

# Saturday Mornings at Farmers Market

NEWS, PAGE 4

**Burke Farmers Market offers a variety of fresh produce Saturday mornings, from vegetables, fruits, flowers and honey to bakery and dairy products as well as seafood and meat.**

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PHOTO BY ARISA ISHITA/THE CONNECTION





**Fairfax County Supt. Karen Garza on the Board of Supervisors' failure to provide schools the funding needed to thrive.**

“... the Fairfax County Board of Supervisors has failed to fully fund Fairfax County Public Schools. This is extremely **disheartening** - we entered this budget year making a good faith effort to work collaboratively ... and in the end they **did not deliver**. Supervisors are sending a clear message that they are **unconcerned** about the increasing challenges of our students, our teachers, and our schools ... we face a **devastating** shortfall ... due to years of **chronic underfunding** ... we will not be able to sustain the current quality nor the full range of academic programming we currently offer our students.”

# Thank you, Dr. Garza

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## County Seeks Partner to Develop Training Center Property

**Deadline for offers on the surplus land is Sept. 1.**

BY TIM PETERSON  
THE CONNECTION

Potential buyers have until September to make their offers to purchase the roughly 80 acres of property along Braddock Road where the Northern Virginia Training Center currently sits.

The Commonwealth of Virginia owns the property; the training center has been a state-operated facility for people with mental or physical disabilities since opening in 1973.

Fairfax County, which has expressed interest in obtaining the property, isn't planning to meet that deadline, according to supervisor John Cook (R-Braddock).

"Our thoughts all along had been the county, working with some partners to do some interesting thing at the site that would both be for public benefit and raise some revenue through private development," Cook said. "We just can't move that fast."

However, in July, the County still put out its own "request for expressions of interest," for potential development partners, according to board of supervisors chairman Sharon Bulova. That request is also linked to the main advertisement for the training center property.

"We get to find out who might be out there who's interested in partnering with Fairfax County," Bulova said, "to build something or to establish something at the training center property. What is most attractive and beneficial to the county is what we're looking for."

**A 2012 SETTLEMENT** between Virginia and the Department of Justice resulted in the State deciding to close the majority of its five original training centers offering that same type of service.

At the time, the Northern Virginia center had 152 residents, who then began a process of being discharged to a combination of group homes, personal homes, the remaining training centers or other care-providing alternatives. The Braddock Road facility is scheduled to be closed by March of 2016.

As of print time, the total number of remaining residents is 55, according to Virginia Department of Behavioral Health and Developmental Services communications director Maria Reppas.

"There are 35 families who have confirmed their choice of a community home," Reppas said in an email. "The remaining families are in process of exploring options and making final decisions. There are three



COURTESY OF THE VIRGINIA DEPARTMENT OF BEHAVIORAL HEALTH AND DEVELOPMENTAL SERVICES  
**The Northern Virginia Training Center spreads over 80 acres along Braddock Road, including facilities for administration, food service, programs, residences, a warehouse, transportation and therapy.**



PHOTO BY TIM PETERSON/THE CONNECTION  
**The Northern Virginia Training Center on Braddock Road is scheduled to close in March 2016.**

families who have opted to stay in a training center."

Once the residents have all left the training center, the property is considered "surplus" by the state and available for sale. It went on the market May 22, 2015, via the contracted broker Divaris Real Estate, Inc.

Dena Potter with the Virginia Department of General Services, the group overseeing the sale, said in an email the next step after the Sept. 1 deadline is to "review the offers received and enter into negotiations with the prospective buyer whose proposal represents the best value for the Commonwealth."

**POTTERS SAID THE PROPERTY** has

been appraised, but would not release the value during marketing and negotiations.

"There is no stated asking price," she said. "Statute requires that the Commonwealth receive at a minimum the fair market value for the property but we will strive for the most competitive value the market will bear."

Supervisor Cook said the value of the property to potential buyers weighs heavily on its zoning status. The land is zoned R1 for light residential and designated in the County's comprehensive plan as a government facility, so any substantial redevelopment effort would require rezoning and an amendment to the comprehensive plan.

