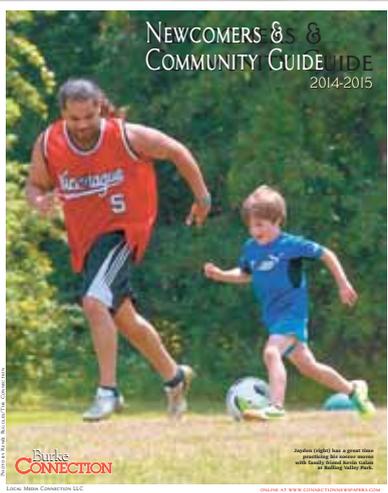


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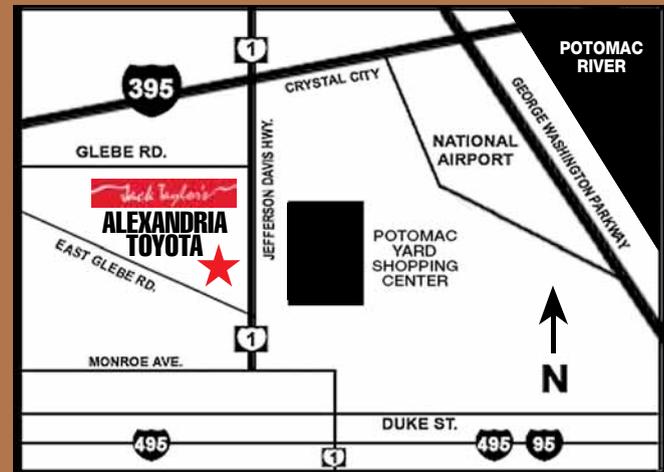
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TOYOTA Let's Go Places

Church Reverend Prepared to Perform Same-Sex Marriage

Rev. Scott Sammler-Michael was part of statewide effort.

BY TIM PETERSON
THE CONNECTION

Iwould expect most people wouldn't want to get married on the spot by a minister they don't even know," said Rev. Scott Sammler-Michael, minister of Accotink Unitarian Universalist Church in Burke. Sammler-Michael, himself from Fairfax, was one of 30 clergymen around Northern Virginia and 60 across the state that had been organized and planned to be present at local courthouses on Thursday, Aug. 21.

On that day, Virginia's ban on same-sex marriage was supposed to be effectively overturned by February's decision from the U.S. Court of Appeals for the 4th Circuit in Richmond. Immediately after that initial ruling, the Richmond-based group People of Faith for Equality in Virginia (POFEV) had begun planning for the ban's strike down to take effect.

POFEV wanted there to be a mixed-faith showing at courthouses across the state, with clergymen offering information, a calm presence and the opportunity for couples to marry immediately after securing a license — thanks to Virginia's zero wait time policy.

"This is when people would be in danger of being harassed," added Sammler-Michael, who performed marriages in Washington D.C. this past Valentine's Day and is no stranger to demonstrators. "We wanted to be there so people didn't have to look far and wide. Or help them if there were any



Rev. Scott Sammler-Michael went to the Fairfax Courthouse to meet anyone who might have come out in response to the Supreme Court's decision to postpone legal gay marriage in Virginia.

protesters."

Rev. Dr. Robin H. Gorsline, president and CEO of POFEV, was going to be on hand in Richmond for the same purpose, "with my husband of 17 years," he said. "Thursday was our 15th anniversary of our commitment ceremony in Brooklyn, N.Y. We would've been thrilled of course to have been able to get married here. Of course, it didn't happen."

BY THE EVENING on Wednesday the 20th, it was released that the U.S. Supreme Court would delay on Virginia's enforcement of the overturned ban. Same-sex couples would have to wait for weeks, perhaps months, for the Court to make another ruling based on petitions from Virginia and several other states with bans on gay marriage.

Unique to Virginia was the fact that Governor Terry McAuliffe and Attorney general Mark Herring refused to defend the ban.

Yet Herring was also in favor of the Supreme Court's action postponing allowing gay marriage to take place. His stated concern was preventing legal ambiguity for gay couple who would have married on Thursday, just to potentially have their marriages nullified by a future ruling.

"I understood [Herring's] reasoning," said Sammler-Michael. "He didn't want to have to untangle a lot of people's marriages who were legally wed."

"I admire him a great deal," Gorsline said. "I would say to him: We've lived with that kind of uncertainty for so long; we would've been happy to at least have had a taste of legal marriage. We're sadly still very used to the fact that there's always somebody who thinks we should wait — we'll upset somebody. We're accustomed to it."

On the opposite side of the issue, anti-gay marriage groups are applauding the Court's patience and respect for the governing rights of individual states. In Vir-

"It's not the end. And it's going to happen. I predict it will be here by this time next year, if not before. It's on the move."

— Rev. Dr. Robin H. Gorsline

ginia, the original ban on gay marriage was approved by voters.

In a statement, president of the D.C.-based National Organization for Marriage Brian Brown said, "We had called upon the Court to take this step and are gratified that they will now be able to carefully consider the issues." Sammler-Michael and Gorsline were greatly disappointed by the latest ruling, but maintain a positive outlook. "Change happens," said Sammler-Michael. "I tend to be optimistic. I try to have the long view of history. Even if it happens, in the end, it's for good reasons."

THE ACCOTINK CHURCH MINISTER rode his bike to the courthouse in Fairfax on Thursday anyway, just in case there were demonstrators representing either side of the ruling. By the time he arrived — mid-morning — there was nothing but typical traffic in and out of the main entrance. "It's an amazing time to live through all this stuff," said Sammler-Michael, "where it looks like we've regressed 40 years; but you take a couple steps forward, a couple steps back. You've gotta hope that you can enjoy the show."

"It's only a delay," said Gorsline. "It's not the end. And it's going to happen. I predict it will be here by this time next year, if not before. It's on the move."

Samantha Bird Wins Gold in Ulman Cancer Fund Triathlon

Iron Girl all-female race took place in Ellicott City, Md.

BY TIM PETERSON
THE CONNECTION

Finishing more than 10 seconds ahead of her closest competitor, Burke resident Samantha Bird was the overall champion at the Iron Girl all-female sprint triathlon held in Ellicott City, Md. on Aug. 17. Her time of 1:26:46.91 beat out roughly 1,700 other athletes; all of them competed to benefit the Ulman Cancer Fund for Young Adults.

"It's always an honor to win," said Bird. "You never know who's going to show up. There's definitely a lot of fast people in the area so you never take a win for

granted."

Bird, an intelligence consultant for the military, has lived in Burke for four years with her husband and twin 5-year-old girls. She's competed in triathlons periodically since high school, but focused on swimming during a career on the varsity team at West Point.

Though Iron Girl was a sprint distance — .62-mile swim, 16-mile bike, 3.4-mile run — Bird is a decorated veteran of longer races. Earlier in 2014 she captured victories in the Naylor's Beach Triathlon and Culpeper Triathlon — both "international" distances: 1500-meter swim, 24-mile bike, 10K run. She's also



Derek and Samantha Bird, of Burke, stand uncharacteristically still after completing the Naylor's Beach Triathlon.

completed three Ironman triathlons. "Those were all pre-kids," said Bird.

To prepare and maintain competition-

level fitness, Bird trains between eight and 10 hours per week during the summer.

Her husband is also into triathlon and ultra-endurance races, so they take turns watching the children while the other one trains. Unless they get a sitter.

"I think it's a great example for my kids," Bird said. "I think it inspires them to get outside and exercise. They want to do a race, so next year we'll look for a mini."

With or without her husband, Bird enjoys the camaraderie of training partners. She works out with Ignite Endurance, a Washington, D.C.-based triathlon team, as well as Team Red, White, and Blue, a nonprofit organization aimed at helping veterans reintegrate into society through athletics.

"I just enjoy participating and meeting unique people through training and racing," Bird said. "It's a supportive and outgoing community."

Fall for the Book in September

Local book festival with something for everyone.

BY DAVID SIEGEL
THE CONNECTION

Your opportunity to be part of a literary celebration is about to arrive. The annual Fall for the Book Festival begins on Sept. 11. It is a week-long, multi-venue affair with free events at locations throughout Fairfax County, and beyond.

From some of America's best-known writers, to emerging names, the Festival showcases a range of authors, including from Fairfax County. Of the Festival's 150 authors, Fairfax County authors include Young Adult author L.M. Elliott (Great Falls), Historian Tim Grove (Fairfax), mystery writers Kathryn O'Sullivan (Reston), Barb Goffman (Herndon) and Donna Andrews (Reston) to name a few.

For O'Sullivan, the book festival "brings people of all ages and backgrounds together who wish to celebrate the joy of reading and writing."

She will be participating on a



L.M. Elliott



Barb Goffman

PHOTOS CONTRIBUTED



Tim Grove



Kathryn O'Sullivan

mystery writers panel discussing her latest book in the series "Murder on the Hoof." O'Sullivan en-

joys "writing about fun, strong women."

According to Elliott, the festival

Where and When

The 2014 Fall for the Book Festival will be held Sept. 11-18 at many Fairfax County locations. General information is at: www.fallforthebook.org/

Scheduling: <http://fallforthebook.org/wp-content/uploads/2014/08/FftBFestivalProgram2014.pdf>

Sponsors for the 2014 Fall for the Book are at: <http://fallforthebook.org/sponsors/>

Note: Fall for the Book is debuting an app, the "FftB" app. The "FftB" app provides a guide to the festival. It is free; sponsored by the Fairfax County Public Library. For more app information go to: <http://fallforthebook.org/2014/08/04/festival-launches-smartphone-app/>

is "a rich, cross-pollinating festival for everyone, authors included. I've always come away inspired and with new ideas." She will be discussing her "Across a War-tossed Sea" the final novel in a WWII trilogy and companion to "Under a War-torn Sky", the story of a downed pilot and the French Resistance, which has been on Fairfax County Public School's summer reading lists.

Grove noted that "any event that focuses on the importance of the written word and the joy of reading is valuable." And history doesn't have to be "boring". He will discuss "A Grizzly in the Mail and Other Adventures in American History."

It is a collection built upon his many years as a public historian. He is currently with the National Air and Space Museum.

To Goffman, the Festival "is es-

pecially wonderful because it has something for everybody". She will be talking about her mystery short-story collection, "Don't Get Mad, Get Even." It contains stories both previously published and new. Her story "The Lord Is My Shamus," won the Macavity Award last year for best short mystery story.

Andrews will be moderating a session. Her latest book is "The Good, the Bad, and the Emus." She sees her work as "a humorous traditional series" set in a small fictitious Virginia location with its woman protagonist involved "in sleuthing when one of her friends or family members is in trouble." Andrews will "usually look for a situation that can give rise to humor and homicide."

Come on down to the Fall for the Book and find some additions for your reading list.

AREA ROUNDUPS

Farmers Market on Thursdays

Each Thursday, from 3-7 p.m., the Fairfax County Government Center hosts a farmers market in its parking lot. The Government Center is at 12000 Government Center Pkwy. in Fair Oaks, and the next markets are slated for Aug. 28 and Sept. 4.

Del. Filler-Corn to Hold August Office Hours

Del. Eileen Filler-Corn (D-41st District) - Burke, Fairfax, Fairfax Station, Springfield — will hold August office hours at the newly opened Peets (8938 Burke Lake Rd., Springfield) from 10 – 11:30 a.m. on Saturday, Aug. 30. No appointment necessary. Please drop by.

Cycle Fest Set for Sept. 14

The community is invited to the 5th Annual Northern Virginia Cycle Fest ride on Sunday, Sept. 14. Cycle Fest benefits the Wounded Warrior Project and Washington Area Bicyclist Association (WABA). The ride is open to all experienced riders who are comfortable riding on roads with traffic - with a suggested mini-

mum age of 12.

With four ride options (11 miles, 30 miles, 50 miles and 62 miles) the ride enjoys the fall temperatures and scenery through the hills of Northern Virginia. All rides begin at the Jewish Community Center of Northern Virginia (8900 Little River Turnpike) in Fairfax, at 7:30 a.m.

Registration begins at 7 a.m. All ride options are supported with rest stops, SAG vehicle support, mechanical support, merchant sponsorship and light refreshments. The ride is hosted by the JCCNV and its sponsors. For registration information, visit www.active.com or email Paula.Cole@jccnv.org. Call 703-323-0880 or visit www.jccnv.org for details.

Leadership Fairfax Opens Nominations to Honor Community Leaders

Leadership Fairfax (LFI) has announced that nominations are open for the 18th annual Northern Virginia Leadership Awards (NVLA), celebrating the leaders who make a difference in our community.

LFI invites the community to nominate an individual or organization who exemplifies community-wide leadership, vision, innovation, courage, and inspiration.

Four awards are presented to recognize Trustee Leadership; Non-Profit Leadership; Corporate Leadership; and

Educational Leadership. The award recipients will be honored at the Northern Virginia Leadership Awards luncheon on Thursday, Nov. 6, 2014 at Waterford at Fair Oaks.

For a complete awards description, a link to the nomination form, and information on the November luncheon, visit the Leadership Fairfax website at www.leadershipfairfax.org/NVLA or [Click Here](#). Nominations are due by 4:00 pm on September 15, 2014.

Citizens Police Academy

People interested in law enforcement and who'd like to learn about the Fairfax County Police Department and meet many of those who serve in it may now do so. They may apply to join the Sept. 11-Nov. 15 session of the Citizens Police Academy. It's a free, 10-week program put on by the Police Department and is open to people who live or work in this county.

Participants complete some 40 hours of learning to gain a better understanding of and appreciation for police via a combination of lectures, tours and hands-on activities.

Topics covered include the 911 Call Center, patrol, traffic stops, Adult Detention Center, gangs, financial crimes and SWAT team.

To apply, go to <http://www.fairfaxcounty.gov/police/services/citizens-police-academy.htm> or email CPA@fairfaxcounty.gov.

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PHOTO BY JON ROETMAN

Senior quarterback Patrick Riley and the Woodson offense are transitioning to new head coach Mike Dougherty's up-tempo spread scheme.

Woodson Football Trying To Get 'Back on the Map'

New head coach Dougherty brings up-tempo spread offense.

BY JON ROETMAN
THE CONNECTION

Mike Dougherty was leaving the Stone wall Jackson football program after six seasons when someone asked the location of his next head-coaching stop.

Woodson, Dougherty replied.

The response: "Where's that?"

W.T. Woodson High School is located in Fairfax. The football program, however, is lost in a state of anonymity after four losing seasons. In 2009, the Cavaliers finished 11-2 and reached the Division 6 Northern Region championship game. Since then, Woodson has a record of 10-30 and has failed to win more than three games in a season.

Dougherty, who led Stonewall Jackson to the 6A North region semifinals in 2013, will attempt to turn Woodson football back into a winner.

"We're trying to get on the map," Dougherty said recently. "... We want to change the way that people view us and the way we view ourselves."

How do you change the culture of a football program?

"The key thing is getting them out of their comfort zone," Dougherty said. "We're gaining ground on that but we still have a long way to go."

OFFENSIVELY, Dougherty has eliminated comfort by installing an up-tempo spread attack. After operating out of the methodical wing-T in recent seasons, the Cavaliers are now hustling to the line of scrimmage in practice, trying to run three or four plays every minute.

The idea of a hurry-up offense appealed to players at first, Dougherty said, until they realized how much work was involved. The Cavaliers have bought in, however, and hope to evolve into a potent point-scoring

ing unit.

"It was a very tough transition because you hear 'up-tempo spread offense' and you're like, 'yeah, that's awesome,'" senior quarterback Patrick Riley said. "But once you get to running it live, you're like, 'this is quick.'"

Riley returns for his second season as Woodson's starting signal caller. Dougherty said Riley has a chance to thrive in the team's new offense.

"He's a leader in our offense," Dougherty said. "It's really designed around the quarterback being the statistical leader on every front. ... He's a competitor, he's smart and he has a real high football IQ."

Senior wide receiver Conor McLaughlin will be Riley's top target on the outside, while senior China Moon will be a factor at inside receiver. Senior receivers Will Cogan and Andrew Snodgrass, junior receiver Jack Caldwell and sophomore receiver/tight end Torin Shanahan will also figure into the passing game. Helping Riley with the ground game will be senior running back Brian Smiga.

"He's got great feet," Dougherty said, "and he runs really hard for small guy."

Senior running back Jacob Oleyar and sophomore Alex Olson could also see some carries.

Along the offensive line, senior tackle Lion Nitschke is one of the Cavaliers' biggest players at 6 feet 6, 260 pounds. Junior guard Mike Fox and senior center Josh Kim will also be contributors.

DEFENSIVELY, Woodson will operate out of a base four-man front. Dougherty said the secondary is the strength of the unit, led by safeties McLaughlin and Moon, and cornerbacks Jack Caldwell, a junior, and Thomas Anderson, a senior.

Junior Chris Gardner and senior James Strasser are impact players along the defensive line, and junior middle linebacker Nolan Brahmey is the group's signal caller.

Woodson opens the 2014 season on the road against Oakton at 7:30 p.m. on Friday, Aug. 29. The Cavaliers' first home game is Sept. 5 against Robinson.

"We want to make it to the playoffs," Riley said. "... We want to get Woodson back on the map."



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

Isabel Obregon, left, and the Robinson field hockey team went undefeated and won Pool B during the two-day Under the Lights tournament on Monday and Tuesday at Lee High School.

Robinson Wins Pool B at UTL Tournament

The Robinson field hockey team went undefeated during the two-day Under the Lights tournament at Lee High School on Monday and Tuesday, capturing the Pool B championship.

On Monday, Robinson defeated West Springfield, 2-1, and South Lakes, 1-0. Both games were played on grass. On Tuesday, the Rams beat Stuart, 5-0, and Centreville, 3-0. Both games were played on turf.

"I think we started off rough because it was on grass and it was difficult," second-year Robinson head coach Lindsay Arnsmeier said. "The adjustment back to turf was very helpful."

Robinson secured an undefeated record by shutting out Conference 5 opponent Centreville. Junior Charlotte Clark scored in the first half to give the Rams a 1-0 lead, and freshman Lisa Saffin added a pair of goals in the second half.

