

Springfield CONNECTION

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Caring for Aging Pets

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JULY 24-30, 2014

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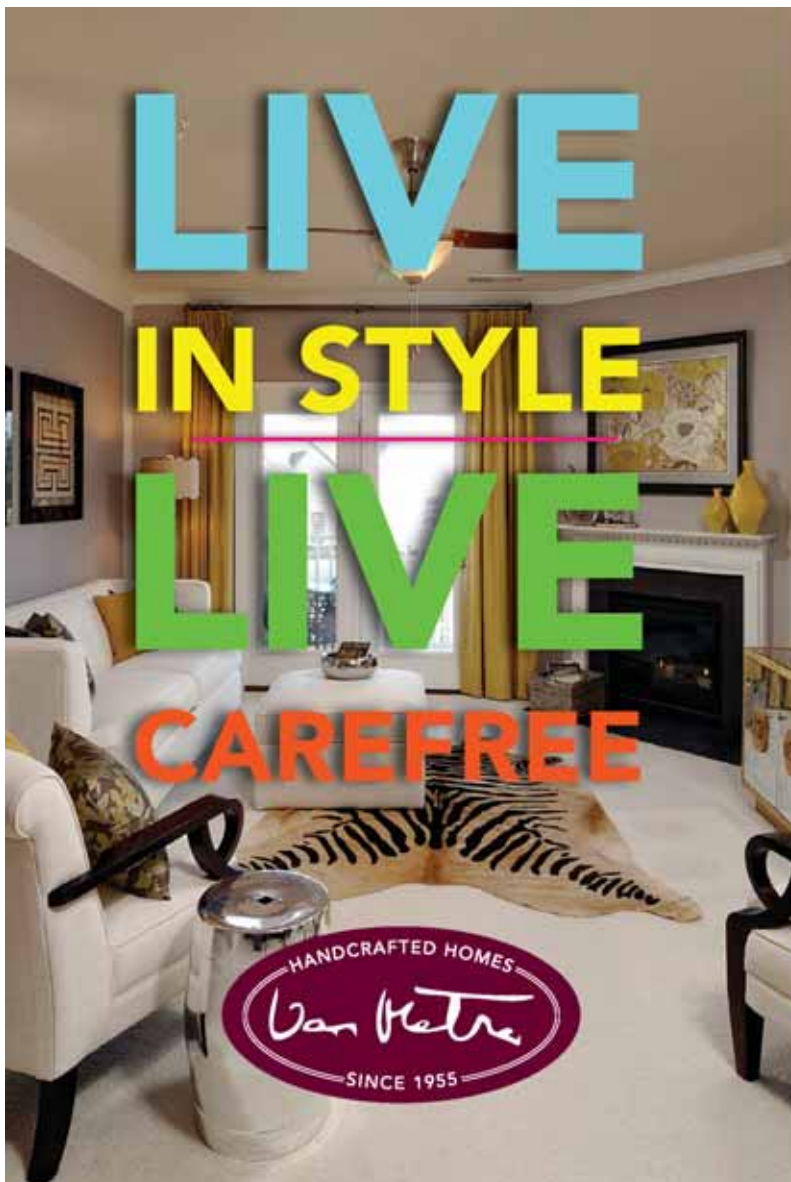
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Express Lanes, Transit Planned for I-66

Improvements will be made from Capital Beltway to Haymarket.

BY JANELLE GERMANOS
THE CONNECTION

Express lanes and rapid-bus transit could be coming to Interstate 66, Virginia Governor Terry McAuliffe announced on July 17. “Interstate 66 is broken. Commuters are stuck in traffic, limited in the travel choices they can make and unable to predict how long their trip will take on any given day,” McAuliffe said. “Giving Virginians more choices and a better, safer travel experience on I-66 is one of my top priorities, and today I am proud to announce the beginning of that effort.”

The plan, which includes three regular and two express lanes in each direction, bus service, and improved commuter parking, would be implemented from the Capital Beltway to Haymarket.

“Today’s announcement that we could be starting construction by 2017 on Express lanes like solution to I-66 congestion is outstanding news. I-66 is our most congested corridor and this gives me great hope that we can improve the quality of life for all Northern Virginians,” said Supervisor Pat Herrity (R-Springfield.)

The project, which spans 25 miles, will cost an estimated two to three billion dollars. The express lanes would operate similar to those on Interstate 495 and those being constructed on Interstate 95, which base the cost of the



This map demonstrates the area where express lanes and other improvements will be made along Interstate 66.



The proposed express lanes for Interstate 66 would be similar to those on Interstate 495 and those being constructed on Interstate 95 in Springfield, pictured here.

toll on time of day and congestion.

“I have been a longtime advocate for an ‘Express Lanes’ like solution for I-66 which would open this corridor up to reliable time advantaged mass transit and carpooling, extend a growing network of lanes dedicated to mass transit and carpools, and ease congestion on I-66 and surrounding roads like Route 50, Route 29 and Braddock Road,” Herrity said. “I want to thank Transportation Secretary Layne for continuing to keep this project a priority for the Commonwealth of Virginia.”

Officials announced the plan at a meeting at VDOT’s Fairfax office on July 17.

“Over the last couple of months the Virginia Department of Transportation has worked closely with the Department of Rail and Public Transportation, the Office of Transportation Public-Private Partnerships and Fairfax and Prince William counties to devise a plan that will reduce congestion on I-66 by increasing capacity and giving travelers more choices. Today we kick off 17 months of rigorous environmental study and robust community involvement. By the end of 2016 our plan is to complete environmental work, identify funding sources, receive federal approval, and move forward on a plan to turn I-66 into the efficient, multi-modal corridor that Virginia’s economy needs,” said Virginia Secretary of Transportation Aubrey Layne.

Express lanes on Interstate 95, which will run from Stafford County near Garrisonville Road up to 395 near Edsall Road, are expected to open in early 2015. All drivers will be required to purchase E-ZPass or E-ZPass Flex in order to use the lanes, and only vehicles with three or more passengers can ride toll free.

BULLETIN BOARD

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.

FRIDAY/JULY 25

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 stumpers to genealogists and library staff. 703-293-6227.

SATURDAY/JULY 26

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

SUNDAY/JULY 27

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 28

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.

Red Cross Blood Donation. 1:30-7 p.m. Truro Anglican Church, 10520 Main Street, Fairfax. The American Red Cross encourages all eligible blood donors to make an appointment to donate blood soon to help prevent a shortage. To make an appointment, visit redcrossblood.org or call 1-800-RED CROSS.

TUESDAY/JULY 29

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.

WEDNESDAY/JULY 30

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

English Conversation Group. 10:30 a.m. City of Fairfax Regional Library, 10360 North Street, Fairfax. Practice speaking English with others and improve your skills. 703-293-6227.

NEWS Paycheck Gender Wars?

Across Northern Virginia, men pull larger paychecks than women; disparities larger than national average.

BY MICHAEL LEE POPE
THE CONNECTION

When Lola Arce de Quintela first moved to Oakton 20 years ago, she noticed something about the way men and women arranged their professional careers around their family lives in Northern Virginia. Men took high-powered jobs with large paychecks, while women often dropped out of the workforce to take care of growing families. If women had full-time jobs, she says, they would often select positions that were not as demanding so they could focus their time and attention on their children while husbands and fathers pulled in six-figure salaries.

"The other women who live on my block are teachers," said de Quintela, a freelance translator. "Their husbands are attorneys or they work for the World Bank."