And he figures most potential buyers

would only sign on with assurance they have those changes worked out.

"Any entity that would buy it outright without conditions — good luck," Cook said. "If it doesn't pan out, they're the proud owner of institutionally planned land."

Which is why the County hasn't pulled its call for a developer partner, despite not intending to make the State's deadline.

**"We get to find out who might be out there who's interested in partnering with Fairfax County, to build something or to establish something at the training center property. What is most attractive and beneficial to the county is what we're looking for."**

— Board of Supervisors Chairman  
**Sharon Bulova**

If the county were to somehow acquire the land with a partner or partners, Cook and Bulova both see the potential for a variety of uses, including residential development.

"I would like to see some benefit for the population that has been living at the training center," Bulova said, "so it would be a shame to lose some of the amenities that they've been able to receive, for instance, some medical care and therapeutic care."

Cook also envisions a workforce education center for high school students, a public park, retail development like a micro town center, an assisted living facility and group homes for people with disabilities — the kind some current residents of the training center are considering for their next home.

"It's a large site," Cook said. "I would hate to see the site just become a bunch of houses and nothing else, to lose the opportunity to have some other things that would benefit the greater community there."

Regardless, any change to the zoning or comprehensive plan would require "extensive community involvement" according to Cook. The process could take the better part of a year, if not 18 months.



# Saturday Mornings at Farmers Market

Colorfulness and people's interaction make the Burke Farmers Market a place to be.

BY ARISA ISHITA  
THE CONNECTION

Under the beautiful sunlight and with some clouds in the sky, a new Saturday morning was about to begin and welcome generations of customers again.

Located in the outdoor parking lot just in front of the Burke Centre Station, Burke Farmers Market is one of the 11 farmers markets in Fairfax County that are home to a variety of fresh, local products.

Around 9 a.m., more cars gradually started coming into the garage. Customers walked toward the center of the market with their own shopping bags, or even a shopping cart, ready to begin their days.

Once entering the market, the colorful, pyramid-shaped tents were neatly set with their fresh products displayed under each of them.

**PRODUCTS VARY** from vegetables, fruits, flowers and honey to bakery and dairy products as well as seafood. Customers touched and smelled the products to examine what they want.

Rina Rauniyar, an Information Technology professional living in Burke, said she was looking for vegetables she cannot find in a regular supermarket.

"[I like] all the fresh taste of vegetables," she said. "I just moved here. It's a nice way to spend the Saturday morning."

Right by the entrance was Smith Family Farm, the fifth-generation farm in Gainesville, Prince William County. The banner read the County's "only Century Farm."

As a year-round producing farm, they produce a variety of meats, including beef, chicken, pork and in addition large brown eggs.

George Childers, the friendly farmer who greets customers with a smile, said they often come looking for ribs, chicken, bacon and eggs. Just within a few minutes, several people stopped by and each purchased one to two dozens of eggs.

"Everything is good on the truck," he said.

Several tents farther from the entrance was Santa Cruz Produce of Montross, the tent particularly stood out for colorful, vibrant peppers and tomatoes. According to one of the farmers, Jose Medina, they are waiting for more vegetables to come, such as beats, radishes, broccolis, watermelons and sweet potatoes.

Their flowers – mainly zinnias and cockscombs – seemed to be popular too: by the time past 11 a.m. they were all gone.



PHOTOS BY ARISA ISHITA/THE CONNECTION

**Burke Farmers Market: Between 10-11 a.m. the market is the busiest.**



**Sweet peppers from Santa Cruz Produce.**

In just a few steps away was LynnVale Studios, LLC., introducing flower arrangements with sweet floral smell in the air.

Located near the Manassas Battlefield, the farm produces over 100 kinds of specialty cut flowers and herbs that are locally grown.

"We do events too," the horticulturalists, Susan Kipp and Chauncy Brothers said. "Wedding, party and decorating bridesmaids flowers. A lot of custom-made arrangements."