Saffin tied for the team lead with three goals during the tournament.

"She controls the ball beauti-

fully," Arnsmeier said of Saffin. "She distributes [and] she's just an all-around strong player."

Junior Katie O'Loughlin also scored three goals during the tournament. Clark, a junior, scored two goals, and junior Georgia Boley, senior Alex Cole and junior Tamara Honeycutt each scored one.

Arnsmeier said Saffin, O'Loughlin and seniors Addie Walsh and Isabel Obregon will be key contributors this season. Obregon transferred from Woodson.

"She's just very aggressive," Arnsmeier said of Obregon, "and her hits are out of control sometimes — they're so good." Robinson (4-0) will host Yorktown at 4 p.m. on Thursday, Aug. 28.

"At first, I started off with a team that only won two games the previous season," said Arnsmeier, a former Chantilly assistant who took over at Robinson in 2013. "... now we're really looking to be competitive."

— JON ROETMAN



Senior captain Michelle Heinitz scored seven goals for the host Lee field hockey team during the two-day Under the Lights tournament on Monday and Tuesday. The Lancers finished runner-up in Pool A, winning three of four games while outscoring their opponents 17-2.

CALENDAR



Join in on the family fun at the Burke Centre Festival taking place Sept. 6 – 7 at Conservancy Grounds at Lynch Farm, 6060 Burke Centre Parkway.

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

THURSDAY/AUG. 28 – SATURDAY/OCT. 4

Wake Up Call. Epicure Café, 11104 Lee Highway, Fairfax. A new collection of contemporary art curated by The Bunnyman Bridge Collective. <http://www.epicurecafe.org/>

FRIDAY/AUG. 29

S.T.E.M. Storytime. 10:30-11:15 a.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Each month we will focus on one of the STEM subjects with stories, songs, and activities for preschoolers. Age 4-5 with adult. Register at www.fairfaxcounty.gov/library/branches/bc/ under "Events." 703-249-1520.

Keeping up with the kids. 2 p.m. 9000 Burke Lake Road, Burke. Learn the basics of social media with a one-on-one technology volunteer to stay in touch with your kids and grandkids.

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/performances/ for location and schedule.

SATURDAY/AUG. 30-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/AUG. 30-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. 30

Master Gardeners Plant Clinic. 10 a.m. 9000 Burke Lake Road, Burke. Master Gardeners from Fairfax County Cooperative Extension hosts plant clinics each Saturday morning through the summer to answer any gardening questions. For adults.

Campfire Saturdays. 7:30 p.m. Lake Accotink Park, 7500 Accotink Park Road, Springfield. Join Hidden Pond naturalists in exploring and learning about reptiles and amphibians, bats, nocturnal predators, flying squirrels, owls, stargazing and more. Admission: \$7 for residents; \$9 for non-residents. 703-569-3464.

MONDAY /SEPT. 1-FRIDAY/SEPT. 19

The Henkel Physicians: A Family's Life in Letters. Foley Forum, Northern Virginia Community College, Medical Education Campus, 6699 Springfield Center Drive, Springfield. The exhibit documents the daily lives of a family of physicians in Virginia's Shenandoah Valley during the 19th century, serving in their community, on the battlefield and in the nation's courts of law. 703-822-6684.

WEDNESDAY/SEPT. 3-SUNDAY/SEPT. 7

Laura E. Bruce's "Up Close and Personal." Building W-5, 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.

MONDAY/SEPT. 1

Labor Day Picnic. 10:20 a.m.- 4:30 p.m. St. Mary's Historic Church grounds, intersection of Route 123 and Fairfax Station Road, Fairfax Station. Mass, games, rides, rummage sale, crafts and food. 703-978-4141.

FRIDAY/SEPT. 5

Old Town Plaza Series Performance by Alte Kameraden. 7 p.m. Old Town Plaza, 3955 Chain Bridge Road, Fairfax. Come out and enjoy the shops and restaurants at Old Town Plaza, along with live music, weather permitting. www.oldtownplazafairfax.com.

Art Guild of Clifton First Friday Exhibit. 5 – 8 p.m. Main Street, Clifton. Come out for an evening of exceptional art, fine wine, great food, and unique shopping. Free.

SATURDAY/SEPT. 6 – SUNDAY/SEPT. 7

Burke Centre Festival. Saturday: 9:30 a.m. – 5 p.m.; Sunday: 11 a.m. – 5 p.m. The Conservancy Grounds at Lynch Farm, 6060 Burke Centre Parkway, Burke. Two days of entertainment including lively dance and musical performances, an arts and crafts show, a variety of menu items available from numerous food vendors, pony rides, moonbounces, a 28' rock climbing wall, interactive wildlife and puppet shows, roving characters, an open air photo booth and games, and much more! Visit www.burkecentreweb.com for more information.

Be a part of our Wellbeing pages, the first week of every month.

Delight in our HomeLifeStyle sections, the second week of every month. Peek at the top real estate sales, glimpse over-the-top remodeling projects, get practical suggestions for your home.

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

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OPINION

Back to School: Good Steps, Good Intentions

The first day of school in Fairfax County is Tuesday, Sept. 2, but Monday, Sept. 8 is the beginning of something important.

For the first time in decades, elementary school students will have a full day of school on Mondays instead of being sent home hours early. This action makes so much sense in for families with children in elementary school. The ability of Superintendent Karen Garza to facilitate this change to go into effect right away is remarkable, and we hope a promise for more changes ahead.

Earlier this week, the American Academy of Pediatrics issued a policy statement calling for later start times — not earlier than 8:30 a.m. — for high school and middle school students. It's

not impossible although some school systems would have you believe that it can't be done. It's time to make that change in Fairfax County.

The science is undisputed. From the abstract: "A substantial body of research has now demonstrated that delaying school start times is an effective countermeasure to chronic sleep

EDITORIAL

loss and has a wide range of potential benefits to students with regard to physical and mental health, safety, and academic achievement. The American Academy of Pediatrics strongly supports the efforts of school districts to optimize sleep in students and urges high schools and middle schools to aim for start times that allow students the opportunity to achieve optimal levels of sleep (8.5–9.5 hours) and to improve physical (eg, reduced obesity risk) and mental

(eg, lower rates of depression) health, safety (eg, drowsy driving crashes), academic performance, and quality of life."

You can read the report here: <http://pediatrics.aappublications.org/content/early/2014/08/19/peds.2014-1697.full.pdf>

Back to school nights begin this week and run into October. For parents and students, there is no more important event that to turn up at Back to School Nights for your children, introduce yourself to teachers and open the lines of communication. Here is a link to a daunting list of Back to School Nights in Fairfax County:

<http://www.fcps.edu/news/backtoschool/bts-chronological.shtml>

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

Help Students Prepare for a Healthy School Year

BY JOHN C. COOK
SUPERVISOR (R-BRADDOCK DISTRICT)

COMMENTARY

As the summer draws to a close and parents look ahead to the school year, the change in daily routine offers an opportunity to change our routine meals. Setting our students and families up for success can come in many forms. Eating better meals and more frequently as families are just two ways we as parents can help our students excel.

Eating dinner as a family can have an enormous impact on the health of kids. The National Center on Addiction and Substance Abuse at Columbia University found that "teens who have dinner with their families at least five



times per week are almost one and a half times less likely to report high levels of stress" than teens

who don't. Teens that eat frequent family meals are also more likely to have better relationships with their parents and eat healthier meals. August is Family Meals Month, so there is no better time to make gathering around the kitchen table a priority.

Fairfax County Public Schools has already taken steps to improve the nutrition in school meals. Over the next three years, FCPS will implement fruit and vegetable bars in all middle and high schools, and eliminate additional artificial additives, dyes, and preservatives. The schools will also implement a local purchase preference policy to bring fresher produce to students. These are good first steps. Hopefully, more will follow. As a parent, I am concerned about the quality of school meals and, more

to the point, I know that no meal is a good one if kids won't eat it.

The Real Food For Kids organization has been a leader in finding collaborative ways to increase the quantities of healthy foods in Fairfax County Public Schools and supporting programs that educate students and their families on making healthier lifestyle choices. Real Food For Kids Executive Director, JoAnne Hammermaster said, "School food is an incredibly important determinant to children's health outcomes as well as their academic success, behavior and well-being in and out of school."

This school year let's take small steps that can mean big successes for our kids. Better food and more time eating as family will help put our students on the path to a healthy, happy school year.

LETTERS TO THE EDITOR

Facing Homelessness

To the Editor:

In his opinion piece ("Homelessness: Source of Trauma for Children," Connection August 13-19, 2014), Dean Klein, the Director of Fairfax County's Office to Prevent and End Homelessness, clearly enumerated the reality for hundreds of homeless families and their children in the County. While most of them are working, these families do not earn enough income for them to access affordable housing. According to a study completed by George Mason University in 2012, nearly half the households earning less than \$40,000 in annual income in the Mount Vernon and Woodlawn communities have

trouble finding or maintaining housing for their families.

At Good Shepherd Housing & Family Services, a 40-year-old homeless services and affordable housing provider serving the Mount Vernon community, we have seen many such families struggling to access affordable housing. They are living on the brink of homelessness — or are, in fact, experiencing a spell of homelessness. Last year we helped nearly 120 of these families in our area to find permanent affordable housing.

As Dean Klein noted, the consequences of homelessness do not end quickly. Especially when children are involved and have suffered the trauma of homelessness, the effects may be lifelong. Moreover, they suffer from emotional or behavioral problems that inter-

fere with learning at almost three times the rate of other children. Children should never have to wonder where they'll be sleeping on any given night. In our County some 700 children do wonder.

Here at Good Shepherd Housing, we work hard to ameliorate the problems these homeless children face. We ensure that formerly homeless children in our housing programs do not miss out on educational, social and recreational activities simply because their families have low-incomes.

Because of generously donated funds, we provide these children with school supplies and new winter coats and pay for their after school activities and summer camps.

At Good Shepherd Housing we are doing all we can to provide our

community's working poor with a fresh start toward stable housing and a better life.

David Levine
Executive Director
Good Shepherd Housing

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Send to:

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Call: 703-917-6444.
By e-mail:
south@connectionnewspapers.com

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CALENDAR

FROM PAGE 7

SATURDAY/SEPT. 6-SUNDAY/SEPT. 28

Live Onstage: Alice in Wonderland. 1 p.m. Workhouse Arts Center, 9601 Ox Rd, Lorton. Featuring songs based on the poetry from the original text, the Cheshire Cat, the Red Queen, the White Rabbit and the rest of the cast will be on hand as Alice adventures through Wonderland. Admissions: \$8-\$12. www.workhousearts.org. 703-584-2900.

SATURDAY/SEPT. 6

Botanical Drawing. 10 a.m.-4 p.m. Green Spring Gardens, 4603 Green Spring Road, Alexandria. Artist Caroline Hottenstein teaches shading and other techniques to render accurate and realistic plants. \$76. Register online using code 290 433 4401 at www.fairfaxcounty.gov/parks/greenspring or call 703-642-5173.

Workshop: Casting Leaves in Concrete. 9:30-11:30 a.m. Green Spring Gardens, 4603 Green Spring Road, Alexandria. Horticulturalist Nancy Olney demonstrates casting and painting techniques and assists participants in making one to take home. \$65. Register online at www.fairfaxcounty.gov/parks/greenspring using codes 290 488 4301 and 290 488 4302 or call 703-642-5173.

Artist Book Signing. 12-2 p.m. Green Spring Gardens, 4603 Green Spring Road, Alexandria. Artists from the newly published "American Botanical Paintings: Native Plants of the Mid Atlantic" will be signing books and talking. 703-642-5173.

Insurance for Artists. 10 a.m. Workhouse Arts Center, 9601 Ox

Road, 22079 Lorton. Jamie B. Gregory will educate artists on the importance of artist insurance and an affordable way to get it. <http://workhouse.org>

Workhouse Education Open House. 12 - 3 p.m. Workhouse Arts Center, 9601 Ox Road, 22079 Lorton. Learn about the different arts and talk to studio art educators. <http://workhouse.org>

Children's Theatre: Alice in Wonderland. 1 p.m. Workhouse Arts Center, 9601 Ox Road, 22079 Lorton. Recurring every Saturday and Sunday in September with the exception of Sunday 7. This musical adaptation of Alice in Wonderland is appropriate for all ages. \$10-\$13 <http://workhousearts.org>

Cabaret Series: Hot, Hot, Hot! 8 p.m. Workhouse Arts Center, 9601 Ox Road, 22079 Lorton. Musical performance featuring music from Chicago, Cabaret, Sweet Charity and many more. \$25- \$30. <http://workhousearts.org>

Alice in Wonderland with the Fairfax Symphony Orchestra. 5:30 p.m. Angelika Film Center at Mosaic, 2911 District Avenue, Fairfax. Children's Concert featuring musical interludes between sections of the film as well as underscoring of the entire film with new arrangements of familiar children's songs including Three Blind Mice, Humpty Dumpty, Hickory Dickory Dock, Old MacDonald, Pop Goes the Weasel, I'm a Little Tea Pot, and more. Free fairfaxsymphony.org

SUNDAY/SEPT. 7

Art Show Reception. 1-3 p.m. Green Spring Gardens, 4603 Green Spring Road, Alexandria. Come to the Horticulture Center and Historic

House to see the work of artists of the Springfield Art Guild. 703-642-5173.

TUESDAY/SEPT. 9

Downton Abbey Costumes at Winterthur Getaway. 7:15 a.m.-6:15 p.m. Green Spring Gardens, 4603 Green Spring Road, Alexandria. Travel to Winterthur Gardens in Wilmington, Delaware to see the Downton Abbey costume exhibit. Trip includes motor coach, driver tip, entrance fees and tours. \$119. Register online at www.fairfaxcounty.gov/parks/greenspring using code 290 492 7801 or call 703-642-5173.

FRIDAY/SEPT. 12

Old Town Plaza Series Performance by Fairfax-McLean Brass & Drums. 7 p.m. Old Town Plaza, 3955 Chain Bridge Road, Fairfax. Come out and enjoy the shops and restaurants at Old Town Plaza, along with live music, weather permitting. www.oldtownplazafairfax.com.

SATURDAY/SEPT. 13

Fairfax County NAACP Awards Luncheon. 1-4 p.m. Waterford Springfield, 6715 Commerce St., Springfield. Join as we will be honoring several deserving individuals and organizations. \$25-\$35. www.fairfaxnaacp.org.

Historic Fairfax City Walking Tours. 11 a.m. Ratcliffe-Allison House, 10386 Main Street, Fairfax. Take a walking tour of historic Fairfax and learn about the famous sites, such as the Old Courthouse. Admissions: Under 6, Free. \$3-\$15. 703-385-8414.

CCE Fairfax Irish Folk Festival. 12-8:30 p.m. Sherwood Community Center and Van Dyck Park, 3740 Old Lee Highway, Fairfax and The Auld Shebeen Irish Pub, 3971 Chain Bridge Road, Fairfax. There will be live traditional Irish dancing and music at multiple stages at the Sherwood Center and the pub stage at the Auld Shebeen. www.CCEPotomac.org

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FRIDAY/AUG. 29-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. 29

Basic computer skills. 1 p.m. 9000 Burke Lake Road, Burke. Learn basic computer skills with one-on-one technology volunteers. For adults.

SATURDAY/AUG. 30

Teen Advisory Board Meeting. 10:30 a.m.-12 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. TAB is a group of young adult volunteers between the age of 13 to 18 years who meet twice a month to plan and implement projects that will benefit the library and the community. To apply please contact nancy.klein@fairfaxcounty.gov.

Spanish class. 3 p.m. 9000 Burke Lake Road, Burke. Spanish conversation class for children ages 7-13.

Dog Adoption Event. 12 - 3 p.m. PETCO, Greenbriar Towncenter, 13053 Lee Jackson Memorial Highway, Fairfax. Call 703-817-9444 or visit hart90.org.

TUESDAY/SEPT. 2

American Red Cross Blood Donation. 11:30 a.m. - 3:30 p.m. Kingstowne Library, 6500 Landsdowne Centre Drive, Alexandria. redcross.org or 1-800-RED-CROSS.

WEDNESDAY/SEPT. 3 - THURSDAY/SEPT. 4

English for Speakers of Other Languages (ESOL) Class Registration. 9:30 a.m. - 12 p.m. or 7 p.m. - 9 p.m. The Church of the Good Shepherd, 9350 Braddock Road, Burke. Fee of \$60 due first day of class. Includes textbook, workbook, snacks. Class ends Dec. 4. 703-323-5400 or www.good-shepherd.net.

SATURDAY/SEPT. 6

Lake Braddock Crew Boosters Yard/Garage Sale. 8 a.m. - 3 p.m. White Oaks Elementary, 6130 Shiplett Drive Burke. Want to donate items? Email: lbcrewfundraising@gmail.com by Sept. 4.

Dog Adoption. 12 - 3 p.m. PETCO, 13053 Lee Jackson Memorial Highway, Fairfax. 703-817-9444 or http://www.hart90.org/

TUESDAY/SEPT. 9

The Wakefield Chorale Rehearsal. 7:30 p.m. - 9:30 p.m. United Baptist Church, 7100 Columbia Pike, Annandale. Member recruitment for Christmas program for retirement homes. No audition required. Dues \$25 for season plus cost of sheet music. Call Susan, 703-255-3489.

WEDNESDAY/SEPT. 10

Parenting: The Early Years Bible Study. Sign up by Sept. 10. Franconia United Methodist Church, 6037 Franconia Road, Alexandria. Video-driven study. Classes start Sept. 21 at 9:45 a.m. Free. 703-971-5151, admin@franconiaumc.org, or http://www.franconiaumc.org.

"I Wish Jesus Hadn't Said That!" Bible Study. Sign up by Sept. 10. Franconia United Methodist Church, 6037 Franconia Road, Alexandria. Book study. Sundays at 6 p.m. starting Sept. 21 and Tuesdays at 7 p.m. starting Sept. 23. Free. 703-971-5151, admin@franconiaumc.org, or http://www.franconiaumc.org.

