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CONNECTION

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PHOTO BY PHOEBE MCPHERSON/THE CONNECTION

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Long-time friends Dixon Hemphill of Fairfax Station (right) and Chan Robbins of Arlington (left) stand together after the awards ceremony - both of them winning their age categories. Hemphill, 89, was the sole runner in the age group over 80.

Crime Solvers Hold 5K, Raise Money

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AUGUST 7-13, 2014

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**Let's
Go
Places**



Runners and supporters gather around for the awards ceremony after the 5K and Fun Run.



PHOTOS BY PHOEBE MCPHERSON/THE CONNECTION

Firefighters from Engine 414 show off their toys to interested children. An important part of Crime Solvers 5K was to educate the community about crime solving and strengthening the law enforcement-citizenship relationship.

Crime Solvers Hold 5K, Raise Money

In the second year, the race has gained momentum, more runners, and two vendors.

BY PHOEBE MCPHERSON
THE CONNECTION

Early Saturday morning, runners and walkers alike descended onto Fairfax Government Center for the second annual Crime Solvers 5K and helped raise money for Fairfax Crime Solvers.

“[We’re] just a partnership to keep our community safe,” Fairfax County Crime Solvers President and Chairman, Jody Donaldson said.

Erin Taylor of Arlington placed first for females with a time of 18:07, and Nahom Meafin of Fairfax placed first overall with a time of 15:59.

Crime Solvers also added the “Public Safety Challenge,” between the Sheriff Department, Fire Department and Police Department. Community members could choose to affiliate with one of the departments while registering to be a part of the competition.

The group with the most participation won the title and trophy of Public Safety Challenge winner, which would later go to the Fairfax Fire Department along with a sizeable trophy. The top four finishers (minimum: one female and one male) being Andrew Coston, 25, of Ashburn, Brad Meletti, 31, of Fairfax, Sam Gray, 47, of Fairfax and Melanie Jenkins, 35, of Vienna.

But two long-time friends and runners proved that age is but a number in the running community: 77-year-old Chan Robbins of Arlington and 89-year-old Dixon



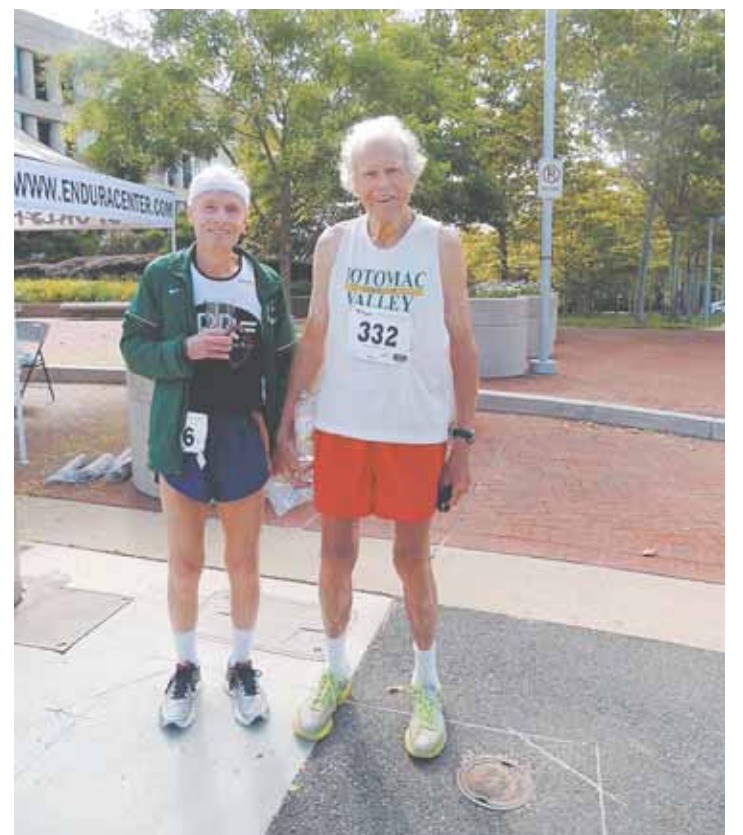
Fairfax resident and firefighter, Samuel Gray, walks through the crowd with his two daughters. He placed 3rd in his age group for males with a time of 20:59.

Hemphill of Fairfax Station stood together after the race and during the awards ceremony.

“We’ve been friends for years,” Hemphill said. “We met through races.”

They’ve been running together ever since. Robbins was the first in his age division with a time of 28:33. Hemphill was the sole runner in his division with a time of 49:37. The crowd erupted in cheers and applause when he walked up to receive his accolade and award during the awards ceremony.

Both have been running for roughly 40 years.



Long-time friends Dixon Hemphill of Fairfax Station (right) and Chan Robbins of Arlington (left) stand together after the awards ceremony - both of them winning their age categories. Hemphill, 89, was the sole runner in the age group over 80.

“I’ve been running for almost 39 years,” Robbins said with a smile.

Fairfax Crime Solvers was founded in 1979 and is the oldest branch of the organization in the state. The nonprofit endeavors to bridge the gap between law enforcement agencies and citizens, especially in respect to unsolved crimes through their use of an anonymous tipping service.

The event as well became a jumping off point for National Night Out with the Fairfax Police Department and Sheriff just three days later.

“It’s an opportunity to remind people that

public safety is a partnership with our community,” Donaldson said.

In the second year of production, the race has gained momentum, more runners, and two vendors.

“Capital Area Running put on the event this year, helping with fundraising,” Donaldson said. Vendors, Rita’s and Foster’s Grille were there also. “We raised over \$4,000 for the program...we’re hoping to make more than that that [this year].”

For more information about Crime Solvers and how to get involved, go to www.fairfaxcrimesolvers.com

Northern Virginia in Neutral

Income growth in Fairfax and Alexandria lags behind state and national averages.

BY MICHAEL LEE POPE
THE CONNECTION

Paycheck growth in Fairfax County and the city of Alexandria are lagging behind the state and the nation, according to data from the Bureau of Economic Analysis. A look at per capita personal income from the last five years shows Northern Virginia struggling to keep up as everybody else recovers from the recession. Fairfax County had the lowest rate of growth, only 2 percent. Alexandria isn't much better, showing a 3 percent growth in per capita personal income. Arlington has the highest per capita personal income, although its growth is just under the state and national average. The only bright spot in Northern Virginia is Loudoun County, which has seen a 15 percent rate of growth from 2008 to 2012 (the most recent year available). For the most part, Northern Virginia is stuck.

"The region has stopped growing," said Stephen Fuller, director of the Center for Regional Analysis at George Mason University. "High wage jobs and most new jobs are paying below the average for all jobs."

Part of the explanation is that the typical American household is getting poorer, according to a new study by the Russell Sage Foundation that shows the inflation-adjusted net worth for the typical American household has dropped 36 percent from 2003 to last year. Another part of the explanation is that the region is emerging from the recession with a serious hangover. Stimulus spending was drying up just as Northern Virginia is facing a series of troubles related to a dysfunctional federal government.

"This area is highly dependent upon the federal government," said Frank Shafroth, director of the Center for State and Local Leadership. "Sequesters, shutdowns and freezing Department of Defense and domestic appropriations can be very disruptive."

THE GREAT RECESSION came on the heels of one of the worst business cycles on record in terms of job creation, a phenomenon that's true for per capita personal income as well as household income. By 2009, when the bottom fell out of the global financial system, the typical working-age American household was earning about \$5,000 less than it did in 2000. Since 2009, when the recovery officially began, household income has fallen even more.

"It's depressing," said Richard Fry, a se-

nior researcher at the Pew Research Center. "Household income is down, and even during the years it was supposed to be recovering it has actually continued to fall further."

Here in Northern Virginia, demographic changes are at the root of why per capita personal income has remained flat. As development and redevelopment moves forward, low-income families are being priced out of Arlington and Washington, D.C. Meanwhile, the older housing in Fairfax County and Alexandria are drawing lower income families.

