

Honoring 'Best of Braddock'

News, PAGE 3

Elizabeth Banks, a recent graduate of Robinson Secondary School, is presented the award for Braddock District Young Person of the Year at the annual Best of Braddock Awards on July 9. Del. Eileen Filler-Corn (D-41) and Supervisor John Cook (R-Braddock District) stand behind her.



Rain Can't Keep
These Penguins
from the Water

NEWS, PAGE 10



Thank you to the 2014 LBSS PTSA All Night Grad Party Supporters!

The Lake Braddock Senior Class of 2014 and their families would like to thank the following businesses, organizations and individuals for their support of the PTSA-sponsored alcohol- and drug-free All Night Graduation Celebration which was held on June 23rd, 2014, at the Audrey Moore RECenter at Wakefield Park. We are grateful for their generous contributions and commitment to the young people of our community. Please support these organizations that invest in the success of Lake Braddock Secondary School.

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We'd like to thank the faculty and staff of LBSS and especially, the LBSS PTSA for support of our All Night Graduation Celebration. A huge thank you to our volunteers: the parents, friends and relatives of the Classes of 2014, 2015, 2016, 2017, 2018 and 2019. We would also like to extend a special thank you to the Burke Volunteer Fire and Rescue Department and the Fairfax County Police for their vital presence at our party. Finally, we'd like to thank the staff of the Audrey Moore RECenter for all their help in making the night run smoothly. Make plans now to support our 2015 party on June 17th, 2015. Also, mark your calendar for our mulch sale on April 11th and 12th, 2015.

NEWS



From left: Ned Barnes, Julie Tahan, David McKinley, Paula McKinley, Rohil Binge, Greg Sykes, Norma Heck, Eileen Filler-Corn, Elizabeth Banks, Cliff Keenan, and John Cook gather at the annual Best of Braddock Awards on July 9.



Paula and David McKinley receive the award for Neighborhood Enhancement or Beautification by a Homeowner at the Best of Braddock Awards on July 9.

Celebrating the 'Best of Braddock'

Braddock District residents honored for service.

By JANELLE GERMANOS
THE CONNECTION

From 10-year-old Rohil Binge, who helped raise funds to complete a handicap accessible playground, to Norma Heck, who was one of the first five homeowners of North Springfield in 1955, the Braddock District is full of exceptional citizens.

These citizens were honored at the Best of Braddock Awards on July 9, hosted by Braddock District Supervisor John Cook and the Braddock District Council.

"It's our people that make Fairfax County great," Cook said. "Our community wouldn't be the place it is without folks stepping up."

The annual awards honor those who contribute their service and skills in the Braddock District. Award winners included students, community organizations and homeowners who are working to make life better in the area.

"We're fortunate in Fairfax County. Not everywhere in the country, state or even Northern Virginia has the culture of volunteering like we do in Fairfax County," Cook said. "It really makes Fairfax stand out."

The categories for the awards included the Special Recognition Award, Club or Organization Making a Difference in Braddock District, Most Can-Do Local Public Employee in Braddock District, Neighborhood Enhancement or Beautification by a Homeowner in the Braddock District, Neighborhood Enhancement of Beautification by a Community, Braddock District Citizen of the Year, and Braddock District Young Person of the Year.

"The awards are a great opportunity to celebrate the phenomenal work done by citizens of the district," Cook said. "Their



PHOTOS BY JANELLE GERMANOS/THE CONNECTION
Del. Eileen Filler-Corn (D-41), Rep. Gerry Connolly (D-11), and Supervisor John Cook (R-Braddock District) speak at the annual Best of Braddock Awards on July 9, honoring exceptional citizens in the community.

efforts and dedication have helped our community thrive, and we cannot let that go unrecognized."

Rep. Gerry Connolly (D-11) and Del. Eileen Filler-Corn (D-41) also spoke at the awards ceremony, and thanked the awardees for their service.

"I honestly think local government is the most important and noble form of government, because it's the most successful," Connolly said. "In Fairfax, we have a really effective government. It really does work. There's a reason we were voted a few years ago the best managed county in the state."

Rohil Binge, a student at Mosby Woods Elementary School, received the Special Recognition Award for his work to raise funds for Chessie's Big Backyard at the Lee District Park.

Paula and David McKinley of Olde Forge/Surrey Square received the award for Neighborhood Enhancement or Beautification by a Homeowner.



Braddock District Citizen of the Year Norma Heck greets Supervisor Cook after receiving her award at the annual Best of Braddock Awards on July 9.

The award for Neighborhood Enhancement or Beautification by a Community went to Greg Sykes of Kings Park West. Braddock District Young Person of the Year went to Elizabeth Banks, and the award for Club or Organization Making a Difference in the Braddock District went to the David R. Pinn Center.

"I love the involvement of the community in Fairfax County," said Julie Tahan,

park supervisor at Lake Accotink Park who won the award for Most Can-Do Public Employee in Braddock District.

The awardees expressed their thanks and appreciation for living in the Braddock District.

"I've loved every minute of living in this community," said Norma Heck, who won the award of Braddock District Citizen of the Year.

Best of Braddock Winners

The 2014 Best of Braddock award winners are:^{oo}

*Neighborhood Enhancement or Beautification by a Homeowner - Paula and David McKinley, Olde Forge/Surrey Square

*Neighborhood Enhancement or Beautification by a Community — Greg Sykes, Kings Park West

*Most Can-Do Local Employee Working in the Braddock District — Julie Tahan, Lake Accotink Park Supervisor

*Club or Organization Making a Difference in the Braddock District — The David R. Pinn Center with special recognition of Sarah Tinsley

*Special Recognition Award — Rohil Binge, Mosby Woods Elementary School

*Braddock District Young Person of the Year — Elizabeth Banks, Robinson Secondary School

*Braddock District Citizen of the Year — Norma Heck, North Springfield^{oo}

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NEWS



PHOTO BY JANELLE GERMANOS/THE CONNECTION

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**Springfield/Orange Hunt \$559,950
Amazing Screened Porch**

Fabulous 4 lvl home on quiet cul-de-sac w/ large addition, 4BR, 2.5BA, remodeled kitchen w/ granite cntrs & travertine backsplash, gorgeous remodeled baths, fin bsmt, lovely hrdwd flrs, replaced windows, siding, a/c & roof, Trex deck, walk to school & more.



**Burke \$2,800
Remodeled Eat-in Kitchen**

Sunny colonial on quiet cul-de-sac w/ large 1/3 acre lot, deck, fin walkout basement w/ full bath, 4 large bedrooms w/ walk-in closets, family rm off kitchen, walk to White Oaks Elementary & Old Keene Mill Swim Club, Avail July 25, No pets, minimum 2 year lease required.



**Fairfax Sta/South Run \$814,950
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Tonya Cox

New Principal at Laurel Ridge

Tonya Cox, who has worked in Fairfax County Public Schools for 23 years, began her role as principal of Laurel Ridge Elementary School in Fairfax on July 1. Cox, a long-time Fairfax County resident, previously worked in the central office of Fairfax County Public Schools and as a principal at Gunston Elementary School.

A graduate of

Groveton and West Potomac High Schools, Cox said she is looking forward to getting to know staff and students at the school this year, and is excited to be returning to a position where she can impact children directly.

“Laurel Ridge is a great place. I’m looking forward to making connections with the students and teachers here.”

— Tonya Cox

— JANELLE GERMANOS

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NEWS

Fairfax School Board Elects Chairman, Vice Chair

Tamara Derenak Kaufax and Ted Velkoff elected to lead Board.

BY JANELLE GERMANOS
THE CONNECTION

Tamara Derenak Kaufax (Lee District) and Ted Velkoff (at-large) were elected chairman and vice chair of the Fairfax County School Board on Thursday night, following an abstention from some members in the election of chairman. Both will serve in their positions for one year.

"Ms. Derenak Kaufax has served the Lee district well and is also a team player for the greater good across the county," said Ilryong Moon (at-large), who served as chairman of the school board for two years. "One thing is for sure—she is not afraid to speak out."

Derenak Kaufax is the owner of Altamat Marketing Solutions and has been a school board member since January 2012. She is the parent of a sophomore and a 2013 graduate of Fairfax County schools.

Derenak Kaufax said the board is one with "many challenges" but a lot of passion.

"I want us to be the best board ever. I will respect your opinions, as I think you know I have while working as the vice chair. I will work to keep everyone informed—sometimes you may not like what I say, but I will keep us moving forward in a strategic way," Derenak Kaufax said at the meeting.



