how to browse the collection, check out books, and download to PC, Mac, and eBook readers. Call the library to schedule an appointment. Adults.

English Conversation Group. 7 p.m. Richard Byrd Library, 7250 Commerce Street, Springfield. Practice and improve your English. Adults.

WEDNESDAY/NOV. 20

Free ADD/ADHD Coaching and Support Group. 12 p.m. 4031 University Drive, Conference Room A, Fairfax. Bringing together people impacted by ADD/ADHD for informative, guided discussions; sharing and support. 703-362-2100.

Community Preparedness

Workshop. 6:30 p.m. Stacy C. Sherwood Community Center, 3740 Old Lee Highway, Fairfax. During this one-hour workshop, learn about a neighborhood-initiated program called "Map Your Neighborhood." This program helps neighborhoods organize a timely response to disaster when 911 is unavailable. <https://communitypreparedness2.eventbrite.com>.

Storytime: Duplos. 10:30 a.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Develop your child's early literacy skills with reading, building and play. Age 3-5 with adult.

Reading Buddies. 4 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Grab a book, grab a buddy! Teen volunteers available as reading buddies. Ages 3-8 years.

THURSDAY/NOV. 21

Creative Writing. 4:30 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Read aloud as a group, write an addition to the story and draw an illustration. Age 6-10.

English Conversation Group. 7 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Practice English with others and improve your skills. Adults.

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.

Kirkwood Presbyterian Church, 8336 Carrleigh Parkway in Springfield, supports a Mothers of Preschoolers (MOPS) program on the first and third Wednesday of each month. Meetings are 9:30-11:30 a.m. at the church. All mothers and children are welcome. The program provides mothers an opportunity to get to know other mothers through discussions and craft activities. Register. 703-451-5320.

JCCNV Mother's Circle program, for women who are not Jewish but are raising Jewish children. Free education in Jewish rituals, practices and values, while respecting the participant's choice to retain her own religious identity. Jewish Community Center of Northern Virginia,

8900 Little River Turnpike in Fairfax. Contact Laurie Albert, 703-537-3064 or HYPERLINK "mailto:LaurieA@jccnv.org" LaurieA@jccnv.org.


Franconia United Methodist Church, 6037 Franconia Road, Alexandria, offers traditional Sunday church services at 8:30 a.m. and 11 a.m. plus Sunday School classes for all ages at 9:45 a.m. Childcare is available 8:15 a.m.-12:15 p.m. There will be a Terry Hall Concert on Saturday, April 14 at 4 p.m. with old spirituals, classic hymns, southern gospel favorites and more. 703-971-5151 or admin@franconiaumc.org or www.franconiaumc.org.

RCIA (Rite of Christian Initiation of Adults) is for people interested in becoming Catholic or learning about the Catholic Church. A group meets at 7:30 p.m. on July 6 and 20 at St. Leo the Great Catholic Church, 3700 Old Lee Highway, Fairfax. A group will begin meeting every Wednesday starting September. Sessions are in the Old Parish Hall. All are welcome. Contact Carolyn Smith at 703-273-5369 or carolynsmith.stleos@gmail.com.

The Jewish Social Services Agency (JSSA) offers a wide variety of support groups for those with emotional, social, and physical challenges. www.jssa.org/growth-learning.

Church of the Nativity offers a free general bereavement support group open to all adults on the first and third Thursday of each month 7:30-9 p.m. The church is located at 6400 Nativity Lane, Burke. Call 703-455-2400, ext. 17.

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-Werner Heisenberg

21 Announcements

ABC LICENSE
Zohifa, LLC trading as Try City Gift Shop, 7253 Maple Place, Annandale, VA 22003. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL for a Beer and Wine off Premise license to sell or manufacture alcoholic beverages.
Jannatun Nyeem, President
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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21 Announcements

21 Announcements

21 Announcements



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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21 Announcements

TAX NOTICE CITY OF FAIRFAX

REAL ESTATE TAX PAYMENTS ARE DUE

Real Estate tax bills have been mailed and are due
December 5, 2013

LATE PAYMENT PENALTY

To avoid a 10% late payment penalty and interest charges, payment in full must be made in person or postmarked by close of business on
December 5, 2013

Taxes may be paid in person Monday – Friday
8:30 a.m. to 5:00 p.m.
Treasurer's Office, Room 234, City Hall

IMPORTANT

Even if you do not receive a bill you are responsible for paying real estate taxes by
December 5, 2013 to avoid late payment penalties

For Additional Information, please call 703-385-7904

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SPORTS

Running on Her Own

West Springfield's Alcorta posts 3rd-best time in Burke Lake history.