"The older apartments were designed for singles, but they are now occupied mostly by families with children," said David Versel, senior research associate at the Center for Regional Analysis. "If you look down Route 1, all the apartments near Fort Belvoir were built for singles and young couples. Now they have predominantly immigrant families."

THE ONE bright spot in Northern Virginia is the fast growing exurbs of Loudoun County, where per capita person income increased from \$52,000 in 2008 to \$60,000 in 2012. Researchers who study the shifting demographic patterns of Northern Virginia say part of the explanation for this is the different kind of people who are now moving to Loudoun County, which is growing at the fastest rate in Northern Virginia. The county's population has doubled in the last 15 years, and so has the county's demographic profile.

"One of the things that is really changing in Loudoun is having more younger people going out there, and families without children going out there," said Hamilton Lombard, research specialist for the Demographics Research Group at the University of Virginia Weldon Cooper Center for Public Service. "And that's just kind of a transformation from being a bedroom commu-

nity into actually having lots of job centers there and having lots of younger people going there before they start families."

Part of the change for Loudoun is the kind of construction that's been happening in recent years. The county has seen a number of new mixed-use developments that include residences, shopping and offices. The Village at Leesburg, for example, was one of the first of its kind in the area. That was followed by One Loudoun in Ashburn and Crescent Place, a trend that is slowly making Loudoun more friendly for millennials.

"The region has stopped growing."

— Stephen Fuller, director of the Center for Regional Analysis at George Mason University

"We're not seeing as many mansions or large single-family houses being built, and we are seeing more smaller units, which means smaller households with fewer children," said Versel. "That means for each new household that moves in, there are fewer dependents and thus the per-capita income will be higher."

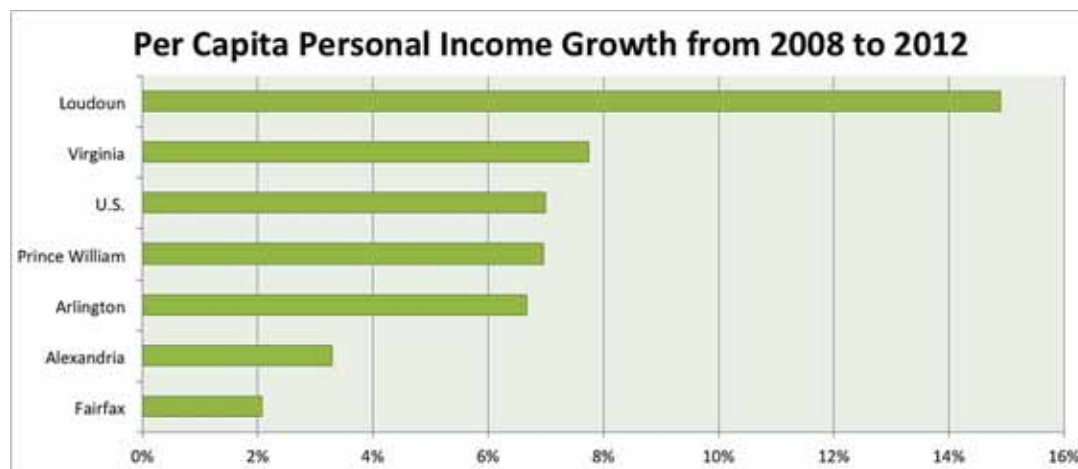
ACROSS AMERICA, the poor are getting poorer. A new study by the Russell Sage Foundation concludes that households at the bottom of the wealth distribution lost the largest share of their total

wealth, and researchers who conducted the study believe the slow recovery will continue to generate increased wealth inequality in the coming years. The study also concluded that the Great Recession caused an unprecedented decline in wealth holdings among American households. Inflation-adjusted net worth for the typical household in America dropped 36 percent from \$88,000 in 2003 to \$56,000 last year, and most of that drop came in the wake of the Great Recession. Ultimately, the researchers concluded, the data show very few signs of significant recovery from the losses in wealth experienced by American families during the Great Recession.

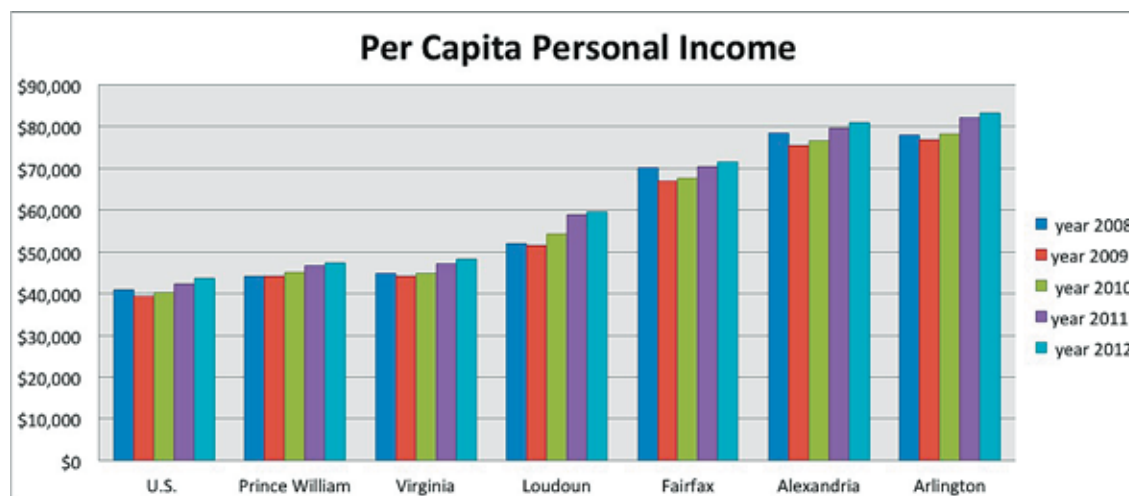
"The housing bubble basically hid a trend of declining financial wealth at the median that began in 2001," wrote Fabian Pfeffer, one of the study's authors.

jurisdiction	year 2008	year 2009	year 2010	year 2011	year 2012	% change
Loudoun	\$51,950	\$51,469	\$54,301	\$58,953	59,683	15%
Virginia	\$44,900	\$44,063	\$44,854	\$47,126	48,377	8%
U.S.	\$40,873	\$39,357	\$40,163	\$42,298	43,735	7%
Prince William	\$44,230	\$44,227	\$44,995	\$46,719	47,309	7%
Arlington	\$78,031	\$76,941	\$78,340	\$82,075	83,242	7%
Alexandria	\$78,375	\$75,598	\$76,643	\$79,713	80,952	3%
Fairfax	\$70,145	\$67,010	\$67,776	\$70,371	71,607	2%

SOURCE: BUREAU OF ECONOMIC ANALYSIS



SOURCE: BUREAU OF ECONOMIC ANALYSIS



SOURCE: BUREAU OF ECONOMIC ANALYSIS

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/AUG. 8-SUNDAY/AUG. 31

eBooks. Richard Byrd Library, 7250 Commerce Street, Springfield. Learn how to browse the collection, check out books and download to PC, Mac and eBook readers. Call the library at 703-451-8055 to schedule an appointment.

One-on-One English Conversation Practice. City of Fairfax Regional Library, 10360 North Street, Fairfax. Practice speaking English with a volunteer partner. Call 703-293-6227 for an appointment.

Personalized Internet/Microsoft Office Tutoring. City of Fairfax Regional Library, 10360 North Street, Fairfax. Learn how to use the Web or increase your skills. Call 703-293-6227 for an appointment.

FRIDAY/AUG. 8

English Conversation Group. 10 a.m. 9000 Burke Lake Road, Burke. Practice your English conversation skills. For adults.

MONDAY/AUG. 11

English Conversation Group. 7-8:30 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Practice English with others and improve your skills. 703-249-1520.

One-on-One English Practice. 7-9 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Practice speaking and reading English with a volunteer partner. Call 703-249-1520 to make an appointment.