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21 Announcements

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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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21 Announcements

Public Notice

NOTICE OF FINAL GENERAL CONFORMITY DETERMINATION FOR THE PROPOSED COVE POINT LIQUEFACTION PROJECT

On August 18, 2014, the staff of the Federal Energy Regulatory Commission (FERC or Commission) published a Notice of Final General Conformity Determination (GCD) for the Cove Point Liquefaction Project (Project) proposed by Dominion Cove Point LNG, LP (DCP). DCP requests authorization to construct and operate facilities to process and export domestically-sourced liquefied natural gas (LNG) at the existing Cove Point LNG Terminal in Calvert County, Maryland. The Project would enable DCP to export approximately 5.75 million metric tons per annum of LNG via LNG marine carriers that would dock at the existing offshore pier.

In accordance with the General Conformity Regulations under the Code of Federal Regulations Chapter 40 Part 93.156, the Draft GCD was issued for a 30-day public comment period. No comments were received on the Draft GCD; therefore, the Commission staff is issuing this notice to announce the Draft GCD is now the Final GCD. The GCD was prepared to satisfy the requirements of the Clean Air Act, and addresses air emission impacts associated with the Project. The FERC staff concludes that the Project will achieve conformity in Maryland and Virginia. Copies of the Draft GCD were previously mailed to the U.S. Environmental Protection Agency, Region III, the Maryland Department of Natural Resources, the Maryland Department of Environment, and the Virginia Department of Environmental Quality.

The GCD was placed in the public files of the FERC on May 15, 2014, concurrently with the Environmental Assessment, and is available for public viewing on the FERC's website at www.ferc.gov using the eLibrary link. A limited number of copies of the Environmental Assessment are available for distribution and public inspection at:

Federal Energy Regulatory Commission
Public Reference Room
888 First Street NE, Room 2A
Washington, DC 20426
(202) 502-8371

Additional information about the Project is available from the Commission's Office of External Affairs, at (866) 208-FERC, or on the FERC website (www.ferc.gov) using the eLibrary link. Click on the eLibrary link, click on "General Search," and enter the docket number excluding the last three digits in the Docket Number field (i.e., CP13-113). Be sure you have selected an appropriate date range. For assistance, please contact FERC Online Support at FercOnlineSupport@ferc.gov or toll free at (866) 208-3676, or for TTY, contact (202) 502-8659. The eLibrary link also provides access to the texts of formal documents issued by the Commission, such as orders, notices, and rulemakings.

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NEWCOMERS & COMMUNITY GUIDE

2014-2015

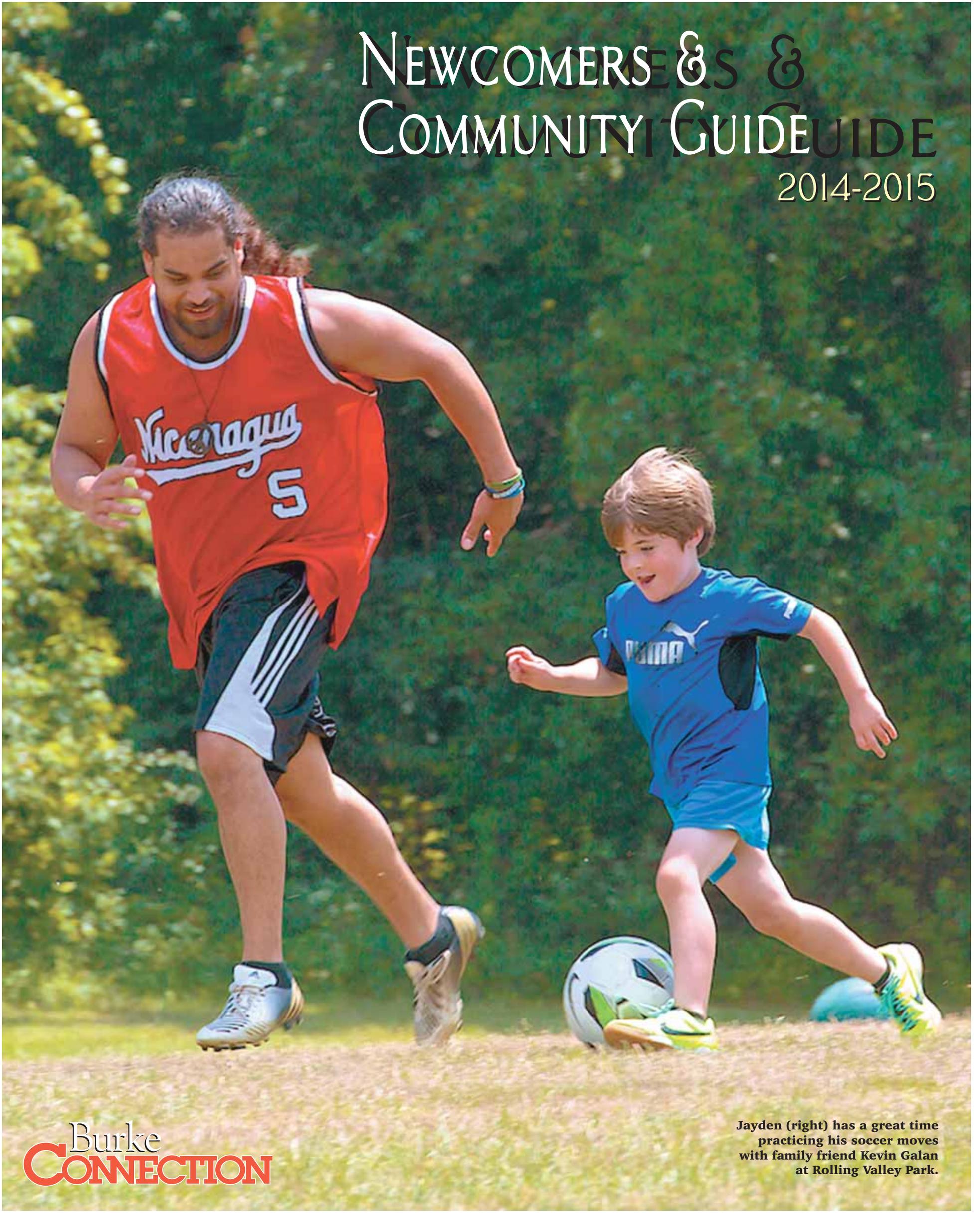


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Burke
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Jayden (right) has a great time practicing his soccer moves with family friend Kevin Galan at Rolling Valley Park.

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NEWCOMERS & COMMUNITY GUIDE

Welcome to Fairfax County

BY SHARON BULOVA/CHAIRMAN
FAIRFAX COUNTY BOARD OF SUPERVISORS

Welcome to Fairfax County, the best place in the country to live, work and play. Fairfax County is home to a fantastic public school system, top tier business and shopping opportunities, compassionate human services, and some of the best parks and open spaces in the D.C. Metropolitan region. This summer featured the long-awaited opening of the WMATA Silver Line, which connects the Reston and the Tysons areas of the county to the entire Metrorail system.

Last June, I cut the ribbon to open a new segment of our Fairfax County Cross County Trail, named after former Chairman (now congressman) Gerry Connolly. It was his vision, while serving on our board, to build and connect trail sections to make it possible for someone to hike through all nine county magisterial districts. The northern end of the trail begins in Great Falls National Park at the breathtaking Potomac River and travels south to the historic Occoquan River.

The trail passes through stream valleys and meadows, then winds through fascinating Laurel Hill, site of the former Lorton Prison. In addition to parkland and a golf course, these grounds are now home to the Workhouse Arts Center where visitors can watch artists in action and enjoy plays, performances and community events such as



PHOTO CONTRIBUTED

Thumbs up for Silver Line: The long-awaited opening of the WMATA Silver Line, which connects the Reston and the Tysons areas of the county to the Metrorail system.

Springfest every April.

Fairfax County has something for everyone. Northern Virginia Community College offers more than 160 degrees at the associate's level and numerous certificate programs. Its partnership with George Mason University provides families and stu-

dents with a seamless, cost-effective path to a four-year degree.

George Mason University, recently named one of the top five "Up-and-Coming Universities" by U.S. News and World Report, is also recognized as one of America's Best College Buys by Forbes magazine. Under the

presidency of Dr. Angel Cabrera, Mason is fast taking its place as a university for the world.

Fairfax County is known for its business-friendly climate. Time Magazine has described us as "the epicenter of the Washington region's job boom" and "one of the great economic success stories of our time." Although home to eight Fortune 500 company headquarters (corporate giants such as Northrop Grumman and Booz Allen Hamilton) about 97 percent of the companies in Fairfax County are small businesses with fewer than 100 employees. We are a great location for startups.

Of course, Fairfax County's greatest asset is a population that is welcoming and engaged. People from all over the globe have made Fairfax County their home, enriching our community with diverse cultures and entrepreneurship. Visit Fairfax County's website at www.fairfaxcounty.gov to learn more about what Fairfax has to offer.

As chairman of the Board of Supervisors, I am elected at-large by all registered voters. My office is here to serve you. If you have any questions or concerns, please email me at chairman@fairfaxcounty.gov or call me at 703-324-2321. I hope you will sign up to receive my monthly Bulova Byline newsletter that will keep you up-to-date on what is happening and how you can participate in all that Fairfax County has to offer you and your family.

Thanks for making Fairfax County your home.

A County of 186,785 Students

BY KAREN K. GARZA
SUPERINTENDENT OF FAIRFAX COUNTY
PUBLIC SCHOOLS

Welcome to the 2014-15 school year. The start of a new school year is always an exciting time for students, parents, and educators. Our dedicated staff has been working hard to prepare for another school year that builds on our tradition of excellence at Fairfax County Public Schools (FCPS). Fairfax is a community that embraces its newest residents and the cultural diversity that makes our county such a desirable place to be. For many families and businesses, the decision to relocate to a new area is often dependent on the quality of the local public schools. FCPS has a well-deserved national reputation for excellence.

As we enter a new school year, we are projecting an enrollment of 186,785 making FCPS the nation's 10th largest school district. Fairfax County high schools are among the most academically rigorous in the U.S. and are cited every year as among the top high schools in the country. Our classrooms are led by teachers who inspire, motivate, and prepare students with the knowledge and

skills they will need for the future. Our dedicated teachers promote the success of every student and create a caring learning environment where every student is valued and recognized as an active learner.

Working closely with our school board, parents, teachers, and community stakeholders, we have made a number of positive and exciting changes for our system during my first year as superintendent. We developed the FCPS Portrait of a Graduate that will serve as a foundation on which to build a long-range strategic plan for the school system and will lessen the focus on standardized, high-stakes testing and place greater emphasis on engaged students, project-based learning, and authentic assessments of student learning. The Portrait of a Graduate will ensure that our students are collaborators, communicators, creative and critical thinkers, global citizens, and goal-directed and resilient individuals when they leave FCPS.

Other significant changes that we have



Karen K. Garza

COURTESY OF FCPS

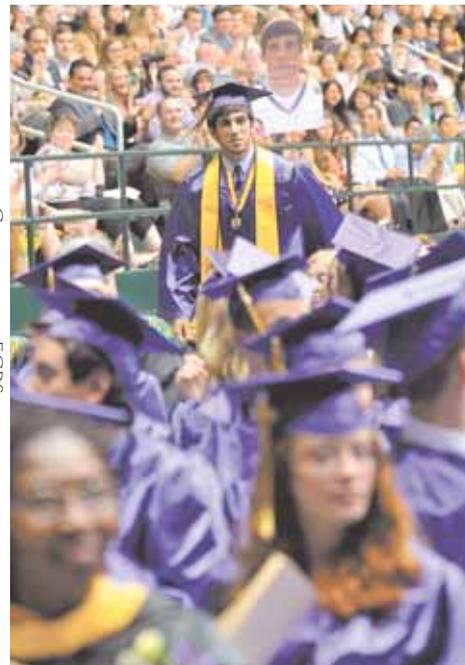


PHOTO BY LOUISE KRAFT/CONNECTION

Vincent Michael Sica proceeds to the stage platform after being named the 2014 Lake Braddock Faculty Award recipient for academic excellence, community service, extra-curricular activities, good citizenship and leadership.

made include:

❖ The launch of full-day Mondays for all elementary students. The change will increase instructional time for students and

dedicated planning time for teachers. The change to full day Mondays received overwhelming support in our community and will benefit students, teachers, and our families.

❖ A new standard school calendar that eliminates the need to make up inclement weather days at the end of the school year if fewer than 13 days are missed while providing two full weeks for winter break.

❖ The new Bailey's Upper Elementary School for the Arts and Sciences. A first of its kind for Fairfax County, this new school is being converted from a five-story office building at 6245 Leesburg Pike to provide enrollment relief for the overcrowded Bailey's Elementary School for the Arts and Sciences. The new campus will house grades 3-5, while the existing campus will house preschool to grade 2.

❖ A new CrisisLink text messaging tool for students and parents needing mental health support and resources. Crisis line staff respond to the text messages 24 hours a day. The text number is 703-997-5444.

The future remains very bright for FCPS families, students, and employees. I look forward to welcoming your children to our schools on Sept. 2 and making this year an exciting and rewarding year for all of our students.

About the Connection

As your local, weekly newspaper, the Connection's mission is to deliver the local news you need, to try to make sense of what is happening in your community, to gather information about the best things in and near your community, to advocate for community good, to provide a forum for dialogue on local concerns, and to celebrate and record achievements, milestones and events in the community and people's lives.

Here in our Newcomers and Community Guide, we've included an expanded and updated version of our award-winning Insider's Guide to the Parks, plus details of how to vote in the upcoming elections, information on local government, nonprofits and business organizations, plus tips and tidbits from the community.

We invite newcomers and long-time residents alike to let us know how we're doing and let us know what is going on in your part of the community. If you have questions or ideas, send us an e-mail or call us, contact us on Facebook or send us a tweet. We invite you to send letters to the editor or to send an email with feedback about our coverage.

We want to know if someone in your family or your community published a book, started a business, became an Eagle Scout, raised money for a good cause, accomplished some feat like running a marathon, supporting a cause or having art included in an art show. We publish photos and notes about personal milestones and community events, including births, engagements, weddings, anniversaries, awards and obituaries. We are also interested in events at your church, mosque, synagogue, community center, pool, school, club, etc. Email us a note about the event, being sure to include

when and where the photo was taken and the names of all the people who are in a photo. We also publish notes about news and events from local businesses. Notes about openings, new employees and anniversaries are welcome. It is especially important to us to let people know about events ahead of time in our calendar of events. We appreciate getting notice at least two weeks ahead of the event, and we encourage photos.

Your community Connection newspaper is one of 15 papers published by the independent, locally owned Local Media Connection LLC, serving the suburbs of Metropolitan Washington in Northern Virginia and Potomac, Md.

Our flagship paper, the Alexandria Gazette Packet, is one of the oldest continuously publishing papers in the country, beginning publication in 1784.

The Connection Newspapers have won hundreds of press awards in just the past few years, including the Virginia Press Association Award for Journalistic Integrity and Community Service, Best in Show for our Insiders Guide to the Parks, first place for our community guides, plus awards in news, art, business, special projects, sports, entertainment, design, photography and much more. We have staff and contributors here at the Connection with remarkable talent and experience, far greater than one might expect. We continue to publish 15 distinct papers every week that serve their communities in distinct ways. We welcome contributing writers, with the caveat that our freelance pay is nominal; if you are interested in covering news or events in your community, email editors@connectionnewspapers.com. We offer summer and year-round educational

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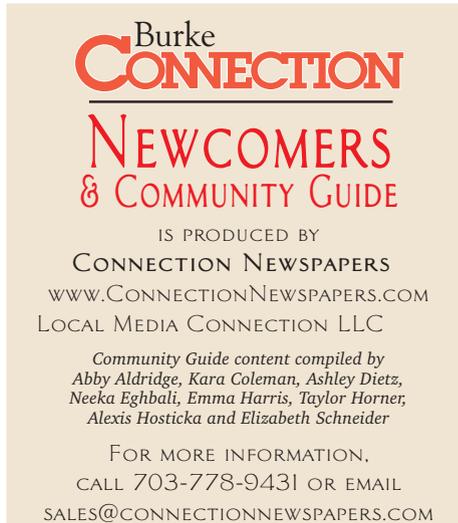
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Fairfax County's Success Story

Economic success: 50 years in the making.

BY GERALD L. GORDON, PH.D.

If you are a newcomer to Fairfax County, allow me to welcome you to one of the most dynamic communities anywhere in the world to live and work. It was the vision of many people to create this kind of community, so please allow me to offer a quick history lesson.

The Capital Beltway was completed in 1964. The same year the iconic highway opened, the Virginia General Assembly passed a law that created what is now called the Fairfax County Economic Development Authority. In the last 50 years, creation and growth of a diversified business community and local economy transformed a sleepy bedroom community in the shadow of the

nation's capital into what Time magazine has called "one of the great economic success stories of our time."

How much of a success story? Fairfax County was home to no Fortune 500 companies in 1964, and today 10 of those businesses are based here. That's more than 30 states. Today more than 400 foreign-owned businesses have a presence here, as do four companies on Black Enterprise magazine's list of the 100 largest African American-owned companies, three companies on HispanicBusiness.com's list of the 100 larg-



Gerald Gordon.

COMMENTARY

est Hispanic-owned companies, and top companies that are Asian-, woman- and veteran-owned.

Today Fairfax County is the second-largest suburban office market in the United States.

Almost no matter where you live, you can see how the county continues to evolve as a business location. The first phase of Metro's Silver Line rail service further enhances the attractiveness of Tysons Corner and Reston, while the second phase will link Herndon and Washington Dulles International Airport to the rest of the Washington region in 2018.

Southeastern Fairfax County (Springfield, Lorton and the Richmond Highway corridor) are becoming important office centers thanks to growth at Fort Belvoir. The Mosaic District in Merrifield is a popular destination, and the Springfield Town Center

opening this fall promises to be a magnet for that area.

As I suggested earlier, this evolution of Fairfax County has been no accident. It has been a strategy driven by a consistent vision: A strong and consistent economic development program that attracts companies and helps them stay and grow here creates job opportunities, builds a strong commercial tax base that holds down residential taxes, and allows the Board of Supervisors to provide high-quality public services that enhance the quality of life here.