Tamara Derenak Kaufax
(Lee District)



Ted Velkoff (at-large)

PHOTOS COURTESY FAIRFAX COUNTY SCHOOL BOARD

Velkoff has also served on the school board since January 2012 and was this year's chair of the budget committee. He is the parent of two Fairfax County graduates and previously served as Chantilly High School's PTSA president and treasurer.

and communicate fairly and equally to everyone," Velkoff said. Kaufax was elected chairman with seven votes, while five members abstained from voting because of what they explained was a "brokered deal" for the position of vice chair.

The same seven votes from Tamara Derenak Kaufax, Pat Hynes, Ryan McElveen, Ilryong Moon, Kathy Smith, Jane Strauss, and Ted Velkoff gave Ted Velkoff the majority as vice chair. Sandy Evans, Megan McLaughlin, Patty Reed, Elizabeth Schultz and Dan Storck voted for Sandy Evans for vice chair.

Some school board members said they didn't know Velkoff was running for vice chair until hours before the vote.

"Until last night, Mrs. Smith was the other candidate for vice chair, and she withdrew. We were in a 6-6 deadlock. We couldn't break it. At 3:30 this afternoon, I got a phone call from Mr. Velkoff saying that he was a candidate for vice chair," said Elizabeth Schultz (Springfield).



Congratulations to all of the Outstanding Principals listed below.

They have been rated highest by our memberships in those schools

Fairfax County Federation of Teachers
Teachers Care!

ELEMENTARY SCHOOLS:

Bonnie Glazewski

(Oak View)

Jesse Kraft

(Providence)

Michael Macrina

(Island Creek)

Suzanne Montgomery

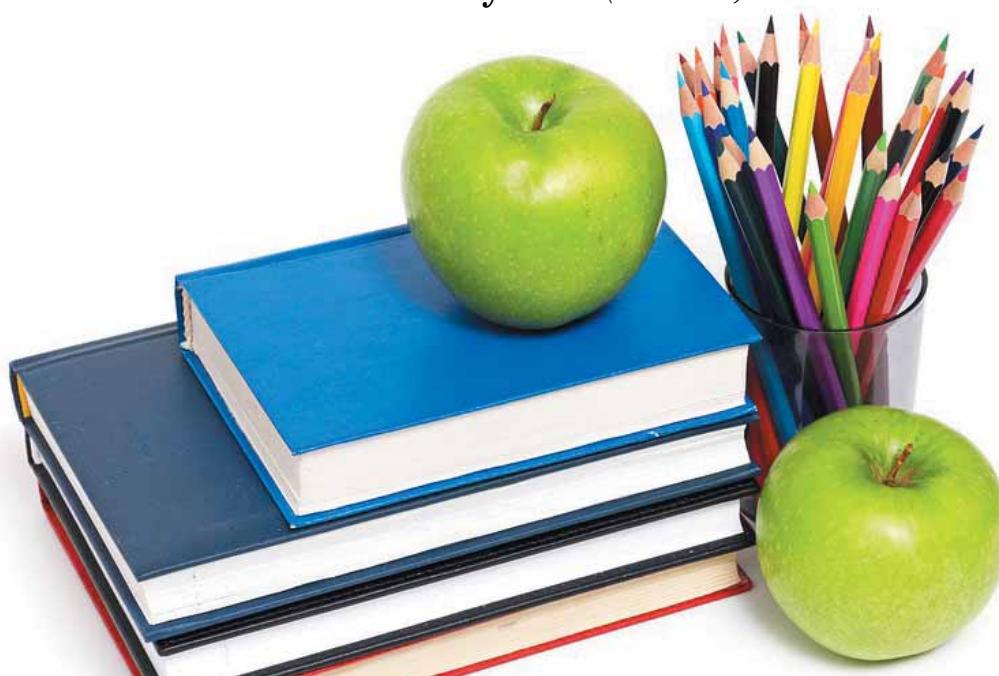
(Laurel Hill)

Lindsay Trout

(Terraset)

MIDDLE SCHOOL:

Penny Gros (Glascow)



HIGH SCHOOLS:

Teresa Johnson

(Chantilly)

Nardos King

(Mt. Vernon)

Michael Yohe

(Falls Church)

Jeff Yost

(Woodson)

THANK YOU TO ALL
OF OUR MEMBERS WHO
RETURNED THE SURVEY

Opposite Sides of the Road

Candidates for Senate divided on funding Virginia roads.

BY MICHAEL LEE POPE
THE CONNECTION

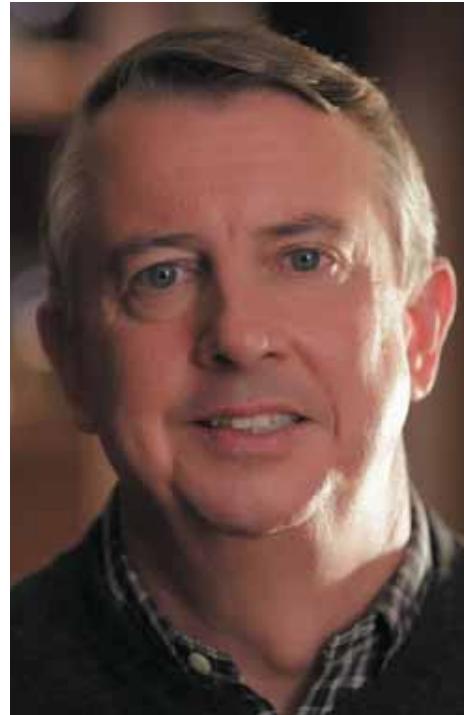
Washington is on the road to creating a short-term fix for funding the nation's highways, kicking the can down the road and handing the problem to the next Congress. That means voters will have the final say when they cast a ballot in this year's hotly contested race for Senate, a contest that features three candidates with sharply different perspectives on how to handle the \$100 billion shortfall over the next six years.

Democratic incumbent Mark Warner supports public-private partnerships as a way to raising new revenue, an approach that includes a bipartisan proposal to leverage private capital known as the Bridge Act. Republican challenger Ed Gillespie says revenues for roads could be raised from offshore energy exploration, an approach that Republicans say Democratic President Barack Obama has blocked. Libertarian candidate Robert Sarvis says the federal government should get out of the business of funding highways altogether, leaving the role of funding surface transportation to the states.

"This is an issue that voters should care about," said Geoff Skelley, analyst with the University of Virginia Center for Politics. "It's something of daily importance that could impact voters directly, whereas it's harder sometimes to draw a direct connection between immigration policy or certain aspects of health-care policy."

One aspect of the debate all the candidates agree on is that revenues from the gas tax are on the decline, and as automobiles become more efficient the government continues to receive less money. One solution is to raise the gas tax, a proposal supported by Sen. Bob Corker (R-Tenn.) and Sen. Christ Murphy (D-Conn.). But neither Corker nor Murphy are up for reelection this year. Gillespie opposes raising the gas tax, and a spokesman for Warner says he does not support the proposal currently before Congress to raise the gas tax.

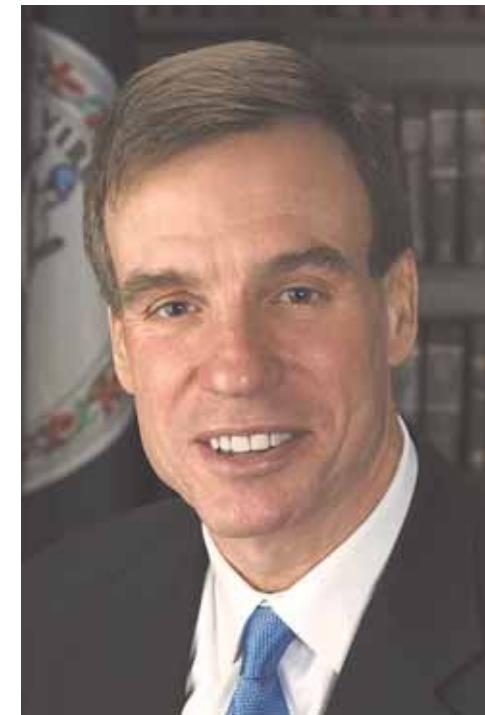
"This is going to be a very big issue next year," said Frank Shafroth, director of the Center for State and Local Leadership at George Mason University. "So it's something voters should consider when they go to the



Ed Gillespie



Robert Sarvis



Sen. Mark Warner

PHOTOS CONTRIBUTED

"This is an issue that voters should care about. It's something of daily importance that could impact voters directly, whereas it's harder sometimes to draw a direct connection between immigration policy or certain aspects of health-care policy."