TUESDAY/AUG. 12

Red Cross Blood Donation. 1:30-7:15 p.m. American Legion Post 176, 6520 Amherst Avenue, Springfield. 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.

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.

English Conversation Group. 7-9 p.m. Richard Byrd Library, 7250 Commerce Street, Springfield. Practice and improve your English. 703-451-8055.

Book Discussion Group. 7 p.m. 9000 Burke Lake Road, Burke. Kings Park Library hosts a book discussion group for boys and discusses Eragon by Christopher Paolini. Ages 8-12 with an adult.

WEDNESDAY/AUG. 13

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.

English conversation. 10:15 a.m. 6500 Landsdowne Centre, Alexandria. Join a conversation group to learn the English language. For adults. Sign up at <https://va.evanced.info/fairfaxcounty/lib/eventcalendar.asp?EventType=ALL&Libnum=12>.

English conversation. 7 p.m. 6450 Sydenstricker Road, Burke. Join a conversation group to learn the English language. For adults. Sign up at <https://va.evanced.info/fairfaxcounty/lib/eventcalendar.asp?EventType=ALL&Libnum=17>.

THURSDAY/AUG. 14

Conversational Spanish. 2 p.m. 9000 Burke Lake Road, Burke. Practice and improve your Spanish with a native speaker. For adults.



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

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OPINION

Brightening Outlook for End of Summer

Local pleasures to offset discouraging news.

The news here has been a bit discouraging, and that's without considering the human tragedy and disaster of several different international situations.

The unsettling narrative rolling out from the Richmond trial of former Gov. Bob McDonnell and his wife Maureen would hopefully result in action on campaign finance reform in Virginia.

Up until the news about "gifts" to family members of Gov. Bob McDonnell, almost all elected officials would defend Virginia's notoriously unregulated system of allowing candidates and elected officials to take unlimited amounts of money and unlimited gifts from anyone or any company at all. Because Virginia has such strict disclosure requirements, elected officials seem to think that it's OK to be awash in all that money. Voters can look up who is giving money and draw their own conclusions. How could it hurt if the details are all out in the open?

It isn't just disclosure of gifts to family members that needs reform here.

Discovering that the system is entirely self-regulated with no independent auditor, no ethics commission and no penalties for failing to report gifts or contributions should give voters some pause. Consider that only four states, including Virginia, have no limits on contribu-

tions. Most states have limits; for example, in Maryland, individuals can give \$4,000 to any one candidate and \$10,000 total in a four-year election cycle. We've already had one session of the General Assembly without a meaningful reform effort.

EDITORIAL

The current stubborn road block to extending health coverage to at least 200,000 very poor Virginians, including another unsettling narrative about Democrats losing control of the Virginia Senate because of the resignation of one senator who was apparently offered a great job and a judgeship for his daughter, is dispiriting.

The failure in Fairfax County of a proposal to allow the building of affordable studio apartments to house working poor people is discouraging on several fronts. The proposal was many years in the making. Why did this proposal come forward without support from members of the Board of Supervisors? Even if it was approved, it appeared to lack commercial viability. Back to the drawing board? (There is some good news pending about more federal money for affordable housing in the county.)

So here are a few end-of-summer activities that can serve as antidote. Go to the farmers markets and enjoy the local bounty:

Wakefield Farmers Market. 2-6 p.m. Wednesdays, May 7-Oct. 29. 8100 Braddock Road, Annandale. 703-321-7081. <http://www.fairfaxcounty.gov/parks/>

farmersmarkets/wakefieldmkt.htm.

Fair Lakes Farmers Market. Wednesdays. 3:30-7 p.m. 4501 Market Commons Drive, Fairfax. www.greentowns.com/initiative/farmers-market/fair-lakes-farmers-market-fairfax-va.

Fairfax's Government Center Farmers Market. 3-7 p.m. Thursdays, May 1-Oct. 30. Ten vendors including a Middle Eastern delicacy bakery and custom organic ice cream shop. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. www.fairfaxcounty.gov/parks/farmersmarkets/governmentcntr-mrkt.htm.

Lorton Farmers Market. 3-7 p.m. Thursdays. New Hope Church, 8905 Ox Road, Lorton. www.smartmarkets.org.

Kingstowne Farmers Market. 4-7 p.m. Fridays, May 2-Oct. 31. Giant Parking Lot, 5955 Kingstowne Towne Center, Alexandria. Vendors products include fresh organic honey and hand held pies and rolls. www.fairfaxcounty.gov/parks/farmersmarkets/kingstownemkt.htm

Burke Farmers Market. 8 a.m.-noon. Saturdays, May 3-Nov. 22. 5671 Roberts Parkway, Burke. www.fairfaxcounty.gov/parks/farmersmarkets/burkemkt.htm

Springfield Farmers Market. 10 a.m.-2 p.m., Saturdays. Springfield Mall, 6417 Loisdale Road, Springfield. www.smartmarkets.org.

Fairfax Farmers Market. 8 a.m.-1 p.m. Saturdays, May 10-Nov. 1. 10500 Page Avenue, Fairfax. www.fairfaxsaturndaymarket.com.

Lorton Farmers Market. 9 a.m.-1 p.m. Sundays, May 4-Nov. 2. VRE Parking Lot, 8990 Lorton Station Boulevard, Lorton. www.fairfaxcounty.gov/parks/farmersmarkets/lortonmkt.htm

Fairfax Farmers Market. 10 a.m.-2 p.m. Sundays, May 11-Oct. 26. 10500 Page Avenue, Fairfax. www.fairfaxsaturndaymarket.com/

Fair Lakes Farmers Market. Sundays, 9 a.m.-1 p.m. 4501 Market Commons Drive, Fairfax. www.greentowns.com/initiative/farmers-market/fair-lakes-farmers-market-fairfax-va.

Lives Disrupted by Virginia Anti-gay Laws

BY JENNIFER SHEARIN AND JULIE NAFF

When Julie and I decided to build our family through adoption in 2007, we knew we would need to complete a homestudy first. We called two local adoption agencies to find out how to get this process started. Upon finding out that we lived in Virginia, social workers at both agencies responded with, "Move to D.C. or Maryland!"

While complicated, either one of us could have legally adopted a child in Virginia as a single person, but we had been a couple for nearly ten years at that point. In short, we

could not even have our request for a homestudy granted to us then because we were a same-sex couple living together in Virginia. Even if we did find a way to "untangle" our lives as a couple and go forward with a single-parent adoption, the other would not have had any parental/legal rights to that child, as Virginia does not allow second-parent adoption. To second-parent adopt in Virginia, you must be legally married. And, of course, Virginia does not rec-



Jennifer Shearin, left, and Julie Naff with their children.

ognize same-sex marriage.

Private adoption can be a difficult process for most people, but there just seemed to be more than our fair share of hoops to jump through! So we moved to Washington, D.C.

Moving 12 miles might not sound like a big deal, but we had owned a house in Northern Virginia since 2000. It was the place we called home. Our house was

convenient to our jobs, my family, our friends, our favorite dog parks, etc. To afford this move out of state, we had to rent out our Virginia home for the next several years, become landlords, manage the property, commute longer distances to work, pay higher taxes on our income, etc. The only reason for the move: the District of Columbia would allow us to legally adopt children together.

Jumping through these hurdles paid off when our dream to become parents was realized in 2009, when our son, Daniel, was born. And again in 2011 with the birth of our son Liam. We have open-adoptions with their birth families in California. Our children's birthparents chose us to adopt and parent our boys, yet Virginia laws stood in the way ... Virginia's laws stood in the way of a private, consensual decision made between adults.

