

Coach Brittany Henry, with Kings Ridge Water Wizards, competes in the 15-18 girls' 50m Butterfly event.

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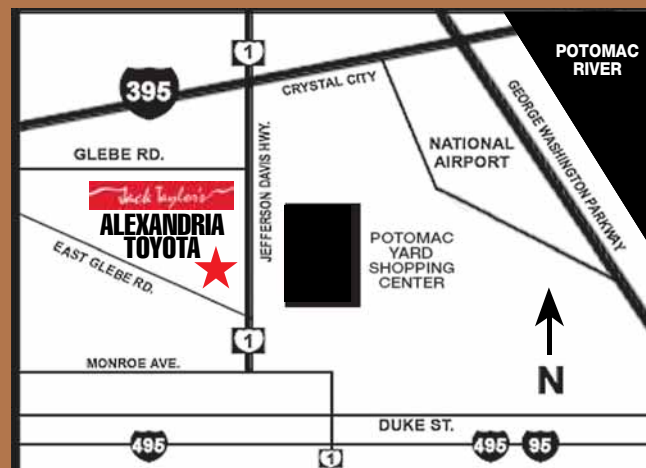
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**Let's
Go
Places**

NEWS

Bike route sign at the entrance of the Hooes Road bike trail.



PHOTOS BY ABIGAIL CONSTANTINO/THE CONNECTION

Roads, Cars Challenge Bike Commuters

Commuting by bike poses challenges and conveniences.

BY ABIGAIL CONSTANTINO
THE CONNECTION

The most direct way from the Saratoga Shopping Center to the Franconia-Springfield metro station by bicycle is through Hooes Road, that is, with the exception of actually getting on the Franconia-Springfield Parkway on a bicycle.

But the sidewalk ends at White House Drive and does not resume for 0.8 miles at Lackawanna Drive. This stretch of road is thin and winding, with blind turns, rolling terrain and cars that often go faster than the 35 mph speed limit.

Trails and sidewalks are available but they would add more mileage and time to the commute. Bike commuter Ivory, of Alexandria said that "bike paths take you too far out of where you need to be at," so he prefers to use the sidewalks instead of the trails when he bikes from Richmond Highway to the Franconia-Springfield Metro.

A CENSUS BUREAU report found that although bicycling makes up a relatively small portion of commuting activity, travel to work by bicycle increased from 488,000 in 2000 to 786,000 in 2008-2012 nationwide. In Fairfax County, the American Community Survey reported that 0.2 percent of residents commute to work.

The report also said that changes in infrastructure, such as those that accommodate non motorized travel, influence decisions people make about their trip to work.

Alan Young, of Burke, has always ridden to work. He bikes 14 miles each way to his job in McLean, and it takes him one hour and 10 minutes. He rides on the road most of time.

Young has seen an increase of bike riders every year, and he believes that the perception that bicycles are not vehicles is changing.

To him, drivers on their phones are the most dangerous to bicyclists. "I can't predict what drivers distracted by their devices are going to do," he said.

Young suggests that, on the road, bicyclists need to ride about three feet out from the curb or where the right lane begins. Bicyclists would be more visible to cars and bicycles would be perceived as vehicles in this position.

Fairfax County Department of Transportation Bicycle Coordinator Charlie Strunk said that perhaps driving tests should be modified to include questions about bicycle awareness. But it is not only motorists who need to change their behavior on the road. In 2012 there were 106 reported bicycle accidents in Fairfax County. Forty-five were bicyclists' faults, 56 were drivers' faults and five were unknown or inconclusive. Ten occurred in the Springfield-Burke area.

Strunk said that he has known people who have behaved differently when they were on a bicycle than when they were in a car. He said that it is as if there were different kinds of modes: driver mode and biker mode.

ON JUNE 17, the Fairfax County Board of Supervisors approved a 100 million transportation bond referendum. Eighty-four million of the proposed bond will be allocated for pedestrian and bicycle improvements. Supervisor Pat Herrity (R-Springfield) was one of two dissenting votes.

Herrity said that he is supportive of trails but the scope and extent of what is proposed in suburban areas do not make sense. "I'm not anti-bike and anti-pedestrian."

Herrity gives the proposed improvements on Lorton and Silverbrook roads as one of the concerns he has for voting against the transportation bond. The county's proposal calls for about 30 feet of shared paths and bicycle lanes. "You don't need 30 feet of right of way for bicycles and pedestrians ... That's three lanes," he said.

Strunk said that Fairfax County riders are geographically diverse. "There are different riders in Reston, Mount Vernon and Springfield" and they have different needs, he said. But, if there is really good infrastructure "You're going to encourage people to walk and bike."



Hooes Road bike trail ends at the Springfield Fire Station on Backlick Road.

VIEWPOINTS

What is the scariest part of your bike ride to the Franconia-Springfield Metro?

— ABIGAIL CONSTANTINO



John Bell, Springfield

"If I were to stay on the highway, which I used to do, that was scary because there's no bike paths and the cars are going very fast. So, I choose not to do that."



Aaron Gibson, Alexandria

"Crossing Franconia-Springfield Road where it turns into Manchester."



Bobby Tillett, Springfield

"Coming down Frontier Road, there's a couple right turns where there's signs that say 'Yield for Pedestrians' but most cars don't yield for bikes."



Tim Larson, Springfield

"There's some sketchy areas as I'm crossing Backlick Road... There's graffiti, it's not always well-kept. There are areas where there's no light. It's dark. I've never encountered any hazards. No one has threatened me or anything. It's still not pleasant riding in the dark in a shady area like that."



Bill Ericson, Kingstowne, shares the best part of his commute

"...The best part is relaxing and getting some exercise."

Candidates Speak at Lakeside Cookout

Republican Senate, Congressional hopefuls woo locals during Annual Big Braddock BBQ.

BY THOMAS FRIESTAD
THE CONNECTION

U.S. Senate Candidate Ed Gillespie and Virginia 11th Congressional District candidate Suzanne Scholte found themselves on the receiving end of public grilling Sunday: they, along with several dozen local citizens, enjoyed an array of grilled dishes together at Supervisor John Cook's fourth Annual Big Braddock BBQ at Burke Lake Park.