— **Geoff Skelley,**
analyst with the University of Virginia Center for Politics

polls in terms of what this means to the taxpayers of Virginia."

THE HIGHWAY TRUST Fund was created during the Eisenhower administration in 1956, when the Highway Revenue Act created a new tax of three cents per gallon. In January 1983, Republican President Ronald Reagan signed a bill that increased the gas tax to nine cents a gallon. A few years later, Republican President George H.W. Bush increased it to 14 cents a gallon. Then Democratic President Bill Clinton increased the gas tax to 18.4 cents a gallon, which remains the current rate. That brings in about \$34 billion a year even though the current transportation bill includes about \$50 billion in infrastructure spending.

"Despite months of debate, lawmakers have failed to act," said BlueGreen Alliance executive director Kim Glas in a written statement. "The job market is steadily improving but the threat that Congress will let the Highway Trust Fund go bankrupt looms large."

Conservatives in Congress have questioned the role the federal government should play in surface transportation. Sen. Tom Coburn (R-Okla.) introduced legislation that would eliminate the 20 percent of the trust fund that is not spent on roads. And Sen. Rand Paul (R-Ky.) wants to create a fund for emergency transportation projects paid for by repatriating overseas capital back to the United States. Libertarian candidate takes those arguments a step farther, saying the federal government

should get out of funding surface transportation altogether.

"It just creates graft and corruption and inefficient use of resources," said Sarvis. "The federal government should not be channeling billions of dollars of taxpayers dollars through the federal bureaucracy to the states."

THE TWO MAJOR party candidates both believe that the gas tax is a dwindling source of revenue, and neither candidate supports raising it. Instead, Warner and Gillespie have seized on alternatives sources of revenue in a way that reveals something about their priorities and legislative style. As governor, Warner supported public-private part-

nships such as rail to Dulles. Now that he's in the Senate, he hopes to use his background as a venture capitalist to forge a solution to the funding crunch facing the nation's roads.

"We need to acknowledge that the current funding mechanism - the gas tax - is a declining source of revenue, and that means everyone will have to bring some new ideas to the table," said Kevin Hall, spokesman for Warner. "That should include Sen. Warner's Bridge Act, a bipartisan proposal that will leverage more private capital to jumpstart work building and modernizing our country's infrastructure."

On the Republican side, Gillespie responded to a question about the Highway Trust Fund by blasting Democrats for presiding over an economy when gas prices have gone up so dramatically.

"We need to increase accountability in how transportation funds are spent, give states more say in spending decisions, and identify a stream of revenue to fund our transportation infrastructure projects for the long-term," said Paul Logan, a spokesman for Gillespie. "One such revenue source could be new revenues from offshore energy exploration, which this administration has consistently blocked."

VOLUNTEER OPPORTUNITIES

***Volunteer Advocates for Nursing Home & Assisted Living Residents** needed throughout Northern Virginia. Contact the Northern Virginia Long-Term Care Ombudsman Program at www.fairfaxcounty.gov/dfs/olderadultservices/lcombudsman/, email or email Lisa.Callahan@fairfaxcounty.gov or call 703-324-5861, TTY 711.

***Fairfax County needs volunteers** to drive older adults to medical appointments and wellness programs. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

* **Meals on Wheels** needs drivers in

Franconia, Reston, McLean and Falls Church and substitute drivers throughout the county. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

* **The Mount Vernon Adult Day Health Care Center** in Alexandria needs social companions for participants on Fridays from 3-5 p.m. and front desk volunteers on Tuesdays and Wednesdays from 11 a.m.-12 p.m. and 3:30-4:30 p.m. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Inova Fairfax Hospital: Number One in D.C. Metro Area

For the third year in a row, Inova Fairfax Medical Campus has been ranked as the #1 Hospital in the Washington, D.C. metropolitan area by U.S. News & World Report. Inova Fairfax also jumped in rankings to #2 in the state, and earned national recognition as #33 in the country in Gynecology and #42 in Neonatology. The annual U.S. News Best Hospitals rankings, now in their 25th year, recognize hospitals that excel in treating the most challenging patients.

"Three years in a row as #1 is an outstanding accomplishment and we are proud of our hospital's dedicated physicians and staff who provide the best of care to our patients every day. I'd like to congratulate our staff, particularly within Inova Women's and Children's for their impressive and well-deserved national rankings," said Patrick Christiansen, PhD, chief executive officer, Inova Fairfax Medical Campus.

Inova Fairfax Medical Campus

also earned high-performing rankings in 11 specialties:

- ❖ Cancer
- ❖ Cardiology and Heart Surgery
- ❖ Diabetes and Endocrinology
- ❖ Ear, Nose and Throat
- ❖ Gastroenterology & GI Surgery
- ❖ Geriatrics
- ❖ Nephrology
- ❖ Neurology and Neurosurgery
- ❖ Orthopedics
- ❖ Pulmonology
- ❖ Urology

In the recently released U.S.

News Best Children's Hospital Rankings, Inova Children's Hospital was named 42nd in the nation for Neonatology.

U.S. News publishes Best Hospitals to help guide patients who need a high level of care because they face particularly difficult surgery, a challenging condition or extra risk because of age or multiple health problems. Objective measures such as patient survival and safety data, adequacy of nurse staffing levels and other data largely determined the rankings in

most specialties.

The rankings are freely available at <http://health.usnews.com/best-hospitals> and will appear in the U.S. News "Best Hospitals 2015" guidebook, available in August.

All five of Inova's hospitals were recognized again this year in the top 15 best hospitals in the Washington, DC, metropolitan area, and top 20 in Virginia. To learn more about Inova Fairfax Medical Campus, visit www.inova.org/ifh.

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OPINION

Save a Little, Help Others Prepare for School

Virginia's tax holiday on school supplies is a good reminder to donate supplies and dollars for children who need help arriving at school prepared.

Virginia's tax holiday on school supplies and clothing is Aug. 1-3, and it makes sense to take advantage of the savings, and to spread the wealth around.

During this three-day period, school supplies selling for \$20 or less per item, and clothing and footwear selling for \$100 or less per item will be exempt from Virginia sales tax. There are some items that do not qualify, for example digital school supplies. See <http://www.tax.virginia.gov/> for more details.

When you are buying school supplies for your family, buy extra to donate to local families

EDITORIAL

who are not able to afford to do the same.

In Fairfax County, just under 50,000 students are poor enough to qualify for free or reduced price meals at school.

In Fairfax County, local nonprofits, Fairfax County Public Schools and corporate partners are collecting school supplies and backpacks. Monetary donations and backpacks are being accepted by eight local nonprofits and through local Apple and Northwest Federal Credit Union Branches, as well as online at <http://collectforkids.org/donate/> through Sept. 2. Last year the drive provided supplies for nearly 20,000 students. A

\$10 cash donation goes a long way.

Collect for Kids Program runs through Sept. 2. Monetary donations can be accepted any time. Donate money at www.collectforkids.org. Donations of backpacks are also being accepted at every Apple Federal Credit Union and Northwest Federal Credit Union branch in Fairfax County and at any of the affiliate charitable organizations, including Cornerstones, Western Fairfax Christian Ministries, Our Daily Bread, Koinonia, United Community Ministries and others.

For more, see the Collect for Kids website at <http://collectforkids.org>.

LETTERS TO THE EDITOR

More Sleep As a Smokescreen

To the Editor:

There is no doubt that more sleep is healthier. That is common sense. The real mental disorder is spending money that the school can't afford. Spending money to tell us this ground breaking news that more sleep is a good thing. When it is simply a cover up.

The funny thing is that they speak of science and facts yet have no facts that children will go to bed at the same time in order to benefit from the later start. None! This is hopes and wishes which don't come true, a liberal standard.

Most of the school board members are placing a smoke screen in front of the community to pretend they have done something positive in the last four years. There is an election coming up next year. They are covering up the fact that test scores are down and the Hispanic children are the biggest losers. Hispanics score the lowest in SOL tests in math, reading, writing, science and U.S. History. Hispanics have a high school drop out rate that is six times higher than average. This is wonderful Fairfax County! Wonderful it is not.

The lack of performance from the liberal "Class of 2011" school board members is an embarrassment. Placing "sleep" as an important issue in front of the community is really covering a nightmare future that is being placed upon the Hispanic community and the future of Fairfax County.