BY JON ROETMAN
THE CONNECTION

Caroline Alcorta started competing in cross country in 2011 as a sophomore at West Springfield and quickly became one of Virginia's top high school harriers. She finished eighth at the VHSL state meet as a sophomore and placed second as a junior in 2012.

While her first two seasons in cross country were successful, Alcorta ran in the shadow of Lake Braddock's Sophie Chase, a two-time state champion who now competes for Stanford University. While Alcorta wasn't able to catch Chase with championships on the line, the Lake Braddock star provided Alcorta with motivation.

With Chase having graduated, Alcorta, now a senior, is the one out in front of the pack. With no one to chase, Alcorta has to rely on her own training and mental toughness to push her through races. During the 6A North regional meet, however, she had some additional motivation.

COMPETING IN HER FINAL RACE at Burke Lake Park, Alcorta won the region championship on Nov. 6 with a personal-best time of 16 minutes, 31 seconds. It was the third-best girls' time in the history of the course.

"One of the nice things about Burke Lake is that you run it enough times that when you get to your very, very last one your senior year, sometimes the great runners will do something pretty special," West Springfield head coach Chris Pellegrini said. "I told her [before the race], 'You're on this list pretty high, but today is your rest-in-peace moment. Where are you going to sit forever?' So she went into the race very motivated."

Last year, Chase won the region title with a time of 16:42, which at the time placed her in a tie with Hayfield's Melissa Dewey (2004) for the third-best time in course history. Alcorta finished 11 seconds faster, just missing the second-fastest time of 16:30.7, set by Annandale's Aimee Harms in 1985. Langley's Erin Keogh set the course record with a time of 16:09.7 in 1985.

"It's senior year," Alcorta said. "I



Lake Braddock senior Hannah Christen finished runner-up at the 6A North girls' regional cross country meet on Nov. 6 at Burke Lake Park.



Robinson senior Macey Schweikert placed fifth at the 6A North girls' regional cross country meet on Nov. 6 at Burke Lake Park.

Braddock finished fourth (118), Robinson was fifth (148) and Battlefield finished sixth (192). The top six teams advances to states.

West Springfield senior Katie Kennedy finished 20th with a time of 18:21. Ana Suarez, a junior, finished 28th (18:44), sophomore Reagan Bustamante finished 32nd (18:53) and sophomore Abby Snyder was 38th (19:09).

Alcorta and Pellegrini praised Kennedy for competing despite an ankle injury.

"She's a real trooper," Alcorta said. "... I'm really proud of her. She really stepped up today. She could have not raced but she knew we might not make it to states."

Pellegrini said Kennedy had to "hop" the last mile.

"I am not comfortable racing someone that's that hurt, but I give her a lot of credit for doing it for

kind of wanted to make my mark [by] leaving it all on the course. This is my last time racing here ... [so I wanted to make] it memorable."

Alcorta said not having anyone to chase has been different, yet rewarding.

"I kind of miss having someone that you know will push the pace out in front of you, but it's kind of nice knowing that you can do it by yourself," she said. "There's obviously a lot of competition in the field, already, too, so just the fear of getting caught ... really helps you."

Pellegrini said coaches have worked for years with Alcorta on sticking to her own race strategy.

"That was actually something that we worked on a lot for the last three years, which is being self-sufficient and running your race," Pellegrini said. "Win or lose, you've got to run your own race. ... You've got to make them come get you and if they earn it, I'll shake their hand, too. ... She's been running her own race and becoming very self-sufficient, very confident and being able to hold her own pace and it's something we've been waiting for as coaches, to see her develop into that."

AS A TEAM, West Springfield placed third with a score of 113, earning the Spartans a berth in the state meet. Oakton won the region title with a score of 66. Washington-Lee placed second (92), Lake

PHOTOS BY ED LULL



West Springfield senior Caroline Alcorta, left, won the 6A North region girls' cross country championship on Nov. 6 at Burke Lake Park. Oakton's Allie Klimkiewicz placed third.

the team," Pellegrini said. "It was unglamorous ... but without her, that's a 70-point swing."

Lake Braddock senior Hannah Christen finished second (17:19), followed by Oakton's Allie Klimkiewicz (17:21), Lake Braddock's Katy Kunc (17:35) and Robinson's Macey Schweikert (17:39).

Robinson's Lauren Berman finished 10th (17:55).