Yes, Fairfax County has changed tremendously since 1964. But, even with all the progress that has happened, we believe even better times lay ahead.

Gerald L. Gordon, Ph.D., is president and CEO of the Fairfax County Economic Development Authority.

NONPROFITS

FACETS

FACETS helps parents, their children and individuals who suffer the effects of poverty in the Fairfax area. FACETS is always in need of volunteers, and offers a variety of one-time and ongoing opportunities, including a monthly Youth Volunteer Night. 703-865-4251 or <http://facetscares.org/>.

Food for Others

The non-profit provides a safety net for people who suddenly face unforeseen emergencies such as a family illness or the loss of a job or a spouse. 703-207-9173 or www.foodforothers.com.

Our Daily Bread

The Holiday Program helps those in need with food for the holidays and gifts for their children, making last year's holiday season brighter for approximately 3,000 families. For more information on their holiday programs, including how to sponsor a family, go to www.odbfairfax.com/holiday.

Office to End and Prevent Homelessness (OPEH)

OPEH supports the Fairfax-Falls Church Community Partnership to Prevent and End Homelessness which

SEE NONPROFITS, PAGE 7



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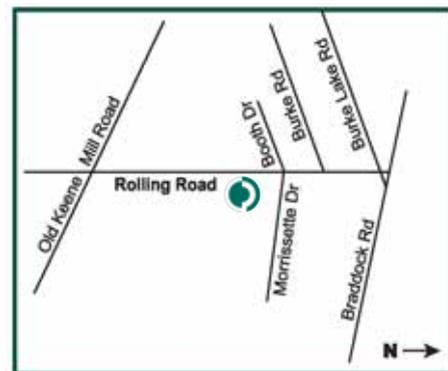
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NEWCOMERS & COMMUNITY GUIDE

Top Issues to Follow in Burke

According to Supervisor John C. Cook (R-Braddock District)

Neighborhood Speeding

Speeding in neighborhoods is a chronic issue; most offenders are local residents. Which is why John C. Cook (R-Braddock District) is launching a new anti-speeding initiative in neighborhoods that will include provocative signs with slogans such as "Slow Down, We Live Here", as well as speed monitors on the side of the road that will be similar, yet much smaller than those used on larger roadways by the police. Part of the initiative also includes reaching out to residents through neighborhood organizations.

Need for a Neighborhood College

When it comes to running a meeting, reaching out to a diverse population, making sense of zon-

ing regulations — all things necessary to being a local civic leader, Cook sees a major need for that information to be communicated at the local level. Cook said, "There's a real hunger for that," coming from local leaders and people aspiring to be leaders in communities. "And boy, if you don't have the tool, it can be hard." So starting in October, his office will begin "neighborhood college," a comprehensive education program for developing community leadership.

Fallout From Virginia State Budget Cuts

With governor Terry McAuliffe just announcing a \$2.4 billion state budget shortfall, there will obviously be repercussions trickling down. "It's a continuing issue," said Cook, "and we don't know how much this will affect the county." And though the county is

still struggling to find funding for schools, one bright spot is the current renovation of Terra Centre Elementary School (expected completion in 2015).

Pedestrian Projects and Repaving

Projects have been funded to make pedestrian travel safer around Terra Centre and Burke Commons, with expanded sidewalks and clearly marked crossing areas on Burke Centre Parkway. Though that major roadway was re-paved — with help from the state — but "we need to get repaving happening on Rolling Road and other areas," said Cook.

Lake Dredgings

Woodglen and Royal lakes are in great need of being dredged. Dredging has a number of environmental and aesthetic effects, including improving water quality and habitat, as well as restoring the capacity of the sediment pool.

— TIM PETERSON

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NONPROFITS

FROM PAGE 5
engages nonprofits, businesses, faith-based communities and county agencies in its efforts to implement the 10-Year plan, which focuses on rapid re-housing and prevention by increasing the availability of permanent affordable housing. www.ziphomelessness.com

GIVE

GIVE (Growth and Inspiration through Volunteering and Education) is a non-profit organization founded and operated by high school students, which works towards promoting leadership of youth through volunteering time for a free tutoring program for children. Last year, GIVE ran 11 centers in both libraries and community centers, and is looking forward to expanding further this year with more support. The GIVE center at Richard Byrd Library, which has served over 1,000 students, has over 100 students and 60 tutors that meet every Saturday from 1-3 p.m. www.giveyouth.org.

Ecumenical Community Helping Others (ECHO)

Open to receive donations at 7205 Old Keene Mill Road, Springfield. Provides food and financial assistance to those in short-term emergencies, and provides clothing and household goods to low income families. ECHO is constantly seeking donations and volunteers. 703-569-9160 or www.echo-inc.org.

South County Cares

South County Church congregation members and south county area community members work together on local and international projects like National Night Out, Operation Christmas Child, and local and international aid efforts. www.southcountycare.org.

National Capital Food Bank

A group of food banks serving all of Northern Virginia seek monetary donations and general volunteers. 703-541-3063 or www.capitalareafoodbank.org.

Northern Virginia Family Services

Offers employments and job training, health care, housing, mental health, foster care and home visitations to new parents. 703-385-3267 or www.nvfs.org.

Assistance League of Northern Virginia

An all-volunteer organization that clothes, feeds, educates and nurtures those in need.

Working through six elementary schools and Inova Fairfax Hospital, Assistance League touches the lives of some of the most needy in Northern Virginia.

The schools involved include Dogwood Elementary in Reston, Lynbrook Elementary and Garfield Elementary in Springfield, Cora Kelly Elementary in Alexandria and Pine Spring Elementary in Falls Church. Volunteers and donors are always needed. Contact ALNorthernVA@yahoo.com or www.northernvirginia.assistanceleague.org

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NEWCOMERS & COMMUNITY GUIDE



PHOTO BY ABIGAIL CONSTANTINO/THE CONNECTION

Owner Steve Pyne discusses products and services with Kathy Morris at The Wild Bird Center of Burke.

For the Birds **Burke store helps bring nature closer to home.**

BY ABIGAIL CONSTANTINO
THE CONNECTION

Is it true that when one holds a bird in one's hand, the bird gets so nervous it dies? No, said Steve Pyne, owner of the Wild Bird Center in Burke. This is the type of expertise and more that customer Kathy Morris can rely on when she comes in the store. She enjoys the store's newsletters, which contain articles that "dispel myths" about birds, and it has coupons, too, she said.

Morris is a regular customer and an avid backyard bird enthusiast. She has three bird feeders and six birdbaths in her home. "It's a great store...I buy gifts here, too," she said.

The Wild Bird Center has been at the Burke Centre Shopping Center for 24 years. Pyne bought the business from original

owner Craig Betts seven and a half years ago. His love of birds started with his father. "He always fed the birds and put up a bird feeder," he said. Wanting a new career after being an IT professional, he bought the store.

"It all starts with an appreciation of nature," said Pyne. Customers come in with a desire to bring nature in their home and to be closer to it, he said.

There is usually a surge of customers in winter, spring and early summer. "In the winter, people are more likely to feed the birds because there's less food," and in the spring people want to feed the birds and their young, he said. Spring is also the time to clean yards and make them attractive, so people come in for items to decorate their backyards.

The Wild Bird Center of Burke is located at 5765-I Burke Centre Parkway.

Yarn Store Tangles Knitters for 37 Years

Knitting and crocheting creates community in Burke.

BY ABIGAIL CONSTANTINO
THE CONNECTION

Knitting is as popular today as it has been since, well, maybe World War II. The resurgence of knitting and other fiber arts has seen the opening of yarn stores, such as Fibre Space in Alexandria and Looped in Washington, D.C.

But the Yarn Barn has served knitters and crocheters in Burke for 37 years. It was opened by Sally Roberts and is now run by her daughter, Penny Sanford.

"We have lots of classes here and workshops, where women come in on certain days and get help," said Sanford.

Every once in a while, men have come in to learn the craft. "I had a gentleman come to the beginning class. He made two sweat-



Owner and Burke resident Penny Sanford knits a shawl at the Yarn Barn.

ers," she said.

Sanford said that the Yarn Barn has been described by her customers as the "friendliest shop," and knitters and crocheters who come in to take classes and attend workshops have become good friends.

It is not uncommon for groups who have gathered to knit, chat and order pizza from Big Bite Pizza next door, said Sanford.

To enroll in a class or attend a workshop, go to <http://theyarnbarnonline.com/>. Yarn Barn is located at 9413 Old Burke Lake Road.

A Prime Location **Popular businesses draw customers to gift shop.**

BY ABIGAIL CONSTANTINO
THE CONNECTION

Is it at the town center or the shopping center? Burke residents know. The Picket Fence is at the Burke Town Center, next to a newly-opened Sweet Frog, a Giant grocery store, a BB&T bank, a dry cleaner and a Starbucks. Owner Billie Thomas believes that The Picket Fence is situated in a prime location.

"The variety of stores brings customers in," she said.

Celeste McLane, of Burke has been to the store a couple of times. Today, she is looking for a gift for the babysitter.

Thomas said that customers want to find unique things. A lot of their products are U.S. made and come from small business retailers.

"People come during their lunch breaks and they need a gift" and when they find it the store wraps it up for them for free, she said.



PHOTO BY ABIGAIL CONSTANTINO/THE CONNECTION

The Picket Fence owner Billie Thomas believes that the store's proximity to popular and often-frequented stores and services at the Burke Town Center fuels business.

Thomas co-owns the store with her daughter Courtney Thomas. She has always worked at a store. She worked at Temptations Gifts, a card and gift store in Burke that has since closed. And, her parents owned a store when she was growing up.

"We're a family-owned, small business" in Burke, she said. The Picket Fence is located at 6025-D Burke Centre Parkway.

Everybody Goes to Spartans

Family-owned restaurant bustles with local patrons.

BY ABIGAIL CONSTANTINO
THE CONNECTION

"Have you been to Spartans? Everybody goes there," said Diane Thompson, a former teacher at Terra Centre Elementary School. She lives in Springfield now but likes to hang around Burke because it has a "more small town feel."

Eleni Linardakis, whose family owns Spartans Family Restaurant, agrees. "Burke is so tight-knit. We know everybody, and we want everybody to feel that even if they don't know us that they will get to know us," she said.

The restaurant opened in 1996, and was a lifelong dream of Linardakis' parents, Chris and Xenia Sarantis, who emigrated from Greece.

Linardakis said that her father always wanted to open a restaurant and would drive at Spartans' location every day, eyeing the property and leaving messages for the landlord, hoping to speak to him about opening a restaurant in the space.

By chance, her mother knew the landlord's son, and the rest is Burke history.

Spartans' place in the community was evident when, in 2007, Chris Sarantis died



Eleni Linardakis, general manager, oversees the staff at Spartans Family Restaurant in Burke.

suddenly at 52.

"There were 2000 people at the viewing," said Linardakis. At the funeral, many customers and several police officers attended. "There were so many police cars following the hearse...there were so many people and so many customers sent cards," she said.

Linardakis, her family, and the staff continue Sarantis' legacy. "He treated everybody with respect. I like to keep that, especially with the staff," she said. "I want them to realize that they are so important and that what I want them to do is so important."

And that is, to make customers feel like they are an extended part of the family. "I want them to feel comfortable...to feel like they can bring their kids" and the children can "run all over the place, and that's okay," she said.

Spartans Family Restaurant is located at 9542 Burke Road. A second restaurant, Olympians Family Restaurant, opened in 2003 in Alexandria.

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NEWCOMERS & COMMUNITY GUIDE



Hump Day Dash runners meet at the Potomac River Running Store in Burke on Wednesdays at 7 p.m.

Running in Burke

Routes and trails in and near Burke.

BY ABIGAIL CONSTANTINO
THE CONNECTION

Runners in Burke have quick access to Burke Lake Park and Lake Accotink Park, as well as the Gerry Connolly Cross Country Trail after a short drive.

Gabe Roxas, of Burke, runs 20-30 miles a week. His regular run is at Burke Lake Park in Fairfax Station, which goes a little over five miles.

For Brian Waite, of Burke, Lake Accotink Park in Springfield, is his go-to loop. He usually runs 20-35 miles a week.

Jeremy Lynch, of Springfield, is lucky enough not to have to drive to hit the trails. From his house, he takes the Lake Accotink Trail which connects to the Cross Country Trail. It's "absolutely fantastic," he said.

But for those who want to pound the sidewalks and pavements of Burke, Potomac River Running Store of Burke's Hump Day Dash is a way to run, socialize and explore the neighborhood. The weekly run meets in the store on Wednesdays at 7 p.m.

Different types of runners participate in the run - from Boston marathoners to collegiate athletes to complete beginners. Lynch, who has been coming to these runs for almost two years, said that the event attracts "different types of runners at dif-

Resources for Runners

Fairfax County Trail Buddy

<http://www.fairfaxcounty.gov/parks/trails/>

Gerry Connolly Cross County Trail

<http://www.fairfaxcounty.gov/parks/cct/>

Burke Lake Park

<http://www.fairfaxcounty.gov/parks/burkelakepark/>

Lake Accotink Park

<http://www.fairfaxcounty.gov/parks/lake-accotink/>

Potomac River Running Store

<https://potomacriverrunning.com/location/burke/>

See Mommy Run (Burke)

<http://www.seemommyrun.com/va/groupsbycity/Burke>

ferent places in their running."

Although the group is diverse, Maera Busa, a Potomac River Running Store employee, said that there is no pressure. Runners can go at their own pace.

The run is usually no more than 50 minutes, and goes from the store to the nearby trails and sidewalks in the vicinity.

"There are nice loops with lots of hills to challenge yourself. One twenty-three is good because it's flat. And, if you want to push yourself, you can go all the way on 123," said Busa.

After the run, participants can hang out, chat, and enjoy free snacks and beverages. The Potomac River Running Store in Burke is located at 5715 Burke Centre Parkway.

HOW TO GET YOUR ORGANIZATION'S SPECIAL EVENTS IN THE CONNECTION

Calendar Listings

The Connection Newspapers contain a Calendar of Upcoming Events every week. While we cannot guarantee that every event we receive information about will be listed, here is the information we need for your upcoming event to be considered for the Calendar. We welcome photographs of similar events held previously, which sometimes appear with Calendar items.

Name of Event:

Day of the Week, Date and Time:

Name of the Place Event will Be Held:

Address of the Place Event Will Be Held:

Name and Phone Number for More Information:

Three Sentences Describing the Event:

Please submit your calendar information at least two weeks before your event. Clear photographs from similar previous events are always welcome. All events should be open to the public. We give first priority to free events. E-mail listings to:

burke@connectionnewspapers.com

or mail to:

Calendar, Connection Newspapers
1606 King Street
Alexandria, VA 22314.

For more information, call 703-778-9410.

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www.connectionnewspapers.com



The trail at Burke Lake Park in Fairfax Station is popular with runners in Burke.

PHOTOS BY
ABIGAIL CONSTANTINO/
THE CONNECTION

NEWCOMERS GUIDE

FAIRFAX DEMOGRAPHICS

Fairfax

Zip code: 22030

Population: 55,066

Race: White-35,095 (63.7%), Black/African American-4,244 (7.7%), American Indian and Alaska Native-197 (0.4%), Asian-10,880 (19.8%), Hispanic or Latino (of any race)-6,546 (11.9%)

Total housing units: 19,322

Owner-occupied housing units: 11,610 (62.6%)

Households with individuals under 18 years: 6,041 (32.5%)

Households with individuals 65 and over: 3,449 (18.6%)

Median household income: 101,356

Mean family income: 145,835

Population 5 years and over who speaks a language other than English at home: 35.3%

Zip code: 22031

Population: 29,795

Race: White-17,144 (57.5%), Black/African American-1,842 (6.2%), American Indian and Alaska Native-130 (0.4%), Asian-8,239 (27.7%), Hispanic or Latino (of any race)-3,948 (13.3%)

Total housing units: 12,364

Owner-occupied housing units: 6,155 (53.4%)

Households with individuals under 18 years: 3,507 (30.4%)

Households with individuals 65 and over: 2,281 (19.8%)

Median household income: 106,119

Mean family income: 143,269

Population 5 years and over who speaks a language other than English at home: 42.7%

Zip code: 22032

Population: 29,377

Race: White-20,983 (71.4%), Black/African American-1,287 (4.4%), American Indian and Alaska Native-49 (0.2%), Asian-5,296 (18%), Hispanic or Latino (of any race)-2,657 (9%)

Total housing units: 10,005

Owner-occupied housing units: 8,610

Households with individuals under 18 years: 3,864 (39.4%)

Households with individuals 65 years and over: 2,598 (26.5%)

Median household income: 127,784

Mean family income: 157,919

Population 5 years and over who speaks a language other than English at home: 30.2%

Source: U.S. Census 2010; American Community Survey 2012

BURKE DEMOGRAPHICS

Burke

Zip code: 22015

Population: 43,102

Race: White-29,315 (68%), Black/African American-2,515 (5.8%), American Indian and Alaska Native-101 (0.2%), Asian-7,589 (17.6%), Hispanic or Latino (of any race)-5,989 (13.9%)

Total housing units: 15,039

Owner-occupied housing units: 12,262 (82.7%)

Households with individuals under 18 years: 5,906

Households with individuals 65 years and over: 2,983

Median household income: 121,508

Mean family income: 146,790

Population 5 years and over who speaks a language other than English at home: 33.9%

Source: U.S. Census 2010; American Community Survey 2012

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What's on the Ballot; How to Vote

Election Day is Nov. 4, 2014, but you can vote as early as Sept. 19.

Every year is Election Year in Virginia. This year, every Virginia voter will choose one member of the U.S. Senate and their member of the U.S. House of Representatives. Two of Northern Virginia's three house seats are open seats with the retirement of two longstanding members, Jim Moran (D-8) and Frank Wolf (R-10).

This area has very high rates of voter registration, but voter turnout varies significantly from year to year. For example, two years ago in 2012, a presidential election year, 71.78 percent of Virginia registered voters turned out to vote. But in 2010, more comparable to this year, only 44.01 percent of Virginia registered voters turned out to vote.

In Fairfax County, with a population around 1,130,900, there are 713,025 registered voters as of July 1, 2014, up from 676,802 in 2012. (Population data from U.S. Census and voter data from Virginia Department of Elections.)