Fredy Burgos
2013 Candidate House of
Delegates. District 41

Time for Change, but Teachers Will Miss Monday Planning

BY STEPHEN GOSSIN

I read your editorial ["Hurray for Full Day Mondays"] in the July 10-16 Burke Connection with keen interest. Even though I am retired after 42 years in elementary education, I still have passion for education. I'm writing to make one minor point and one major point.

First, let me say that I totally agree with your point that it is time for a change. I completely disagree that it was never a good idea. Let me explain.

Here's the minor point. Monday was never a half day for elementary students in Fairfax County. When the early release was created, elementary schools in Fairfax County kept the 30-hour week, the historic standard throughout the country. When the proposal was drafted and eventually accepted by the Fairfax County School Board and the Virginia Board of Education, Monday was a four-and-a-half-hour day and Tuesday through Friday were six-and-a-half-hour days. Tuesday through Friday were lengthened by 30 minutes and the time "banked" so that the students left 2 or 2.5 hours early on Monday. (The release on Monday was 2 hours in some schools and 2.5 hours in others depending on Transportation.) This gave elementary teachers a large block of planning time.

Here's the major point. When the early release was created, elementary educators (teachers and principals) saw the need for a longer block of planning, team meetings to plan, parent conferences, training, and staff meetings, to mention a few. When I came to Fairfax County in 1967, I remember fondly going to meetings on some Monday afternoons to learn about the science kits that were coming to me, a new math series, a new reading series, and meetings about teaching history. These meetings were conducted by teachers who piloted the newly adopted book series and by specialists. In addition, it was recognized that teachers needed to meet in teams. Teachers needed to meet with parents.

Over the ensuing years, the job of the elementary teacher has become much more complicated and the need for planning is critical. In some schools, the teachers keep their students all day and teach all subjects: language arts (reading, writing, speaking, spelling and vocabulary), math, science, and social stud-

ies. That consists of more than four preparations and the expectation that language arts is infused throughout the other curriculum areas. In those schools, it is necessary for teachers at the same grade level to meet and discuss how their students are performing on common assessments, what is working, and what is not working. In other schools, teachers at a grade level split up the curriculum and teach one or two areas. In those schools, it is critical for the team to meet regularly and discuss the students they have in common, what's working, and what is not working.

Since retiring after 29 years as an elementary administrator (3 years as assistant principal and 26 years as the principal at five different elementary schools), I have regularly substituted as a teacher. Some of these sub jobs have been long-term (2 weeks to 3,5 months). I can't emphasize enough how I used the block of planning time on Monday to prepare for the week or weeks ahead. In 1967, I had 5, half-hour planning blocks during the school day and I had Monday afternoon. Then and now, as a substitute teacher, I experienced the somewhat limited value of the half-hour time blocks. In elementary schools, the teachers accompany the students to their special classes (physical education and music to mention two) and wait until the specialist is ready for them. We return before the time is expired so that the next group does not have to wait. Teachers universally rely on the longer Monday block. With the new proposal, the teachers will continue to have 10-plus hours of planning time (they are not losing planning time), but this planning time will be more of the shorter blocks as they lose the longer Monday block.

There is absolutely no doubt that elementary students spending more time in school is a good thing. However, most elementary educators agree that it is a good thing provided that the students spend this time with their classroom teacher. Sadly, this is not part of the proposal. The students are proposed to spend the extra time with people other than their classroom teacher.

Stephen Gossin served as principal at: Annandale Terrace, London Towne, Terra Centre, Canterbury Woods, and Cherry Run; assistant principal at Kings Park School; and taught at Burke School and Laurel Ridge. He is a long-time resident of Burke.

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NEWS

Eight FCPS Students Win College-Sponsored Merit Scholarships

Eight Fairfax County Public Schools (FCPS) graduates from the class of 2014 have been named winners of college-sponsored scholarships by the National Merit Scholarship Corporation (NMSC).

Recipients of college-sponsored scholarships from the NMSC, with their probable career fields in parentheses, are:

❖ Celia Islam of Vienna, Marshall High School (medicine), National Merit George Washington University Scholarship.

❖ Brian Clark of Burke, Thomas Jefferson High School for Science and Technology (TJHSST) (engineering), National Merit Case Western Reserve University Scholarship.

❖ Adam Friedman of Fairfax, TJHSST (environmental science), National Merit Emory University Scholarship.

❖ Nicholas Jones of Round Hill, TJHSST (aerospace engineering),

National Merit University of Central Florida Scholarship.

❖ Thomas Lunn of Potomac Falls, TJHSST (international relations), National Merit Bowdoin College Scholarship.

❖ Timothy Ruiter of Centreville, TJHSST (biomedical engineering), National Merit University of Georgia Scholarship.

❖ Vishal Talasani of Alexandria, TJHSST (economics), National Merit University of Chicago Scholarship.

❖ Tony Xiao of Herndon, TJHSST (film production), National Merit Vanderbilt University Scholarship.

College-sponsored Merit Scholarships provide between \$500 and \$2,000 annually for up to four years of undergraduate study at the institution financing the scholarship.

Nationwide, approximately 7,600 students have won Merit Scholarship awards in 2014.

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NEWS

Clockwise from left: Burke Centre Penguins coach and swimmers Wesley Kittelberger, 16, Lily Fischer, 7, Paige McGuckin, 5 and Kate Fischer, 5.



"What's your fastest time?" is the common question while the Burke Centre Penguins wait for their meet on Wednesday, July 9 at the Commons Pool of the Burke Centre Swim Club.

Rain Can't Keep These Penguins from the Water

Burke Centre Penguins
Swim Team compete
after storm.

BY ABIGAIL CONSTANTINO
THE CONNECTION

Storms almost canceled the Burke Centre Penguins' developmental meet that was scheduled for 6 p.m. on Wednesday, July 9. Jim Eckloff, president of the Burke Centre Swim Club, hoped that the Penguins would be able to swim tonight since there may not be another time to make up the scheduled event.

Developmental swim meets focus on practicing the basic strokes and turns. They give swimmers a chance to experience a racing environment. Different age groups - 8 and under all the way to 15-18 years old - have the opportunity to showcase what they have learned. The race is divided in heats, allowing all swimmers from each age group a chance to showcase their skills.

For Emma Garnjost, 11, of Burke, beating her times is her favorite part about swimming.

"It's always good to see what times I can get," she said. So much so that she does not mind getting up at 7 a.m. even though she is on her summer break. "They always make practice kind of fun, and it does make us better swimmers," she said.

Meanwhile, swimmers and their parents gathered in the Commons Club House, playing games, talking and eating foods they brought with them or purchased from the food stand set up by volunteers.

At 6:30 p.m., the skies cleared. The meet's organizers set up the pool and the speakers, which blared energetic music, rallying the competitors as they made their way to the pool. The meet started at 7 p.m. after a 30-minute warm-up.

Scott Cleal, of Burke, whose children are on the Penguins team, acted as referee for the meet. "We have had several outstanding swimmers here. A lot of them have gone on to swim in college," on swimming scholarships, he said.

Parents and spectators cheered and encouraged as they watched the swimmers compete. The loudest cheers were for the 8 and under group, who swam 25 meters accompanied by their coaches walking backwards to guide them to the finish.



PHOTOS BY ABIGAIL CONSTANTINO/THE CONNECTION

Coach Wesley Kittelberger, 16, guides a swimmer during the 8 and under competition, at the Burke Centre Swim Club on Wednesday, July 9.

"They always make practice kind of fun, and it does make us better swimmers."

— Emma Garnjost, 11, of Burke



Emma Garnjost, 11, of Burke, strives to beat her own times when she swims. Her fastest 50-meter freestyle is 36.85 seconds, so far.



Scott Cleal, referee for the developmental meet on Wednesday, July 9, arranges the records board at the Burke Centre Swim Club.

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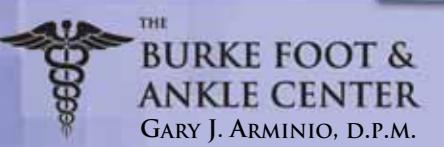
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AUGUST 18—AUGUST 22.....THE CROODS (PG)

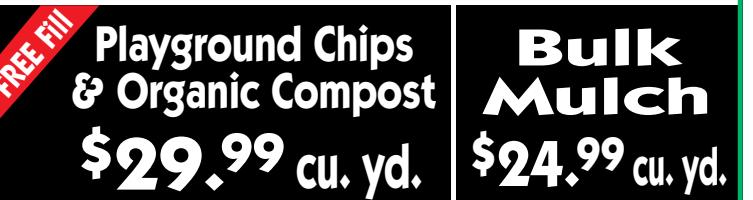
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Financial Education for College Students

Local experts offer budget tips to keep students out of debt.