After finalizing Liam's adoption in 2011, we moved back to Virginia as a legally married couple (thank you, D.C!) and as a family of four, to the home and the community that we loved and missed. Having finalized our sons' adoptions in California (where they were both born, and where we could petition the courts as out-of-state residents), both

SEE UNEQUAL, PAGE 7

Fairfax Station,
Lorton & Clifton
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LETTERS

Partnership for Children

To the Editor:

Novus/Cafritz has been a supporter of Fairfax CASA for several years as a sponsor of our Run for the Children, which is held each May at the Fairfax County Courthouse. This past fall, we met with Novus and they offered to provide free office space in their new development when it is built! This is an amazing opportunity for Fairfax CASA, providing us with a tremendous savings and putting us in a visible area where there would be a lot of walking traffic to attract supporters and volunteers.

Fairfax CASA is a nonprofit that advocates for abused and neglected children under the Court's protections. As a public charity, Fairfax CASA raises its own money and is not funded by the government. One of our largest expenses is our rent for office space in Fairfax, which has cost us approximately \$80,000 each year. Novus has offered us a commitment for 15 years of free rent when the development is built.

This savings of more than \$1M would allow Fairfax CASA to serve many more children in the years to come, strengthening our community. As a highly regarded company with a long history of commitment to philanthropy, we firmly believe that Novus/Cafritz will be a strong community partner once they are located in Fairfax. We will all benefit from their presence in Fairfax.

Beyond the personal interest that we have in the property being approved, we believe the proposed project is beautiful and that it would upgrade the area, which is currently disjointed and dilapidated. Creating a beautiful walking community will encourage the other landowners in that area to follow suit to create a lovely living community in Fairfax.

Fairfax needs this type of development.

In addition, the young people graduating from George Mason and getting advanced degrees there could live in the apartments and spend dollars in Fairfax! I'm sure the business owners would approve of this.

Lisa Banks

Executive Director

Fairfax Court Appointed Special Advocates (CASA) www.fairfaxcasa.org

Global Warming is Impacting Us Now

To the Editor:

On Wednesday, July 30, I joined hundreds in Washington, D.C. to show my support for the Environmental Protection Agency's Clean Power Plan by testifying at the public hearing.

With increasingly powerful storms bringing down trees and flooding our roads, global warming isn't a distant threat for Virginia. It's impacting us now.

We need to act now to make this planet cleaner and healthier, while we have the opportunity.

The EPA's Clean Power Plan will reduce carbon pollution from power plants—the largest source of global warming pollution in the US.

Unfortunately, some members of Congress are working actively to block the EPA's authority under the Clean Air Act to limit dangerous carbon pollution. With so much at stake, we need leaders to stand up to the polluters.

Virginia's Senators Mark Warner and Tim Kaine should stand up for Virginia and push back against polluters' attacks on this critical step to tackle global warming. Our children's future depends on it.

Erin Hodge

Great Falls

Unequal in Virginia

FROM PAGE 6

Julie's and my name appear on their birth certificates as the legal parents of our children. This could have never happened in Virginia as the laws stand on second-parent adoption.

Virginia's anti-gay laws disrupted our lives for several years, not to mention the cost of our adoption process skyrocketed with a move out-of-state.

I was born and raised in Virginia. I am a product of Virginia public schools. I am a proud public school teacher in Virginia. Julie and I want our children to grow up in a diverse environment with access to quality public schools. We are law-abiding citizens who pay taxes like any other resident/property owner in the state of Virginia. Shouldn't we have the same rights as other Virginians?

Write

The Connection welcomes views on any public issue.

The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors.

Send to:

Letters to the Editor

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Preventing Sports Injuries

BY MARILYN CAMPBELL
THE CONNECTION

As students prepare to return to school, one activity many look forward to is sports. While the benefits of athletic activities are numerous, however, so are injuries. Statistics released by Safe Kids Worldwide, an organization dedicated to preventing injuries in children, show that more than 38 million U.S. children and adolescents ages 19 and under participate in sports each year. More than 2.6 million of those children were seen in emergency rooms for injuries related to sports and recreation.

"I believe the benefits of sports participation far outweigh the risks. Injuries will never be 100 percent preventable and are part of sports. However, many youth sports injuries are preventable with some common sense," said Shane V. Caswell, Ph.D., professor and Athletic Training Education Program executive director at the Sports Medicine Assessment, Research & Testing (SMART) Laboratory at George Mason University

in Fairfax.

The most common sports-related issues are sprains (mostly ankle), muscle strains, bone or growth plate injuries, repetitive motion injuries and heat-related illnesses.

"Children's bones are more pliable than adults', and injuries that might just cause a fracture in an adult could cause a fracture in a child," said Dr. Derek Ochiai, Hip Arthroscopy & Sports Medicine at the Nirschl Orthopaedic Center in Arlington. "If the child refuses to bend their wrist or elbow or cannot put weight on their leg, then this should be urgently seen by a physician, whether in the emergency room or in the doctor's office, within a day of the injury."

Ochiai said sports are ideal for developing a child's coordination and helping them learn teamwork and perseverance. However, he continued, all sports carry a risk of injury. "The most common sports associated with injuries include football, basketball, baseball/softball and soccer," he said. "Any sport that involves colliding with another player does increase the risk of injury."

PARENTS, GUARDIANS AND CARETAKERS can take active roles in helping to prevent injuries, said Caswell. "To help ensure that their children are safe, parents need to take ownership of their child's safety," he said. "We can begin with the first question parents should ask when choosing a youth league or sports association: Who in the organization is responsible for league safety and what is the plan?"

Youth sports organizations should take precautions to ensure safety, continued Caswell. "It need not be someone with medical knowledge, but it should be a concerned parent or volunteer who makes safety the number one priority."

Parents should then ask to see the league's youth safety policies and procedures manual and emergency action plans specific to all venues where the children will practice and compete, he said.

"Unfortunately, we have seen too many instances where an emergency situation occurs and no one knows what to do," Caswell said. "Youth sports organizations should

have these policies in place, require that coaches be educated on them and make parents aware that they exist. They should be reviewed annually and practiced regularly so that when an emergency occurs everyone is prepared."

STRETCHING TO MAINTAIN muscle flexibility is also important to prevent sports injuries in children, said Skye Donovan, Ph.D., associate professor of physical therapy at Marymount University in Arlington.

"As children go through growth spurts, their muscles are at an increased risk of becoming tight and limiting their range of motion, which can pose a problem during sports," she said. "Strength training is a great way to help children resist injuries. It doesn't have to be the typical 'go to the weight room' type of strength training; children can do sports-specific activities that use their own body weight or resistance bands to help target underdeveloped muscles that might otherwise lead to injuries. Agility training is also helpful to improve sports related skills like coordination,



PHOTO COURTESY OF NIRSCHL ORTHOPAEDIC CENTER

Dr. Derek Ochiai treats a young patient at the Nirschl Orthopaedic Center in Arlington. More than 2.6 million children sustain sports-related injuries that require emergency care each year.

"Injuries will never be 100 percent preventable and are part of sports. However, many youth sports injuries are preventable with some common sense."

— Shane V. Caswell, Ph.D.,
George Mason University

tion, cutting, changing directions and high speed movements."

Ochiai underscores the importance of using protective gear, including helmets. "Listen to coaches and instructions on technique, and use proper techniques at all times, including with tackling in football," he said. "Make sure the young athletes stay hydrated, and have access to water frequently. Even at young ages, include appropriate warm up drills prior to starting the activity."

Fairfax Considering Changes To Rules on Food Trucks

Planning Commission continues food truck discussion.

BY JANELLE GERMANOS
THE CONNECTION

Fairfax County is considering a change to the zoning rules concerning the operation of food trucks within the county.

Under new rules, vendors would pay under \$200 for licensing and would require permission from property owners.

This is compared to the \$16,375 fee that is required under the current ordinance, which classifies food trucks as free-standing fast-food restaurants and requires two public hearings. Food truck vendors would be required to receive permission from the property owners before operating their trucks. The Virginia Department



PHOTO BY JANELLE GERMANOS/THE CONNECTION

The Fairfax County Planning Commission held a public hearing concerning the operation of food trucks, like these in D.C., on July 30.

of Transportation and county code prohibits food trucks from operating on public roads. This would not change under the new proposal.