In boys' action, Robinson and Lake Braddock were among the six teams to qualify for states, finished fourth and fifth, respectively. Chantilly won the event with a score of 100. Battlefield (107) placed second, followed by Osbourn Park (111), the Rams

(136), the Bruins (138) and Oakton (142).

Lake Braddock junior Ryan Corbett placed third with a time of 15:09. West Springfield sophomore Owen Buck finished sixth with a time of 15:24, improving from 14th place during the final 400 meters.

"[Buck],” Pellegrini said, “ran out of his skull.”

Oakton's John Stoney won the event with a time of 14:54. South County's Alec Jones finished seventh with a time of 15:25.

The VHSL Group 6A state meet will be held on Friday, Nov. 15 at Great Meadow. The girls' race is scheduled for 10:30 a.m. and the boys' race will start at 11:15 a.m.

Playoff Football Pairings

The Group 6A and Group 5A VHSL football regional playoffs begin Friday, Nov. 15.

*In 6A North action (all games are at 7:30), Centreville (10-0) earned the top seed and will host No. 16 South Lakes (5-5). Lake Braddock (10-0) is the No. 2 seed and will host No. 15 Chantilly (5-5).

No. 3 Westfield (8-2) will take on No. 14 Hayfield (5-5). No. 4 Washington-Lee (8-2) will host No. 13 Stonewall Jackson (6-4). No. 5 Langley (8-2) will host No. 12 Battlefield (6-4).

No. 6 Patriot (8-2) will face No. 11 Robinson (7-3). No. 7 Yorktown (8-2) will host No. 10

Fairfax (7-3) and No. 8 South County (8-2) will host No. 9 T.C. Williams (7-3).

*In 5A North action (all games are a 7 p.m., unless specified), No. 1 Massaponax (10-0) will host No. 16 Edison (3-7) and No. 2 Stone Bridge (8-2) will take on No. 15 Lee (2-8).

No. 3 Briar Woods (9-1) will host Potomac Falls (4-6), No. 4 Tuscarora (8-2) will host No. 13 Mount Vernon (3-7) and No. 5 North Stafford will take on No. 12 Thomas Jefferson (4-6).

No. 6 Mountain View (7-3) will host No. 11 Potomac (4-6), No. 7 Broad Run (7-3) will face No. 10 Freedom (PW) and No. 8 Falls Church (7-3) will host No. 9 Albemarle (6-4) at 7:30 p.m.

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NEWS

Two School Employees Charged

After a joint investigation by Financial Crimes Unit detectives and Fairfax County Public School (FCPS) human resources, two school employees were each charged with embezzlement and money laundering.

Police identified the arrestees as Sonya Swansbrough, 46, of Woodbridge, principal at Poe Middle School, and Bethany Speed, 38, of Burke, an administrative employee at Jeb Stuart High School. Police began an investigation after being contacted by FCPS in late September 2013.

The allegations involved falsifying timesheets for personal financial gain. An investigation determined that these incidents began as early as May 2010 and officials believe over \$100,000 may have been embezzled.

Police also charged a third individual, Brenton Rusnak, 20, of Radford with receiving stolen property in connection to this case. Rusnak is Swansbrough's son. The investigation is ongoing.

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



Sonya Swansbrough



Bethany Speed

POLICE PHOTOS

Volunteers Needed for Dogs Adoption Events

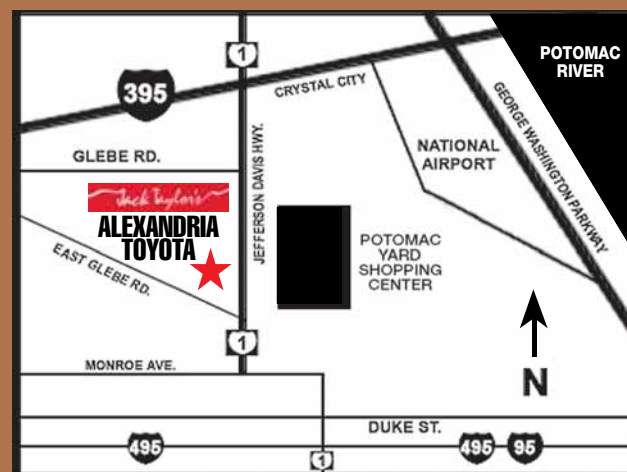
Volunteers needed to hold dogs at adoption events, Saturdays 12 to 3 p.m. Must be 18 or over. Held by Homeless Animals Rescue Team at Petco, Greenbriar Towncenter, 13053 Lee Jackson Mem. Hwy, Fairfax, Va., 22033. Call 703-691-HART or <http://www.hart90.org/> for more information.

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