BY MARILYN CAMPBELL
THE CONNECTION

As the summer wanes, many recent high school graduates are preparing to head to college. For those who are living away from home for the first time, this means newfound independence. But that freedom brings responsibility — especially when it comes to money.

From student loans to credit cards, the financial maze can be filled with debt-traps and money pitfalls. A recent financial literacy assessment of 15-year-old students by the Organisation for Economic Co-operation and Development shows that one in six lacks basic financial literacy skills.

That leaves approximately three years for them to learn about money management before leaving home. And that education is key: financial education is the best way to develop sound money management skills, say financial advisors.

Taking a financial education class is an option. The Northern Virginia Urban League offers a financial literacy workshop series with Fairfax County Human Services and Fairfax County Homeownership & Relocation Services.

"College students can learn everything from understanding a [credit] score and avoiding credit traps to banking and money management," said Vickey King of the Northern Virginia Urban League.

"College is not the time to live the lifestyle of your dreams," said Rachel Powell of the Northern Virginia Council for Economic Education at George Mason University's Center for Economic Education in Fairfax. "College courses, room, board, books are all costly. You can expect to be poor in college, and if you use the many resources your college makes available to you in exchange for all the fees you are required to pay, you can expect to be fed, safe and reasonably comfortable."

THE FIRST STEP in financial literacy for college students is taking a personal money inventory. "Know before you go how much money you'll have available from your income or allowance," said Powell. "Will your folks be making regular contributions to your survival or are you on your own?"

Make a budget that includes all expenditures, including luxuries like frozen yogurt or coffee or movie tickets. Put some money aside for emergencies; even \$5 per week will add up over time.

Online tools can help college students organize their finances and track their spending and savings patterns. Alexandria-based financial planner Mark Friese recommends mint.com, which categorizes spending, and bettermoneyhabits.com, which offers video clips on how to budget better.

"Many people, especially teens and young adults, are surprised when they look at their entire spending picture because they haven't ... had to make the money they spend," said Friese. "They just don't know the value of a dollar until they are lining their



PHOTO BY MARILYN CAMPBELL
Financial planners advise college students to avoid the credit card debt trap and make an effort to save money.

"College is not the time to live the lifestyle of your dreams. You can expect to be poor in college, and if you use the many resources your college makes available to you in exchange for all the fees you are required to pay, you can expect to be fed, safe and reasonably comfortable."

— Rachel Powell, Center for Economic Education, George Mason University

own wallets with their own money. So the big picture tools that highlight spending and savings habits are helpful."

Know the difference between needs and wants: "Don't buy what you don't need," said Powell. "Cold medicine — yes. The latest movie on DVD — no."

Open a checking and savings account at a bank located close to campus, one that offers products and services for students, advises Powell. "Don't accept accounts that require minimum balances or charge fees," she said. "Shop around for the right bank."

Find a way to establish or build savings, especially if you plan to work during college. "Pay yourself first,"

SEE BUDGET, PAGE 13

Budget Tips for College Students

FROM PAGE 13

said Friese. "When you have a job, take a set portion of it and save it for your future self. If the job offers a retirement plan such as a 401(k), take advantage of it. A 401(k) provides the significant benefit of saving before taxes are taken out."

AVOID USING CREDIT CARDS for immediate gratification and focus on building a high credit score for the future, said Friese. "That score, that number, will be more important and reap greater rewards than any grade or SAT score ever was or could be," he said. "If you build and maintain a good credit score, you will be rewarded time and time again with preferred lending rates."

When it comes to financial aid, take time to do research, and don't underestimate the availability of college scholarships. Friese points to a study from scholarship.com, which shows that billions of dollars in scholarship funds go unawarded every year.

"Take advantage of the opportunities out there," he said. "Don't assume that scholar-

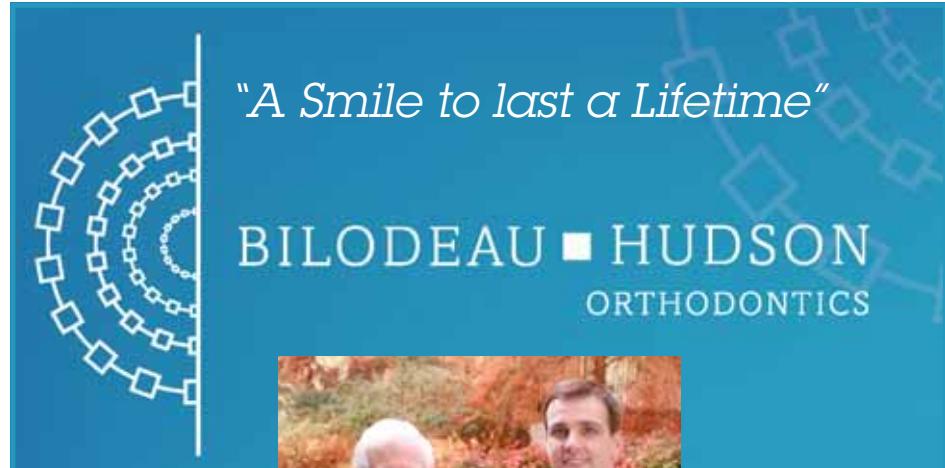
ships are only for top scholars or athletes because many scholarships start with GPA requirements of 2.5 or less. Start looking as early as sophomore or junior year and apply as soon as you qualify."

"Saving as much as possible from summer jobs ... can help with at least some of the expenses," said Powell. "Loans are available for all the expenses you cannot pay for through gifts, grants and scholarships. Be aware that money borrowed must be repaid and the interest [accrued] is the cost of the rental of those funds."

In fact, the Department of Education reports that 10 percent of U.S. college graduates default on student loans so only borrow money as a last resort.

Investigate federal loans first. "Loans such as the Stafford loan can be far more cost effective than higher-priced private loans," said Friese.

College students should also estimate how much they will be able to afford to repay after graduation, said Powell. "Make sure that your target labor market is willing to compensate you with income commensurate with the cost of your education."



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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 17

Talking Baseball with Grant and Danny.

7:30-9 p.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Grant Paulsen and Danny Rouhier from 106.7 The Fan (WJFK-FM) discuss the Washington Nationals' season so far and the latest Major League Baseball news. Register at <http://www.fairfaxcounty.gov/library/branches/po/> under "Events."

FRIDAY/JULY 18

Fun Flicks. 10:30-11:15 a.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Watch movies based on children's books. Register at <http://www.fairfaxcounty.gov/library/branches/po/> under "Events."

Keeping Up With Kids—Learn About Flickr, Facebook, YouTube, Twitter, and Skype. 2-3 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. Learn the basics with our one-on-one technology volunteer about the social networking tools that can help you stay in touch with your kids and grandkids. Register at <http://www.fairfaxcounty.gov/library/branches/kp/> under "Events."

SATURDAY/JULY 19

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.

Raingutter Regatta. 11 a.m. – 2 p.m. VRE Train Station Front Parking Lot, Burke. Packs can participate by sponsoring a rain gutter track. Participation will count towards earning the Summertime Activity Award. Non-cub scouts and parents/guardians, especially first graders, can experience a cub scout activity and meet some of the local Packs. This free event consists of constructing miniature sailboats and racing it with family or friends on a track that is filled with water. For more information, visit: <http://www.ncacbsa.org/PatriotSummer>, email pr978@Verizon.net, 703-674-6178

Master Gardeners Plant Clinic. 10 a.m.-12 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. Masters Gardeners from the Fairfax County Cooperative Extension will your gardening questions. 703-978-5600.

What is 3D Printing? 1-3 p.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Learn about 3D printing: what it is, how it works, and some of its real-world uses. 703-644-7333.

SATURDAYS/JULY 19-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.