The Planning Commission held its first public hearing on the food truck ordinance on July 30.

"This is an important and unique ordinance for the county. We want

to get it right the first time. I think we have people on the side of the issue who are willing to compromise, to express their ideas, and we want to ensure they have a venue to do so," said Janyce Hedetniemi, at-large member of the planning commission.

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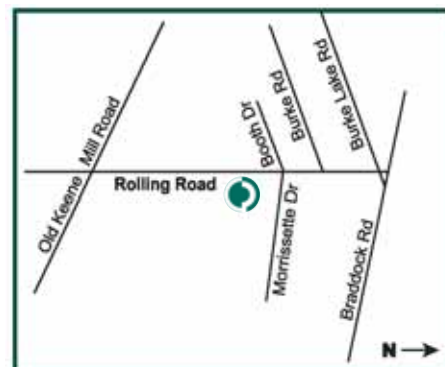
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County Fair Held at Frying Pan

And the 66th Fairfax County 4-H Fair is officially opened: Fairfax County 4-H Fair Board members and invited guests cut a ribbon to mark the opening of the Fair at Frying Pan Farm Park. From left: 4-H Fair King — Isaac Green, Alina Ampeh, Fair Board, Esther Williams, Fair Board, 4-H Fair Queen — Arielle Ampeh, Fairfax County Board of Supervisors Chairman Sharon Bulova, State Senator David Marsden, Congressman Gerry Connolly, State Senator Chap Petersen, Supervisor Cathy Hudgins (D-Hunter Mill), State Delegate Kenneth Plum and Sam Nagurny, Fairfax County 4-H Extension Agent.



Fairfax County 4-H Fair King, Isaac Green, member of the Hoofers and Heifers 4-H Club and Airelle Ampeh, participate in the closing ceremony of the 66th Fairfax County 4-H Fair on Aug. 3.



Jamie Soucie of Oak Hill, returns her goat to the Kidwell Farm barn after competing at the Fairfax County 4-H Fair at Frying Pan Farm Park on Aug. 3. Soucie is a member of Hoofers and Heifers 4-H club that meets at the park.



Isobel Cobb, with the Krazy for K9s 4-H Dog Training Club, competes with her dog Juno at the 2014 Fairfax County 4-H Fair Dog Show on Aug. 3.



Kira Baugh and her dog Riley, members of the Krazy for K9s 4-H Dog Training Club, demonstrate advanced agility techniques at the Fairfax County 4H Fair on Aug. 3.

FAIRFAX COUNTY PUBLIC SCHOOLS
Standard Calendar for School Year 2014-2015
APPROVED: JULY 24, 2014

July 2014	August 2014	September 2014	October 2014	November 2014
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
December 2014	January 2015	February 2015	March 2015	April 2015
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May 2015	June 2015	July 2015	August 2015	September 2015
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Key: SP = School Planning Day, SD = School Day, H = Holiday, T = Teacher Training Day, P = Professional Development Day, S = Student Service Day, C = Community Service Day, E = Election Day, F = Field Day, G = Graduation Day, I = In-service Day, M = Meeting Day, N = Non-school Day, O = Out-of-school Day, R = Recess Day, T = Teacher Training Day, P = Professional Development Day, S = Student Service Day, C = Community Service Day, E = Election Day, F = Field Day, G = Graduation Day, I = In-service Day, M = Meeting Day, N = Non-school Day, O = Out-of-school Day, R = Recess Day.

FAIRFAX COUNTY PUBLIC SCHOOLS

The Fairfax County School Board approved the 2014-2015 calendar on July 24, which includes full day Mondays for elementary school students and a change from a 180-day school year to a 990-hour school year.

School Board Funds Full Day Mondays

School system has over \$38 million surplus.

BY JANELLE GERMANOS
THE CONNECTION

The Fairfax County School Board voted at its last meeting to approve funding for full day Mondays for elementary-school students.

The board voted back in June to approve ending half-day Mondays, but voted to fund the move, which will cost \$7,639,300 at its July 24 meeting.

The cost includes resources to increase teacher planning time, and for additional teacher positions that will allow teachers to have more planning time. This money is from the \$38,163,473 left over from the fiscal year 2014 budget.

Full day Mondays will increase instructional time for elementary school students, as well as provide 20 minutes of recess each day.

An online survey determined that 80 percent of parents were in favor of full day Mondays, and more than 80 percent of those who supported the change wanted to do so in September 2014.

Half day Mondays have been in effect in Fairfax County since the 1970s. The School Board previously worked with the Board of Supervisors for funding the full-day Mondays, but instead used money left over from last fiscal year.

"After surveying both parents and teachers, we saw that parents overwhelmingly supported this change — and as soon as possible," said Ilryong Moon, at large member of the School Board. "In addition, elementary teachers have consistently cited in our working conditions survey that they need guaranteed, self-directed time for planning."

Fairfax County previously operated under the 180-day school year calendar, which allowed for half-day Mondays to occur. The school system will now change to 990 hours per year, which they would not have been met if half day Mondays were still in effect.

"Certainly our parents, no doubt, support it, wholeheartedly. It was in response to a continued year-after-year concern expressed by our teachers at the elementary level around not having enough planning time," Karen Garza, superintendent of Fairfax County Public Schools, said at the July 24 school board meeting.

Under the 990 hours per year system, if less than 13 inclement weather days are used, schools days do not need to be made up at the end of the year. This year, school went until June 25 because of multiple make-up days needed because of bad weather.

Full day Mondays will begin starting this school year, which begins Sept. 2.

"No one was happy about the fact that we had to go three days of school past the advertised last school day," Garza said at the meeting.

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/AUG. 8-SUNDAY/AUG. 31

"Sounds and Shapes" by Hadrian Mendoza. Building W-8, Workhouse Arts Center, 9601 Ox Road, Lorton. The Workhouse Arts Center is proud to present our Featured Artists and Studio Exhibitions for the month of August. 703-584-2900 or www.workhousearts.org.

FRIDAY/AUG. 8-SUNDAY/AUG. 10

The Laramie Project. Friday and Saturday at 7:30 p.m., Sunday at 2 p.m. Workhouse Arts Center, 9601 Ox Rd, Lorton. The Laramie Project tells the story of Matthew Shepard, a gay student at the University of Wyoming, was kidnapped in 1998, tied to a fence, severely beaten, and left to die. The play based on interviews with friends, residents and others connected to the story. Admissions: \$10-\$15. www.workhousearts.org. 703-584-2900.

SATURDAY/AUG. 9-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.

SATURDAYS/AUG. 9-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/AUG. 9-SUNDAY/SEPT 7

4th Annual Workhouse Clay National. Workhouse Arts Center W-16 McGuire Woods Gallery, 9518 Workhouse Way, Lorton. This exhibition represents the depth and breadth of contemporary ceramic artworks being created throughout the country. 703-584-2900.

SATURDAY/AUG. 9

Mount Vernon Nights: Soul Crackers (Motown/Soul). 7-8 p.m. Workhouse Arts Center, 9601 Ox Rd, Lorton. Soul Crackers encompasses Memphis & Motown soul, and covers songs by artists like Sam & Dave, Average White Band, Martha & The Vandellas & Wilson Pickett among others. Picnic baskets, lawn chairs and blankets are welcome, but outside alcohol is not permitted. www.workhousearts.org. 703-584-2900.

Hula with Cherry. 8 a.m. Workhouse Arts Center Quad, 9518 Workhouse Way, Lorton. Enjoy free, drop-in Art of Movement Hula. 703-584-2900.

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.