"We try to do this every year, to get our team together and have a social occasion, and we talk about

whichever election is coming up and try to get the candidates here," Cook said. "The folks here tend to be the ones that do the legwork in campaigns, so we want to try to inspire them to come out and support the ticket in the fall, and stay as part of the team."

Gillespie said, as a Fairfax County resident, as well as a friend and supporter of Cook, he was happy to attend his BBQ to support him in return. He said his hope for the event was to address the economic portion of his platform with attendees.

"I've unveiled a five-point agenda for economic growth, creating jobs, raising take-home pay, holding down health care costs and reducing energy prices," Gillespie said. "Everywhere I go in the Commonwealth, I find that people are concerned about the direction of the country, with the lack of jobs and higher prices, and we've got policies that would address that; I think that will resonate here today."

Scholte said she attended the BBQ because she believes Cook to be "the epitome of a public ser-



PHOTO BY THOMAS FRIESTAD

U.S. Senate Candidate Ed Gillespie (second from right) and daughter Mollie chat with Braddock District Supervisor John Cook and Consultant Kevin Morse of Burke.

vant," and wished to support him while promoting her run for the 11th District Congressional seat.

"My whole life has been devoted to working with people across party lines and to advance principles through democracy; all the

work I've done in promoting freedom and democracy, I've always worked with Republicans, Democrats and Independents, which is why I have Democrats supporting me, actually," Scholte said. "I'm really concerned about the prob-



PHOTO BY THOMAS FRIESTAD

Suzanne Scholte, candidate for Virginia's 11th Congressional District, addresses the crowd, encouraging its members to focus on "out-reach to people who should be voting for [Republican candidates] but are not."

lems the country is facing right now; we need to be working together, and there's such partisanship in Washington right now that really harms us. That's one of the reasons I'm running: I can bring people together."

PHOTOS BY ABIGAIL CONSTANTINO/THE CONNECTION



From left — Chelle Fulk, Mr. Gabe, Holly Montgomery don pirate attire during a performance of their song "Pirates" from their album Play Date at Burke Lake Park on Saturday, June 28.

Saturday Morning Live!

Mr. Gabe kicks off Arts in the Parks at Burke Lake Park.

BY ABIGAIL CONSTANTINO
THE CONNECTION

Burke Lake Park started its summer entertainment series on Saturday, June 28, with a live and interactive performance by Mr. Gabe. The event is part of Fairfax County Park Authority

and Fairfax Park Foundation's Arts in the Parks.

"We came to check out the toddler songs. And Burke Lake is specially interesting to us because they have a train and a walking path, and we're going to check it out when we're done here," said Casey Nair, of Alexandria.

"It's an option to get out in the morning with the kids," said David Farris of South Riding. He and his family used to live in the Burke area and are familiar with Burke Lake Park. "There's a lot of recreational area we wouldn't otherwise have access to, like boats and a carousel...It's a way for us to



Burke Lake Park kicks off Arts in the Parks on Saturday, June 28, with a performance by Mr. Gabe.



Rob Hornfeck and Niki, of Fairfax City, looks forward to riding the train after the concert at Burke Lake Park on Saturday, June 28.

get into the woods," he said.

Children, and their parents, danced and bobbed to the catchy songs of Mr. Gabe who, along with violinist Chelle Fulk and bass player Holly Montgomery, also led the au-

dience to a rousing sing-a-long of familiar children's tunes.

Arts in the Parks continues at Burke Lake Park every Saturday at 10 a.m. until Aug. 23.



A signing ceremony was held in Norfolk, Va. right outside of the USS Wisconsin.

PHOTO CONTRIBUTED

Governor McAuliffe Signs into Law Legislation for Military

Governor Terry McAuliffe and Virginia Secretary of Veterans and Defense Affairs, Admiral John Harvey held a special ceremony to sign into law several pieces of legislation affecting the military community. Over ten pieces of legislation were signed into law during a ceremony held in Norfolk, Va. right outside of the USS Wisconsin. These pieces of legislation were passed during the 2014 General Assembly and took effect July 1.

Virginia has one of the largest active-military populations, second only to California and the most military civilians by state. Several of the bills focused on helping military families moving to the Commonwealth with their normal services and job transition. Among those were HB 1247 introduced by Del. Eileen Filler-Corn (D-41). HB 1247 requires the Department of Professional and Occupational Regulation to expedite the review process for temporary licenses for military spouses that already hold the equivalent license in another state.

Other legislation aimed to help military families and spouses were HB 576, increasing eligibility into Virginia Military Survivors and Dependents Education Program, SB138, increasing the grace period of vehicle safety inspection approval for certain members of armed services and SB18 which extends unemployment compensation to military spouses voluntarily leaving their job to accompany their spouse in reassignment.

"It was an honor to join my colleagues, the Governor and Admiral Harvey to sign these critically important pieces of legislation into law. I look forward to continuing to advocate for military families and I hope my bill eases the burdens on military spouses associated with reassignment," said Delegate Filler-Corn.

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County Falling Behind on Its Housing Goals

BY MICHELLE KROCKER
EXECUTIVE DIRECTOR
NORTHERN VIRGINIA AFFORDABLE HOUSING
ALLIANCE

On June 9, the Residential Studio Committee of the Fairfax County Planning Commission voted to recommend that the review of the Zoning Ordinance Amendment for Residential Studio Units be tabled. This recommendation will be voted on by the full Planning Commission at its July 24 meeting and it is almost certain that it will be adopted. After months of committee hearings and community meetings throughout the county, the RSU amendment will be quietly put to rest.

What were the factors that defeated this proposal? They were many and varied, including:

- ❖ virulent community opposition;
- ❖ fear of overcrowding, which is a real issue in some parts of the county;
- ❖ an abject lack of knowledge by the larger community about the issue of housing affordability — who needs it, current housing costs, income levels of the workforce, the impacts on our quality of life;
- ❖ a zoning ordinance that didn't allow the flexibility needed to develop these units;
- ❖ absence of leadership from the Board of Supervisors in communicating the county's growing unmet housing needs and helping to shepherd a community discussion that was balanced and respectful.