SATURDAY/JULY 19 & 26

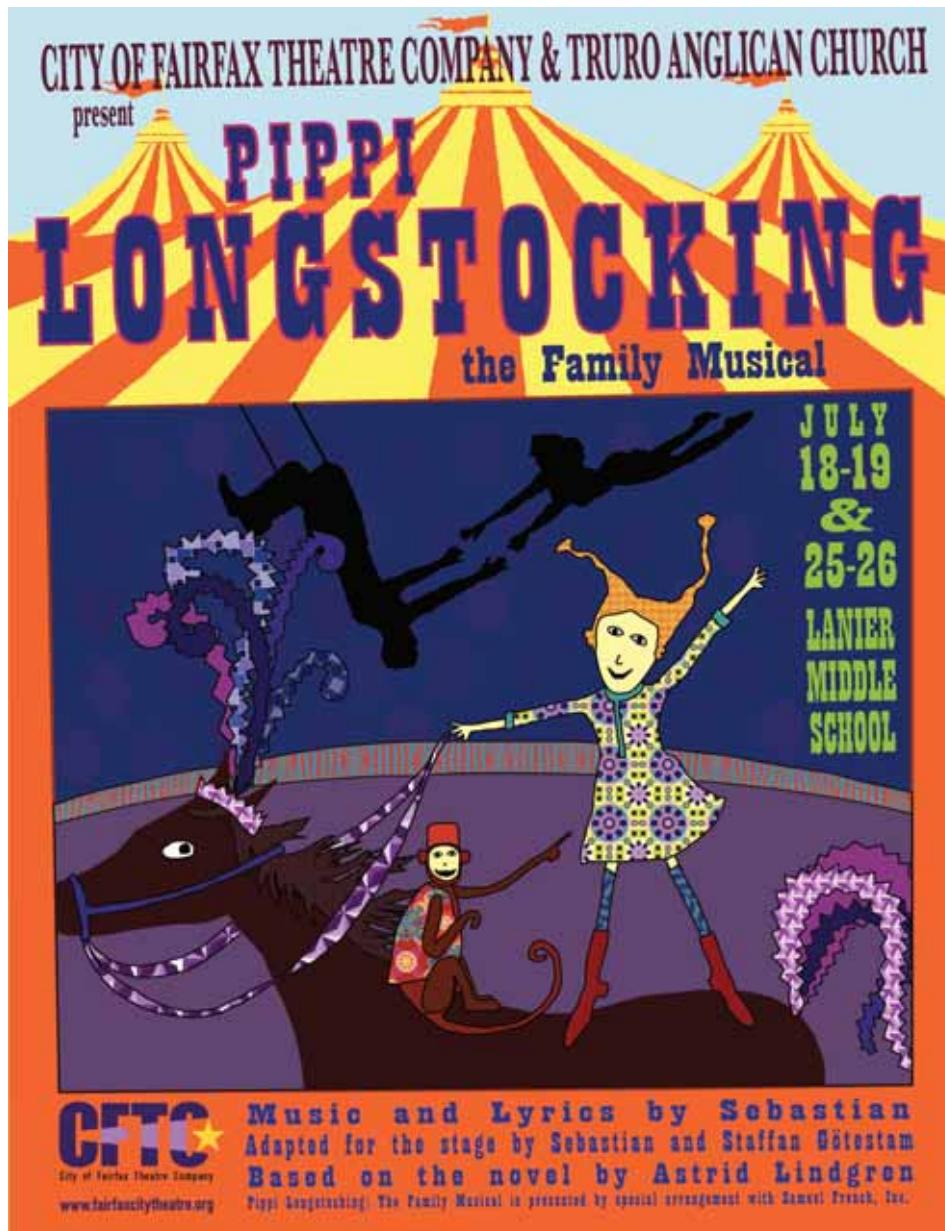
"Pippi Longstocking: The Family Musical." 7:30 p.m. Lanier Middle School, 3801 Jermantown Road, Fairfax. A family-friendly musical comedy for all to enjoy. For ticket information, visit www.fairfaxcitytheatre.org.

SUNDAY/JULY 20

Neighborhood Plant Clinic. 1-4 p.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. The Fairfax County Master Gardeners Association gives tips and advice. 703-644-7333.

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



Grab your hat and join the fun as pirates, circus entertainers, a few cops and robbers, and the world's most popular whippersnapper come to life this summer in the City of Fairfax Theatre Company (CFTC) and Truro Anglican Church's rollicking and whimsical Pippi Longstocking: The Family Musical, running July 18-19 and July 25-26 at Lanier Middle School.

Library. All ages.

Children's Science Center Mini Lab. 10:30-11:30 a.m. Kingstowne Library, 6500 Lansdowne Centre, Alexandria. The Children's Science Center will conduct four hands-on, science-based activities on animals, aeronautical engineering, creative engineering and forensic science. Register at <http://www.fairfaxcounty.gov/library/branches/kn/> under "Events."

Paws to Read. 4:30-4:45 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. Practice reading with Grace, a trained therapy dog; ages 6-12 with adult. Call 703-978-5600 or sign up online at <http://www.fairfaxcounty.gov/library/branches/fx/> under "Events" for a 15-minute session.

Let's Hear It for the Girls! 7-8 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. All girls book discussion group of The Tail of Emily Windsnap by Liz Kessler; ages 9-12 with adult female. 703-978-5600.

Walk-in eBook Clinic. 7-8:30 p.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Help with downloading library eBooks. Bring your device and its account ID and password. 703-644-7333.

TUESDAY/JULY 22

Short Book Conversations. 1:30 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Join our lively discussion of The Body Artist by Don DeLillo. Adults.

Neighborhood Plant Clinic. 10 a.m.-1 p.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. The Fairfax County Master Gardeners Association gives tips and advice. 703-644-7333.

Preschool Legos. 10:30-11:30 a.m. Pohick Regional Library, 6450 Sydenstricker Road,

Burke. Thousands of LEGOS Duplos await you and your creativity; come with friends or make new ones. 703-644-7333.

Kings Park Library Friends Meeting. 6:30-9 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. 703-978-5600.

Exploring Fiction Genres. 7-8 p.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Explore adult fiction genres with presenter Peggy Bercher, the adult fiction materials selector for FCPL. 703-644-7333.

WEDNESDAY/JULY 23

Read! Build! Play! 10:30 a.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Let's read a story, build with DUPLOs, and play with friends. Age 3-5 with adult.

Diggers. 10:30-11:15 a.m. Kings Park Library, 9000 Burke Lake Road, Burke. Tracey Eldridge presents this interactive musical celebration of the creatures who sleep under our feet. Register at <http://www.fairfaxcounty.gov/library/branches/kp/> under "Events."

Keeping Up With Kids—Learn About Flickr, Facebook, YouTube, Twitter, and Skype. 11 a.m.-12 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. Learn the basics with our one-on-one technology volunteer about the social networking tools that can help you stay in touch with your kids and grandkids. Register at <http://www.fairfaxcounty.gov/library/branches/kp/> under "Events."

How to Draw Super Heroes. 7-8:30 p.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Want to draw super heroes? Learn from artist Paul Merklein and then draw your own! Ages 12-18. Register at <http://www.fairfaxcounty.gov/library/branches/po/> under "Events."

Neighborhood Plant Clinic. 10 a.m.-1 p.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. The Fairfax County Master Gardeners Association gives tips and advice. 703-644-7333.

Preschool Legos. 10:30-11:30 a.m. Pohick Regional Library, 6450 Sydenstricker Road,

THURSDAY/JULY 24

Spectacular Science. 2:30-3:15 p.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Explore the secrets of fireworks, bubbles and more with Mad Science; ages 6-12. Register at <http://www.fairfaxcounty.gov/library/branches/po/> under "Events."

FRIDAY/JULY 25

S.T.E.M. Storytime. Burke Centre Library, 5935 Freds Oak Road, Burke. Science, Technology, Engineering, Math (S.T.E.M.) Each month we will focus on one of the STEM subjects with stories, songs, and activities for preschoolers. Age 4-5 with adult.

Fun Flicks. 10:30-11:15 a.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Watch movies based on children's books. Register at <http://www.fairfaxcounty.gov/library/branches/po/> under "Events."

Keeping Up With Kids—Learn About Flickr, Facebook, YouTube, Twitter, and Skype. 2-3 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. Learn the basics with our one-on-one technology volunteer about the social networking tools that can help you stay in touch with your kids and grandkids. Register at <http://www.fairfaxcounty.gov/library/branches/kp/> under "Events."

SATURDAY, JULY 26

Master Gardeners Plant Clinic. 10 a.m.-12 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. Masters Gardeners from the Fairfax County Cooperative Extension will your gardening questions. 703-978-5600

SUNDAY/JULY 27

Burke Historical Society Meeting. 4:30 p.m. Abiding Presence Lutheran Church, 6304 Lee Chapel Road, Burke. Author and historian Garrett Peck will speak about his book Capital Beer: A Heady History of Brewing in Washington, D.C.