On a national basis, women make 77 cents for every dollar men make. But here in Northern Virginia the disparities are greater, especially in wealthier areas. Nowhere is this trend higher than 22124, the suburb of Oakton, where the average median income for full-time female workers is \$77,000. The men in that ZIP code pull in almost \$130,000. That means women who live in Oakton and are full-time, permanent workers earn 60 percent of what men earn.

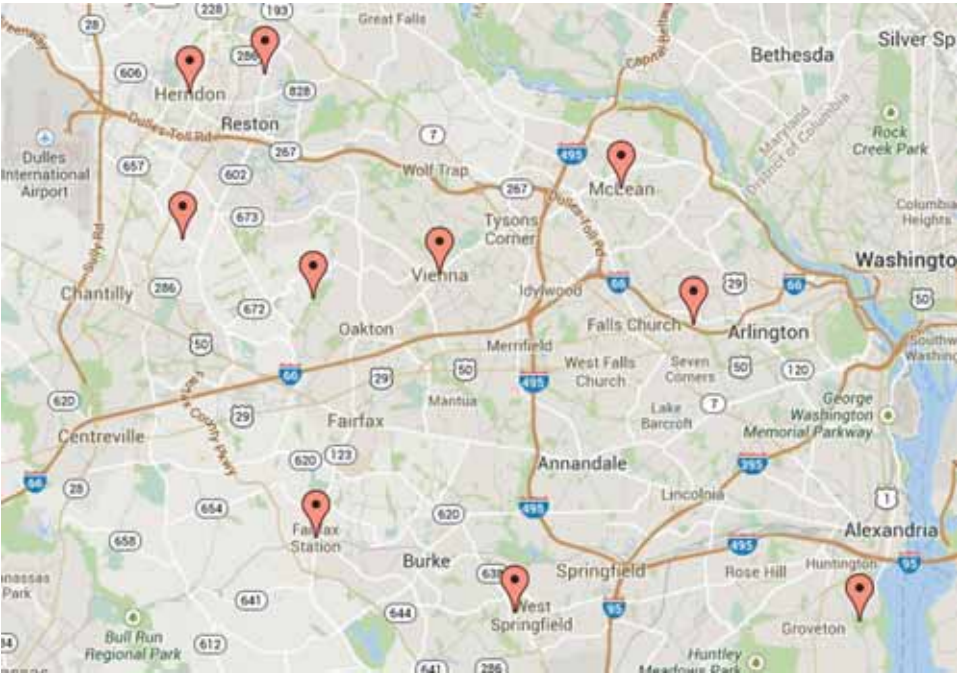
"It's very difficult to have a family and raise kids when you have two people with high-powered careers that demand a lot of time and attention," said de Quintela. "So a lot of women tend to find work that's more flexible and not as demanding, which means they earn less money. It's a trade off."

CENSUS RECORDS show disparities tend to be greatest where people earn the most money. In the Fairfax Station ZIP code 22039, for example, the average annual male median salary is \$134,000. That's one of the highest in Northern Virginia. By contrast, women in this area earn \$86,000 a year. That's still a high salary for the region, but women who live in Fairfax Station earn 64 cents for every \$1 the men who live there make.

Demographers say some of this may be explained by a concept they call "labor force attachment," which essentially means that women are less attached to the labor force than men.

"Given the traditional understandings about who cares for children or aging parents, what we often see is that women take

zip code	location	median female salary	median male salary	percentage women's median salary is of men's
22124	Oakton	\$77,421	\$128,808	60%
20171	Herndon	\$63,577	\$104,495	61%
22205	Arlington	\$70,755	\$115,729	61%
22152	Springfield	\$57,177	\$93,125	61%
22039	Fairfax Station	\$86,085	\$134,133	64%
20170	Herndon	\$49,325	\$74,714	66%
22102	McLean	\$71,113	\$105,995	67%
22182	Vienna	\$86,875	\$127,994	68%
22307	Alexandria	\$65,243	\$93,883	69%
20194	Reston	\$78,398	\$111,942	70%



"If you're looking at why men are earning more, it's because in those cases women who might have a higher earning potential are not in the labor force, they are staying home to raise a family."

—David Versel, senior research associate at the Center for Regional Analysis

on those roles," said Annie Rorem, policy associate in the demographics research group at Weldon Cooper Center for Public Service at the University of Virginia. "We often see differences in female and male earnings that are related to, although I would not necessarily say caused by, family structure."

This trend is less evident in ZIP codes where salaries are lower, and the roles are

even reversed in some of areas with the lowest salaries. In Bailey's Crossroads, for example, women earn \$59,000. But men earn \$46,000, the lowest salary of any Fairfax County ZIP code. That means men earn about 22 percent less than women here, a phenomenon that indicates workers here are attached to the labor force in a way that's different from people at the top of the earnings scale.

"What we are probably seeing in Bailey's Crossroads is women who are nannies of families that make a lot of money," said Veronique de Rugy, a senior research fellow at the Mercatus Center at George Mason University. "They make a lot more money than their male counterparts who are working in construction or putting up drywall."

ACADEMICS WHO look at these numbers say the imbalance of salaries between men and women can be explained by looking at how the genders participate in the labor force differently. A recent study by the George Mason School for Regional Analysis concluded that Arlington County has the highest labor force participation rate for women in the region while the District of Columbia has the lowest. Meanwhile, suburban areas of Fairfax County have much lower female participation rates than urban areas such as Arlington or Alexandria.

"If you're looking at why men are earning more, it's because in those cases women who might have a higher earning potential are not in the labor force, they are staying home to raise a family," said David Versel, senior research associate at the Center for Regional Analysis. "That's obviously less true than it was a generation or two ago, but that's the easiest way of looking at this."

Although the disparity between salaries earned by men and women are glaring, researchers who look at the data warn not to jump to conclusions about gender inequality. These numbers show that men and women who live in the same ZIP codes earn different salaries, it does not say that they receive different salaries for doing the same work. They probably say more about how women and men approach the labor force differently than how employers choose to compensate their employees.

"This doesn't necessarily mean that we are talking about any active gender inequality in the sense of discrimination or men and women being paid different amounts for the exact same labor," said Rorem. "One thing that's important to keep in mind when you are looking at all full-time year-round workers is that one thing you don't pick up is experience between workers."

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.

Realtors: Numbers Indicate Stable Housing Market

June home listings climb, with slight dip in sales.

The Northern Virginia market recorded increased inventories, providing buyers with more choices. Nonetheless, buyers are challenged by affordability and accessing credit. The June market in Northern Virginia continues the trend of sales numbers coming in just under those from one year ago at this time, but the signs of a stable market have led to an increase in sellers planting signs on their lawns. "It is all about managing expectations," said Lorraine Arora, Managing Broker at Long & Foster Real Estate in Springfield. "Some buyers are nervous. When houses are priced correctly, homes will sell." Arora explained that since there


was no activity in winter months, there was pent up demand for this region's early spring season. Now, she explained, prices are higher but not all sellers are getting their full price. Buyers are less willing to engage in bidding wars. The housing affordability may continue to be a challenge in the region, said Mary Bayat, 2014 chair elect of the Northern Virginia Association of Realtors. "While the slightly rising home prices indicate an improving market, people are just not making quick decisions to buy." Bayat, a broker/owner of Bayat Realty in Alexandria, also noted that the current tight mortgage regulations have been a drag on buyers' loan process. She noted that mortgage standards are under scrutiny by industry and housing groups at this time. The Northern Virginia Association of Realtors reported on June 2014 home sales activity for Fairfax and Arlington counties, the cities of Alexandria, Fairfax and Falls Church and the towns of

Vienna, Herndon and Clifton. A total of 2,174 homes were sold in June 2014, a 12.90 percent decrease below June 2013 home sales of 2,496. Active listings continued to show an increase this month compared with 2013. Listings were up 47 percent over last year, with 4,777 active listings in June, compared with 3,247 homes available in June 2013. The average days on market for homes in June 2014 was 30 days, an increase of 25 percent compared to the 24 days on market for homes in June 2013. Average home sale prices increased slightly this June to \$580,013. This is up 3 percent compared to June 2013, when the average price was \$563,223. The median sold price of homes this June, which is \$505,000, rose by 1 percent compared to the median price of \$499,900 in June 2013. The 2,047 new pending home sales in Northern Virginia in June is a decrease of 9.62 percent compared with 2,265 contracts that were pending in June of last year.