Is Fairfax County committed to providing housing that is affordable for all its residents?

While the Board of Supervisors unanimously adopted the Ten Year Plan to End Homelessness in 2007 and the Blueprint for Housing in 2010, they have done very little in the ensuing years to provide the resources needed to implement these plans. In 2009, when the county reduced

the Penny Fund for Housing to a half cent, the financial resources to leverage private capital to preserve and develop new affordable housing were lost (the remaining half cent is used to pay the debt service on the bonds issued for the Wedgewood Apartments acquisition). From 2005 to 2009, the One Penny Fund preserved over 2,200 units of affordable housing. Since 2009, the number of new or preserved units serving households earning less than \$64,000 or 60 percent of area median income has declined significantly.

COMMENTARY

The FY2015 Housing and Community Development budget provides \$5 million for new construction or a preservation project of 120 units, and approximately \$3 million for Bridging Affordability, a rental subsidy for households moving out of homelessness. This is a paltry amount of funding for a county of this size and wealth. As has been famously said, "show me your budget and I'll show you your priorities."

Other policies to provide funding for housing have been studied and tabled by the Board of Supervisors, the most recent being the "3-2-1 policy" which would secure a contribution from commercial development in transit and high density areas of the county to support the development of workforce housing. This policy is currently in place for the Tysons redevelopment area, but board members felt that if applied to other areas of the county, it could deter new commercial development which has slowed down in the last few years. However, both Arlington and Alexandria have commercial development fee policies in place, and the result has been a significant increase in resources for affordable housing with no apparent impact on commercial development.

The unwillingness to adopt new, proven funding strategies, combined with minimal local investment in housing programs means that the county is falling farther and farther

behind in meeting the goals for the 10 Year Plan and the Blueprint for Housing. How can homelessness be addressed in a meaningful way if the stock of affordable housing isn't growing? How does Fairfax County ensure that there is housing in its communities for the workforce in the retail, hospitality, health care, public sector and entry level jobs? How does the county promote the development of stable, affordable housing for homeless children, youth aging out of foster care, persons with special needs, seniors on fixed incomes and low wage working people?

The final motion on the RSU amendment at the June 9 meeting included a recommendation stating that "there be a broader community dialogue about affordable housing, including a discussion on how best to provide for a range of housing opportunities that will serve the county's current and future residents at all income levels." The Alliance enthusiastically endorses this recommendation, and believes the time for discussion is now. An honest community discussion would hopefully break down some of the barriers of mistrust and misunderstanding surrounding housing, and engage more members of the community in building consensus for solutions.

The growing shortage of affordable housing and the severe cost burden for an increasing percentage of the county's population is not unique to Fairfax County. This is a challenge that threatens the vitality and sustainability of the entire region, and some jurisdictions have made progress in increasing their affordable housing stock through a variety of financial and land use tools. As the largest jurisdiction and the engine of job growth for the region, Fairfax County should be the leader in addressing the housing issue. Instead, they are lagging far behind due to negligible investments and the absence of vision to address the unmet housing needs of its residents both today and in the future.

LETTERS TO THE EDITOR

Later Start Times Can Benefit Community

To the Editor:

To set the record straight, there is nothing worse for traffic than a car crash, and sleepy teen drivers are like drunk drivers in terms of performance behind the wheel. Later high school start times are safer for teens and also for the rest of us as they have been shown to significantly decrease car crashes in young drivers.

When you read letters opposing this effort, please ask yourself whether the letter-writer has a personal vested interest in retaining the status quo. Last week's letter, "Later Start Times Affect Commuters," was filled with misinformation and scare tactics.

The letter made it sound as if there are only a small number of children impacted by the morning start times that are among the earliest in the nation. Fairfax high schools start classes at 7:20 a.m. Only 10 percent of schools in the

nation start before 7:30 in the morning! Seventy-two of 95 counties in Virginia start high schools at 8 a.m. or later. Perhaps the letter writer would prefer that FCPS start school at 5 a.m. to ensure that our children are all out of the way before his morning commute? The reality is that Fairfax County Public Schools are a massive part of the traffic flow for the entire morning commute. It will remain that way with any of the new schedules as well.

The majority of FCPS high school students are sleep deficient. Only 15.5 percent of seniors get 8 hours of sleep per night on school nights and medical experts recommend about 9 hours for adolescents. In 10th grade, only 25 percent are getting at least 8 hours of sleep per night. The letter writer seems to be suggesting that 75 percent or more of our students pay for unnecessary medical tests

and ask doctors to write medical excuses for a problem that is the norm, not the exception to the rule. Perhaps he is unaware that there is compelling medical and educational evidence that very early school start times are a problem and that the Virginia Chapter of the American Academy of Pediatrics has a position in favor of later high school start times for students in Virginia as does the Medical Society of Virginia and the Medical Society of Northern Virginia.

For more than a year, FCPS has partnered with Children's National Medical Center and has met with stakeholder leaders from more than 45 different organizations, agencies, and community groups. Transportation experts and stakeholder leaders studied about 20 scenarios before the school board selected four potential scenarios to bring to the community for input.

The School Board has been extremely slow and deliberate in this process. Children's National Medical Center has been working to include input from all stakeholders, including principals, social workers, leaders from the teacher organizations, PTA's, the athletic council, the Park Authority, School Aged Child Care providers, the middle school after school program, Safe Routes to School, and others. In July, there will be a work session with a report to the board. School board members have suggested that the Blueprint for Change may be one of the four options or it may be a hybrid based on the community input.

Montgomery County's Superintendent delayed implementation of any high school start time changes, but he will not be able to close the door on the need for later morning schedules because it is

SEE LETTER, PAGE 14

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AREA ROUNDUPS

July 4th Rides Home

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FCPS Launches Collect for Kids School Supply Drive

To ensure that every child in the school district is prepared for school, Fairfax County Public Schools (FCPS) will launch Collect for Kids, a coordinated school supply drive to benefit needy FCPS students, on Monday, July 7. The drive will provide school supplies for the 2014-15 school year for students who qualify for free and reduced-price meals; donors may contribute backpacks, calculators, or cash that will be used to purchase as many supplies as possible. Approximately 27.8 percent of FCPS students receive free and reduced-price meals.