**FLOWERS OF THE SEASON** include, dahlias, hydrangeas, peonies and zinnias. "People come here to look for farm-fresh bouquets," Brothers added.

While customers come and leave during the hours, it seemed between 10-11 a.m. was the peak where the market place gets most crowded. Among the customers, Susan Gray, a resident of Burke Centre and a museum curator in the City of Fairfax, had a few shopping bags in her both hands, carefully observing the vegetables from the Bending Bridge Farm.

"I grew up in the farm and I just like purchasing fresh and local products," she said. "I go to this market and also, two markets

in the City of Fairfax. I have favorite vendors in each one."

Tom Boneparte, a consultant residing in Lorton, said he likes the friendliness of the environment and he is back at the market again.

"I'm looking for a good variety of vegetables to check," he said. "Just to complement my meat diet."

Burke Farmers Market seems to be the place where customers and vendors interact with each other and share their love and stories of fresh, local products.

"I love the farmers," said Giovanna Prestigiacomo, the Market manager and resident of Burke. "They are wonderful people, they work hard and they are dedicated. Great market variety that keeps people interested."

Burke Farmers Market will be back again on Aug. 8 with some fun activities this time, as part of the 16<sup>th</sup> Annual National Farmers Market Week. The celebration will take place in several different locations from Aug. 5-15.

For more information, visit <http://www.fairfaxcounty.gov/parks/wp-farm-mkt.htm>.

## AREA ROUNDUPS

### No Foul Play Suspected in Huntsman Lake Death

The dead body of Leslie P. Brassfield, 22, of Fairfax, was found Sunday, June 14 in Huntsman Lake in the Springfield area.

Fairfax County Police initially reported a pair of kayakers spotted the body and contacted police around 10:30 in the morning.

As of going to print, the death is still being investigated by police, however spokesperson Lucy Caldwell said that no foul play is suspected.

The Office of the Medical Examiner hasn't made a determination of the cause or manner of death and is still waiting for toxicology reports on the body to be completed.

— TIM PETERSON

### Pohick Library Scheduled to Close for Renovation

The Pohick Regional Library, opened in 1987, is due for change. The building is scheduled to close for an expected 18 months of renovation on Sept. 5, according to a Fairfax County release.

Some of the new features planned for the library include a teen area, Wi-Fi bar, increased amount of seating, energy-saving technology and after-hours meeting room space.

"While I regret the inconvenience of the library's temporary closing, the upgraded Pohick Regional Library will be worth waiting for," said Edwin S. Clay III, the director of the Fairfax County Public Library. "The renovation will modernize the infrastructure of the library to meet current customer needs."

To compensate for the closed library, the Kings Park Library and Burke Centre Library will have extended hours starting on Sunday, Sept. 13.

As of Aug. 22, readers won't be able to pick up holds from the Pohick Library. Any books or other media borrowed from the library can be returned to other public libraries in the Fairfax County system.

The Pohick Regional Library is located at 6450 Sydenstricker Road in Burke. More information is available at [www.fairfaxcounty.gov/library](http://www.fairfaxcounty.gov/library).

— TIM PETERSON



# SCHOOLS

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

**Raymond J. King of Clifton** earned his Ph.D. in Mechanical Engineering, with a focus on Robotics, from the Mechanical Engineering Department of the University of Utah at the close of the Fall 2014 semester. An NSF - IGERT grant helped fund his post-graduate studies there. A 2003 graduate of Robinson Secondary School, Raymond went on to receive both his B.S. and M.S. degrees from the College of Engineering at Virginia Tech before marrying fellow VT engineering graduate, Amelia Davis. He is the son of Clifton residents Dr. Graham and Jane King.

**Ava Lakmazaheri** from Thomas Jefferson High School for Science and Technology (TJHSST) won the Best of Category Award and a first award in Robotics and Intelligent Machines at the Intel International Science and Engineering Fair, held in Pittsburgh. Lakmazaheri earned the awards for her project, Brain-Actuated Robotics: Controlling and Programming a Humanoid Using Electroencephalography. Lakmazaheri also won several special awards.