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OPINION

Tragic Consequences

Money lost by refusal to expand health coverage, but also life, health and livelihood.

The Virginia General Assembly's refusal to expand Medicaid, extending health coverage to as many as 400,000 Virginians has resulted in the loss of about \$1 billion in direct payments.

But that understates the loss, failing to calculate the cost of the lost health of thousands of Virginians.

Consider one relatively young man, treated by the Health Wagon, who is losing his vision to untreated diabetes because he has no health coverage, his diabetes went undetected for years and can't afford monitoring or medicine. Once diabetes begins to take its toll, it cannot be reversed. Once the man is blind and unable to work, he will likely be covered by Medicaid because he is permanently disabled.

The Centers for Disease Control says chronic illnesses are "the nation's leading causes of death and disability, leav[ing] in their wake deaths that could have been prevented, lifelong disability, compromised quality of life, and burgeoning health care costs. ... Heart disease, stroke, cancer, diabetes, obesity, and arthritis are among the most common, costly, and preventable of all health problems."

EDITORIAL

Consider the hundreds or thousands of Virginians who are not receiving routine care or screenings of any kind, whose cancer or high blood pressure or heart disease or diabetes, or even mental illness, rob them over time of their ability to work, to care for themselves or their families. Many will die of illnesses that could have been prevented or treated. The human toll is incalculable, unbearable and unnecessary.

It is unfair that health coverage depends on what state you happen to live in, that an ideologically driven General Assembly can determine your fate. If you are poor and live in a state that has chosen to accept expansion of health care with Medicaid, you have health insurance, for example in the bordering states of West Virginia, Kentucky and Maryland. But if you are poor and live in Virginia, or one of the other states that has refused to expand Medicaid, you are out of luck, out of health and possibly out of life.

Business groups and chambers of commerce around Virginia, including the Fairfax County Chamber of Commerce, support the expansion of Medicaid in Virginia under the Affordable

Care Act. One persuasive factor for the business community is that expansion would create an estimated 30,000 jobs and pump hundreds of millions of dollars into Virginia's economy. Hospitals support expanding Medicaid which would offset many of the costs of caring for uninsured populations.

In Virginia, Medicaid eligibility for adults without disability is almost nonexistent, limited to parents with incomes below 51 percent of poverty, or about \$11,900 a year for a family of four, according to the Kaiser Family Foundation. Adults without dependent children remain ineligible regardless of their income.

Under the Affordable Care Act, people with incomes 100 - 400 percent of poverty qualify for subsidies on their health insurance premiums when they purchase coverage through a Marketplace. Because the Affordable Care Act envisioned low-income people receiving coverage through Medicaid, people below poverty are not eligible for Marketplace subsidies. As many as 400,000 adults in Virginia fall into the coverage gap because they don't qualify for Medicaid under Virginia's rules, among the most stringent in the nation, but earn less than the poverty rate, so not enough to qualify for subsidies.

— MARY KIMM,

mkimm@connectionnewspapers.com

'Living Wage' Tough to Achieve in Northern Virginia

Housing and job opportunities needed to relieve poverty.

BY MARY AGEE

NORTHERN VIRGINIA FAMILY SERVICE PRESIDENT AND CEO

On the surface, Martha Ordon is living the typical Northern Virginian life. She works as a medical receptionist at a doctor's office in Fairfax, and talks proudly about her 16 year-old daughter, a socially-active junior who plans to study business in college when she graduates. The reality is a little bit more complicated.

Martha and her daughter moved to Fairfax in 2008 from Louisiana. Her friend had urged her to make the move to Northern Virginia, telling her about the fantastic quality of life: the great schools, the strong job market and the sense of community. What her friend hadn't mentioned was the high cost of living. In Louisiana, Martha had worked as a cook in a Catholic school and always made



Training Futures is a free program for adults who are determined to gain the skills to excel in professional, administrative roles.

enough to pay her bills. In Fairfax, she took a full-time job as a cook making \$10.50 an hour and a part-time job as a retail sales associate making \$8 an hour. With two jobs, Martha could pay her bills, but she rarely got to see her daughter. When Martha lost her job as a cook, she

began working retail full-time but could no longer make ends meet.

In 2012, Martha and her daughter were evicted from their apartment. They lived in a hotel until a space became available at a local family shelter. Martha recognized that in order to pull her life back

together and provide a stable home for her daughter, she would need a living-wage job. She also realized that her previous experience as a cook was not going to help her rise above the poverty

SEE OPPORTUNITIES, PAGE 12

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PHOTO BY ELEANOR LAMB

Aisha Deen and her daughter Simrah visit the Richard Byrd Library. The mother and daughter shared their experiences with the Richard Byrd Library as part of the "Library Stories" project.

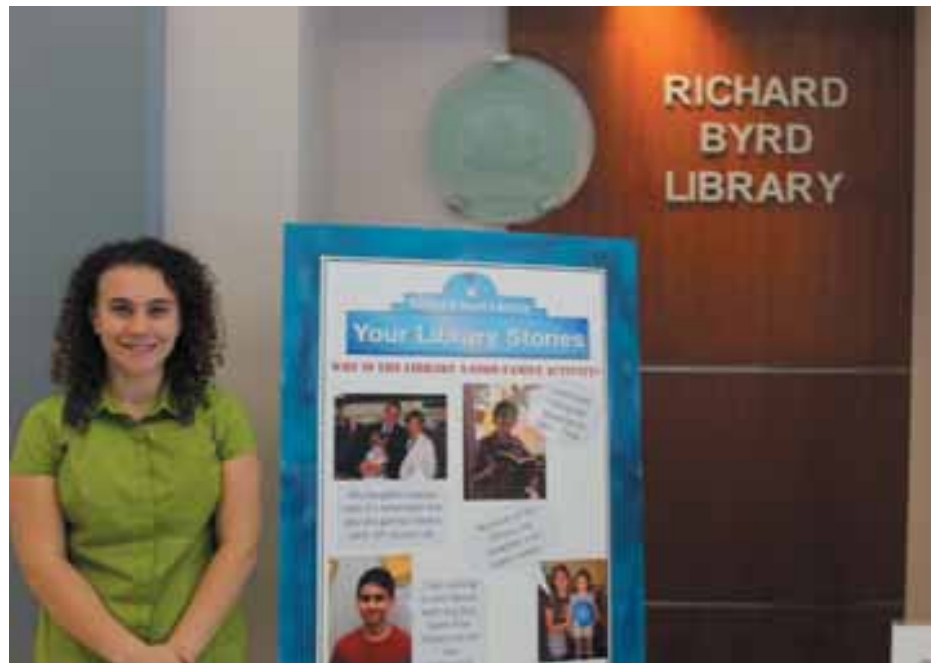


PHOTO BY JANELLE GERMANOS/THE CONNECTION

Springfield resident Eleanor Lamb, a graduate of West Springfield High School, has been spending her time as an Exxon Mobil Intern with the Friends of the Richard Byrd Library collecting personal stories for the group's "Library Stories" project.