Citizens can support FCPS students in one of three ways:

- ❖ Cash donations. By partnering with Office Depot and Kitz for Kids, Collect for Kids purchases school supplies in bulk, translating a \$1 donation into \$3 worth of school supplies. A \$10 donation can fill a backpack with FCPS-approved supplies. Donations are accepted online or at any Apple Federal Credit Union (Apple FCU) or Northwest Federal Credit Union branch (Northwest FCU).

- ❖ Backpack donations. Donations of new backpacks can be brought to any Apple FCU or Northwest FCU branch, or to any affiliated organization. Visit Apple FCU or Northwest FCU for branch locations.

- ❖ Calculator donations. Calculators, which will help support students in STEM (science, technology, engineering, and math) subjects, can be donated to Apple FCU or any affiliated organization. Preferred models are the TI 30Xa Solar School Edition or TI-84 Series calculators.

SEE ROUNDUPS, PAGE 13



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WELLBEING

Summer Health and Safety Hazards

Keeping danger at bay during warm weather months.

BY MARILYN CAMPBELL
THE CONNECTION

Summer comes but once a year. From picnics and days at the pool to backyard barbeques and day-long hikes, many people spend the season outdoors. Danger, from water-related illnesses to heat stroke, often comes with the fun. Public safety officials say people can prevent accidents and illnesses by taking safety measures and staying informed.

“One of the core messages with public health is that we can’t be everywhere all the time,” said Glen Barbour, public safety information officer for the Fairfax County Health Department. “It is really in the hands of the public to take precautionary measures and protect themselves.”

Celebratory sparklers are popular during the summer, but they’re a source of danger. The U.S. Consumer Product Safety Commission reports that 60 percent of fireworks injuries occur around July 4. Hand,

eye and face injuries are among the most common.

“The first thing that we recommend is viewing fireworks displays in a public place that has been permitted and checked for safety,” said Dan Schmidt, spokesman for the Fairfax County Fire and Rescue Department. “It saves them money and provides a safe environment to view fireworks.”

Other safety officials agree. Fireworks are banned in the City of Alexandria. “We have close to 100 percent compliance, so we don’t see many injuries,” said Tony Washington, spokesman for the City of Alexandria Fire Department.

For those who decide to use consumer fireworks, there are a few safety considerations to keep in mind: “Fire them from a flat surface and make sure there are no combustible materials near the fireworks,” said Schmidt. “Have bystanders at least 25 feet away, read the directions and don’t let children handle or light fireworks.”

OTHER SUMMER HEALTH HAZARDS are equally preventable. From recreational water illnesses to sunburns, staying informed about potential hazards and strategies for keeping them at bay can lead to a more fun and relaxing summer for everyone.

“The best way to prevent recreational water illnesses is to keep germs, pee and poop out of the water,” said Kurt Larrick, spokesman for the Arlington County Department of Human Service. “Check diapers frequently and take a shower with soap before going into the water.”

Fairfax County issues the same message. “The main thing that we at the health department emphasize is gastrointestinal illness caused by feces in the water,” said Barbour. “We encourage people, especially the parents of small children, to not go to a public pool when they have diarrhea.”

Barbour warns of factors that might give the public a false sense of security. “We want parents to be mindful that not all not all germs

are killed right away, even in chlorinated water, and that leak-proof diapers don’t always keep feces out of the water.”

Other preventative measures include frequent hand washing, taking a shower before entering a public pool, discouraging children from drinking water that is used for swimming and giving young children bathroom breaks at least every 60 minutes.

IN ADDITION TO ILLNESSES, other water-related dangers spike during the summer. “They are a lot of accidents like drowning,” said Barbour. “Teach their kids how to swim, watch young children very carefully when they are near water.”

Swimming with a partner and wearing a life vest when boating are also important. “Should someone fall in the water and injure their head, the life vest will keep them floating,” said Barbour.

Heat-induced ailments like sunburns, heat rashes, heat exhaustion and heat stroke are other hot-weather culprits. “The three most important things to do to prevent them are drink enough fluids, wear



PHOTO BY MARILYN CAMPBELL

Water-related injuries and illnesses increase during the summer. Among the best defenses against such hazards are awareness and good safety practices like teaching children how to swim.

proper clothing and choose the best times to be outside,” said Caroline Sutter, RN DNP-BC, assistant professor of nursing, George Mason University. “Avoid the extreme heat of midday.”

Wearing sunscreen, staying hydrated and avoiding alcohol when in the heat are also good ideas. “Most of the research shows that you should drink water before going out into the heat, even if you don’t feel thirsty. Thirst is the last warning sign of dehydration,” said Sutter. “After you come in, you can add back water with sports drinks that have electrolytes.”

Know the warning signs that it is time to get out of the heat: “Heat cramps are the first thing that you’ll feel,” said Sutter. “Your muscles will get tired and cramp easily because they aren’t getting enough blood flow.”

Nausea, vomiting and headaches are also clues. “Your body is good about giving your warning signs,” said Sutter. “If you listen to your body you can avoid some of these major complications.”

The elderly and very young children are at greatest risk of heat illnesses. “Children in sports camps or out-

More on Summer Safety
Fairfax County Emergency Information Blog
fairfaxcountyemergency.wordpress.com/

Fairfax County Health Department
www.fairfaxcounty.gov/hd/

door camps should wear sunscreen and have regular rest breaks in the shade,” said Rosemarie Berman, RN, Ph.D., chair, B.S.N. program; assistant professor of nursing, Marymount University in Arlington. “A well-regulated camp will have regulated rest periods.”

Barbour said, “Parents of infants and small children should be aware because a baby can’t tell you when they’re sick. Check on elderly neighbors who don’t have air conditioning.”

Avoid leaving the elderly, young children and pets in small, enclosed spaces like cars. “They could die even after a short period of time like when you’re running to get gas,” said Sutter.