In Alexandria, with a population of about 148,900, there are 97,883 total registered voters as of July 1, 2014. That's down from 101,887 total registered voters as of July 2, 2012.

In Arlington, with a population of about 224,900, there are 162,100 total registered voters as of July 1, 2014, up from 157,236 on July 2, 2012.

REGISTER, CHANGE OF ADDRESS: In order to vote on Election Day, you must be registered at your current address no later than Oct. 13, 2014. You can check your registration status online by going to www.sbe.virginia.gov.

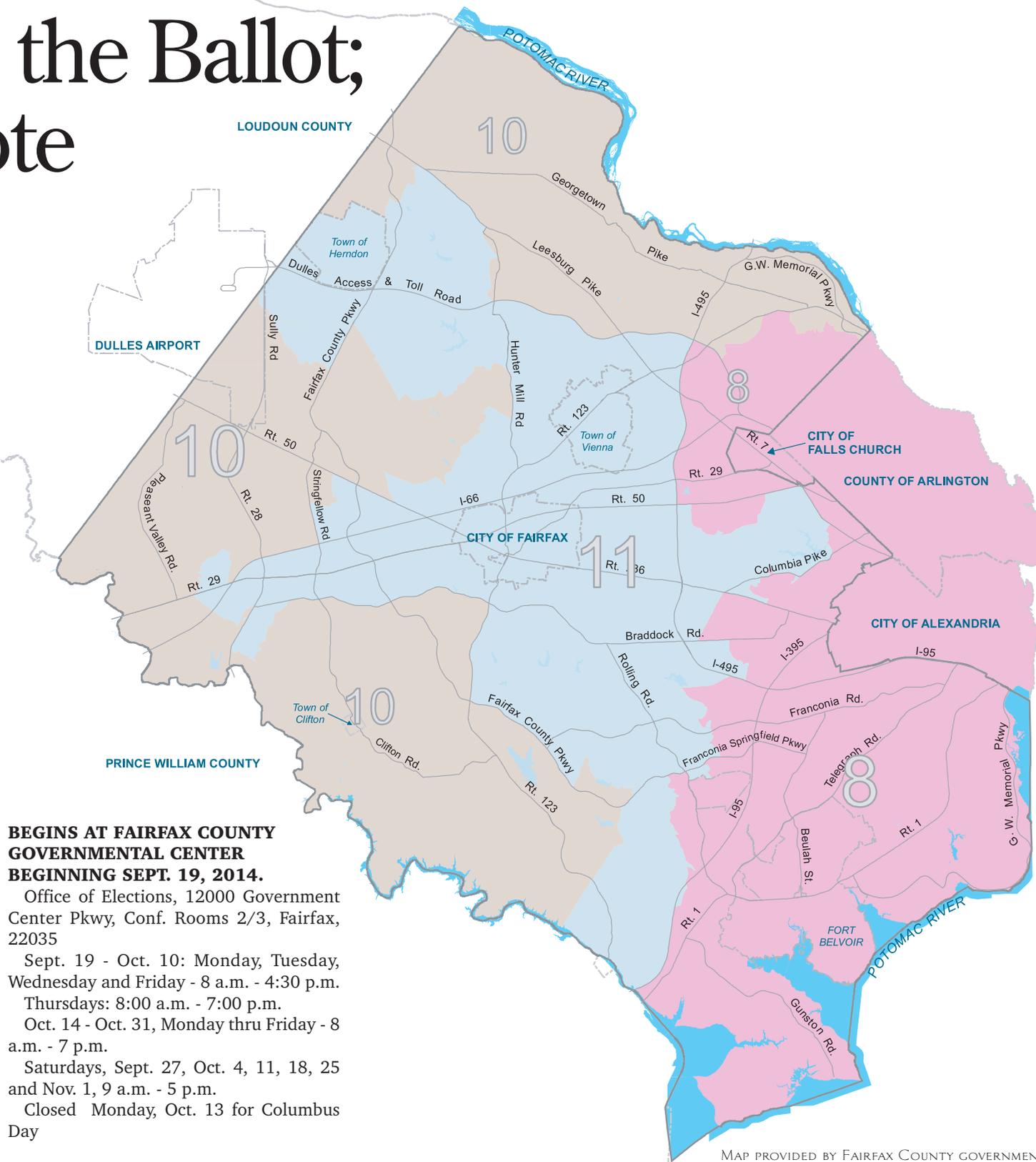
VOTING EARLY, ABSENTEE

Virtually every voter in Virginia is eligible to vote absentee, which includes voting in-person absentee at a variety of locations between Sept. 19 and Nov. 1.

There are many reasons that voters are allowed to vote absentee, but the most broad of these applies to almost anyone with a job: "Any person who, in the regular and orderly course of his business, profession, or occupation, will be at his place of work and commuting to and from his home to his place of work for eleven or more hours of the thirteen that the polls are open (6 a.m. to 7 p.m.)."

You can download an absentee ballot and mail it to your local voter registration office, or you can vote "absentee in person."

IN PERSON ABSENTEE VOTING



MAP PROVIDED BY FAIRFAX COUNTY GOVERNMENT

BEGINS AT FAIRFAX COUNTY GOVERNMENTAL CENTER BEGINNING SEPT. 19, 2014.

Office of Elections, 12000 Government Center Pkwy, Conf. Rooms 2/3, Fairfax, 22035

Sept. 19 - Oct. 10: Monday, Tuesday, Wednesday and Friday - 8 a.m. - 4:30 p.m.
Thursdays: 8:00 a.m. - 7:00 p.m.

Oct. 14 - Oct. 31, Monday thru Friday - 8 a.m. - 7 p.m.

Saturdays, Sept. 27, Oct. 4, 11, 18, 25 and Nov. 1, 9 a.m. - 5 p.m.

Closed Monday, Oct. 13 for Columbus Day

SATELLITE VOTING LOCATIONS BEGIN FRIDAY OCT. 14

❖ Franconia Governmental Center - 6121 Franconia Rd., Alexandria, 22310

❖ Dolley Madison Library - 1244 Oak Ridge Ave., McLean, 22101

❖ North County Human Services Bldg. - 1850 Cameron Glen Dr, Reston, 20190

❖ West Springfield Governmental Center - 6140 Rolling Rd., Springfield, 22152

❖ Mason Governmental Center - 6507 Columbia Pike, Annandale, 22003

❖ Mount Vernon Governmental Center - 2511 Parkers Ln., Alexandria 22306

❖ Sully District Governmental Center - 4900 Stonecroft Blvd., Chantilly 20151

Monday - Friday, Oct. 14 - 31, 3:30 p.m. - 7 p.m.

Saturdays, Sept. 27, Oct. 4, 11, 18, 25 and Nov. 1, 9 a.m. - 5 p.m.

Closed Monday, Oct. 13 for Columbus Day

For more, call 703-222-0776 or visit

Map of Congressional districts serving Fairfax County.

<http://www.fairfaxcounty.gov/elections/absentee.htm>

WHAT'S ON THE BALLOT?

Every voter in Virginia will vote for U.S. Senator and their member in the U.S. House of Representatives.

One constitutional question will appear on all Virginia ballots, Proposed Constitutional Amendment - Question: Shall the Constitution of Virginia be amended to allow the General Assembly to exempt from taxation the real property of the surviving spouse of any member of the armed forces of the United States who was killed in action, where the surviving spouse occupies the real property as his or her principal place of residence and has not remarried?

U.S. SENATE

One-term incumbent Sen. Mark R.

Warner (D) is challenged by Republican Ed W. Gillespie and Libertarian Robert C. Sarvis.

❖ Republican Ed W. Gillespie, www.edforsenate.com

❖ Democrat Mark R. Warner, www.markwarnerva.com

❖ Libertarian Robert C. Sarvis, www.robertsarvis.com

THE 8TH DISTRICT is an open seat because of the retirement of incumbent Rep. Jim Moran (D), who was elected in 1990. Democrat Donald S. Beyer Jr. will face Republican Micah K. Edmond plus three independent candidates. The 8th district includes all of Alexandria and Arlington, plus parts of Fairfax County including Mount Vernon, Lorton and parts of McLean, Tysons

SEE EVERY YEAR, PAGE 13

NEWCOMERS & COMMUNITY GUIDE

Every Year is Election Year in Virginia

FROM PAGE 12

and Falls Church.

- ❖ Republican Micah K. Edmond, www.micahedmond.com
- ❖ Democrat Donald S. Beyer Jr., www.friendsofdonbeyer.com
- ❖ Libertarian Jeffrey S. Carson, jeffreycarson.com/
- ❖ Independent Green Gerard C. "Gerry" Blais III, www.votejoinrun.us
- ❖ Independent Gwendolyn J. Beck, www.gwendolynbeck.com

IN THE 10TH DISTRICT, an open seat was created by the retirement of Frank Wolf (R), who was elected to office in 1982. Both major party candidates are elected officials from McLean, with Republican Barbara Comstock, a member of the Virginia House of Delegates, facing Democrat John Foust, a member of the Fairfax County Board of Supervisors. The 10th district sprawls from McLean to Winchester, and includes Great Falls, Chantilly, parts of Fairfax Station, the Town of Clifton, part of Burke and Springfield.

- ❖ Republican Barbara J. Comstock, www.barbaracomstockforcongress.com
- ❖ Democrat John W. Foust, www.foustforvirginia.com
- ❖ Libertarian William B. Redpath, billredpath.com
- ❖ Independent Green Dianne L. Blais, www.votejoinrun.us
- ❖ Independent Brad A. Eickholt, www.eickholt4congress.com/

IN THE 11TH DISTRICT, Gerry Connolly (D), former chairman of the Fairfax County Board of Supervisors, elected to congress in 2008, will face Republican Suzanne K. Scholte and two independent candidates.

- ❖ Republican Suzanne K. Scholte, www.suzannescholteforcongress.com/
- ❖ Democrat Gerald E. "Gerry" Connolly, incumbent, www.gerryconnolly.com
- ❖ Green Joe F. Galdo www.joegaldo.com
- ❖ Libertarian Marc M. Harrold, www.marcharrold4congress.com

IN FAIRFAX COUNTY, all voters will vote yes or no for more money for transportation projects. **Transportation Improvements Bond Question:** Shall the Board of Supervisors contract a debt, borrow money and issue bonds of Fairfax County, Virginia, in addition to bonds previously authorized for transportation improvements and facilities, in the maximum aggregate principal amount of \$100,000,000 for the purpose of providing funds to finance the cost of constructing, reconstructing, improving and acquiring transportation facilities, including improvements to primary and secondary State highways, improvements related to transit, improvements for pedestrians and bicycles, and ancillary related improvements and facilities?

IN THE CITY OF FAIRFAX, voters will also vote on an advisory Referendum regarding length of term for Offices of Mayor, City Council and School Board, and whether the term of office should be increased from two years to four years.

New Voter Identification Requirements

As of this summer, there are new requirements for voter identification that voters must bring with them to the polling place.

Virginia law requires all voters to provide an acceptable form of photo identification at the polls. Voters arriving to the polls without photo ID will be allowed to vote a provisional ballot and will have until noon on the Friday after the election to deliver a copy of identification to their locality's electoral board in order for their provisional ballot to be counted.

Virginia's photo ID requirements also apply to absentee voters who vote in-person in all elections.

Here are the "acceptable" forms of identification:

- ❖ Valid Virginia Driver's License or Identification Card
 - ❖ Valid Virginia DMV issued Veteran's ID card
 - ❖ Valid United States Passport
 - ❖ Other government-issued photo identification cards (must be issued by US Government, the Commonwealth of Virginia, or a political subdivision of the Commonwealth)
 - ❖ Valid college or university student photo identification card, must be from an institution of higher education located in Virginia.
 - ❖ Employee identification card containing a photograph of the voter and issued by an employer of the voter in the ordinary course of the employer's business
 - ❖ or a Virginia Voter Photo ID Card obtained through any local general registrar's office
- "Valid" is defined as a genuine document, bearing the photograph

of the voter, and is not expired for more than 12 months.

A voter who does not bring an acceptable photo ID to the polls will be offered a provisional ballot.

DON'T HAVE ONE OF THESE?

Any registered voter who does not possess one of the above mentioned forms of photo ID, may apply for a free Virginia Voter Photo Identification from any general registrar's office in the Commonwealth. Voters applying for the Virginia Voter Photo ID Card will have to complete the Virginia Voter Photo Identification Card Application, have their picture taken, and sign the digital signature pad. Once the application is processed, the card will be mailed directly to the voter.

PROVISIONAL BALLOT PROCESS

A voter who arrives at the polling place without an acceptable form of photo identification will be given the opportunity to vote a provisional ballot. After completing the provisional ballot, the individual voting will be given written instructions from the election officials on how to submit a copy of his/her identification so that his/her vote can be counted.

A voter will have until noon on the Friday following the election to deliver a copy of the identification to the local electoral board. Voters may submit a copy of their ID via fax, email, in-person submission, or through USPS or commercial delivery service. Please note that the copy of the ID must be delivered to the electoral board by noon on Friday, or the provisional ballot cannot be counted. A Friday postmark will not be sufficient. Written notice given to the

voter will provide the necessary information, including email, fax, and address of where the ID should be delivered.

IF YOU VOTE A PROVISIONAL BALLOT but don't have an "acceptable ID," you can appear in-person in the office of the general registrar in the locality in which the provisional ballot was cast by noon on Friday following the election and apply for a Virginia Voter Photo ID Card. At the completion of the application process, the voter may request a Temporary Identification Document. This document can be provided to the electoral board as acceptable identification and the voter's provisional ballot will be counted.

SOURCE: Virginia Department of Elections, www.sbe.virginia.gov

For More Election Information:
Fairfax County Board of Elections,
7 0 3 - 2 2 2 - 0 7 7 6 ,
www.fairfaxcounty.gov/eb/
12000 Government Center Parkway,
Fairfax, Suite 232, Fairfax, 22035; FAX 703-324-2205; email
voting@fairfaxcounty.gov
City of Fairfax General Registrar,
703-385-7890, <http://www.fairfaxva.gov/government/general-registrar>
10455 Armstrong Street, Sisson House, Fairfax, 22030; FAX 703-591-8364; email
generalregistrar@fairfaxva.gov
State Board of Elections, 804 864-8901 Toll Free: 800 552-9745 FAX: 804 371-0194
email: info@sbe.virginia.gov
<http://www.sbe.virginia.gov>

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PARKS

AN INSIDER'S GUIDE TO MAJOR PARKS IN FAIRFAX COUNTY

National Parks

GF Great Falls National Park

9200 Old Dominion Drive, McLean
www.nps.gov/grfa
Great Falls Park is open daily from 7 a.m. until dark. The Visitor Center and bookstore are open from 10 a.m. until 5 p.m. daily, spring through fall seasons. Picnic, hike along the Potomac River. Swimming and wading in the Potomac are prohibited.

GW George Washington Memorial Parkway

www.nps.gov/gwmp
703-289-2500
The GW Parkway includes more than 25 sites, ranging from historic homes to wildlife preserves. Join a ranger for a free program or explore sites independently. Some park sites, including Turkey Run Park, Theodore Roosevelt Island, Great Falls Park, etc., close at dark. The Parkway itself remains open 24 hours a day to vehicle traffic.

WT Wolf Trap National Park for the Performing Arts

1551 Trap Road, Vienna
www.nps.gov/wotr/
The only national park dedicated to presenting the performing arts. From May through September, multiple amphitheatres in the park present musicals, dance, opera, jazz, and popular and country music. Explore the park without the crowds from October - April. The Barns at Wolf Trap offer indoor entertainment through the winter months.

State Park

MN Mason Neck State Park

7301 High Point Rd. Lorton
www.dcr.virginia.gov/state_parks/mas.shtml#
703-339-2385 or 703-339-2380 (visitor center)
masonneck@dcr.virginia.gov

The park's visitor center was expanded in 2010 to include a new exhibit room, gift shop and meeting room. There are several exhibits in the center, and with a view of Belmont Bay. Visitor center staff can answer questions and provide information on park trails, facilities and local points of interest. Pond study, bird watching, canoe trips, nature walks and talks, and GPS adventures are just a few of the exciting programs offered by park rangers.

FH Fountainhead Regional Park

7315 Ox Road, Fairfax Station
www.nvrpa.org/park/fountainhead/
703-250-9124
The observation deck of the Marina Building at Fountainhead commands a spectacular view of the widest point of the Occoquan Reservoir. Summer activities include catfish tournaments, children's fishing tournament, paddleboat tours and more.

HO Hemlock Overlook Regional Park

13220 Yates Ford Road, Clifton
www.nvrpa.org/park/hemlock_overlook/
800-877-0954; 571-281-3556;
Hemlock

Regional Parks

BR Bull Run Marina Regional Park

7700 Bull Run Drive, Centreville
www.nvrpa.org/park/bull_run/
Main park open all year for picnicking, hiking and family camping. Bull Run Public Shooting Center open all year. Group Camping open daily Jan. 7 through Nov. 11. Mini and disc golf open April through October. Hours vary.

BR Atlantis Waterpark

(at Bull Run Marina Regional Park)
7700 Bull Run Drive, Centreville
www.atlantisbullrun.com/
703-631-0552
Atlantis Waterpark features pools, a giant dumping bucket, waterslides, and fun-filled activities for all ages. Atlantis is open from Memorial Day weekend through Labor Day, and is a member of the Northern Virginia Regional Park Authority Family of Waterparks. Atlantis also features picnic pavilions, a deck great for sunning and playing, as well as plenty of shade. Neptune Reef snack bar sells food, beverages and sweets.



One of the beautiful features of the grounds at Meadowlark is the Korean Bell Tower and its surrounding garden.

MBG Meadowlark Botanical Gardens

9750 Meadowlark Gardens Court, Vienna
www.nvrpa.org/park/meadowlark_botanical_gardens/
703-255-3631
This 95-acre complex of large ornamental display gardens and unique native plant collections is open year round and include walking trails, lakes, more than 20 varieties of cherry trees, irises, peonies, an extensive shade garden, native wildflowers, gazebos, birds, butterflies, seasonal blooms and foliage. The Atrium's indoor tropical garden setting is a popular meeting, reception, wedding and workshop location. Interpretive displays accompany a restored 18th-century cabin. A picnic area beside the Gardens is available to visitors. Meadowlark presents gardening and

horticulture workshops, tours, field trips, concerts and volunteer programs.