How Has the Library Affected You?

Friends of Richard Byrd Library encourage visitors to share library stories.

BY JANELLE GERMANOS
THE CONNECTION

Springfield resident Eleanor Lamb loves the library. The West Springfield High School graduate visited consistently while growing up in the area, and is now giving back through her internship with the Friends of Richard Byrd Library.

Lamb, a rising junior at William and Mary, has spent the summer gathering the opinions and viewpoints of people who used the library, taking their picture and making posters with the responses as part of the "Library Stories" project.

Chris Peterson, president of Friends of Richard Byrd Library, said the group wanted to conduct a project that allowed for people in the community to share why the library is so important in their lives.

"People have a lot of different feelings about the library," Peterson said. "It plays a different role for everyone."

THE GOALS of the project are to show library lovers that there are other people out

there that share the same passion for the library, and to demonstrate the resources available at libraries that people may not know about.

Lamb asks visitors questions varying from "What's your favorite thing about the library?" to "How has the library improved you as a person?"

She then puts stories like those of Maya Flores, a volunteer who used the library as a child to help her parents learn to speak English, onto posters and onto the Friends of Richard Byrd Facebook page.

"The answers really vary. Some of the kids give really cute answers," Lamb said.

Eleven-year-old David Beatty, for example, got his picture taken after a heavy summer rainstorm. Despite the rain, Beatty came out to check out the library's book sale.

"I like the library," Beatty said. "Generally they have my favorite books I wouldn't expect to see there. I didn't want the books to be gone before I got there."

The story of Maya Flores and the role of the library in helping people learn English and become citizens was a common theme throughout the project, Lamb said.

Flores, originally from Los Angeles, shared with Lamb that she began visiting the library with her parents when she was 5. Her parents were from Mexico and didn't speak English. They would visit the library when they needed an explanation, and used



PHOTO BY ELEANOR LAMB

Maya Flores, a volunteer with the Friends of Richard Byrd Library, said her parents, immigrants from Mexico, relied on the library in Los Angeles to learn English.

the reference books to research American holidays.

"All their friends were Mexican, so they had no one to ask," Flores said. "It was a matter of both of us learning at the same time."

There's also stories like that of Aisha Deen, who takes her daughter Simrah to the library.

"It's fun. The staff is very friendly and cooperative. My daughter is shy, but here she asks for help on her own. I love this library," Deen said.

THE "LIBRARY STORIES" project has gained some attention around Fairfax



PHOTO BY ELEANOR LAMB

David Beatty, 11, braved rainy weather to visit Richard Byrd Library. Beatty was featured in the "Library Stories" project which The Friends of Richard Byrd have

County. Some individuals interviewed for the project will be part of a Fairfax County Channel 16 Service Announcement, to be filmed soon.

"I'm excited that there's a chance more people will see the project and learn about the ways the library is important," Lamb said.

The Friends of Richard Byrd are also planning to host an event on Aug. 18 that showcases the posters that have been made containing the responses from the project.

"It's surprising how many people have never been to a library, or haven't gone in a very long time. We're hoping this will help change that," Peterson said.

WSHS Grad Berglund to Play at Northwestern-St. Paul

Q&A: Sharpshooting guard fan of Minnesota Vikings, Twins.

Amy Berglund was a four-year standout sharpshooter for one of the top high school girls' basketball programs in Virginia.

As a freshman, Berglund received all-district honorable mention and helped West Springfield win the Patriot District title and reach the state semifinals. As the years went by, the accolades grew: second-team all-district as a sophomore, first-team all-district as a junior, and, eventually, first-team all-state and conference Player of the Year as a senior.

During her senior campaign, Berglund surpassed the 1,000-point milestone for her career and eventually finished second on the program's all-time scoring list. In a game at West Potomac, Berglund made 13 of 14 field-goal attempts for a career-high 30 points. The Spartans beat T.C. Williams to win the Conference 7 championship and advanced to the state tournament with a region runner-up finish.

Berglund, a 2014 West Springfield graduate, will continue her basketball career at the University of Northwestern-St. Paul. Berglund recently participated in a Q&A via email with The Connection.

Connection: What made University of Northwestern-St. Paul the right fit for you?

Berglund: All my family lives in Minnesota so I will be extremely close to them, the strong academics that also integrate faith/Christianity into the learning and the experience, and I loved the basketball program there with an amazing group of girls and coach. My parents approved since they got married at the chapel on campus.

Connection: What will your major be?

What position will you play?

Berglund: I plan on majoring in kinesiology with a minor in biblical studies and possibly business. I will be playing the 2/3 guard.

Connection: At what age did you start playing basketball? When did you realize playing college basketball was a possibility for you?

Berglund: I started playing around with basketball at age 6, following in the footsteps of two older brothers who played. Ever since I can remember, I dreamed of playing college basketball, but my ninth-grade year was when I realized it was something I could really accomplish.

Connection: Did you play any other sports at West Springfield?

Berglund: I played lacrosse my senior year and it was an awesome experience with great coaches and teammates!

Connection: What's your favorite memory of playing high school basketball?

Berglund: Meeting and competing with my best friends. Also, winning the Patriot Conference my senior year, because no one would have picked us to win it at the start of the season. Our team was so close off the court that we all played with amazing chemistry on the court.

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

Berglund: The only thing I would change is that it could have gone by slower because



CONNECTION FILE PHOTO
Amy Berglund surpassed the 1,000-point milestone during her four-year career at West Springfield.

it was the best part of my high school experience and I already miss being a Lady Spartan.

Connection: What kind of traits, physical or mental, does it take to be a good perimeter shooter?

Berglund: Physically, I think a good shooter needs to have running endurance and a lot of leg strength so by the end of the game they have enough left in them to get a good jump for the shot. Mentally, a good shooter needs to have the confidence

to keep shooting even if the shots aren't going in at first and the focus to keep making shots when they are hot during a game.

Connection: Did you have to put in a lot of work to become a good perimeter shooter, or did it come naturally?

Berglund: It did take a lot of work and hours of repetition to become a good shooter but it is what I love doing so I did not mind. I was lucky to have parents who would spend hours standing under a hoop rebounding for me.

Connection: What is your personal best for consecutive 3-pointers made?

Berglund: I recently made 31 3-pointers in a row when I was practicing with the goal to make a lot of them in a row.

Connection: What is your career high for points in a game at any age?

Berglund: My career high for points in high school was 30 which came during my senior season. I ended up shooting 13-14 that game and I missed my last shot which, ironically, was the easiest shot of the game, a layup.

Connection: Who is your favorite music artist? Why?

Berglund: Tim McGraw, because I love his voice and he has so many great songs.

Connection: What is your favorite movie? Why?

Berglund: 'Miracle on Ice,' because it is the greatest sports movie ever and so inspirational.

Connection: Favorite food?

Berglund: Cheeseburger.

Connection: What is your favorite hobby outside of basketball?

Berglund: I like to hike and camp.

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

Berglund: The farthest I have been from D.C. was during a trip to Colorado.

Connection: Are you a pro sports fan? If so, who are your favorite teams?

Berglund: Minnesota Vikings and Minnesota Twins!

— JON ROETMAN

Swimming for a Cause at South Run Pool

On Sunday, July 13, the South Run Community Pool held their annual Swim-a-Thon charity event to raise funds and awareness for cancer, a cause that runs deep through this close-knit neighborhood community. On what felt like the hottest day of the summer thus far, participants gradually streamed in to partake in the 7th iteration of the Swim-a-Thon, which was coordinated this year by friends Ryan Kelly, Liam Kelly, Nick Porter, Michael Murphy, and Jordan Krug, all members of the South Run swim team.