MONDAY/JULY 28

Walk-in eBook Clinic. 7-8:30 p.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Help with downloading library eBooks. Bring your device and its account ID and password. 703-644-7333.

Pohick Prose Society. 7-8:30 p.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Teens talk about books. 703-644-7333.

TUESDAY/JULY 29

Neighborhood Plant Clinic. 10 a.m.-1 p.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. The Fairfax County Master Gardeners Association gives tips and advice. 703-644-7333.

WEDNESDAY/JULY 30

Ukulele Phil & The Hula Kids. 10:30-11:30 a.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Lovers of all things Hawaiian—join us for songs, dance and music with Ukulele Phil and his kids! Register at <http://www.fairfaxcounty.gov/library/branches/po/> under "Events."

Keeping Up With Kids—Learn About Flickr, Facebook, YouTube, Twitter, and Skype. 11 a.m.-12 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. Learn the basics with our one-on-one technology volunteer about the social networking tools that can help you stay in touch with your kids and grandkids. Register at <http://www.fairfaxcounty.gov/library/branches/po/> under "Events."

Pohick English Conversation Group. 7-8:30 p.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Practice English with others and improve your skills. 703-644-7333.

THURSDAY/JULY 31

Spectacular Science. 2:30-3:15 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. Explore the secrets of fireworks, bubbles and more with Mad Science; ages 6-12. Register at <http://www.fairfaxcounty.gov/library/branches/po/> under "Events."

Author Event. 7-8 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. James Barney will discuss his thriller "The Genesis Key." Register at <http://www.fairfaxcounty.gov/library/branches/po/> under "Events."

ENTERTAINMENT

Broadway Performer Comes Home

Free concert on Saturday, July 26 at Westwood Baptist Church in Springfield.

Broadway actress and singer Jeri Sager will offer a free concert to the public on Saturday, July 26 at 7 p.m. at Westwood Baptist Church as part of the celebration of that church's 50th year. Sager is a former member of the church, and it is there that she first discovered her musical gifts and sang in front of an audience. Sager was 12 years old when her love of singing, and her amazing voice, were first discovered. Her first public performances were in Westwood Baptist, her local church. This hometown girl graduated from West Springfield High School in 1978 where she was a member of the International Thespian Society, the National Honor Society, the Spanish Honor Society, and the Keyettes. As she

grew up, Sager's passion for singing grew into a life-long love affair. She studied Opera (Vocal Performance) at Catholic University of America in Washington, D.C. Like many young people with big Broadway dreams, it was hard to find the path to achieving those lofty goals. One of her first musical theater jobs was working as a cast member at Kings Dominion. Ultimately, her profound love of performing led her to New York City. There she made her Broadway debut as "Frumah-Sara" in the Tony Award winning, 25th Anniversary Production of "Fiddler on the Roof." The New York Times review of this production said "When Fruma-Sara [Jeri Sager] scurries across the stage... 'Fiddler' levitates." Sager has enjoyed critical acclaim for her portrayal of "Fantine" in Les Miserables and "Eva Peron" in Evita. She is delighted her career has allowed her to work with such theater notables as Tony/Oscar Award winning director Jerome Robbins, Tony/Drama Desk Award winning director Trevor Nunn and Tony/Drama Desk Award winning singer/songwriter and playwright Rupert

Holmes. Sager has also enjoyed performing with celebrated artists such as Bob Hope, Gregory Peck, Michael Crawford, Betty Buckley, Theodore Bikel, Bill Anderson, and John James. She has had the honor of performing for such dignitaries as President Jimmy Carter, President George W. Bush and Pope John Paul II. Through her work with the USO, Sager has performed for both American and British troops. Other notable appearances include her rendition of the National Anthem for the Baltimore Orioles on July 4 and her debut at the Grand Ole Opry. Make plans now to attend this free concert on Saturday evening, July 26 at 7 p.m. at Westwood Baptist Church, 8200 Old Keene Mill Road, Springfield, to enjoy the music of Jeri Sager. Theater students and musical theater students are especially encouraged to attend and see how this lady from the local area has achieved brilliant success and critical acclaim in this competitive field. For further information, call the church office at 703-451-5120 or visit Sager's website at www.jerisager.com.

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.

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.fbcspiritual.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.



PHOTO CONTRIBUTED

Broadway performer and hometown girl Jeri Sager gives a free concert to celebrate Westwood Baptist Church's 50th Anniversary on Saturday, July 26.

COMMUNITIES OF WORSHIP

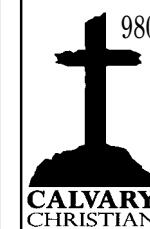


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Outreach Education Instructor-Northern Virginia (Position# OIooo)

The Jamestown-Yorktown Foundation seeks a qualified individual for the following part-time position: Outreach Education Instructor-Northern Virginia (Position# OIooo). Closes on July 21, 2014 @ 5:00 PM. For full job description and to apply visit <http://jobs.agencies.virginia.gov>. Applicants must complete an online Commonwealth of Virginia employment application. Background check & E-Verify Required. EEO/AA/ADA

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-St. Francis de Sales

21 Announcements

ABC LICENSE
A Kader Enterprises, Inc trading as Deli Mall Cafe & Kabab, 6553 Loisdale Ct, Springfield, VA 22150. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Beer off Premises license to sell or manufacture alcoholic beverages. Abdul Kader, 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 newspaper legal notices. objections should be registered at www.abc.virginia.gov or 800-552-3200.

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 hydrocarbons 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 renovation 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 elliott@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 regarding the Corrective Action Plan implementation and may decide to hold a public meeting if there is a significant public interest. Written comments should be sent to the VDEQ at the address listed above. VDEQ requests that all written comments should reference the tracking number for this case; PC # 2014-3041.

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-William Van Horne

21 Announcements

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FRIDAY/JULY 18

English Conversation Group. 10 a.m.-12 p.m.
Kings Park Library, 9000 Burke Lake Road,
Burke. Practice your English conversation skills.
703-978-5600.

Basic Computer Skills Training. 1-2 p.m.
Kings Park Library, 9000 Burke Lake Road,
Burke. Learn basic computer skills with our one-on-one technology volunteers. Register at <http://www.fairfaxcounty.gov/library/branches/kp/> under “Events.”

Genealogy Help Desk. 2-3 p.m. City of Fairfax Regional Library, 10360 North Street, Fairfax. Bring your family history stumbers to genealogists and library staff. 703-293-6227.

SATURDAY/JULY 19
English Conversation Group. 7 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Practice English with other and improve your skills.

Genealogy Help Desk. 2-3 p.m. City of Fairfax Regional Library, 10360 North Street, Fairfax. Bring your family history stumbers to genealogists and library staff. 703-293-6227.

Spanish Class for Children. 3-4 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. Spanish conversation class for children ages 7-13. Register at <http://www.fairfaxcounty.gov/library/branches/kp/> under “Events.”

MONDAY/JULY 21

Library eBook Tech Help. 11 a.m. City of Fairfax Regional Library, 10360 North Street, Fairfax. Learn to use the library's eBook collection and compatible devices with a library staff member; please bring your library card, eBook reader and laptop. 703-293-6227.

Chess Club. 3:30-4:30 p.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Learn openings, strategy, tactics and more. Players ages 8-16 paired with others of similar skill. Register at <http://www.fairfaxcounty.gov/library/branches/po/> under “Events.”

TUESDAY/JULY 22

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

Morning English Conversation Group. 10:30-11:30 a.m. Lorton Library, 9520 Richmond Highway, Lorton. Practice your English conversation skills. 703-339-7385.

Library eBook Tech Help. 2-3 p.m. City of Fairfax Regional Library, 10360 North Street, Fairfax. Learn to use the library's eBook collection and compatible devices with a library staff member; please bring your library card, eBook reader and laptop. 703-293-6227.

Storytime and Rhyme. 2:30-3:15 p.m. City of Fairfax Regional Library, 10360 North Street, Fairfax. Storytelling, music and movement with Wolf Trap teaching artist Kofi Dennis. Register at <http://www.fairfaxcounty.gov/library/branches/fx/> under “Events.”

English Conversation Group. 5:15-6:15 p.m. Lorton Library, 9520 Richmond Highway, Lorton. Practice your English conversation skills. 703-339-7385.

English Conversation Group. 7-8:30 p.m. City of Fairfax Regional Library, 10360 North Street, Fairfax. Practice speaking English with others and improve your skills. 703-293-6227.