OR Occoquan Regional Park

9751 Ox Road, Lorton
www.nvrpa.org/park/occoquan/
703-690-2121
This park offers 400 acres of recreational space and a touch of the past with its historic brick kilns and the Turning Point Suffragist Memorial. Park lands, trails and associated waters are part of the Fairfax Cross-County Trail. Kayak rentals. One hour Tour Boat Rides on the Occoquan River to Belmont Bay and back. Offered Saturdays noon-5 p.m., Sunday 1-8 p.m., April 2 through Nov. 27. \$10 adults, \$5 children 12 and under, under age 4 are free.

PB Pohick Bay Regional Park

6501 Pohick Bay Drive, Lorton
www.nvrpa.org/park/pohick_bay/
Pohick Bay is located on the Potomac River 25 miles south of the nation's capital. The boat launch facility is one of only three public access points to the Potomac River in northern Virginia.

Sources: National Park Service, Northern Virginia Regional Park Authority, Virginia State Parks and Fairfax County Park Authority. Map courtesy of Fairfax County Park Authority. Designed & compiled by Jean Card and Laurence Foong. Photos by Renée Ruggles.

Pohick Bay offers canoes, kayaks, paddle boats and jon boats for rent on the weekends, as well as family and group camping, hiking, picnic areas and a large play area for children. For those interested in swimming, the park offers one of the largest, outdoor freeform pools on the east coast. Pohick Bay Regional Park, located on Mason Neck Peninsula is an ecologically fragile land that shelters an abundance of wildlife, including the bald eagle. Nature lovers can expect to see blue birds, osprey, heron, deer, beavers and rare sightings of river otters.

PB Pirates Cove Waterpark

(at Pohick Bay Regional Park)
6501 Pohick Bay Drive, Lorton
www.piratescovepohick.com
703-339-6102

Pirates Cove Waterpark is located at Pohick Bay Regional Park. Visitors can cool off under the 300-gallon dumping bucket, fire the water cannons and splash down the waterslide or search for buried treasure at Buccaneer Beach sand play area. Pirates Cove also features picnic pavilions, a deck for sunning and playing, as well as plenty of shade. Captain's Galley snack bar features food, beverages and sweets. Pirates Cove is open from Memorial Day weekend through Labor Day.

PB Pohick Bay Golf Course

10301 Gunston Road, Lorton
www.nvrpa.org/park/pohick_bay_golf_course
703-339-8585

This scenic golf course is located on the Mason Neck Peninsula in Lorton. Pohick Bay's practice facility features a driving range with practice putting and chipping greens, and lessons from PGA pros. A full-service pro shop features an array of name-brand golf clubs, equipment and apparel. Other services include club making, custom club fitting, regripping, reshafting and tournament coordinating.

SR Sandy Run Regional Park

10450 Van Thompson Road, Fairfax Station
www.nvrpa.org/park/sandy_run/
703-690-4392

The park is open to the public for the purpose of education, training, practice, and racing for competitive and recreational sculling and rowing. Only shells and other boats authorized by the Northern Virginia Regional Park Authority may be launched from the docks or shoreline of Sandy Run. Sandy Run offers a facility for team training and competition for Olympic, college, high school and club canoe, kayak and crew athletes.

Arts Center

LAC Workhouse Arts Center

9601 Ox Road, Lorton
www.lortonarts.org
703-584-2900

The Workhouse Arts Center consists of seven studio buildings, the main galleries and the recently opened Youth Arts Center. Visitors are encouraged to interact with artists. In addition to visual arts, the Workhouse Arts Center is home to performing arts, including theater, film



A stunning spot to fish, found in the middle of Great Falls National Park.

institute, musical and dance performances. The education department supports both the visual and performing arts, offering classes and workshops in a variety of disciplines. Future plans for the Workhouse include an event center, amphitheater, Workhouse Theatre, restaurants, apartments, music barn and garden/horticultural area. Other buildings on site, yet to be renovated, may provide for other activities such as a visitors center, a blacksmith shop, theatre scene shops and rehearsal space.

Major Fairfax County Parks

BLP Burke Lake Park & Golf Course

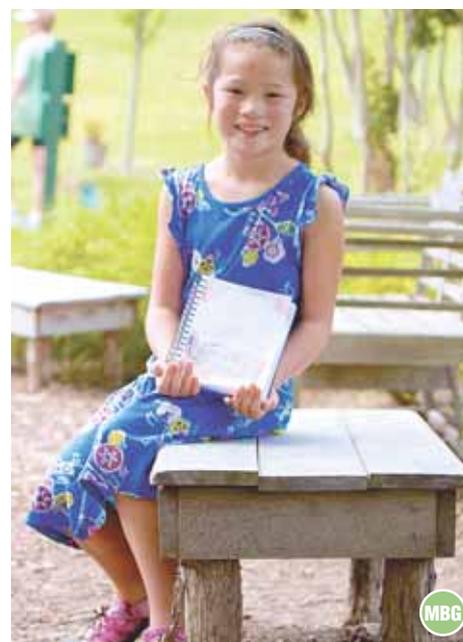
7315 Ox Road, Fairfax Station
volleyball, driving range, 18 hole, par 3, minigolf, trails, playground, campgrounds, fishing
883.4 acres, multiple resource park

CJP Clemyjontri Park

6317 Georgetown Pike, McLean
fitness, picnic areas and playgrounds
18.6 acres, special purpose park

ELP Ellanor C. Lawrence Park

5040 Walney Road, Chantilly
baseball, soccer/football (unlit), basketball (unlit), community center, nature center, amphitheater, trails
650 acres, multiple resource park



Charlotte, from Vienna, shares a sketch that she made of the bridge, across the pond from the Children's Garden at Meadowlark Botanical Gardens.

FPP Frying Pan Farm Park

2717 West Ox Road, Herndon
historic structure, biking/equestrian/hiking trails, open areas, playground
135.3 acres, multiple resource park

GSG Green Spring Gardens

4603 Green Spring Road, Alexandria
Community Center, historic structure, biking/hiking trails, open areas, gardens
30.9 acres, special purpose park

HPP Hidden Pond Park

8511 Greeley Boulevard, Springfield
tennis (lit), nature center, amphitheater, hiking/nature trails, playground, fishing
25.6 acres, community park

HMP Huntley Meadows Park

3701 Lockheed Boulevard, Alexandria
nature center, historic structure, biking/hiking/nature trails, observation tower, boardwalk
1444.8 acres, natural resource park

LAP Lake Accotink Park

7500 Accotink Park Road, Springfield
basketball, volleyball, minigolf, trails, picnic
448.1 acres, multiple resource park

LFP Lake Fairfax Park

1400 Lake Fairfax Drive, Reston
softball (lit), soccer/football (unlit), amphitheater, carousel, campground, tour boat, picnic shelters
479 acres, multiple resource park

FRA Lee District Park

6601 Telegraph Road, Franconia
softball, soccer/football, tennis, basketball, volleyball, trails, treehouse, sprayground, accessible playground
138 acres, district park

MDP Mason District Park

6621 Columbia Pike, Annandale
softball (lit), soccer/football (unlit/lit), basketball (lit), tennis (lit), shuffleboard, dog park, amphitheater, biking/hiking/fitness
121.2 acres, district park

NWP Nottoway Park

9537 Courthouse Road, Vienna
baseball (lit), soccer/football (lit), basketball (lit), tennis (lit), trails, picnic
90.9 acres, district park

RBP Riverbend Park

8700 Potomac Hill Street, Great Falls
nature center, historic structure, biking/equestrian/hiking trails, picnic areas, craft room
411.2 acres, multiple resource park

SRN Scotts Run Nature Preserve

7400 Georgetown Pike, McLean
historic structure, historic/hiking/nature trails, fishing
384.3 acres, natural resource park

SRD South Run District

7550 Reservation Drive, Springfield
baseball, soccer/football, basketball, tennis, rec center, equestrian, playground, swimming
196 acres, district park

WFP Wakefield Park & RECenter

8100 Braddock Road, Annandale
softball, soccer/football, basketball, tennis, rec center, biking, fitness trail, skate park
292.6 acres, multiple resource park



The Meredith family came to the Mason Neck State Park, from Arlington, to do some exploring and wildlife spotting.

PARKS

A GUIDE TO FAIRFAX COUNTY PARKS IN THE BURKE, FAIRFAX & FAIRFAX STATION/LORTON/CLIFTON AREAS



Map
Number
Park Name
 Address
 City
 Property Class

- 1 Carney Park**
Government Center Pkwy, Fairfax
Neighborhood Park
- 2 Willow Pond**
13101 Autumn Willow Drive, Fairfax
Community Park
- 3 Woodglen Lake**
10617 Zion Drive, Fairfax
Community Park
- 4 Silverbrook**
9351 Silverbrook Road, Fairfax Station
Community Park
- 5 Newington Heights**
8590 Heller Road, Lorton
District Park
- 6 Laurel Hill**
8515 Silverbrook Rd., Lorton
Countywide Park
- 7 Old Colchester Preserve**
10646 Old Colchester Road, Lorton
Cultural Resource Park
- 8 Lorton West**
9800 Ox Road, Lorton
- 9 Lower Potomac**
9515 Richmond Highway, Lorton
- 10 Waples Mill Meadow**
11329 Waples Mill Road, Oakton
Multiple Resource Park
- 11 Lake Braddock**
- 12 Silas Burke**
5815 Parakeet Drive, Burke
Community Park
- 13 Burke Station**
6031 Kerrwood Street, Burke
Community Park
- 14 Burke Ridge**
9719 Burke Lake Road, Burke
Neighborhood Park
- 15 Rolling Valley West**
6512 Sydenstricker Road, Burke
Community Park
- 16 Fair Oaks**
3901 Fair Ridge Drive, Fairfax
Neighborhood Park
- 17 Brentwood**
11903 Appling Valley Road, Fairfax
Neighborhood Park
- 18 Random Hills**
11550 Random Hills Road, Fairfax
Neighborhood Park
- 19 Dixie Hill**
4540 Dixie Hill Road, Fairfax
Neighborhood Park
- 20 Villa D'este**
3120 Northwood Road, Fairfax



Kevin, who lives in Clifton, came to the batting cages, with his dad, to practice his swing.

PHOTOS BY
 RENÉE RUGGLES
 FEATURING BURKE LAKE PARK, GILES RUN MEADOW, BRADDOCK PARK & ROLLING VALLEY WEST PARK



A pond and small dock are a peaceful feature at the center of the park.



The park offers a professional grade disc golf course.



Patrick Campo (left, of Fairfax Station) and Michael Wentzel (Springfield) came to Giles Run Meadow trails to get in a good bike workout.



Morgan Kret, of Chevy Chase, ready to return her friends' serve during their tennis practice.



James, from Springfield, comes to the park to play basketball during his lunch hour.



Jayden B., from Burke, gets ready to kick the ball to one of his companions.

21 Mosby Woods
9813 Five Oaks Road, Fairfax
Neighborhood Park

22 East Blake Lane
9540 Bel Glade Street, Fairfax
Community Park

23 Villa Lee
2901 Hunter Road, Fairfax
Neighborhood Park

24 Hideaway
2900 Glenvale Drive, Fairfax
Neighborhood Park

25 Towers
9350 Arlington Boulevard, Fairfax
Community Park

26 Armistead
8900 Arlington Boulevard, Fairfax
Neighborhood Park

27 Eakin (Mantua Section)
8928 Glenbrook Road, Fairfax
Neighborhood Park

28 Smokewood
4120 Whitacre Road, Fairfax
Neighborhood Park

29 Ashford East
4300 Guinea Road, Fairfax
Neighborhood Park

30 George Mason
9700 Braddock Road, Fairfax
Neighborhood Park

31 Rutherford
4710 Guinea Road, Fairfax
Community Park

32 University
10200 Braddock Road, Fairfax
Community Park

33 Olde Forge
4604 Twinbrook Road, Fairfax
Neighborhood Park

34 Surrey Square
4819 Twinbrook Road, Fairfax
Neighborhood Park

35 Country Club View
10609 Henrico Street, Fairfax
Community Park

36 Crooked Creek
9910 Commonwealth Blvd., Fairfax
Community Park

37 Royal Lake
5344 Gainsborough Drive, Fairfax
Community Park

38 Rolling Woods Estates
5208a Marvell Lane, Fairfax
Neighborhood Park

39 Twinbrook Road
5124 Twinbrook Road, Fairfax
Neighborhood Park

40 Middleridge
5425a Governor Yeardley Drive,
Fairfax
Neighborhood Park

41 Greenfield
5349 Guinea Road, Fairfax
Neighborhood Park

42 Monticello
5315 Guinea Road, Fairfax
Community Park

43 Kings Park West
5216 Pommeroy Drive, Fairfax
Community Park

44 Lakeside
5216 Pommeroy Drive, Fairfax
Community Park

45 Herzell Woods
5328 Guinea Road, Fairfax
Neighborhood Park

46 Fairfax Hills
4304 Holly Lane, Annandale
Neighborhood Park

47 Fair Ridge
12300 Meadow Field Drive, Fairfax

Neighborhood Park
48 Ox Hill Battlefield
4134 West Ox Road, Fairfax
Cultural Resource Park

49 Poburn Woods
6325 Wendy Ann Court, Fairfax Sta-
tion
Community Park

50 Brimstone
6600 Ox Road, Fairfax Station
Neighborhood Park

51 Burke Lake & Golf Course
7315 Ox Road, Fairfax Station
Multiple Resource Park

52 Lake Mercer
9500 Silverbrook Road, Fairfax Sta-
tion
Multiple Resource Park

53 Levell W Dupell
6812 Newington Road, Lorton
Community Park

54 Mount Air Historic Site
8600 Accotink Road, Lorton
Cultural Resource Park

55 Southgate
7438 Pohick Road, Lorton
Neighborhood Park

56 Pohick Estates
7450 Pollen Street, Lorton
Community Park

57 Newington Commons
8915 Hooes Road, Lorton
Neighborhood Park

58 Mason Neck West
10418 Old Colchester Road, Lorton
Community Park

59 Tattersall
3405 Miller Heights Road, Oakton
Community Park

60 Oak Marr
3200 Jermantown Road, Oakton
Multiple Resource Park

61 Borge Street
3030 Borge Street, Oakton
Neighborhood Park

62 Blake Lane School Site
10033 Blake Lane, Oakton
Community Park

63 Briarwood
2830 Zimpel Dr., Fairfax
Community Park

64 Patriot
12111 Braddock Road, Fairfax
District Park

65 Mountain Road District
15620 Braddock Road, Fairfax



The youngest members of the Stevens family (from Chantilly) enjoy Hershey's ice cream with their mom at the Burke Lake ice cream parlor.



The Lucier Family, from Centreville, say they visit the Burke Lake Golf Course, together, quite often. The parents have been teaching both kids how to golf for a few years.



Merri works with her dad, to get her line untangled.

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



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NEWCOMERS & COMMUNITY GUIDE



More than 1,000 free rides to medical appointments and shopping were provided by Shepherd's Center volunteers to older adults.



Brian van de Graaff -
speaker for the Sept. 18
Lunch N' Life.

PHOTOS
CONTRIBUTED

Serving Older Adults - Providing Free Transportation

Serving older adults, age 50 and better, the Shepherd's Center of Fairfax-Burke provides services and programs to promote healthy independent living. Over 1,000 free rides to medical appointments and shopping were provided by Shepherd's Center volunteers to older adults, who no longer drive, and live in the Burke and central Fairfax area. Programs, such as the Shepherd's Center's bi-monthly Lunch N' Life, provide a delicious meal, interesting speakers, and social networking. The next Lunch N'

Life is Sept. 18 from noon - 2 p.m. and will feature local weatherman, Brian van de Graaff from ABC's channel 7, as the guest speaker. The luncheon will be held at the Jubilee Christian Center - 4650 Shirley Gate Road, Fairfax. All are welcome to attend the luncheon, and the cost is \$10. Make a reservation by calling 703-620-0161 by Sept. 12. The Shepherd's Center of Fairfax-Burke's website is: www.scfbva.org. Call the office at 703-323-4788, if you have more questions about participating in any of the activities or volunteering.

SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

SEPTEMBER

HomeLifeStyle.....9/10/14
A+ Camps & Schools.....9/17/14
Fall Fun & Arts Preview.....9/24/14

OCTOBER

Wellbeing.....10/1/14
HomeLifeStyle PULLOUT:
Deadline is 9/25/14.....10/8/14
A+ Camps & Schools.....10/15/14
Election Preview I10/22/14
Election Preview II.....10/29/14



NOVEMBER

Election Day is Tuesday,
November 4.
Wellbeing.....11/5/14

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- Chantilly Connection
- Fairfax Connection
- Fairfax Station/Clifton/Lorton Connection
- Great Falls Connection
- McLean Connection
- Mount Vernon Gazette
- Oak Hill/Herndon Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection

NEWCOMERS & COMMUNITY GUIDE

Talking About the Area ...

Area residents enjoying Burke Lake Park.

This summer, residents in the Fairfax Station and Burke areas are having fun at Burke Lake Park. Tommy Donelson, 36, was born in Burke and spent most of his life there until he moved to Los Angeles four years ago. Disappointed with his inability to get a job in professional comedy, he decided to move back.

Currently living in Reston, he enjoys the variety of activities and loves that such fun places like beaches and mountain trails are only a two hour drive away from his house.

"Traffic aside, this area has an incredible amount of things to offer," Donelson said. Among other attractions – he looks forward to playing golf at the Giles Run range at Laurel Hill.

His friend Dave McDaniel, 38, spent 30 years living in the Burke and Fairfax Station areas. The only exception being a short time he spent living in Boston for a few years until he was 9 years old.

He recently moved back from Boston back to this area because of the opportunities, being with friends and family and the advantages of the school system. He currently resides in the Fairfax area.