Stay informed about potentially dangerous weather like heat waves. “We have cooling centers open on really hot days,” said Barbour. “You can also go into an air conditioned public space like a library.”

BITES FROM MOSQUITOES and ticks can also pose health threats. “People should be mindful that we do have West Nile virus and Lyme disease in our area,” said Barbour. “When summer comes, people are outside and are exposed to insects that cause people to get sick.”

Heavily foliated spaces, like those with tall grass, are where such bugs hide. “If you’re in an area where the grass is high, on the fringes of a park or even your backyard, be aware,” said Barbour.

When hiking or working outside, wear light-colored, loose fitting clothing, long sleeves and long pants. “Ticks are sneaky,” said Barbour. “They will crawl up your leg without you knowing it.”

Other precautionary measures include checking your body carefully for ticks after coming inside and eliminating standing water from around a home. “At least once a week, we encourage people to walk around their house and dump water from places like bird baths and your dog’s water bowl.”

Health and safety officials say that most summer hazards are avoidable. “Summer safety pretty much all boils down to common sense and reducing your exposure to risks,” said Larrick.



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ENTERTAINMENT

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.

THURSDAY/JULY 3

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.

Chairman Sharon Bulova's Evenings on the Ellipse Summer Concert Series. 5:30-7:30 p.m. Fairfax County Government Center "Ellipse" (green lawn behind the building), 12000 Government Center Parkway, Fairfax. No matter what kind of music you like, bring your lawn chairs, blankets, families and dates. 703-324-7329.

FRIDAY/JULY 4

City of Fairfax Independence Day Parade. 10 a.m.-12 p.m. 4100 Chain Bridge Road, Fairfax, around Historic Old Town Fairfax and passing the Reviewing stand on Armstrong Street. Come see eight high school marching, large inflatable parade balloons, horses and clowns. <http://www.fairfaxva.gov/about-us/special-events/independence-day-celebration>.

Old Fashioned Fireman's Day. 12:30-3 p.m. Fire Station 3, 4081 University Drive, Fairfax. Enjoy watching area fire companies compete. <http://www.fairfaxva.gov/about-us/special-events/independence-day-celebration>.

Evening Show and Fireworks. 7 p.m. Fairfax High School, 3501 Rebel Run, Fairfax. Music and dancing to rock & roll favorites; the City of Fairfax Band will play the 1812 during the fireworks display at 9:30 p.m. Rain date: July 5. <http://www.fairfaxva.gov/about-us/special-events/independence-day-celebration>.

Historic Open Houses. 9 a.m.-4 p.m. Come see the Fairfax Museum and Visitors Center, 10209 Main Street, Fairfax and Ratcliffe-Allison House, 10386 Main Street, Fairfax. <http://www.fairfaxva.gov/about-us/special-events/independence-day-celebration>.

Lorton's Fourth of July Parade. 11 a.m.-2 p.m. VRE Parking Lot, 8990 Lorton Station Blvd., Lorton. Lorton's fourth annual Independence Day parade.

4th of July at Paradise Springs. 11 a.m. - 7 p.m. Paradise Springs Winery, 13219 Yates Ford Road, Clifton. Navi Singh performs at 2 p.m.

Independence Day at Gunston Hall. 9:30 a.m. - 5 p.m. Gunston Hall, 10709 Gunston Road, Mason Neck. Celebrate Independence Day at Gunston hall. Converse with Colonel Mason, take a mansion tour, enjoy the grounds or bring a picnic lunch. Free. 703-550-9220.

FRIDAYS/JULY 4-AUG. 29

Braddock Nights Concert Series. 7:30-8:30 p.m. Lake Accotink Park, 7500 Accotink Park Road, Springfield or Royal Lake Park, 5344 Gainsborough Drive, Fairfax. Listen to musical performances in the great outdoors. Visit www.fairfaxcounty.gov/parks/performance/ for location and schedule.

SATURDAY/JULY 5

Homeless Animals Rescue Team Dog Adoption. 12-3 p.m. PETCO, Greenbriar Towncenter, 13053 Lee Jackson Mem. Hwy., Fairfax. Come adopt a dog. hart90.org.

Trackless Train Ride. 9 a.m.-12 p.m. and 12:30-1:30 p.m. Green Spring Gardens, 4603 Green Spring Road, Alexandria. For ages 3-adult, take a trackless ride to the Historic House and ponds of Green Spring Gardens. \$3. Register online at www.fairfaxcounty.gov/parks/greenspring.

Out is In: Discovery Trail. 9 a.m.-12 p.m. Green Spring Gardens, 4603 Green Spring Road, Alexandria. Walk Green Spring Gardens' trail of cultivated gardens, through the native plant forest and down to the ponds. www.fairfaxcounty.gov/parks/greenspring

3rd Annual Independence Day Concert and Fireworks at the Workhouse Arts Center. 3 p.m. - 10 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. Day of fun, food, live music and fireworks. Tour the Artist Studios & Galleries and meet the artists. Free but there is a \$10 parking fee per car. 703-584-2900, <http://workhousearts.org>

SATURDAYS/JULY 5-AUG. 23

Burke Arts in the Parks. 10 - 11 a.m. Burke Lake Park Amphitheater, 7315 Ox Road, Fairfax Station. Entertain children, teach them the importance of protecting our natural resources, introduce them to live entertainment in an informal kid friendly atmosphere, and forge a connection between kids and parks. Call 703-323-6601.

SEE CALENDAR, PAGE 11

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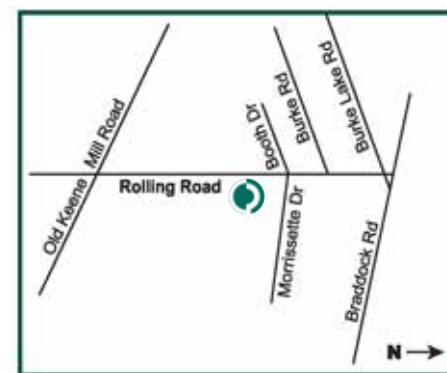
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SATURDAY/JULY 5

Saturday Farmers Market. 8 a.m.-1 p.m., at the parking lot at the intersection of West and Main Streets behind Wells Fargo Bank in Fairfax. Every Saturday there is fresh produce, goods and wares at the market. church@sovgracefairfax.org or www.FairfaxSaturdayMarket.com.