With a tent and table set up in the corner of the pool deck to collect donations, dozens of people blanketed the pool, swimming laps "for the cure," with pro-

ceeds going to INOVA hospital's "Life with Cancer" program.

After people finished swimming, they recorded the number of laps they swam, and helped themselves to a snack and a cold beverage.

This year, 31 people swam a total of 1,270 laps, and donated almost \$1,500 on the day of the event, with money still being collected.

Swim-a-Thon was created as a way to engage the community in the fight against cancer; a fight that has deeply affected many South Run families over the years. Given another successful iteration of this event, the South Run community seems to be keeping that fight alive one stroke at a time.



From left: Ryan and Liam Kelly, Christina Moneyhun, Michael Murphy, Nick Porter, Andrew Peter and Chloe Shutt.

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.

FRIDAY/JULY 25

"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.

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."

FRIDAYS/JULY 25-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.

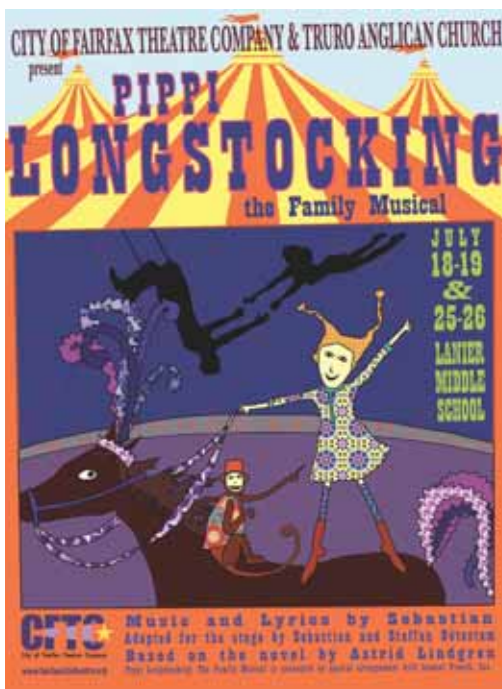
SATURDAY/JULY 26-

TUESDAY/SEPT. 2

Glass Unpolished: Explorations of Time, Nature and Technology. Workhouse Arts Center W-16 Vulcan Gallery, 9518 Workhouse Way, Lorton. Three artists from Virginia and Maryland use glass as a means to dig into the conceptual nature of discovery, time, fiction and experiment. 703-584-2900.

SATURDAY/JULY 26-AUG. 9

Children's Theatre: The Ice Queen. 1 p.m. Workhouse Arts Center, 9601 Ox Rd, Lorton. This original fairytale follows the Ice Queen's search for the love of her life. Will the Ice Queen and Jack Frost make the perfect pair and live happily ever after? Admissions: \$9-\$12. www.workhousearts.org. 703-584-2900.



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 25-26 at Lanier Middle School.

SATURDAY, JULY 26

Mount Vernon Nights: Alexandria Klezmer (Jazz/Jewish). 7-8 p.m. Workhouse Arts Center, 9601 Ox Rd, Lorton. The Alexandria Klezmer has

been combining traditional Eastern European and Jewish music with diverse influences for more than a decade. New arrangements of traditional melodies and original songs by members of the band draw upon jazz, classical, world beat, rock and other genres. Picnic baskets, lawn chairs and blankets are welcome, but outside alcohol is not permitted. www.workhousearts.org. 703-584-2900.

Garden Photography: Creative-Documentary. 9:30-10:30 a.m. Green Spring Gardens, 4603 Green Spring Road, Alexandria. Learn to use composition and time of day to record changes in your garden and to highlight what design elements are working or not. \$18. Register on-line at www.fairfaxcounty.gov/parks/greenspring.

Cub Scout Bear-Sharing Your World with Wildlife. 1:30-3 p.m. Green Spring Gardens, 4603 Green Spring Road, Alexandria. Cub Scout Bear Achievement. \$10. 703-642-5173.

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.

Neighborhood Plant Clinic. 10 a.m.-1 p.m. City of Fairfax Regional Library, 10360 North Street, Fairfax. Master Gardeners provide horticultural tips, information, techniques and advice to home gardeners. 703-293-6227.

Wag a Tale. 10:30-11:30 a.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Need a little practice reading or just love dogs? Register at <http://www.fairfaxcounty.gov/library/branches/kn/> under "Events" to read to one of our therapy dogs; ages 5-12.

Children's Theater: Ice Queen. 1 p.m. Workhouse Arts Center W-3

Theatre, 9518 Workhouse Way, Lorton. Our story unfolds as the sister of the mysterious Ice Queen and Charles (a Wise Man) is determined to find her true love. \$9-\$12. 703-584-2900.

Dog adoption event by Homeless Animals Rescue Team. 12-3 p.m. PETCO, Greenbriar Towncenter, 13053 Lee Jackson Mem. Hwy., Fairfax. Come adopt a furry friend. Hart90.org.

Jeri Sager Concert. 7 p.m. Westwood Baptist Church, 8200 Old Keene Mill Road, Springfield. Broadway actress and singer Jeri Sager will offer a free concert to the public as part of the celebration of the church's 50th year. 703-451-5120.

"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 27

Canine Cruise. 7 p.m. Lake Accotink Park, 7500 Accotink Park Road, Springfield.). Treat your canine companion to a special cruise aboard Lake Accotink Park's pooch-friendly pontoon boat. Catch the last rays of the sun as it dips toward the distant lake shore while your dog scans for ducks, geese and other lake dwellers. \$6 per person, no charge for dogs. Limit one dog per person. RSVP: <http://www.fairfaxcounty.gov/parks/lake-accotink/events.htm>

SATURDAY/AUG. 2

Backyard Composting Basics. 10-11 a.m. Green Spring Gardens, 4603 Green Spring Road, Alexandria. Learn different composting methods, materials to use and not use, proportions, aeration, screening, critter control and compost use. Register www.fairfaxcounty.gov/parks/greenspring.

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WFCM Still Operating, Closing Thrift Store

To the Editor:

An open letter to the community

Dear Partner in Service:

For 27 years, Western Fairfax Christian Ministries has provided life-essential support to individuals and families in our community with the assistance of hundreds of volunteers, churches, donors, and partner organizations. In 1998, WFCM started selling clothing to the local community as a way to generate revenue to support the vital ministries we offer – this was the nexus of what has grown into our current thrift store.

Over the years, the community has been generous with their donations of time, clothing, and household goods to keep the thrift store running. We are immensely grateful for this support. Not only has the thrift store provided low-cost, quality goods for our customers, it has also allowed us to meet the clothing and household needs of our clients seeking assistance.

For the past couple of years, however, the thrift store has not generated enough revenue to cover the costs of its operation. A change in location presented challenges to the ministry. After months of prayerful consideration, the Board of Directors has determined that operating the thrift store is

no longer the right choice financially for WFCM. The thrift store will close Aug. 15.

This is a season of change for WFCM. The thrift store has been an important part of our ministry and we are grateful for your partnership. We know that needs still exist in our community for assistance with clothing and household goods. We know that a need also exists for our donors who desire to help others by contributing their used items. And, we will continue to work to meet those needs.

WFCM is developing partnerships with churches and organizations in our community with clothing closets who will be able to serve our clients and receive in-kind donations. We will distribute details on this new process when they are finalized.