Life Line Screening. Fairfax Baptist Temple Academy, 6401 Missionary Lane, Fairfax Station. Stroke and Osteoporosis screenings coming to Fairfax Station. Packages start at \$149. All five screenings take 60-90 minutes to complete. For more information regarding the screenings or to schedule an appointment, call 1-877-237-1287 or visit www.lifelinescreening.com. Pre-registration is required.

WEDNESDAY/JULY 23

English Conversation. 10:15-11:30 a.m. Kingstowne Library, 6500 Lansdowne Centre, Alexandria. Conversation group for people learning English. 703-339-4610.

SPORTS

Robinson Grad Pinkston to Play Football at R-MC

Q and A: 5-foot-8 defensive tackle defies odds by continuing career.

At 5 feet 8 inches, 250 pounds, Jake Pinkston lacks the size college football coaches covet in the interior of the defensive line.

The position of defensive tackle is meant for giants, who either occupy multiple blockers or penetrate an opponent's backfield. Pinkston, however, used his strength, quickness and desire to produce a decorated career at Robinson Secondary School.

Pinkston was a four-year starter for the Rams at defensive tackle and never missed a game. He earned first-team all-district/conference, first-team all-region, and second-team all-state honors each of his last three seasons. Already possessing a low center of gravity, Pinkston used the weight room to turn himself into a powerhouse. He can bench press 375 pounds and squat 550, making it tough for opposing linemen to move him.

Pinkston was also a two-time state champion wrestler for the Rams, reaching the heavyweight state final match each of his four years.

While Pinkston had his doubts about being able to play college football, the 2014 Robinson graduate made it happen, and will continue his career at Division III Randolph-Macon College. Pinkston recently participated in a Q and A via email with The Connection.

*Connection: What made Randolph-Macon the right fit for you?

Pinkston: After I met coach [Pedro] Aruzza, I was sold. He and his staff have been together for 10-plus years. I really connected with him not only on a football level but a personal one. Plus, I like the idea of a small college with a prestigious football program. R-MC fit that perfectly.

*Connection: What is your major?

Pinkston: I plan on majoring in business, minor in economics.

*Connection: At what age did you start playing football? Were you always a defensive tackle? When did you realize playing college football was a possibility for you?

Pinkston: I started wrestling, playing football, and baseball when I was 6 years old. I was always a big kid. I played offensive guard and defensive tackle my whole life. Honestly, I dreamt of playing college football ever since I was young. As I got older, I began to realize that my size would dismantle that dream. Football is my first love. My senior year was when I realized playing football in college was a possibility. All of my coaches believed that I could compete at the collegiate level.

*Connection: At 5 feet 8, 250 pounds, it seems like you would have a pretty low cen-



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Robinson graduate Jake Pinkston (43) will play defensive tackle at Randolph-Macon College.

ter of gravity. Has an opponent ever said anything to you about your size or how difficult it is to move you?

Pinkston: Yes, actually most of the teams I've played have said that. They tell me that I am very strong yet quick and agile. As everyone says, "the low man wins," and you can't get much lower than 5'8."

*Connection: You were also a state-champion wrestler at Robinson. At what point did you make a decision between playing football in college and wrestling in college? Did you consider doing both?

Pinkston: I considered wrestling in college for about two months, then I realized how much raw passion you need to wrestle in college. I didn't have that passion for wrestling. When I was younger, I wrestled to make my hand techniques, agility, hip movement, tackling techniques, and mental toughness better for football. That was the main goal. I ended up excelling at both

in high school, but wrestling a little more with state championships.

*Connection: The Robinson football program had three different head coaches in your four years (Mark Bendorf, Trey Taylor, Dan Meier). What was it like playing for a program with so many changes at the top?

Pinkston: It was difficult to say the least — more frustrating than anything — but I learned to roll with the punches. It forced me to become a leader and a student of the game. Since I was one of the last guys affiliated with the "Bendorf era," I took some of his philosophies that he taught me onto the field in the following years. Most of the freshmen and sophomores were on either [the] freshman or JV [teams], so they never really experienced his style like I did. The process was very frustrating for our teams. We had all the talent you can wish for, yet we could never really come together or "click" as a whole.

"The losses stand out. . . . But if it wasn't for those losses, I wouldn't know how to combat adversity. It also gave me a striving force to be better."

— Robinson graduate Jake Pinkston

*Connection: What is your favorite memory of playing high school football?

Pinkston: Oct. 1, 2010, we were playing Lake Braddock, I sacked Michael Nebrich two times and all I can remember was the fans chanting "He's a freshman" over and over again.

*Connection: If you could go back and change one thing about your high school athletic career, what would it be?

Pinkston: Nothing. I've learned so much over my career. The losses stand out. Losing to Lake Braddock freshman year in the playoffs; losing in the [wrestling] state finals twice; losing a game by one point because someone didn't do his job; and a lot of others that I can't think of right now. Those stand out. But if it wasn't for those losses, I wouldn't know how to combat adversity. It also gave me a striving force to be better. You've got to have that dog in you. If you don't have that dog in you, you'll get eaten (that's what was lacking in our football teams after Coach Mark Bendorf retired).

*Connection: What are you most looking forward to about the transition from high school to college?

Pinkston: I am looking forward to the level of difficulty rising. I am always looking to improve. I hope to start at D tackle this year.

*Connection: Who is your favorite music artist? Why?

Pinkston: I'd have to say Jason Aldean or Tim McGraw. They can put on a great show!

*Connection: What is your favorite movie? Why?

Pinkston: 'The Pursuit of Happyness.' It portrays that anything is possible with hard work.

*Connection: What is your favorite hobby outside of football and wrestling?

Pinkston: I love to hang out with my buddies, hunt, and fish — basically anything outdoors. I also love a good game of Madden on Xbox.

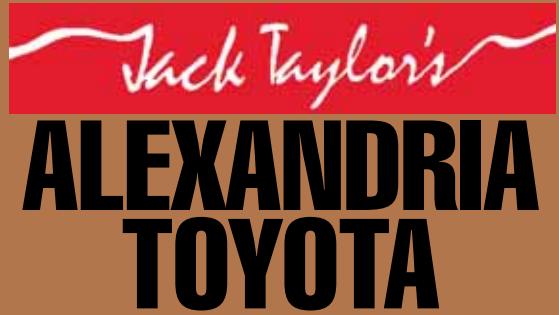
*Connection: What location is the farthest you have traveled from the Washington, D.C. metro area?

Pinkston: My family is from Kansas. I go there every summer. That would be the farthest.

*Connection: Did you follow the World Cup? If so, for which team(s) did you cheer?

Pinkston: Yes, I followed FIFA. I rooted for USA, of course! Once they lost to Germany, I rooted for them because they better win the World Cup after beating the next best team, USA!

— JON ROETMAN



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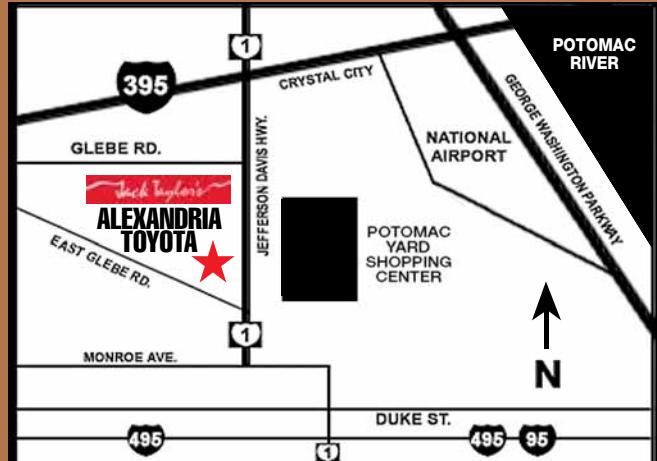
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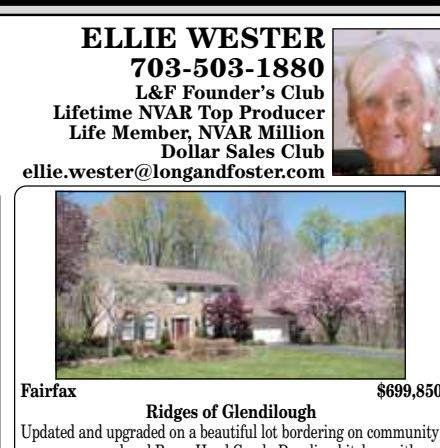
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