**Katie Bershadsky**, born and raised in Burke, has been selected to the Delta Epsilon Iota Academic Honor Society in the local chapter at Kennesaw State University. Delta Epsilon Iota was established to recognize and encourage academic excellence in all fields of study. Bershadsky is expected to gradu-

ate in 2018 with a major in public relations. Her parents are Scott and Kim Bershadsky. Her grandparents Malcolm and Marcia have lived in Burke for more than 30 years.

**Jacob M. Sage, of Burke**, Junior, Pre-Construction Engr Mgt. has made the Scholastic Honor Roll Fall term at the Oregon State University. A total of 861 students earned straight-A (4.0). Another 3,598 earned a B-plus (3.5) or better to make the listing. To be on the Honor Roll, students must carry at least 12 graded hours of coursework.

Governor Terry McAuliffe and the state Board of Education announced on May 19, 2015, that 252 schools and four school divisions earned 2015 Virginia Index of Performance (VIP) awards for advanced learning and achievement. The VIP incentive program recognizes schools and divisions that exceed state and federal accountability standards and achieve excellence goals established by the governor and the board. 109 schools earned the Board of Education Excellence Award, the second-tier honor in the VIP program. The schools receiving Board of Education Excellence Awards are as follows:

**Greenbriar West Elementary, Fairfax; Hunt Valley Elementary, Springfield; Hunters Woods Elementary for the Arts and Sciences, Reston; Keene Mill Elementary, Springfield; Mantua Elementary, Fairfax; Mosby Woods Elementary, Fairfax; Navy Elementary, Fairfax; Robinson Secondary, Fairfax; Sangster Elementary, Springfield; Springfield Estates Elementary, Springfield; Thomas Jefferson**

**High for Science and Technology; West Springfield Elementary, Springfield; West Springfield High, Springfield; White Oaks Elementary, Burke; Willow Springs Elementary, Fairfax; and Woodson High, Fairfax.**

The Fairfax County Band Directors Association has recognized 16 Fairfax County Public Schools (FCPS) students for excellence in solo instrumental music performance as part of the 2015 Fairfax County Band Directors Association Solo Competition. A total of 33 schools were represented; 66 students competed in the event.

The following students were named winners in the elementary school division: **Third place: Maia Trafton (trumpet), Keene Mill Elementary School.**

The following students were named winners in the high school division: **First place: Hunter Lorelli (bassoon), West Springfield High School.**

**Alyssa M. Clark, Caitlyn M. Clark, and Amanda R. Harvey** of Fairfax; **Steven D. Peterson, Richard D. Grant, and Emma L. Gray** of Fairfax Station; **Lauren L. Thomas** of Burke; **Sean K. Troutman** and **Michael R. Deets** of Springfield received scholarships on July 22 from the Marine Corps Scholarship Foundation at the Truman Crawford Hall at the Marine Barracks Washington in Washington, D.C. The foundation awarded more than \$7 million in scholarship funding to a 2,300 Marine children for the 2015-16 academic year. Of those, 170-plus recipients are from Washington, D.C., Maryland or Virginia.



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## Time to Encourage Reading

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



### COMMENTARY

For many of us summer vacation provides a time for our families to enjoy time off from the school year grind, and allows children to participate in fun outdoor activities. However, during summer break, some children fall behind in their academic achievements, which can lead to steps backward in a child's education. This is especially true when it comes to reading.

According to the National Summer Learning Association, approximately 22 percent of the school year's instructional time is lost over summer vacation. In fact, teachers often spend at least one month re-teaching material that students have forgotten over the summer. Unfortunately, the time that teachers spend covering old material could be dedicated to new material that students are potentially missing

out on all together. We may be more than halfway through this summer, but there is still plenty of time to encourage reading in your household before the kids get back to school. There are plenty of creative ways to help kids find time to read; children can combine reading with summer activities like going to the pool or traveling for a family vacation. You can also encourage reading by leading by example: reading together as a family, picking up your own book when your child sits down to read, and spending time together reading aloud are all ways to make reading a fun family activity.