2nd Saturday Art Walk. 6-9 p.m. Workhouse Arts Center, 9518 Workhouse Way, Lorton. Guests can



Visit Hadrian Mendoza's latest exhibit, "Sounds and Shapes," in which he explores the combination of materials animal (goat and cow) skin and handmade ceramic shells in creating drums. His work will be on display at the Workhouse Arts Center in Lorton until Aug. 31.

tour seven unique studio buildings, meet artists, buy art and experience, all while enjoying light refreshments and music. 703-584-2900.

SATURDAY/AUG. 9-SUNDAY/AUG. 10

Used Book Sale. 9 a.m. - 5 p.m. Truro Anglican Church, 105 Main St., Fairfax. www.truroanglican.com

SUNDAY/AUG. 10

The Laramie Project. 2 p.m. Workhouse Arts Center W-3 Theatre, 9518 Workhouse Way, Lorton. Come see the award-winning play based on hundreds of interviews with friends, residents and others connected to the of the Wyoming student. \$10-\$15. 703-584-2900.

WEDNESDAY/AUG. 13

Workhouse Farmers Market. 3-7 p.m. Workhouse Arts Center Quad, 9518 Workhouse Way, Lorton. Stop by and get your fresh produce and more! 703-584-2900.

"Death and Dying During the Civil War." 7 p.m. Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Patrick McGinty, retired Naval officer and local historian, will present a Civil War Forum on the rise of the embalming industry during the War and how families attempted to confirm deaths of their loved ones when there was no trace of a soldier. 703-425-9225.

Storytime Picnic. 12 p.m. Lorton Community Library, 9520 Richmond Highway, Lorton. Bring a picnic lunch and listen to stories and songs. Preschool with adult. 703-339-7385.

THURSDAY/AUG. 14

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

Mosby's Raids in Civil War Northern VA. 7 p.m. 9000 Burke Lake Road, Burke. Author William Connery discusses his book on guerilla raids of COL John S. Mosby in Northern Virginia during the Civil War. Book sales and signings follow. For adults and teens.

TUESDAY/AUG. 15-THURSDAY/AUG. 24

Legally Blonde: The Musical. 2:30 or 7:30 p.m. depending on the day. Metropolitan School of the Arts Theatre, 9601 Ox Road, Lorton. Metropolitan School of the Arts Theatre of Lorton will present their

version of Legally Blonde directed by Danilo Stapulo and choreographed by Jonathon Faircloth. \$20. www.metropolitanarts.org.

SATURDAY/AUG. 16

Mount Vernon Nights: IONA (Celtic). 7-8 p.m. Workhouse Arts Center, 9601 Ox Rd, Lorton. IONA weaves together the traditional music of Scotland, Ireland, Wales, England, France, and Spain, featuring fiddle, vocals, flute, guitar and percussion. Picnic baskets, lawn chairs and blankets are welcome, but outside alcohol is not permitted. www.workhousearts.org. 703-584-2900.

Tai Chi with Daniel. 8 a.m. Workhouse Arts Center Quad, 9518 Workhouse Way, Lorton. Enjoy free, drop-in Art of Movement Tai Chi. 703-584-2900.

Free Fine Art Photography Lecture and Demonstration. 11 a.m.-12:30 p.m. Workhouse Arts Center W-16 Vulcan Gallery, 9518 Workhouse Way, Lorton. Join Instructor Craig Rudlin as he explores these elements and how to utilize them to create images that engage and challenge the viewer. 703-584-2900.

Date Night: Chef's Table. 7-9 p.m. Workhouse Arts Center W-3 Classroom 302, 9518 Workhouse Way, Lorton. Enjoy a fun, relaxing escape from the daily grind with a great way to learn some basic cooking techniques while enjoying your company and making new friends. \$85. 703-584-2900.

Ballroom Social Dance. 7:30-10:30 p.m. Workhouse Arts Center W-16 McGuire Woods Gallery, 9518 Workhouse Way, Lorton. Get on your dancing shoes and come out to the Workhouse for an evening of social ballroom dance led by one of our instructors. \$10-\$15. 703-584-2900.

MONDAY/AUG. 18

Lorton Evening Book Conversations. 7 p.m. Lorton Community Library, 9520 Richmond Highway, Lorton. The Bluest Eye by Toni Morrison. Adult. 703-339-7385.

WEDNESDAY/AUG. 20

Brain Games at the Library. 3-4:30 p.m. City of Fairfax Regional Library, 10360 North Street, Fairfax. Have fun and win prizes with our board games and card games that challenge your thinking and build your skills. Age 8-12. Register at www.fairfaxcounty.gov/library/branches/fx/ under "Events." 703-293-6227.

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.

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.

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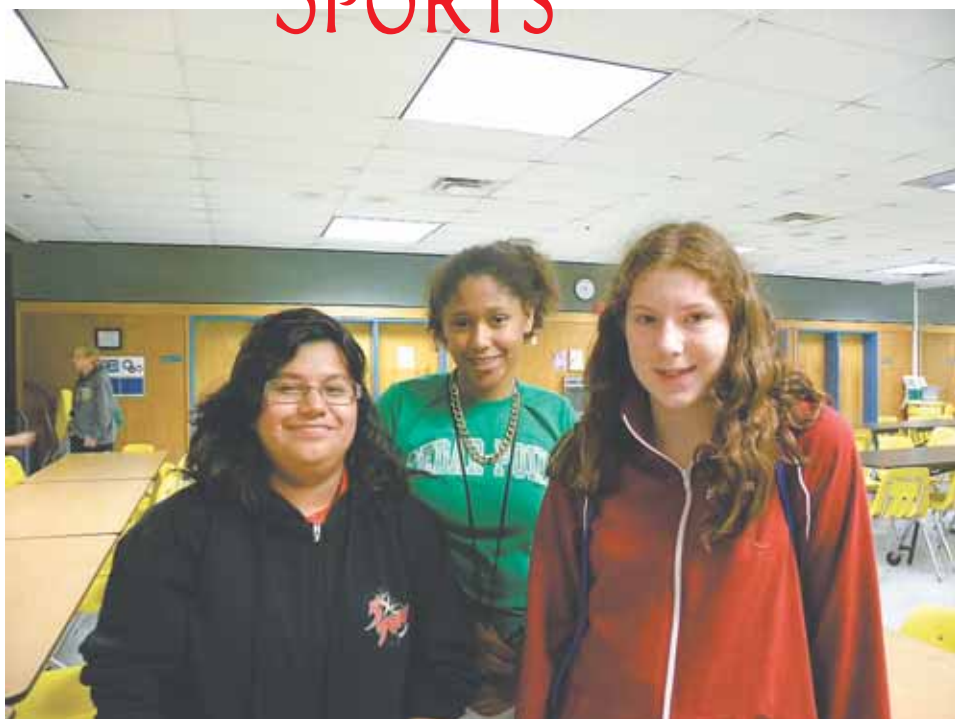
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SPORTS



PHOTOS BY ABIGAIL CONSTANTINO/THE CONNECTION

From left — Robinson Secondary School eighth graders Isabel Tempalski, Cinthia Leonzo and Bailey Blake listen to GMU athletes recount their struggles and success in school and sports on Thursday, July 31.



From left — GMU student athletes Stephi Matsushima, Taylor Washington, Brian Colcombe, Anthony Williams, Corey Edwards, Julian Royal and Jalen Jenkins talk about the challenges they overcame in school and sports on Thursday, July 31 at Robinson Secondary School.

George Mason Athletes Inspire Middle schoolers learn hard work, perseverance necessary for success.

BY ABIGAIL CONSTANTINO
THE CONNECTION

Student athletes from George Mason University discussed their experience facing challenges in school and sports to students in the Summer Extending Learning Time (SELT) Program at Robinson Secondary School cafeteria in Fairfax on July 31.

Juniors Brice Colcombe (Soccer), Taylor Washington (soccer), Julian Royal (basketball), Jalen Jenkins (basketball), along with seniors Anthony Williams (track and field), Stephi Matsushima (volleyball), and Corey Edwards (basketball) shared their struggles in middle school and high school and the skills and techniques they used to overcome them.