WEDNESDAY/JULY 9

Springfield Christian Women's Connection Luncheon. 11:30 a.m. Springfield Golf & Country Club, 8301 Old Keene Mill Road, Springfield. The premier singer of the National Anthem for the Washington D.C. sports teams will perform patriotic and sacred music for us in air-conditioned comfort. \$18.50. Reservations are requested by July 7 at 703-590-6562.

Time for Twos. 10:30 a.m. Richard Byrd Library, 7250 Commerce Street, Springfield. Join us for a story time focusing on early literacy skills just for twos. Age 2 with adult.

SATURDAY, JULY 12

Obon Festival. 5:30 -9 p.m.

FAITH NOTES

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

Fairfax Baptist Temple, at the corner of Fairfax County Parkway and Burke Lake Roads, holds a bible study fellowship at 9 a.m. Sundays followed by a 10 a.m. worship service. Nursery care and children's church also provided. 6401 Missionary Lane, Fairfax Station, 703-323-8100 or www.fbtministries.org.

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

Lord of Life Lutheran offers services at two locations, in Fairfax at 5114 Twinbrook Road and in Clifton at 13421 Twin Lakes Drive. Services in Fairfax are held on Saturdays at 5:30 p.m. and Sundays at 8:30 and 10 a.m. Services in Clifton are held on Sundays at 8:15 and 10:30 a.m. 703-323-9500 or www.Lordoflifeva.org.

Highlighting Japanese culture at Ekoji Buddhist Temple, 6500 Lakehaven Lane, Fairfax Station. Visit www.ekoji.org for more.

Teen Book Club. 11 a.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Let's read City of Bones by Cassandra Clare. Bring friends, your library card, and some snacks to share. Print copies of title are available at the service desk. Age 13-18.

TUESDAY/JULY 15

Read Yourself Silly with Flow Circus. 7 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Take a trip to the circus with juggling, magic and more. Cosponsored by the Friends of the George Mason Regional Library. Age 6-12.

WEDNESDAY/JULY 16

My Gym - Babies. 10:30 a.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Develop your child's large motor skills with physical exercise designed for babies. Age 12-23 months with adult.

My Gym - Toddlers. 11:30 a.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Develop your child's large motor skills with physical exercise designed for toddlers. Age 2 years with adult.

SATURDAY/JULY 19

Clifton Film Festival. 4 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. Clifton Film Fest is an award winning indoor and outdoor film festival. Original films made by the surrounding community are showcased. Visit www.cliftonfilmfest.com/index.html for more.

Teen Advisory Board Meeting.

10:30 a.m. Burke Centre Library, 5935 Freds Oak Road, Burke. TAB is a group of young adult volunteers between the age of 13 to 18 years who meet twice a month to plan and implement projects that will benefit the library and the community.

Origami Workshop. 2 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Learn how to make animal figures and geometric shapes. Age 10 to adult.

MONDAY/JULY 21

Professor Parsnip's Lab. 10:30 a.m. Burke Centre Library, 5935 Freds Oak Road, Burke. The Professor mixes food, science and fun in this Bright Star Theatre production. Cosponsored by the Friends of the George Mason Regional Library. All ages.

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SPORTS



Wilson Friestad, 14, of Robinson Secondary competes in the 13-14 boys' 50m Backstroke.



Wyatt Weston, 16, of Robinson Secondary competes in the Breaststroke leg of the 15-18 boys' 200m Medley Relay.

Spellbinding Swimmers

BY THOMAS FRIESTAD
THE CONNECTION

Coming off of a 3-2 winning 2013 season, the Kings Ridge Water Wizards have been treading water thus far, currently sporting an 0-2 record. The team's rise from Northern Virginia Swimming League Division 13 to the more difficult Division 12 has left its members in need of additional swim practice, and perhaps a bit of Felix Felicis (the luck potion from "Harry Potter and the Half-Blood Prince").

"Final score-wise, we're not where we expected, but hopefully at these next couple meets, we can turn it around and try to get some victories," Coach Chris Burns said. "Our 9-10 boys and girls are doing phenomenal right now and really kicking butt. I feel like we could improve on our flip turns especially, and I really do wish we had more older kids in the 13-14 and 15-18 age groups. We're lacking in numbers, and if we had numbers, I think we'd be a little more competitive."

Coach Tim White said his strategy to help his swimmers' performances is to focus on their underwater dolphin kick, a form of full body undulation used to propel oneself after a dive or a flip turn.

"Nowadays, many swim races are won and lost at the start, turn and underwater portions," White said. "If we emphasize this part of a race, we can gain an advantage. However, it is an extremely difficult technique to master. We tell our swimmers to watch videos of Olympic-level swimmers to see how they perform this kick, because it is truly hard to achieve."

Mason Izadpanah, 14, of Robinson Secondary said he enjoys swimming for Kings Ridge mainly because of the competition of the sport.

"My favorite part about swim team would have to be the focus and competitiveness," Izadpanah said. "It's great just getting out there and competing in something that's



Coaches Chris Burns, Tim White and Brittany Henry, carrying Emma Fleck, 8, congregate at the side of the pool, ready to congratulate swimmers after their races.



Swimmer Sarah Gaulke competes in the 15-18 girls' 50m Breaststroke event.

interesting to me. I also like making new friends and seeing old friends every summer."

White also emphasized the infectious sense of spirit inherent in being a Water Wizard, even detailing a story from the pre-

Kings Ridge Water Wizards work their magic during swim meets.



Team Rep Kris Bondanella cheers from the side of the pool.

vious summer about a time when the team's spirit became too much for some to handle.

"Last year, before a swim meet, the former head coach and I dressed up; he wore a morph suit with our team colors, black and gold, while I wore the costume of our mascot, the Wizard," White said. "We stood on the sidewalk in the neighborhood to wave to swimmers and pump them up as they drove to the pool. However, one lady came outside, yelled at us, and called 9-1-1 to report 'a [male contraceptive product] and a hobbit on her lawn' before driving off. Surprisingly, the police never showed up, but everyone on the team still got a great laugh out of the story when we told it."