Sandy Rogers, 62 of Fairfax Station, has been there since 1989 when her husband transferred because of his military job. She's currently retired, but she had previously been a Christian Yoga Expert.

She mostly enjoys the area because of its wildlife



PHOTO BY DILLON ROACH/THE CONNECTION

Tommy Donelson (right), 36, spent the majority of his life in Burke but spent the last four years in Los Angeles. Now moved back and currently living in Reston. Dave McDaniel (left), 38, spent majority of the first 30 years around the Burke/Fairfax Station area.

and all the outdoor activities she can do. Her favorite activities are hiking and seeing the animals on trails, especially birds. Her personal favorites are Snowy Egrets and Bald Eagles.

— DILLON ROACH



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BEFORE & AFTER SCHOOL PROGRAMS AGES SIX-ELEVEN YEARS GRADES 1-6

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NEWCOMERS & COMMUNITY GUIDE

Year-round Festivals

LIST COMPILED BY EMMA HARRIS

A list of annual community events in the area.

August 2014

SATURDAY/AUG. 30

Lake Anne Jazz & Blues Festival. 1 p.m. Lake Anne Plaza (Waterfront), 1609 Washington Plaza, Reston. Showcasing a variety of talented local emerging artists and national jazz performers. Visit lakeanneplaza.com/event/8th-annual-jazz-blues-festival/30.

SATURDAY-SUNDAY/AUG. 30-31

War of 1812 Signature Event. Noon-5 p.m. Alexandria Waterfront, 3 Cameron Street, Alexandria. Visitors are invited to delight in interactive historical exhibits, boating activities and food trucks. Features a tug-of-war, cricket match and yacht race as well. 703-746-4242. Free. Visit www.visitAlexandriaVA.com/1812

September 2014

MONDAY/SEPT. 1 - SUNDAY/SEPT. 7

Annual Workhouse Clay National Ceramics Exhibition. Workhouse Arts Center, 9518 Workhouse Way, Lorton. This exhibition represents the depth and breadth of contemporary functional and sculptural ceramic artworks being created throughout the country. Visit http://www.workhouseceramics.org/index.php?p=1_15_Clay-National-2014.

MONDAY/SEPT. 1

Herndon Labor Day Festival. 12-6 p.m. Herndon Town Green, 777 Lynn Street, Herndon. Downtown Herndon celebrates Labor Day with an annual festival - great music, a craft show, food, wineries, micro-brews and culinary demonstrations will all be there. Visit www.herndon-va.gov

SATURDAY/SEPT. 6

Virginia Indian Festival. 10 a.m.-4 p.m. Riverbend Park, 8700 Potomac Hills Street, Great Falls. Tribal dancing, songs and drumming make history come alive each September at the Virginia Indian Festival at Riverbend Park. Visit www.fairfaxcounty.gov/parks/parktakes/quicktakes/#FA14QT7.

SATURDAY-SUNDAY/SEPT. 6-7

37th Annual Burke Centre Festival. 9:30 a.m.-10 p.m. 6060 Burke Centre Parkway, Burke. Burke Centre's signature event, which celebrates the spirit of the community each year with rides, activities and live entertainment for all ages to enjoy. Visit http://www.burkecentreweb.com/sub_category_list.asp?category=37&title=Annual+Festival.

SUNDAY/SEPT. 7

Reston Triathlon. 7 a.m. Lake Audubon, Twin Branches Road, Reston. Swim, bike and run in the "Reston World Championships." Visit www.restontriathlon.org/tri.

THURSDAY/SEPT. 11-18

16th Annual Fall for the Book Festival. George Mason University, 4400 University Drive, Fairfax. A week-long, multiple-venue, regional festival that brings together people of all ages and interests. Visit www.fallforthebook.org.

SATURDAY/SEPT. 13

18th Annual CCE Irish Folk Festival. Noon-



The Sandstorm Ride is a hit at last year's Burke Centre Festival. This year's festival will take place Sept. 6 - 7.

8:30 p.m. Sherwood Community Center, 3740 Old Lee Highway, Fairfax and The Auld Shebeen Irish Pub, 3971 Chain Bridge Road, Fairfax.

All are invited to enjoy, free of charge, the "pure drop" - the beauty and depth of Irish music, dance, language and sport as it has taken root and come into full flower in our community. Visit <http://www.fairfaxva.gov/about-us/special-events/fairfax-irish-folk-festival>

Silver Live Music and Food Truck Festival. 12-10 p.m. 1800 Tysons Blvd., McLean. Listen to performances from renowned local and national acts and find displays of fine arts and a variety of refreshments to benefit the Spirit of Hope Children's Foundation. Visit <http://tysonspartnership.org/event-calendar/tysons-world-music-festival/>.

Lorton's Fall Festival. 11 a.m. Lorton Station Town Center, 8998 Lorton Station Blvd., Lorton. Enjoy a magic booth, pumpkin painting, photo booth, games, prizes and more. Visit www.lortonstationtowncenter.com/calendar-of-events.html

SATURDAY-SUNDAY/SEPT. 13-14

King Street Art Festival. 10 a.m.-7p.m. Saturday, 10 a.m.-5 p.m. Sunday. Old Town, King Street, Alexandria. At this community festival, art enthusiasts can discover spectacular paintings, life-size sculptures, jewelry, photography, ceramics and more. Visit www.artfestival.com/Festivals/Alexandria_Festival_of_the_Arts_Alexandria_Virginia_September.ASPX

SATURDAY/SEPT. 20

5K/10K Dulles Day on the Runway. 7:30 a.m. 14390 Air and Space Museum Pkwy., Chantilly. The full length of the runway will be closed off for runners to experience a flat, fast course and a unique look at the airport grounds. All race proceeds will benefit Special Olympics Virginia, the Committee for Dulles Community Outreach and the Washington Airports Task Force. Visit <http://committeefordulles.org/5-10K.html>.

Dulles Day Plane Pull. 10:30 a.m.-4 p.m. Dulles International Airport. Teams of 25 are pitted against one another to see who can pull a 164,000+ pound Airbus 12 feet the fastest in Special Olympics Virginia's "heaviest" fundraiser. Visit <http://www.planepull.com>.

Beer, Bourbon & BBQ Fest. 12-6 p.m. 8025 Galleria Drive, McLean. Attend for a day of beer sippin', bourbon tastin', music listenin', cigar smokin' and barbecue eatin'. Your admission buys a sampling glass so you can enjoy all you care to taste while attending seminars in the tasting theater and enjoying live music all day. Visit www.tysonspartnership.org/event-calendar/tysons-bbq-bourbon-and-beer-festival.

Herndon Kids Triathlon. 7:30 a.m. Herndon Community Center, 814 Ferndale Avenue, Herndon. This kids triathlon gives youngsters an opportunity to compete in one of the fastest growing sports in the United States. The event is designed for any youth, ages 6-16, regardless of athletic ability or prior triathlon experience. Visit www.herndon-va.gov.

SATURDAY/SEPT. 27

Clarendon Day. 11 a.m.-5 p.m. Near Clarendon Metro station, 3100 Wilson Blvd., Arlington. A celebration of the Clarendon neighborhood and a showcase for the people who make the neighborhood great with activities, live entertainment and food. Visit www.clarendon.org/clarendon-day.

Reston Multicultural Festival. 11 a.m.-6 p.m. 2310 Colts Neck Road, Reston. A celebration of the diversity and community spirit that is found in Reston, this annual event brings together the people of Reston to celebrate the rich medley of cultures. Visit <http://www.restoncommunitycenter.com/MulticulturalFestival.shtml>.

SUNDAY/SEPT. 28

Walk to End Alzheimer's. 3 p.m. Reston Town Center, 11900 Market St., Reston. Walk and fundraise to further the care, support and research efforts of the Alzheimer's Association. Visit <http://act.alz.org/site/TR/Walk/Creation?formid=5817&type=information&id=18124>

NatureFest. 1-5 p.m. Runnymede Park, 195 Herndon Parkway, Herndon. Explore various nature stations throughout the park including butterflies, bees, life in the meadow, web of life and much more with live animal shows throughout the day. Visit www.herndon-va.gov.

October 2014

THURSDAY/OCT. 2

3rd Annual Reston Town Center Help the Homeless Walk. 12 p.m. Reston Town Center, 11959 Market St, Reston. Walk from Mayflowers Floral Design Studio on The Promenade to the Embry Rucker Community Shelter and back. Funds will enable Cornerstones to provide essential resources and services for individuals and families in the community who are homeless or at risk of becoming homeless. Visit http://www.cornerstonesva.org/events_list/hth.

FRIDAY-SUNDAY/OCT. 3-5

Fall Wine Festival and Sunset Tour. 6-9 p.m. Mount Vernon Estate, 3200 George Washington Memorial Pkwy., Mount Vernon. Enjoy live blues and spectacular views of the Potomac River while sampling wine from 16 Virginia wineries. Visitors learn about the successes and failures of our Founding Father's wine endeavors, enjoy live blues music, and meet "George and Martha Washington" on the Mansion's piazza. Visit www.mountvernon.org.

SATURDAY/OCT. 4

Art on the Avenue. 10 a.m.-6 p.m. 2301 Mount Vernon Avenue, Alexandria. A multicultural arts festival celebrating the community's diversity through the arts in the Del Ray neighborhood in Alexandria, Virginia. Visit www.artontheavenue.org.

SUNDAY/OCT. 5

McLean Project for the Arts ArtFest. 10 a.m.-5 p.m. McLean Central Park, 468 Dolley Madison Blvd., McLean. The park is transformed into a lively landscape of mini art galleries showcasing and offering for sale the work of a diverse group of 50 juried artists. Visit www.mpaart.org.

19th Annual Paws for a Cause 3K Walk. 12 p.m. Weber's Pet Supermarket, 11021 Lee Highway, Fairfax. Paws for a Cause benefits Fairfax Pets on Wheels, Inc., an all-volunteer organization dedicated to providing pet visitation to residents of nursing homes and



Patriot Beach Ball Balloons at the City of Fairfax's 47th annual Independence Day last year.

Mount Vernon Colonial Market and Fair. 9 a.m.-5 p.m. 3200 Mount Vernon Memorial Highway, Mount Vernon. Fifty colonial-attired artisans demonstrate 18th-century crafts and sell traditional wares such as baskets, woodcarvings, tin and ironwork, leatherworkings, weavings, furniture and much more. Visit <http://www.mountvernon.org/plan-your-visit/calendar/events/colonial-market-fair/>

Paint Herndon Celebrate the Arts. 9:30 a.m. - 3:30 p.m. ArtSpace Herndon, 750 Center Street, Herndon. The annual Paint Herndon event is a celebration of the arts and the anniversary of the opening of ArtSpace Herndon, complete with a painting competition. Visit www.artspaceherndon.com/paint-herndon/.

SATURDAY-SUNDAY/SEPT. 20-21

2nd Annual Arlington Festival of the Arts. 10 a.m.-5 p.m. Highland Street in the Clarendon District, Arlington. More than 100 artists will showcase their work including paintings, jewelry, pottery, glass, and much more. Visit artfestival.com for more.

SUNDAY/SEPT. 21

PHOTOS BY STEVE HIBBARD/THE CONNECTION

SEE EVENTS, PAGE 21

NEWCOMERS & COMMUNITY GUIDE

Events

FROM PAGE 20
hospitals since 1987.
Visit www.fpow.org/event-685795.

SATURDAY-SUNDAY/OCT. 11-12

Oktober Fest Reston. Reston Town Center, 11900 Market St., Reston. Enjoy food, wine, beer, live entertainment, a carnival and the Anthem Great Pumpkin 5K at Northern Virginia's largest fall festival. Visit <http://www.oktoberfestreston.com>.

SATURDAY/OCT. 11

Fall Festival in Old Town Historic Fairfax. 10209 Main Street, Fairfax. What started out as a small market for artisans has grown to a festival with over 400 arts, crafts and food vendors, children's activities and entertainment for all ages. Visit <http://www.fairfaxva.gov/about-us/special-events/fall-festival>.

THURSDAYSATURDAY/OCT 16-NOV 1

Great Pumpkin Gathering. 6-10 p.m. 1800 Tysons Blvd., McLean. Artisan pumpkin carvers showcase a dazzling display of pumpkin art beyond your wildest imagining. Visit www.tysonspartnership.org.

FRIDAY-SUNDAY/OCT. 17-19

19th Annual Craftsmen's Fall Classic Art & Craft Festival. 10 a.m.-6 p.m. Dulles Expo Center, 4320 Chantilly Shopping Center, Chantilly. Features original designs and work from hundreds of talented artists and craftspeople from across America. Visit http://www.gilmoreshows.com/craftsmens_classics_chantilly_fall.shtml.

SATURDAY/OCT. 18

Historic Hallows Eve. 4 p.m. Sully Historic Site, 3650 Historic Sully Way, Chantilly. Experience the traditions of Virginians in the 18th and 19th centuries by celebrating All Hallows Eve with storytelling, fortune telling, fall foods and family gatherings. Visit <http://www.fairfaxcounty.gov/parks/sully-historic-site>.

SATURDAY-SUNDAY/OCT. 18-19

Claude Moore Colonial Farm 1771 Market Fair. 11 a.m.-4:30 p.m. 6310 Georgetown Pike, McLean. Warm yourself by the fires and enjoy the splendor of autumn with crisp local apples, warm savory meat pies and hearty breads, or let Market Fair entertainers, tradesmen and the militia amuse and educate you. Visit www.1771.org.

Tyson's Harvest Festival. 12-6 p.m. 1800 Tysons Blvd., McLean. Stroll through the arts and crafts booths and taste some of the fun flavors of fall. Visit <http://tysonspartnership.org/event-calendar/tysons-harvest-festival>.

SUNDAY/OCT. 19

Neighbors Feeding Neighbors 5K. 9 a.m. 7925 Jones Branch Dr., McLean. Even though Northern Virginia is considered one of the wealthiest jurisdictions in the country, we still face a poverty rate of about 5 percent - more than 90,000 people are living in poverty and 30 percent are children. Come run or walk to help feed our neighbors. Visit <https://runsignup.com/Race/VA/McLean/NeighborsFeedingNeighbors5K>.

FRIDAY/OCT. 24

Spooktacular. 6:30-8:30 p.m.
www.CONNECTIONNEWSPAPERS.COM



PHOTO BY STEVE HIBBARD/THE CONNECTION

Daniela Sykes, 29, makes a flower balloon for Daniela Berrios, 3, of Lorton, at last year's 4th of July celebration in Lorton.

Herndon Community Center, 814 Ferndale Avenue, Herndon. Enjoy ghoulish games, a spooky craft and a children's show. Visit www.herndon-va.gov.

[upcoming.htm](#)

TUESDAY/NOV. 11

Arlington National Cemetery Veterans Day Ceremony. Arlington National Cemetery,

Arlington. About 5,000 visitors attend the annual remembrance ceremonies in the Memorial Amphitheater. Visit www.arlingtoncemetery.mil.

SATURDAY/NOV. 22

SATURDAY/OCT. 25

Volunteer Fest 2014. A region-wide day of community service that mobilizes hundreds of volunteers to help nonprofits accomplish tasks that they would not have the time or resources to do on their own. Visit <http://www.volunteerfairfax.org/non-profits/volunteerfest.php> for times and locations.

Clifton Haunted Trail. 7-10 p.m. Chapel Road, Clifton. A terrifying annual event that winds through Clifton's 8 Acre Park. Visit cliftonhauntedtrail.com.

Air and Scare. 2-7 p.m. Steven F. Udvar-Hazy Center, 14390 Air and Space Museum Pkwy., Chantilly. See the spooky side of air and space at the annual Halloween event. Arrive in costume for safe indoor trick-or-treating, creepy crafts, spooky science experiments and other Halloween-themed activities. Visit <http://airandspace.si.edu/events/air-and-scare/>.

WEDNESDAY/OCT. 29

68th Annual Vienna Halloween Parade. 7 p.m. Maple Avenue, Vienna. With the theme of "Celebrating the Tradition of Vienna Girls Sports," come in costume to celebrate Halloween. Visit www.viennava.gov.

November 2014

SATURDAY/NOV. 1

The Robinson Marketplace. 10 a.m.-4 p.m. 5305 Sideburn Road, Fairfax. Shop at over 80 vendors at the Holiday Market, raffle and silent auction sponsored by the Robinson Secondary School PTSA. Visit www.robinsonptsa.org.

TUESDAY/NOV. 4

Election Day. General Election. Visit www.sbe.virginia.gov/ and www.fairfaxcounty.gov/elections/

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Getting to Know Woodson, Fairfax High Sports



Woodson boys' basketball players and fans celebrate the Cavaliers' 2014 region championship.

Woodson: Boys' basketball team repeated as region champion.

W.T. Woodson High School

Mascot: Cavaliers.
 School Colors: Navy blue and white.
 Athletic Director: Dan Checkosky, 703-503-4681.
 Football Coach: Mike Dougherty (first year).
 The Cavaliers won three of their final four games in 2013 and finished with a 3-7 record.
 Volleyball Coach: Len Palaschak.
 Boys' Basketball Coach: Doug Craig.
 Field Hockey Coach: Meg Jarrell.
 Girls' Lacrosse Coach: Patrick Mahler.

What Happened Last Year: The field hockey team qualified for regionals. The boys' basketball team repeated as region champion. The girls' lacrosse team won the Conference 7 championship. The boys' lacrosse team reached the region quarterfinals.

From The Connection's Top 100 Athletes:
 v8. Tommy Amaker, a 1983 graduate, was a standout point guard for the Cavaliers. He went on to play at Duke University before he became a college coach. After stops at Duke (assistant), Seton Hall (head coach) and Michigan (head coach), Amaker became the head coach at Harvard.

From Mirza Kurspahic's 2006 profile for The Connection's Top 100 Athletes: "Teamwork and defensive brilliance defined the high school and college basketball careers of Tommy Amaker, a 1983 Woodson grad. His basketball mind took him from Woodson to Duke as a player, and from Duke to Seton Hall to the University of Michigan as a coach.