And don't be afraid to make visiting the library a regular activity of your summer schedule! Fairfax County has an extensive public library system, which can be a fun, cool place to spend an afternoon when the summer weather isn't cooperating.

The library is also providing ways to encourage students to read during the summer. The Fairfax County Public Library Summer Reading Program runs until Sept. 5 and encourages children to read for pleasure during summer break. The program provides reading lists for those in need of ideas, and the program even offers prizes.

To be eligible for the coupon book prize, children from birth until sixth grade must read 15 books. They can also have books read to them. Seventh through twelfth grade students must read six books in order to be eligible for the prize. More information can be found at <http://www.fairfaxcounty.gov/library/srp/>

Summer can be a fun and exciting time for our children, but while they are exercising their bodies with outdoor sports and activities, it is important that they exercise their minds as well. This is why I would encourage everyone to pick up a book this summer, and join the library programs that make reading fun and rewarding.

### LETTERS TO THE EDITOR

## Morally Wrong and Counterproductive

To the Editor:

Thanks to Mary Kimm of the Connection (Editorial — "Backpacks for All," Connection, July 15-21, 2015) and Ronald Baker's letter to the Connection for highlighting the need for backpacks and the way to support this initiative. However, your readers also need to know about the "Virginia Back to School Supplies and Clothing Allowance" (aka: Backpacks for All) that was introduced in the Virginia General Assembly in 2014 and 2015.

The Connection article noted that we live in an affluent area with these needs, however, in other areas of the state, less affluent areas, the need is greater.

For example, the Richmond International Raceway, seating capacity of 107,097, could be filled more than twice with the number of Virginia Children living in poverty, most of which are in families experiencing the deepest poverty.

In addition to the Connection appeal to support the backpack program via charitable contributions, an approach that SALT also embraces, there is also need to advocate for efforts by the state to address the issue. The article calls for partnership, but the state is absent, not a part of the needed partnership. Funds are already available for government support of backpacks for impoverished students via the federally funded TANF Block Grant. What is missing is public awareness and sup-

port to tap these funds and use them for the intended purpose.

Support has come from students, with the leadership of Rae Moar, a freshman at Thomas Jefferson High School. In her seventh and eighth grade years of school and in her freshman year at Thomas Jefferson, she collected over 800 signatures from students at her school, her church and community to help give impoverished children a strong start in school and give them a learning boost. These signatures were sent to members of the General Assembly, and Del. Scott Lingamfelter and Sen. Chuck Colgan (now retired). The legislation requires support from your readers. Readers that do not know who represents them can go to this web site: <http://virginiageneralassembly.gov/>.

SALT is proud to have advocated for the "Virginia Back to School Supplies and Clothing Allowance" and promoted support for smart policies for kids and their families. Failing our children today is not only morally wrong; it is also

counterproductive, ultimately leaving us less competitive in the global community.

**John Horejsi**  
SALT Coordinator  
Vienna

## Can't Afford to Lose Them

To the Editor:

Planned Parenthood provides critical health care and education to hundreds of thousands of women and men. My story is a prime example.

I was a Planned Parenthood patient off and on for 10 years. I first came to Planned Parenthood for my annual exams and birth control. I was always treated with compassion and respect, and I always received high-quality care.

When I became unexpectedly pregnant at 23, Planned Parenthood was there for me. The counselor I spoke with listened to me, and informed me that I could pur-

sue adoption and other assistance should I choose to carry the pregnancy to term. I decided to abort, and that decision was supported, without judgement.

Several years later when I was married, but not yet ready to have a child, my doctor prescribed me a new low-dose birth control pill. The insurance I had through my employer would not cover it. I contacted Planned Parenthood and asked if they carried that specific pill. They did. Planned Parenthood was there for me again. Even though I was employed and had insurance through my company, it was Planned Parenthood that I turned to for the birth control that was right for me, at an affordable cost.