We have enclosed a document to help address questions you may have, but please contact us if you have other questions or concerns.

Although the doors of the thrift store will be closing, WFCM is expectant to see what God has in store for us in the future as we seek to be an extension of God's love in this community.

Jeff Robertson

President, for the WFCM
Board of Directors

Creating Opportunities

FROM PAGE 6

line. During her shelter stay, Martha discovered Training Futures, the nationally-recognized, workforce development solution of Northern Virginia Family Service.

Training Futures is a free program for adults who are determined to gain the skills to excel in professional, administrative roles. The 6-month curriculum not only teaches college-level administrative skills such as the Microsoft Office Suite, customer service, records management, medical terminology, business English and business math, but also through a partnership with Northern Virginia Community College, offers eligible trainees the opportunity to earn up to 21 college credits and a Career Studies Certificate in Business Information Technology.

Trainees come to Training Futures Monday – Friday, 9 a.m. – 2 p.m., and often arrive early and stay late to master course work. They are outfitted in the Training Futures Clothing Closet and expected to wear business professional clothes every day. Each trainee reports to a “supervisor,” or staff member, who coaches them around attitude and business habits, encourages them and above all else, holds them to high “corporate” expectations. When trainees arrive for their first day at their new professional, administrative job, they not only have the skills to add value, but also look and act the part of an excellent employee. Martha knew she had found the pathway to the life she imagined for herself and her daughter. Within five weeks of graduating from this exciting program, Martha landed her position as a medical receptionist, making \$14 an hour.

While at the shelter, Martha was also re-

ferred to the Bridging Affordability Program. Bridging Affordability is administered by Northern Virginia Family Service in partnership with Fairfax County Department of Housing & Community Development. The program combines rental subsidies and case management supportive services with the intent of moving families forward toward self-sufficiency. Bridging Affordability has given Martha the time and financial breathing room to attend Training Futures and work towards a living wage. As Martha nears the end of her time in Bridging Affordability she is paying down debt which will allow her to purchase a car and further broaden her housing options. She has increased her income 57 percent since starting the program, thanks to the training and subsequent employment she found following Training Futures, but still needs to consider affordable housing options, which are rare in this area.

The comprehensive nature of NVFS programs, including Workforce Development and Housing Services, provide clients with a unique opportunity to achieve several substantial goals at one time. NVFS has made the investment to ensure that when clients who seek our services for one issue may access the full range of our programs to increase the odds of achieving self-sufficiency. In the community, NVFS has been working with partners in both the nonprofit and government sectors who recognize the cross section between these two service areas. Families will not be able to maintain stable housing without living wages, and our efforts to solve the housing program in Northern Virginia are contingent upon holistic solutions that address both of these issues, together.

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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.

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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
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 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.

It Works!

SPECIAL PULLOUT TAB

Community & Newcomers Guide

August 27, 2014

The annual Newcomers and Community Guides for each of our 15 communities with inside facts on what makes each community special, their secret places, the real power players, how to get involved and more.

Including the history, schools, parks, libraries, local people, elected officials, county/city offices, how decisions are made, a calendar of events and other vital community information.

Due to the popularity and long shelf life of this issue, an overrun of the publication is made to meet demand. Extra copies are delivered to select Chambers of Commerce, Realtors, Citizens' Associations and local government.

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-Werner Heisenberg

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.

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.

First Baptist Church of Springfield offers Sunday school at 9:15 a.m., followed by a 10:30 a.m. worship service at 7300 Gary St., Springfield. 703-451-1500 or www.fbcspRINGfield.org.

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.

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PET CONNECTION



Top and bottom: Baby photos of future assistance dogs

Puppies Destined for Important Work

Bred, donated and/or rescued for assistance dog training by paws4people.org, these “baby pictures” will be shared with the children and veterans matched with each dog.

But until then, the puppies will receive comprehensive training. Training begins at the Training Center in Wilmington, Del. The specific training is proprietary, but includes learning how to navigate different surfaces and challenges and how to handle stress. At around six weeks, they curl up in a transport van and make the drive to the Puppy Development Center, currently in Georgia. There, they continue with socialization training as they work students who are autistic at the Lionheart school, with both puppies and students getting more comfortable with new situations and people.

At 16 weeks, they pile back into the van and are met by inmate trainers at Lakin Correctional, in West Virginia. It is here that the core of “command set” training happens.



PHOTOS BY JOAN BRADY/JOANBRADYPHOTOGRAPHY.COM
Joan Brady photographs an assistant dog at work with a college student in West Virginia.

Each dog will learn 110 commands before being matched with a “client.”

After 12 - 15 months of socialization and command training, they will each be matched with either a child or a veteran. From that point, the puppies will be trained specifically to meet their new “handler’s” needs.

During that specialized training, the dogs remain in prison. These pictures will help the newly matched children and adults get through that initial separation.

Read more about [paws4people](http://paws4people.org) assistance dogs at joanbradyphoto.wordpress.com

— JOAN BRADY

Joan Brady is a professional photographer; mentor and advocate for current and former foster children; volunteer with paws4People, [Fairfax Families4Kids](http://FairfaxFamilies4Kids), and others; and a resident of Great Falls. Reach her at joan@joanbradyphotography.com



Reading Retriever

Samson serves as one-dog audience to young readers at local libraries.

BY THOMAS FRIESTAD
THE CONNECTION

Since his puppy days, Golden Retriever Samson has been an eager participant in a program custom-made to display the most admirable qualities of man's best friend. He and volunteer Tricia Lowney of Fairfax Station, his owner, have participated in the popular "Read to the Dog" program at four local libraries since 2012.

Lowney and her husband introduced the program locally in 2007 with their previous dog, starting at Pohick Regional Library, after hearing about a comparable program at a library in Stafford.

"My husband and I have a niece and nephew in Stafford who both had some learning issues, and they had gone to a library with a dog there, so when they told us about it, we thought we would see if it could be a possibility here," Lowney said. "However, that program was different from ours; whereas they brought a dog in and gathered the children around it, we bring in four or five dogs, and children come in and sit with individual dogs for 15 minutes and read to them."

Lowney said the "Read to the Dog" program is part of voluntary organization "People Animals Love," which allows dogs and their owners the opportunity to visit different locations, such as the Armed Forces Retirement Home, and provide inhabitants with a little extra canine companionship. She said dogs are also certified for "Read to the Dog" through "PAL," going on visits to ensure they can follow basic commands and get along with people.

"The best thing about these visits is seeing the seniors emotionally react," Lowney said. "You're going into an environment where someone is completely inward, then you pick up their hand and put it on a dog, and their eyes light up. There's a smile in their eyes."

Lowney said children's reactions to "Read to the Dog" events are near universally positive, and because of the progress many of them show between multiple events, she does not see herself stopping participation in them in the foreseeable future.

"You can see physical and emotional changes in the children who participate; you'll have a child come in and they're whispering with no volume, and when this happens, I'll take Sammy's ear, lift it up and say 'Oh, he can't hear you,'" Lowney said. "After a while, their volume comes up, their confidence comes up, their reading potential and skills increase, they'll even bring in more advanced books to read. The most important thing is that there's no judgment; if they get the words wrong, Samson doesn't care, and it's just wonderful."



PHOTO BY TRICIA LOWNEY

Caleb Campbell, 6, and his mother Olivia pet Samson while the former reads to him at a 'Read to the Dog' event June 7 at Pohick Regional Library.

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PET CONNECTION

Becoming Best Friends

Frodo and Sam have become best friends – sort of. My husband and I adopted Frodo from Home Alone Cat Rescue several years ago. He is part Maine Coon and part American Bobtail, with a funny short tail. He may have been mistreated by a previous owner because he is afraid of everything, especially ceiling fans. He quickly became comfortable in our home as an “only cat.”