"Tommy Amaker is the best pure point guard to ever play in Northern Virginia," said Red Jenkins, the former Woodson coach, and one of the winningest coaches in high

school basketball with more than 600 wins." v20. Andy Heck, a 1985 graduate, was a two-way football standout for the Cavaliers. He went on to play tight end and offensive tackle for Notre Dame, winning a national championship with the Fighting Irish after the 1988 season. The Seahawks selected Heck in the first round of the 1989 draft.

v50. Ashley McCulloch, a 2005 graduate, was a lacrosse star for the Cavaliers. She played collegiately at the University of Virginia.

From Kurspahic's 2006 profile for The Connection's Top 100 Athletes: "With 37 seconds left to go in the 2002 lacrosse state final, Woodson was losing by a goal to Rockbridge County. The Cavaliers would equal the score, and go on to win the state championship in overtime, thanks to a champion effort on the part of Ashley McCulloch, a freshman."

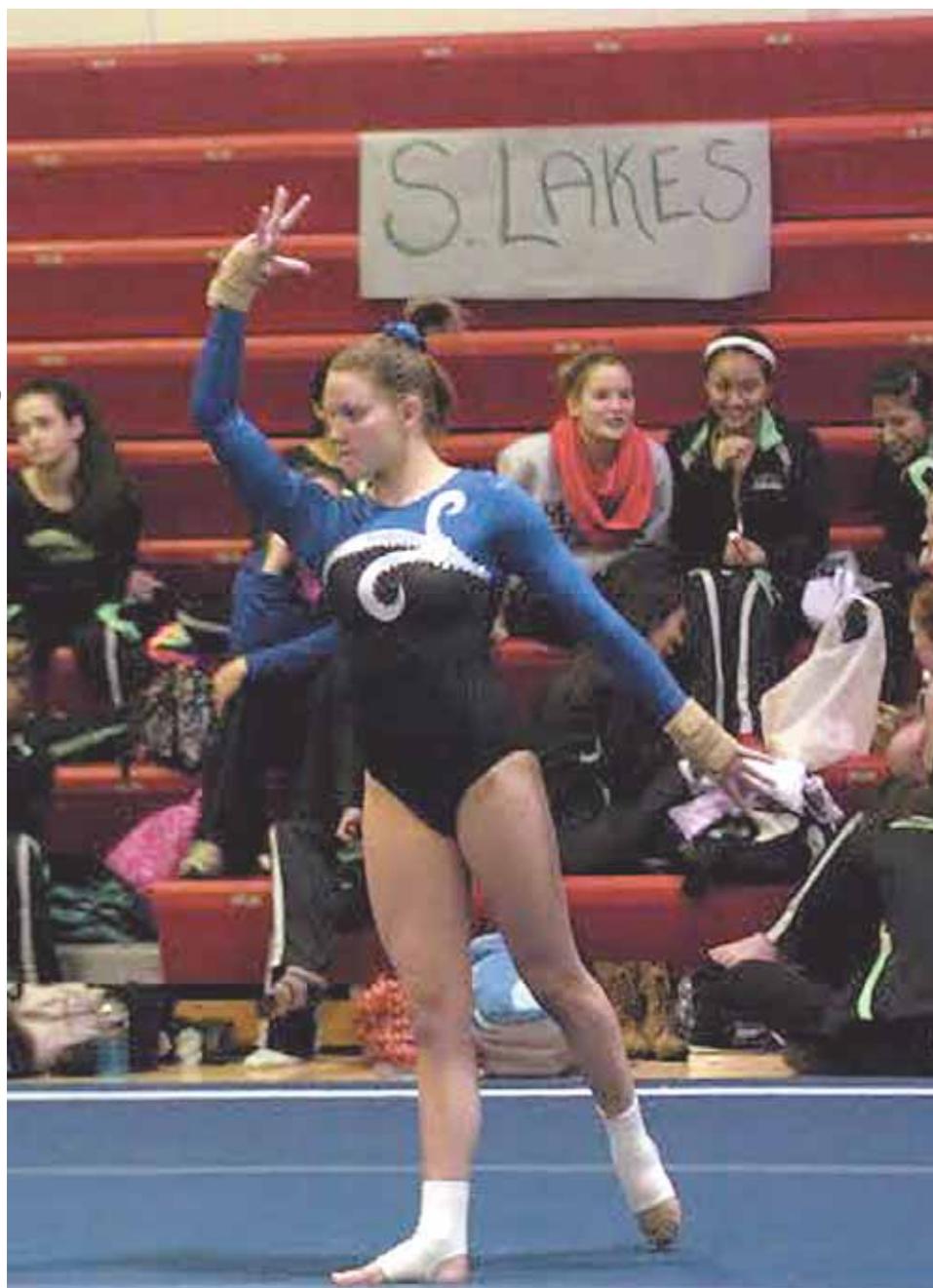
v69. Brandon Corso, a 1992 graduate, was a standout quarterback for the Cavaliers. He played collegiately at Missouri.

Fairfax High: Field hockey team won fifth consecutive district/conference title.

Fairfax High School

Mascot: Rebels.
 School Colors: Blue and gold.
 Athletic Director: Nancy Melnick, 703-219-2201.
 Football Coach: Kevin Simonds (fifth year).
 The Rebels finished the 2013 regular season with a 7-3 record and qualified for the playoffs. Fairfax lost to Yorktown in the opening round.
 Field Hockey Coach: Amber Beaudoin.
 Volleyball Coach: Tyler Freiheit.
 Boys' Basketball Coach: Mike Barbee.
 Girls' Basketball Coach: Marcus Konde.

What Happened Last Year: The field hockey team won its fifth consecutive dis-



Fairfax High gymnast Rachel Barborek won the 2014 Conference 6 all-around title during her junior year.

trict/conference championship, finished 19-4 and reached the region final. The boys' soccer team finished 8-3-1, but lost in the first round of the conference tournament. Gymnast Rachel Barborek won the Conference 6 all-around champion. The softball team finished 15-8 and reached the region quarterfinals.

From The Connection's Top 100 Athletes:
 v45. Billy Pulsipher, a 1991 graduate, was a baseball star for the Rebels.

The New York Mets selected Pulsipher in the second round of the 1991 MLB Draft and he joined fellow young pitchers Paul Wilson and Jason Isringhausen to compose the trio known as "Generation K." Injuries, however, would slow Pulsipher's career. From 1995 to 2005, he pitched in parts of six seasons at the MLB level, producing a 13-19 record with a 5.15 ERA.

From Mirza Kurspahic's 2006 profile for The Connection's Top 100 Athletes: "He gave up a full scholarship to Old Dominion University in order to sign with the Mets. While in high school, the left hander was contacted by every one of the 26 Major

League teams. His father said it was not difficult for Pulsipher to make the decision to go to the pros instead of college. He said teams made lucrative offers, and promised to secure Pulsipher's education as well."

v66. Larry Fones, a 1948 graduate, was a three-sport star for the Rebels. He played football, basketball and baseball at Fairfax, and went on to play football collegiately at William & Mary.

v86. John Curtis, a 1988 graduate, was a standout wrestler for the Rebels. He competed collegiately at the University of Virginia.

vBrandon Royster, a 2000 graduate, was a star running back for the Rebels. He played collegiately at Stanford University.

From Mirza Kurspahic's 2006 profile for The Connection's Top 100 Athletes: "Royster certainly found success at Fairfax.

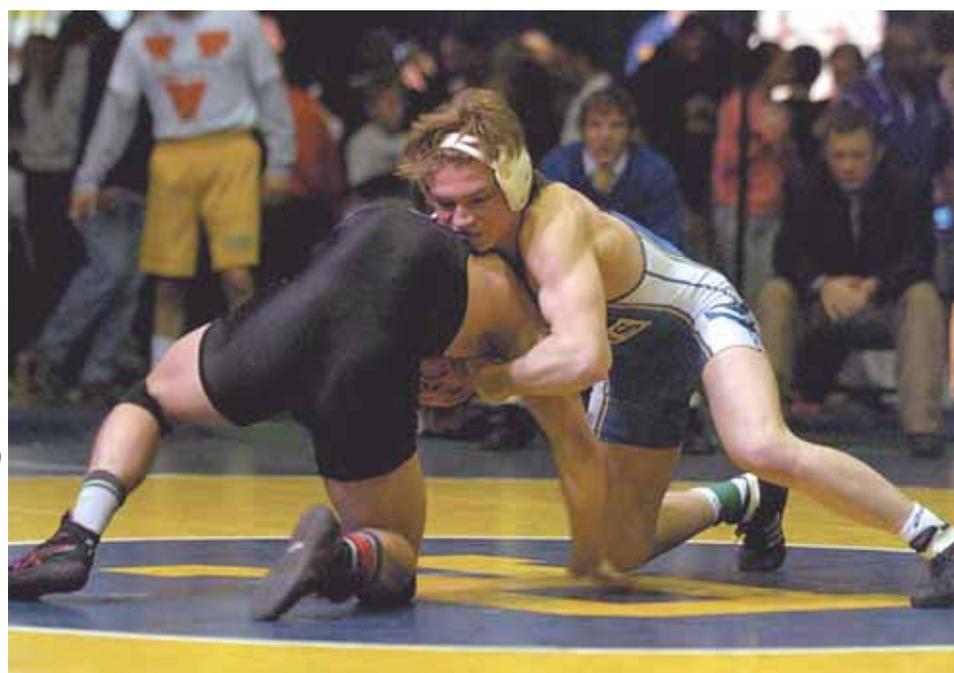
During his junior and senior years, the Rebels went undefeated in the regular season.

During his four years at the varsity level, Royster rushed for more than 5,300 yards and scored 60 touchdowns."

NEWCOMERS & COMMUNITY GUIDE



Then-junior AJ Alexander and the Lake Braddock boys' basketball team reached the 2014 state tournament.



CONNECTION FILE PHOTOS

Then-senior Jack Bass won the 2014 152-pound state championship, helping the Robinson wrestling team win its third state title in four years.

Getting to Know Lake Braddock, Robinson Sports

Lake Braddock: Un-defeated boys' tennis team wins state title.

Lake Braddock Secondary School

Mascot: Bruins.

School Colors: Purple and gold.

Athletic Director: Mark Martino, 703-426-1001.

Football Coach: Jim Poythress (11th season).

The Bruins won their fifth consecutive district/conference championship and went undefeated during the 2013 regular season. Lake Braddock reached the region semifinals before losing to Westfield and ending its season with a 12-1 record.

Volleyball Coach: Aubrey Eaton.

Field Hockey Coach: Marie Bounds.

Cross Country Coach: Michael Mangan.

Boys' Basketball Coach: Brian Metress.

Girls' Basketball Coach: John Giannelli.

Baseball Coach: Jody Rutherford.

Softball Coach: George Rumore.

Rival School: Robinson.

What Happened Last Year: The boys' cross country team finished 6A state runner-up, led by second-place finisher Alex Corbett. The girls' cross country team took third in the state. Hannah Christen finished second among individuals, and Katy Kunc placed third. The boys' basketball team repeated as district/conference champion, finished region runner-up and qualified for the state tournament. The boys' tennis team went undefeated, winning the state title. The girls' soccer team won the Conference 7 championship and reached the region semifinals, where the Bruins lost in penalty kicks to eventual state champion Battlefield. The softball team won the conference title, finished region runner-up and qualified for the state tournament.

From The Connection's Top 100 Athletes:

3. Allen Johnson, a 1989 graduate, was a state-champion track athlete for the Bru-

ins. He went on to win NCAA titles and an Olympic gold medal.

From Mirza Kurspahic's 2006 profile for The Connection's Top 100 Athletes: "Not to say that Johnson lacked standout track athlete status at Lake Braddock, and not that three individual state titles won in high school are an easy feat to accomplish, but they pale in comparison to what he went on to do afterwards. Johnson went on to win college titles at the University of North Carolina and Olympic gold in Atlanta in 1996.

He was a seven-time U.S. outdoor champion, a four-time world outdoor champion, a four-time U.S. indoor champion and a three-time world indoor champion."

4. Mia Hamm, a 1989 graduate, is one of the greatest women's soccer players of all time. She played at Lake Braddock for one season after transferring from a high school in Texas, and helped the Bruins win the 1989 state championship. She went on to star for the University of North Carolina and the U.S. Women's National Team.

From Kurspahic's 2006 profile for The Connection's Top 100 Athletes: "She is a household name. Across the globe, girls who play soccer strive to be her, while female athletes who play other sports look up to her. Mia Hamm is the face of women's soccer and an advocate of women's sports."

10. Hubert Davis, a 1988 graduate, was a basketball and football standout for the Bruins. He went on to play hoops at the University of North Carolina before the New York Knicks selected him in the first round of the 1992 NBA Draft. Davis played 12 seasons in the NBA with the Knicks, Dallas Mavericks, Washington Wizards, Detroit Pistons, Toronto Raptors and New Jersey Nets.

14. Ed Moses, a 1998 graduate, was a state-champion swimmer for the Bruins who went on to Olympic glory.

63. Cathron Birge, a 1986 graduate, was a state-champion track athlete for Lake

Braddock. She competed collegiately at the University of Virginia.

100. Sarah Spring, a gymnast and 1999 graduate, won three straight state championships on the vault.

Robinson: Wrestling team captured district, region and state championships.

James W. Robinson Secondary School

Mascot: Rams.

School Colors: Blue and gold.

Athletic Director: Jeff Ferrell, 703-426-2126.

Football Coach: Scott Vossler (first year).

The Rams finished the 2013 season with an 8-3 record, including a playoff victory over Patriot High School. Vossler is Robinson's fourth head coach in five years.

Volleyball Coach: Jill Cross.

Boys' Basketball Coach: Brian Nelson.

Girls' Basketball Coach: T.J. Dade.

Wrestling Coach: Bryan Hazard.

Baseball Coach: John James.

Boys' Soccer Coach: Robert Garza.

Rival School: Lake Braddock.

What Happened Last Year: The wrestling team won its third state championship in four years.

The gymnastics team won the Conference 5 championship. The boys' lacrosse team won the state title.

From The Connection's Top 100 Athletes:

v7. Rob Muzzio, a 1982 graduate, was a track and football standout for the Rams. He attended George Mason University and became the first decathlete to win back-to-back national championships.

From Mirza Kurspahic's 2006 profile for The Connection's Top 100 Athletes: "Muzzio took interest in track and field in eighth

grade gym class. He said he had fun throwing the discus and the shot put. However, when he began his high school competition, Muzzio said it did not appear he would get big enough to really compete in those events. He said his coach at Robinson, Maynard Heins, saw the potential in Muzzio, so he began to teach him proper technique for different events. He said Muzzio would have to do all of the events, not just one.

However, Muzzio went on to win state and other titles as a discus thrower. He won the Virginia State Outdoor discus titles in 1981 and 1982. In 1981 he became a National Junior Olympic Discus Champion and in 1982 he won the Dogwood Relays Discus Championship.

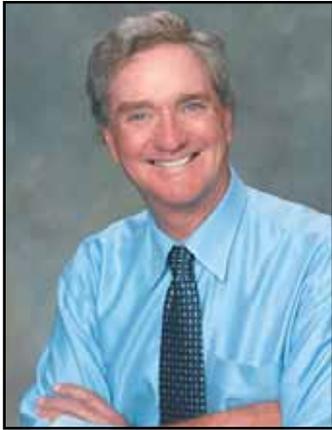
That same year, Muzzio became the U.S. Junior National Decathlon Champion in Indiana, and then a Junior Pan American Games Decathlon Champion - setting the new record for the championship - in Venezuela.

v9. Chris Warren, a 1985 graduate, was a standout running back for the Rams. He played collegiately at the University of Virginia and Ferrum College before the Seattle Seahawks selected him in the fourth round of the 1990 NFL Draft. He played 11 seasons with the Seahawks, Dallas Cowboys and Philadelphia Eagles, earning three trips to the Pro Bowl. In 1994, he rushed for 1,545 yards and nine touchdowns with Seattle. The following season, he ran for 1,346 yards and 15 touchdowns.

v38. Mike Imoh, a 2002 graduate, was a standout running back for the Rams. He rushed for 2,077 yards and 28 touchdowns as a senior and helped Robinson capture the 2001 state championship. He played collegiately at Virginia Tech.

v65. Bob DeProspero, a 1981 graduate, was a three-time state champion wrestler for the Rams.

vMeghan McCarthy, a 1992 graduate, was a state-champion runner for the Rams.



Dr. James L. Gyuricza

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Dr. Melanie Wilson Hartman

Dear Neighbors,

We would like to take this opportunity to introduce you to Dr. Mary Speicher who is joining our practice as an associate. Dr. Speicher is originally from Northeastern Pennsylvania. She graduated from the University of Scranton with a BS in Biophysics in 1985 and continued her studies at Temple University School of Dentistry, receiving her DMD in 1989. Dr. Speicher has been in private practice for 26 years.

She is dedicated to continuing education, having furthered her education to include sedation dentistry, implants, invisalign, periodontal laser therapy, bone grafting and periodontal surgery. Dr. Speicher's training and personal dedication will complement and enhance our office.

She embraces our core dedication to providing the highest quality dental care, utilizing the most advanced techniques and materials, and striving to provide a patient-centered environment characterized by education, comfort and trust. Dr. Speicher will be a participating dentist for Delta Dental and United Concordia.

We are excited to have Dr. Speicher with us and are confident that she will have a bright future with our office. Thank you for the many referrals of your family and friends and for the continued support.

With warm regards,
Drs. James L. Gyuricza and
Melanie W. Hartman and Staff



Burke Professional Center, 5212-B Lyngate Ct., Burke, VA 22015



John C. Cook

Braddock District Supervisor



Braddock Neighbors:

One of my most important jobs as your County Supervisor is to keep you informed of county issues and important neighborhood events.

I send out a monthly newsletter, the Braddock Beacon, and periodic Cook Advisories updates. Sign up for our email newsletters and keep up with your community.

You can sign up for the newsletter by texting "COOKNEWS" to 22828, or by going to <http://bit.ly/13ssg1g>.

Every one of us has the exciting opportunity to shape our neighborhoods and make Fairfax County an even better place to work and live. That's why, here in Braddock, I continually encourage folks to become active participants in their community and their local government. So come on out, step up and become an involved Braddock District resident.

Remember, I am here to serve you. Please keep in touch and let me know what more I can do for you.

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