Colcombe compared getting bad grades and behavior problems to doors that have closed, and when all doors are closing, only one way becomes available. “Don’t let this happen,” he said. He urged the audience to work hard and make good decisions to keep all opportunities open.

“You shouldn’t let anyone look down on you because you’re smaller than them or you can’t do what they do.”

— Corey Edwards, GMU basketball player

Williams told the middle schoolers that being the best at something they love to do can yield rewards, “If you’re good at something, even if it’s not at sport, even if it’s academics, you can



Seventh grader Madison Riggs and GMU basketball player Julian Royal demonstrate their height difference at Robinson Secondary School on Thursday, July 31.

get a scholarship” and get a free education, he said.

But nothing is a given, said basketball player Royal. “Being able to have your education paid for is not something that just comes by and is given away for free,” he said. “Everyone on this stage worked hard to get those scholarships.”

SCHOLARSHIPS are really competitive and getting straight As better the chances of obtaining them, said Williams.

For volleyball player Matsushima, who found math challenging in middle and high schools, her math teachers helped her get high marks in math, despite her difficulty



Robinson Secondary School middle schoolers listen to GMU athletes recount their struggles and success in school and sports on Thursday, July 31.

with it. “Even if you’re struggling or there’s something you don’t like, you can still be successful in it,” she said. She also advised the audience to remain well-rounded and be involved with many activities, as it is something recruiters value.

Washington, who plays left back, divulged his struggle with dyslexia, diagnosed during his freshman year of college. He also recounted nearly failing sixth grade, despite trying his best. With hard work, he slowly started succeeding. “It didn’t happen overnight,” he said.

His daily schedule accommodates his disability. He wakes up at 6 a.m. most mornings so he can have the extra time to study, while still being able to attend class and

soccer practice.

Unlike his basketball teammates, Jenkins and Royal, who are 6’8” and 6’9”, Edwards is below 6’ tall. “You shouldn’t let anyone look down on you because you’re smaller than them or you can’t do what they do,” said Edwards.

Because of his height disadvantage, he has to be faster and more aggressive in court than everybody else. “You should always strive for what you want. Don’t give up. Always try your best,” he said.

Rising Robinson Secondary School eighth grader Natalie Hirakawa learned that early efforts bring rewards later. “If you try a lot harder, you don’t have to try as hard later,” she said.

THE GMU ATHLETES gave seventh grader Madison Riggs something to look forward to. To get somewhere in life, “you have to work hard in school,” she said. She recently completed sixth grade at Bonnie Brae Elementary School.

For Cinthia Leonzo, she will use the advice she learned from the GMU athletes when tackles eighth grade math classes at Robinson Secondary School this year. She said she will “try to focus, work harder.”

Bailey Blake, a rising Robinson Secondary School eighth grader, learned that hard work and believing in one’s self are necessary to succeed in life.

Robinson Secondary School’s SELT Program ran from July 14 - Aug. 1 and focused on literacy and numeracy. One hundred and sixty-five rising seventh and eighth graders participated in the program upon the recommendation of their elementary and middle school reading and math teachers.

SELT Program prepares students for the upcoming school year and ensures that the students’ foundation in the chosen instructional focus is strong, said Ashley Faaborg, Robinson’s SELT Program director.

THE COUNTY LINE

Planning Commission Tables Residential Studio Amendment

Discussion on affordable housing likely to continue.

BY JANELLE GERMANOS
THE CONNECTION

Although more than 15 public meetings and seven committee sessions have been held since Oct. 13, the Fairfax County Planning Commission voted unanimously last week to table the proposed Residential Studio Amendment, which would have provided apartments to residents working low-income jobs.

"It was unlikely that the Residential Studio Committee would reach consensus about the proposed use. There were several unresolved issues, such as the districts in which RSUs should be permitted, the potential scale of the use, potential modifications and waivers under the special exception process, and the potential for impacts on surrounding properties," said Tim Sargeant, an at-large member of the Planning Commission and chair of the Residential Studio Committee, at the July 30 meeting.



PHOTO BY JANELLE GERMANOS/THE CONNECTION

The Residential Studio Committee, pictured here in January, has been disbanded and the residential studio amendment was tabled at the July 30 meeting of the Planning Commission.

The Residential Studio Committee was created following the Board of Supervisors authorization of a Zoning Ordinance Amendment in July 2013. This would have allowed these efficiency apartments of at least three per building and not more than 80, to be designated for at least 80 percent of residents in any building who make less than \$45,000 per year, or more than 60 percent of the median income of the area.

The committee, however, has been dis-

banded.

"It became apparent that additional dialogue is necessary regarding affordable housing," Sargeant said.

At the community meetings, many residents voiced concerns with the amendment, including where the RSUs would be built.

"It is not an easy discussion, but it is necessary. Our region and county population continue to increase and our workforce economy continues to change. The discus-

sion of affordable housing is likely to come up again as we continue to look at ways to manage growth and meet the housing needs of future generations," Sargeant said.

"I just wanted to say that this is a beginning, not an end. It's an important discussion. It's a critical topic for the county and for young professionals and for people of limited income. I hope we will not allow the report to languish and find a way to make these concepts reality," Janyce Hedetniemi, at-large member of the planning commission, said at the meeting.

According to a December 2013 study conducted by George Mason University's Center for Regional Analysis, 548,298 housing units need to be added to the Washington, D.C. area in order to support the region's 857,334 net new jobs, which will be added from 2012 to 2032. This includes entry-level positions and other low-wage jobs.

The study also found that the housing for the workers needs to be affordable, with a requirement of 44.1 percent of the new housing units to be less than \$1,250 per month.

According to the Northern Virginia Affordable Housing Alliance, in 2013, a person earning minimum wage would have to work three full-time jobs that pay this amount of \$7.25 per hour in order to afford an efficiency apartment in the county.

Fairfax Considering Changes to Rules on Food Trucks

Planning Commission continues food truck discussion.

BY JANELLE GERMANOS
THE CONNECTION

Fairfax County is considering a change to the zoning rules concerning the operation of food trucks within the county.

Under new rules, vendors would pay under \$200 for licensing and would require permission from property owners.

This is compared to the \$16,375 fee that is required under the current ordinance, which classifies food trucks as free-standing fast-food restaurants and requires two public hearings.

Food truck vendors would be required to receive permission from the property owners before operating their trucks. The Virginia Department of Transportation and county code prohibits food trucks from operating on public roads. This would not change under the new proposal.

The Planning Commission held its first



PHOTO BY JANELLE GERMANOS/THE CONNECTION

The Fairfax County Planning Commission held a public hearing concerning the operation of food trucks, like these in D.C., on July 30.

public hearing on the food truck ordinance on July 30.

"This is an important and unique ordinance for the county. We want to get it right the first time. I think we have people on

the side of the issue who are willing to compromise, to express their ideas, and we want to ensure they have a venue to do so," said Janyce Hedetniemi, at-large member of the planning commission.

Search and Rescue K-9s Come to Fairfax

Fairfax County Fire and Rescue Department will receive two newly trained search and rescue K-9s, Saturday, Aug. 9. The dogs and their handlers will arrive at Dulles International Airport from Southern California at approximately 5:30 p.m., near the arrivals area, door one.

The dogs have been trained by the National Search Dog Foundation for approximately one year and have been partnered with two firefighter/dog handlers, working a 24-hour shift with their handlers. The foundation has rescued hundreds of dogs, many on the brink of euthanasia, and turned them into highly skilled rescuers. The training has produced 144 Canine/Firefighter Search Teams, 72 are still active throughout the country. Various teams have responded to 104 missing person searches and disasters, including the World Trade Center attack, Hurricane Katrina, Haiti and Japan earthquakes, and scores of local and regional emergencies.

As part of the FXCFRD, both K-9 teams will be available to respond to missing person incidents, and will be a valuable resource during search and rescue operations within collapsed structures. The dogs will be a shared asset between the department and Virginia Task Force One, Fairfax County's Urban Search and Rescue Team.