We adopted “Sam” in September of 2012. She was an adorable tabby kitten, part of a feral litter living outside of a restaurant in Washington D.C. Lee District School Board Member Tammy Kaufax and her two high school aged kids, Halle and Matthew, were fostering the litter as part of a school project.

Tammy showed me a photo of the kittens in August of 2012 during the Springfield Bridge Walk and I fell in love with the smallest kitten with tiger markings. As soon as Sam had gained enough weight to be adopted we brought her home as a companion for Frodo.

It took a few weeks for the two cats to get used to each other, but now they play together and chase each other around all the time. They are so cute together, especially when Sam hides behind the bedroom door and ambushes Frodo when he walks into the room. Animals add so much to your life!

— SHARON BULOVA, CHAIRMAN,
FAIRFAX COUNTY BOARD OF SUPERVISORS



PHOTO CONTRIBUTED

Sharon Bulova with her cats: “Animals add so much to your life!”

Caring for Aging Pets

Jason Overman of Springfield Animal Hospital shares some best practices.

BY JANELLE GERMANOS
THE CONNECTION

Even for those pet lovers who pay close attention to the health and well-being of their pets, it's not uncommon for owners to be unaware of when their pet is reaching the point of becoming a senior.

Because the lifespan of pets can vary, it's important to do extensive research, and to take pets to the vet at least once a year.

Generally, smaller dogs are considered seniors when they reach ages seven or eight, and larger dogs are considered seniors around age five or six, said Jason Overman, veterinarian and medical director at Springfield Animal Hospital.

“For dogs, it can vary depending on the breed,” he said.

Common health problems for older dogs include arthritis, dental disease, kidney problems, cancer, heart problems and more.

“It's important to look out for a change in appetite and water consumption, and generally any behavior they may be doing that they typically haven't before,” Overman said.

Dental diseases are common among dogs, so it's important for owners to start using dental products on their dogs as soon as possible.

“Most people don't really think about what's going on in their dog's mouth. They really don't ever look at it until we show them here at the vet. They're usually very surprised,” Overman said.

Cats are generally considered seniors around age 7. Common problems in older cats include hyperthyroidism, kidney disease and arthritis.

According to Overman, there are sev-



PHOTO BY JANELLE GERMANOS/THE CONNECTION

Springfield Animal Hospital Medical Director Jason Overman, who has been working at the hospital since 2010, advises pet owners on how to care for an aging pet.

“For dogs, it's important to put down rugs on any hardwood floor areas, and on stairs, putting down runners is helpful.”

— Jason Overman, Springfield Animal Hospital

eral things pet owners can do to help assure that their older pets are comfortable.

“For dogs, it's important to put down rugs on any hardwood floor areas, and on stairs, putting down runners is helpful,” Overman said.

For cats, comfortable and heated beds can be helpful. Both dogs and cats appreciate a high-quality bed, Overman said. Overman also advises pet owners to avoid giving their pets any over the counter medications without first consulting a vet, and to avoid any human medications. “Cats can be very sensitive to these and it can lead to other problems,” Overman said.

Pet insurance is also crucial for pets, as it can be more difficult to get insurance when pets become older. Fish oil supplements are also helpful for pets as they get older.

Nutrition can help dogs and cats live healthier lives, said Nikki Logan, manager at natural pet food store Felix & Oscar in Springfield. “A lot of senior pets are overweight. Foods that are higher in fiber and have less artificial ingredients can help keep a pet's weight to a minimum,” Logan said.

Matt O'Leary, a longtime pet owner and employee at Felix & Oscar, stresses that when it comes to caring for an older pet, knowledge is power.

“The more you know about the food, the better off your pet will be. A lot of it has to do with genetics, but making sure the pet is eating well is a great way to prolong a happy and healthy life,” he said.

Overman advises pet owners to visit websites like the American Animal Hospital Association at www.aahanet.org to read more about caring for pets at every age.

PET CONNECTION



Gaby Batres, an employee at the natural pet food store Felix & Oscar in Springfield, explains the health benefits of raw food for pets.



Felix & Oscar employee Matt O'Leary points to the wide variety of natural raw food for pets at the store's location in Springfield.

Springfield Pet Store Shares Importance of Good Nutrition

Felix & Oscar provides natural and wholesome pet food.

By Janelle Germanos
The Connection.

Nikki Logan and Matt O'Leary, employees of Felix & Oscar, a natural pet food store in Springfield, admit that their pets probably eat better than they do sometimes.

"With all of the processed and artificial stuff that's in fast food, I would definitely say yes," Logan said.

But with the wide selection of non-processed and natural pet food and treats at Felix & Oscar, who could blame them?

With good nutrition and care, pets can live happier, healthier lives, said Logan, a manager at Felix & Oscar, who has been working at the store for almost seven years.

"People often ask us, why can't I just buy food for my pets at the grocery store? Our main goal here is to educate," she said.

Pet food at the grocery store can contain by-products and fillers, and some pet owners don't recognize the importance of reading the label of products they buy. At Felix &



PHOTOS BY JANELLE GERMANOS/THE CONNECTION
Matt O'Leary, a pet owner and employee at Felix & Oscar in Springfield, recognizes the importance of feeding pets healthy food.

Oscar, reading labels is encouraged. Customers will find products without artificial ingredients that are found in a lot of other pet food.

"It's important to be aware of what's going into your pet's body," Logan said.

As recent trends have encouraged people to consider what's going into their food, O'Leary said it's common sense for pet owners to consider the same for their dog or cat.

"If you wouldn't eat it, why

would you feed it to your pet," he said.

Felix & Oscar provides food that is close to what dogs and cats would eat in the wild. The store includes a selection of raw meat and bones, natural food and treats, and more.

Logan advises pet owners to avoid any products with soy meal, artificial flavors, meat by-products, and corn and wheat-gluten, among others.

Eating natural, nutritious food can provide multiple benefits for pets, employees of Felix & Oscar explain.

"For some dogs, say one who has cancer, we can help the owner shop for certain lower glycemic foods, which is healthier for the dog," Logan said.

Felix & Oscar has a wide selection of healthy dog and cat food, including Nature's Balance, Orijen and K9 Naturals. There's even a bakery section that features delectable treats for pets.

"Knowledge is power. The more you know about your pet's food, the better of your pet will be," O'Leary said.

Diana and Steve Greiner, owners of Felix & Oscar, started their business to provide natural, wholesome food for pets. Felix and Oscar are the names of a cat and dog they adopted from the Fairfax County Humane Society.

"Pets are just so happy when they come in here, and their owners are too," O'Leary said.

Lizzie and Yola, the Life Saving Labs

About eight years ago, a very special dog came into our lives – and the lives of many others. We signed up with Guiding Eyes for the Blind to be Puppy Raisers. Our task was to spend a year with a puppy, providing socialization, some basic training, and preparing the dog to go on to advanced training before joining a blind person to be a life team. It's difficult to think about having a dog in your life for a year and then giving her up, but this was important work that could change someone's life, and the program was really well done, so off we went. Elizabeth, a beautiful black Labrador retriever, was soon a part of our household. Blind people came to talk to our class on several occasions, emphasizing what a powerful service this was for them.

About three-fourths of the way through our scheduled time together, Elizabeth had a third recurrence of an ear infection, which was a minor problem, but it took her out of the program, as guide dogs cannot have any lingering medical issues. We were offered the opportunity to keep Elizabeth as a pet. We accepted with delight and Lizzie, as she had become known to us, became a permanent part of our family. Today, she pretty well rules the roost around here.