Coach Brittany Henry said her hope for the future of the team this season is that they will win each remaining meet, thus tying the team's record from last year.

"For the rest of the season, I'm hoping that we can win our remaining meets," Henry said. "All the swimmers are improving and the team is coming together very nicely. As long as that continues, we should do pretty well in our next three meets. Then, all of the kids will see that their hard work in practice is paying off."

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PHOTOS BY PETER GAULKE

AREA ROUNDUPS

FROM PAGE 7

tors, but other models may be donated.

The Collect for Kids program runs from July 7 through Sept. 2.

Ellipse Summer Concerts Start Thursday

Enjoy food trucks, wine tastings, picnic blankets, and free music? Stop by Chairman Sharon Bulova's Evenings on the Ellipse Summer Concert Series, happening every Thursday evening on the Government Center lawn from 5:30 p.m. to 7:30 p.m. (July 3 – Aug. 28). Whether you like jazz, big band, bluegrass, or Latin pop, there is sure to be something for everyone. So bring your lawn chairs, blankets, families and dates and get ready for some memorable Thursday evenings this summer at the Fairfax County Government Center "Ellipse" (green lawn behind the building), 12000 Government Center Parkway, Fairfax.

Every Thursday, July 3 – Aug. 28, 2014, 5:30–7:30 p.m. Performances are free. This event is rain or shine. In case of rain, concerts will continue as scheduled in the Government Center Lobby.

With summer concerts hosted in the "backyard," you will also find the Government Center Farmers Market in the "front yard" parking lot.

Supervisor Cook Honored For Fighting Domestic Violence

Supervisor John C. Cook (R-Braddock) was named Shelter House, Inc.'s Community Champion for his work to prevent and end domestic violence.

Supervisor Cook serves as the Board of Supervisor's representative to the Domestic Violence Prevention, Policy and Coordinating Council of Fairfax County. Shelter House, Inc., a community-based, non-profit organization assisting homeless families in Fairfax County presented the award at its volunteer awards ceremony June 24 in Tysons Corner.

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

SATURDAY/JULY 5

Teen Advisory Board Meeting. 10:30 a.m. Burke Centre Library, 5935 Freds Oak Road, Burke. TAB is a group of young adult volunteers between the age of 13 to 18 years who meet twice a month to plan and implement projects that will benefit the library and the community.

MONDAY/JULY 7

Red Cross Blood Drive. 2:30-7 p.m. Fairfax Regional Library, 10360 North Street, Fairfax. Donate blood for those in need. Make an appointment at 1-800-733-2767.

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

TUESDAY/JULY 8

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

FRIDAY/JULY 11

Red Cross Blood Drive. 8 a.m.-1:30 p.m. Massey Building, 4100 Chain Bridge Road, Fairfax. Donate blood for those in need. Make an appointment at 1-800-733-2767.

SATURDAY/JULY 12

Red Cross Blood Drive. 9 a.m.-1:30 p.m. Kinder Care, 6025 Burke Commons Road, Burke. Donate blood for those in need. Make an appointment at 1-800-733-2767.

LETTER

FROM PAGE 6

critical to his desire to close the achievement gap. Seventy-eight percent of the parents polled in Montgomery County supported the change despite what seems to be an inflated cost estimate. Dr. Starr made the mistake of wrapping the later start time proposal into a wish-list idea to extend the length of the elementary school day and combined the cost estimates making both look more expensive.

Abundant research on this topic is clear: When schools have delayed the start of the school day, students have shown improved physical and mental health, less depression, reduced car crashes and improved performance in the classroom and on the field. Schools also report reduced tardiness and sleeping in class, as well as improved attendance, graduation rates, and standardized test scores.

Thankfully, Fairfax has also been able to find solutions that are less than a third of the cost of Montgomery County's plan, including more efficient bus routing that may reduce commute times for some students.

Multiple organizations have studied and support this change and community members who care about child health and safety as well as their own commutes should support this change as well by signing the petition at sleepinfairfax.org.

As Dr. Owens from Children's National Medical Center says, "To do nothing is to do harm." I firmly believe that.

Phyllis Payne
Fairfax

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21 Announcements

21 Announcements

PUBLIC NOTICE

The Supplemental Programmatic Environmental Assessment
for Army 2020 Force Structure Realignment and Draft Finding
of No Significant Impact (FNSI) are available for review and
comment.

The Army's proposed action is to reduce the Army's Active
Component end-strength from 562,000, as of the end of fiscal
year 2012, to 420,000. Installations that were included in the
SPEA are those that could experience a change in Soldiers
and civilians that exceeds 1,000 personnel. Fort Belvoir was
one of the 30 analyzed in the SPEA. No significant environ-
mental impacts are anticipated as a result of implementing Ar-
my 2020 alternatives, though socioeconomic impacts at most
installations could be significant.

Alternatives considered in the SPEA evaluate the greatest
force reduction scenarios that could occur as a result of Army
force drawdown. Final decisions as to which installations will
see reductions or unit realignments have not been made.

All interested members of the public, federally recognized Indi-
an Tribes, Alaska Natives, Native Hawaiian groups, federal,
state, and local agencies are invited to review and provide
comments. A copy of the SPEA and Draft FNSI is available at:

http://aec.army.mil/Services/Support/NEPA/Documents.aspx

and in the following local libraries: Fairfax County Public Li-
brary – John Marshall Branch, Fairfax County Public Library –
Kingstown Branch, Fairfax County Public Library – Sherwood
Regional Branch, Alexandria; Fairfax County Public Library –
Lorton Branch, Lorton; Fairfax County Public Library – City of
Fairfax Regional Branch, Fairfax; Van Noy Library, Fort Bel-
voir; Prince William County Public Library – Chinn Park Library,
Prince William.