The dogs and training were provided at no cost to Fairfax County. The K-9s and handlers will be available for interviews.

For more information, contact the Virginia Task Force One Program Manager at 571-722-7046.

NEWS



PHOTOS COURTESY OF 95 EXPRESS LANES

Drivers heading north on the 95 HOV lanes will need to follow this detour when traveling in the area during the next couple of weeks.

Traffic Changes on I-95

Left-turn lanes to close at Franconia-Springfield Parkway interchange.

BY JANELLE GERMANOS
THE CONNECTION

On Aug. 8, or shortly around this date, all left turns from Franconia-Springfield Parkway and left turns to and from I-95 north and south will close to allow for widening of the ramps connecting the I-95 HOV Lanes and Franconia-Springfield Parkway.

The widening is to accommodate the Express Lanes, construction of which is more than 80 percent complete and is expected to be completed in late 2014. According to officials, the Express Lanes should open in early 2015.

The left turn lanes at Franconia-Springfield Parkway will be closed for about four weeks. Drivers will have to follow a detour and can expect delays up to five minutes during rush hours.

The construction includes adding storm water drainage, widening the ramps, add-

ing turn lands, installing express lanes signage and gates, and more.

Starting in early 2015 when the Express Lanes open, all drivers will be required to use an EZ-Pass to access the lanes. Even motorists driving alone, in a carpool, a slug, or in a vehicle with a clean fuel plate will be required to use an EZ-Pass. Those with three or more people in their vehicles can use an EZ-Pass Flex to ride toll-free.

Residents who plan on using Interstate 95 this summer should prepare for overnight and weekend HOV lane closures from Washington, D.C. to Dumfries as construction continues. The 29-mile project, a public-private partnership, runs from Stafford County near Garrisonville Road up to 395 near Edsall Road in Springfield.

"While the final phase of construction may be less visible to drivers than in the past, the 95 Express Lanes Corridor remains an active work zone, in which the safety of drivers and workers are our top priority," Susan Shaw, Megaprojects director for VDOT, said at a July press conference. "Now more than ever, it is important for the traveling public to use caution when traveling through our work zone. When you see the orange cones and barriers, slow down for your own safety and remember that there are people working on the other side."



Drivers heading south on the 95 HOV lanes will need to follow this detour when traveling in the area during the next couple of weeks.

AREA ROUNDUPS

Fairfax City Farmers Markets

Two farmers markets are open for the season in the City of Fairfax. They'll run through Nov. 1 at the corner of West and Main streets. The Downtown Fairfax Coalition Community Market is held Saturdays, from 8 a.m.-1 p.m. The Sunday Farmers Market will run from 10 a.m.-2 p.m. For more information, call 703-642-0128.

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 Under a power of sale contained in a certain Deed of Trust from Thomas Gedle, as grantor, to John D. Eubank and Timothy E. Lewis, as trustees, for the benefit of Commercial Lending, LLC, a Virginia limited liability company, as beneficiary, dated November 29, 2012 and recorded on November 30, 2012 in Book 22736 at Page 0619 as Instrument No. 2012054176.010 among the Land Records of Fairfax County, Virginia ("Deed of Trust"), with an original principal balance of \$400,000.00 (as increased to \$600,000.00 by a duly-recorded modification), default having occurred under the terms thereof, the Trustees will sell at public auction at the front door of the Circuit Court of Fairfax County, 4110 Chain Bridge Road, Fairfax, Virginia 22030, on AUGUST 7, 2014 AT 10:00 AM ALL THAT fee-simple LOT OF GROUND AND THE IMPROVEMENTS THEREON situated in Fairfax County, Virginia, known as 3809 Munson Road, Falls Church, Virginia 22041, and more fully described in the aforesaid Deed of Trust. TERMS OF SALE: A deposit of ten per centum of the sale price will be required of the Purchaser at the time and place of sale. The deposit must be paid in cash or certified funds. The balance of the purchase price to be paid in cash or certified funds within twenty (20) days of the date of sale. Interest to be paid on the unpaid purchase money at the rate of 12% per annum from the date of sale to the date of settlement. The party secured herein, if a bidder, shall not be required to post a deposit or to pay interest. Purchaser shall settle within twenty (20) days of the date of sale. TIME SHALL BE OF THE ESSENCE WITH RESPECT TO SETTLEMENT BY THE PURCHASER. In the event that Purchaser does not settle as required for any reason, Purchaser shall be in default. The defaulting Purchaser shall not be entitled to any surplus proceeds or profits resulting from any resale of the property, and the deposit shall be forfeited to the Trustees and all of the expenses of this sale (including attorneys' fees and full commission on the gross sale price) shall be charged against and paid out of the forfeited deposit. In the event settlement is delayed for any reason, including, but not limited to, exceptions to the sale, bankruptcy filings by interested parties, court administration of the foreclosure, or unknown title defects, there shall be no abatement of interest. Taxes, ground rent, water and all public charges including electrical, sanitation, and/or metropolitan district charges, if applicable, are to be adjusted for the current year to the date of sale and assumed thereafter by the Purchaser. Cost of all documentary stamps, recordation taxes, transfer taxes and settlement expenses shall be borne by the Purchaser. The property will be sold in an "AS IS" condition and subject to conditions, restrictions, and agreements of record affecting the same, if any, and with no warranty of any kind (except as required by the Deed of Trust). In the event that the Trustees are in default for any reason, the Purchaser's sole remedy at law and in equity shall be limited to a refund of the deposit and the sale shall be considered null and void and of no effect. Purchaser shall be responsible for obtaining physical possession of the property. Purchaser assumes the risk of loss or damage to the property from the date of sale forward. Trustees reserve the right, in their sole discretion, to reject any and all bids, to withdraw the property from sale at any time before or at the auction, to extend the time to receive bids, to waive or modify the deposit requirement, to waive or modify the requirement that interest be paid on the unpaid purchase money, and/or to extend the period of time for settlement. Additional terms may be announced at the sale. The Purchaser will be required to execute and deliver to the Trustees a memorandum or contract of the sale at the conclusion of bidding.

John D. Eubank and Timothy E. Lewis, Trustees
 FOR INFORMATION, CONTACT:
 PARDO & DRAZIN, LLC
 Russell S. Drazin, Attorney
 4400 Jenifer Street, NW, Suite 2
 Washington, DC 20015
 (202) 223-7900
 www.pardodrazin.com

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21 Announcements

21 Announcements

ABC LICENSE

Mungkorn Thong, Inc trading
 as Sisters Thai, 2985 District
 Ave, #130 Fairfax, VA 22031.
 The above establishment is
 applying to the VIRGINIA DE-
 PARTMENT OF ALCOHOLIC BE-
 VERAGE CONTROL(ABC) for a
 Wine and Beer On & Off
 Premises, Mixed Beverages
 Restaurant license to sell or
 manufacture alcoholic bever-
 ages. Jaturon Srirote, owner
 NOTE: Objections to the is-
 suance of this license must
 be submitted to ABC no later
 than 30 days from the publish-
 ing date for the first of two
 required newspaper legal
 notices. Objections should be
 registered at
 www.abc.virginia.gov or
 800-552-3200.

21 Announcements

ABC LICENSE

Fat Tuesdays Raw Bar of
 Fairfax, Inc trading as Fat
 Tuesdays Restaurant & Raw
 Bar, 10673 Braddock Rd.
 Fairfax, VA 22032. The above
 establishment is applying to
 the VIRGINIA DEPARTMENT
 OF ALCOHOLIC BEVERAGE
 CONTROL(ABC) for a Wine
 and Beer On and Off Premises
 and Kegs license to sell or
 manufacture alcoholic bever-
 ages. Ronald Butler, President
 NOTE: Objections to the
 issuance of this license must
 be submitted to ABC no later
 than 30 days from the publish-
 ing date of the first of two
 required newspaper legal
 notices. Objections should be
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