Our time with Lizzie began with the idea of service and so we looked for other ways she could serve. She is pretty large as Labs go and was a bit too rambunctious as a youngster to be a hospital visitation dog. Fortunately, someone told us about the dog blood donation program



PHOTO CONTRIBUTED

Partners in Service, from left, Lizzie and Yola each helped over 50 dogs by providing blood for surgeries.

– we found Lizzie's service opportunity.

Like most people, we had never heard of dog blood donation, but we learned that there is more than one type of dog blood and a blood supply is needed for surgeries, just as for people. In some places, dogs are raised just to be blood donors, a grim sounding life, and so the Blue Ridge Veterinary Blood Bank, a wonderful organization that runs its programs on the strength of volunteers and donations, began a voluntary blood donation program. We signed up with Lizzie.

For about seven years, Lizzie and her good friend Yola (a yellow lab who also had a career change from

the guide dog route) would go to the Old Towne Pet Resort in Springfield about every six weeks to donate. They loved it! Upon arrival, they were warmly greeted by Dr. Valery Latchesorce and Veterinary Specialist Chris Old, who played with them a bit, then settled in with Chris who would hold them (literally spoon with them on a table), while the veterinarian constantly fed them peanut butter as a quick and painless blood draw was completed. If you know Labs, you know the combination of constant attention and food was irresistible. Both dogs went into happy fits whenever we pulled into that parking area.

Lizzie and Yola both celebrated

their eighth birthdays in June, which means they have retired from the donor program. During their time of service, Lizzie and Yola each helped over 50 dogs by providing blood for surgeries. It was a great run and we are all glad to have participated.

If you would like to know more about these fine organizations and investigate some of the many ways you might be able to contribute, check out The Blue Ridge Veterinary Blood Bank at www.brubb.com and Guiding Eyes for the Blind at www.guidingeyes.org.

— WILLIAM R. CLONTZ

Charles the Rooster of Franconia

Charles the rooster crows perched on a fence. Charles is one of many pet chickens kept by Cary Nalls. "A lot of people come in and tell us that it takes them back to their roots, and they grew up with chickens and the sound of roosters makes them feel like they're back in the country," said Ann Zimmerman, sales manager at Nalls Produce.



PHOTO BY
ABIGAIL CONSTANTINO

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Becky and LuLu: A Special Bond

The relationship between dog and girl is strong, the bond never to break. I, personally, grew up — and am still growing up with — wonderful dogs. First, there was Leroy. I was born into the middle of his reign on the Randolph household kingdom, and he helped to raise me, the princess of his kingdom. I don't remember much of his life, because

he only lived to age 8, and he only spent six years with me. Leroy was an amazing part of the family. He was helpful, strong, and loving.

Once, I tried to ride him like a horse, and you really can't blame me — here I was, only about 3 years old, with a German shepherd Hound mix whose head still came above mine. Luckily, he tolerated me until my mom rescued him. I bet he couldn't thank her enough!

Next came Lacy, who was welcomed to the family when Leroy was about five and I was three. As a pup, this yorkie-bichon mix was a tiny little thing. When she was two, I would crawl around pretending Leroy was the daddy, I was the mommy, and Lacy was our little pup. Now at 7 years old, she still acts like a little puppy dog, and I honestly still remember the day we got her — all the pups in the breeder's pen, and

driving home with her snuggled in my lap the whole way home.

Now, LuLu is my most recent addition to the house-

hold. We got her when I was eight, almost nine, and now she's two, and I'm ten, almost eleven.

We got her on my parent's anniversary. My mom claims that LuLu is her dog, but I think she might be mine. However, I guess we share her. She and I train together at Krazy for K9s 4H club at Frying Pan Farm Park.

We do competitions and work together to solve problems. She and I run around in our backyard, play, watch TV, celebrate, eat, bake, and so much more together. I've even developed a cupcake tradition on her birthday. Sadly, little Lacy has to wait to celebrate her birthday — she

gets her party the same day as LuLu's.

LuLu and I share a special bond. Not any more special

than the bond I have or have had with any other of my dogs, but a bond all the same. I hope to accomplish a lot in the training field with her, because dogs deserve to go farther than just the end of your fence. But, I'm still working on her show name. Should it be Super Spot? Fluffy Spirit? I don't know. But we won't settle for just that — we want titles

at the end of our show name! We want our names in the headlines! And we want everybody to point at us and say, "Hey, look, there goes that bonded dog-girl pair!"

— REBECCA RANDOLPH



PHOTO CONTRIBUTED

Rebecca Randolph, of Fairfax, with her dog, LuLu, at the 2013 4H fair costume contest.

Grants to Support Animal Welfare

2014 Barkdull Memorial Fund winners announced.

BY ASHLEY DIETZ
THE CONNECTION

On May 13, The Community Foundation for Northern Virginia's Margery Barkdull Memorial Fund for Animal Welfare announced four winners for the 2014 grant process from a group of 12 applicants. The winners are Friends of Homeless Animals, receiving \$2,000; Prince William Humane Society, receiving \$3,000; The Wildlife Rescue League, receiving \$3,000; and The Wolf Trap Foundation, receiving \$2,000. Each of these organizations are dedicated to the welfare of animals.

The Wolf Trap Foundation will use the grant to develop and expand its apiary program, started by Chris Faessen, the executive chef at Wolf



PHOTO COURTESY OF COMMUNITY FOUNDATION FOR NORTHERN VIRGINIA

Chris Faessen checking the honeycomb of one of the hives at Wolf Trap's apiary.

Trap. The money will buy supplies needed to keep the bees healthy, as well as an observation hive for people to visit.

"We will display bees and use it as an education opportunity," said Michelle Pendoley, director of public relations.

Friends of Homeless Animals is planning to use this grant money to provide emergency medical relief to animals that do not have a home. Prince William Humane Society's grant will support the Seniors 4 Seniors dog adoption program, which matches older pets with senior citizens. The Wildlife Rescue League will provide rehabilitation supplies to licensed wildlife rehabilitation facilities which will help care for wild animals.

For 501 (c)(3) organizations, such as animal shel-

ters, animal rescue programs, conversation organizations and others, looking to apply for this grant in the future, visit www.cfnova.org/form-grant-seekers/barkdull-animal-welfare-fund. The application for 2015 will open next March and be due by April 1. Winners will be suggested by a committee of volunteer area experts, people who serve and work with animals and community donors.

The committee will decide who they think the winners should be based on "what type of impact this grant will have on their program," said Tara Nadel, Director of Communications and Events for the Community Foundation. Those suggestions will go to the board of directors, who will either approve or deny those recommended.

The board will then look at how much the organization is requesting and how much they are willing to fund to determine the final winners. The winners will be announced in June and will receive between \$2,000 and \$5,000 to help protect animals.

PET CONNECTION



Jeff Friday, of Springfield, with high energy Scout, a 2-year-old black labrador.



Pepper enjoys a day at the dog park at South Run Park, with his owner Jeff Friday, of Springfield.



Penny, a teacup pig, eats a strawberry from her caretaker Ann Zimmerman, who is the sales manager at Nalls Produce in Franconia. Zimmerman said that children beg their parents to see Penny on Saturday mornings. Penny is a pet of storeowner Cary Nalls.

PHOTOS BY ABIGAIL CONSTANTINO



The pet chickens at Nalls Produce in Franconia.

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Homotoxicology



lost (adj): 1. unable to find the way.
2. not appreciated or understood.
3. no longer owned or known



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