The Army will accept comments until August 25. Please submit
written comments or additional information to: U.S. Army Envi-
ronmental Command, ATTN: SPEA Public Comments, 2450
Connell Road (Building 2264), Joint Base San Antonio-Fort
Sam Houston, TX 78234-7664; or by email to
usarmy.jbsa.aec.nepa@mail.mil

21 Announcements

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21 Announcements

21 Announcements

PUBLIC NOTICE
CORRECTIVE ACTION PLAN IMPLEMENTATION FOR
AN UNDERGROUND STORAGE TANK (UST) SITE
JUNE 23, 2014

There has been a release from an underground storage tank
system at:

Fairfax County Department of Vehicle Services
Newington Maintenance Facility
6900 Newington Road
Lorton, Virginia, 22079

The Virginia Department of Environmental Quality (VDEQ) has
worked with Fairfax County to develop and implement a
Corrective Action Plan to address cleanup of petroleum hydro-
carbons at the site. If you have any questions regarding the
cleanup please contact:

Randy Chapman, Environmental Specialist Senior Project
Manager Virginia Department of Environmental Quality
Northern Regional Office
13901 Crown Court
Woodbridge, VA 22193
703-583-3808
Randy.chapman@deq.virginia.gov
www.deq.virginia.gov

As part of the corrective action process a Corrective Action
Plan was submitted to the Northern Regional Office of VDEQ
on September 6, 2013. The Corrective Action Plan consisted of
measures to be undertaken during the installation of storm
sewers and other utility structures associated with site renova-
tion activities at the Newington bus maintenance
facility in Lorton, Virginia. The Corrective Action Plan was
essentially composed of the following measures:

1. Petroleum-impacted soil encountered during site
development activities was excavated, removed from the site,
and properly disposed of;
2. Utility trenches located within petroleum impacted soils
were lined with a polyethylene barrier to prevent petroleum
migration into the utility trench or bedding gravel;
3. Confirmatory soil samples were collected at the base of the
utility trench excavations and submitted to the VDEQ for
review.

The Corrective Action Plan implementation was carried out
between September 7, 2013 and December 7, 2013. If you
would like to review or discuss the implementation of this
Corrective Action Plan with the staff of VDEQ, please feel free
to contact Randy Chapman who is listed above.
You may also contact:

Kenneth Lim, Project Manager or Christopher Elliot
Department of Public Works and ECS Mid-Atlantic, LLC,
Environmental Services Consultant for Fairfax County
12000 Government Center Parkway, Suite 449 703-471-8400
Fairfax, Virginia 22035-0052
celliott@ecslimited.com
(703)-324-5826 www.ecslimited.com
Kenneth.lim@fairfaxcounty.gov

VDEQ Northern Regional Office will consider written comments
for a period of thirty days from the first date of this notice re-
garding the Corrective Action Plan implementation and may
decide to hold a public meeting if there is a significant public in-
terest. Written comments should be sent to the VDEQ at the
address listed above. VDEQ requests that all written com-
ments should reference the tracking number for this case; PC
2014-3041.

21 Announcements

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Vacation at home in your in ground pool! Spacious, updated home sits on 0.9 flat and sunny acres! So many updates including wood floors, replacement windows, granite kitchen, and remodeled pool! Two zone gas heat, unbelievable room sizes. Sought after Colchester Hunt neighborhood! Robinson Schools!
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Kings Park West in Fairfax. Lovely 4 bedroom home with garage * Wood floors * Updated kitchen that opens to private patio * Living room with fireplace * Family room opens to deck & hot tub * Large fenced back yard * Fresh paint & carpet * COMING SOON * Call Judy for more information.



SOLD IN 1 DAY * Visit www.6414FourOaksLane.com
* Outstanding colonial in Four Oak Estates * Remodeled kitchen * Wood floors * 5 bedrooms * 3.5 baths * 2 car attached garage * Deck overlooking private back yard bordering wooded common area * Finished walkout lower level * Call Judy for a consultation about today's real estate market.



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Remington \$325,000
Historic Victorian Colonial
Act now to choose your paint colors for this beautiful home in the historical district! 4 bedrms, 4 baths, huge oversized 2 car garage, remodeled eat-in kitchen w/ granite and SS, library on 1st level, tin roofed screened porch, 2 floor to ceiling bay windows, winding wood staircase, mirrored mantel surrounds, tall ceilings, hardwood floors, and there is a separate apartment unit above garage with separate entry and utility meters! Call Steve Childress NOW! 703-981-3277



COMING SOON Sterling
Beautiful 4 bedroom, 4 bath Colonial. Gorgeous updated kitchen with granite, and stainless steel appliances. Wonderful family room with fully finished lower level rec room. Terrific rear deck with a large fenced yard that backs to trees.



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Fairfax **COMING SOON**
Awaiting some last minute touches. Nice colonial with a gorgeous mostly fenced treed back yard, on a cul-de-sac. 3 levels, 2 car garage, nice size rooms.
Call Kay for an update 703-217-8444



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Stone Front Rambler beauty, with Contemporary Flair. Great Room w/High Ceilings, Sky Lights, 4 BR's, 3 Baths, Full finished W/O Bsmt, cul-de-sac location.
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Fairfax \$675,000
Stately 4BR/3.5BA Colonial has exceptional finishes throughout. Replaced everything & upgraded all. Offers hardwood floors, kitchen w/granite & SS appliances, built ins, walkout LL to paver patios overlooking amazing gardens & 2 car garage. Close to schools, metro bus, VRE, GMU & shopping. This is a special home!

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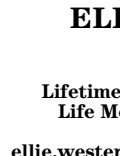
Burke \$659,900
Contemporary Colonial
2 Story LR, 4 BR, 3 1/2 BA, 2-Car Gar SF w/1st Fl HW. Upgraded Kit, Granite Ctrs, SS Appl. Large MBR & MBA w/Whirlpool. Fully finished Bsmt. NO YARD MAINTENANCE!



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Springfield \$369,900
Charming end unit townhome on a quiet cul de sac surrounded by common area. Three bedrooms, baths on every level, upper level laundry, walk out basement and loads of updates including windows, HVAC and HWH. Hardwood floors throughout, walkout basement and a huge deck to enjoy the very special views.

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