It's frightening that the attacks on Planned Parenthood seem to be getting worse lately. They've helped so many with nowhere else to go.

Our country can't afford to lose them.

**Melissa Weger**  
Fairfax

## Newcomers and Community Guides: Call for Entries

The Connection's annual Newcomers and Community Guides will publish Aug. 26, and we need help from our readers.

What tips do you have for someone getting to know your community? We're hoping to share the places, activities, events, organizations and volunteer opportunities. What great places and activities do you want your new neighbors to know about? Events that should not be missed? Organizations that do a great job? Places to volunteer? Tips for navigating your PTA or your school's front office? We'd love to have your photos to go along with your suggestions.

Faith organizations, nonprofit organizations, clubs, environmental groups, advocacy groups, youth sports teams and others who offer events open to the public are invited to send a paragraph about the organization and how to get involved.

Email tips and photos to [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com) or send as a letter to the editor via the website at <http://www.connectionnewspapers.com/contact/letter>. Send in your Insider's Tips by Friday, Aug. 14.

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# FAITH

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

In September 2004 **The Church of the Good Shepherd (Episcopal)**, 9350 Braddock Rd., began offering an ESOL (English for Speakers of Other Languages) program to serve members of our community who wish to improve their English skills. Since then, hundreds of students from 5 continents and more than 25 countries have attended morning and evening classes at Good Shepherd. For more information or to volunteer call the church office at 703-323-5400. Leave your name and contact information and someone will get back to you.

The Church of the Good Shepherd ESOL Fall classes will be held Tuesday, Wednesday, and Thursday from 9:30 – noon and 7-9 p.m., Sept. 22 through Dec. 10.

**Registration** is scheduled for Wednesday, Sept. 9 and Thursday, Sept. 10 from 9:30 – 12 and 7-9 p.m. For information call 703-343-5400.

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

**The Guhyasamaja Buddhist Center**, 10875 Main St., Fairfax City provides free classes to both newcomers and advanced practitioners of Tibetan Buddhism. The center emphasizes work-

ing with the mind and learning how to understand the workings of the mind, overcoming inner causes of suffering, while cultivating causes of happiness. Under the direction of Lama Zopa Rinpoche, the center is a place of study, contemplation and meditation. Visit <http://www.guhyasamaja.org> for more information.

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

**First Baptist Church of Springfield** offers Sunday school at 9:15 a.m., followed by a 10:30 a.m. worship service at 7300 Gary St., Springfield. 703-451-1500 or [www.fbcspringfield.org](http://www.fbcspringfield.org).

**Clifton Presbyterian Church**, 12748 Richards Lane, Clifton, offers Sunday worship services at 8:30 a.m. and 11 a.m. Nursery care is provided. Christian education for all ages is at 9:45 a.m. 703-830-3175.

**St. Andrew the Apostle Catholic Church**, 6720 Union Mill Road, Clifton, conducts Sunday masses at 7:30 a.m., 8:45 a.m., 10:30 a.m. and 12:30 p.m. It also offers a Saturday vigil at 5:30 p.m. and a Thursday Latin mass at 7 p.m. 703-817-1770 or [www.st-andrew.org](http://www.st-andrew.org).

**Prince of Peace Lutheran Church**, 8304 Old Keene Mill Road, Springfield, offers casual worship services on Saturday evenings at 5:30 p.m.

featuring contemporary music. More traditional services take place on Sunday mornings at 8:15 and 11 a.m. Sunday School is from 9:45-10:45 a.m. for children and adults. The church also offers discussion groups for adults. 703-451-5855 or [www.poplc.org](http://www.poplc.org).

**Kirkwood Presbyterian Church**, 8336 Carrleigh Parkway in Springfield, supports a Mothers of Preschoolers (MOPS) program on the first and third Wednesday of each month. Meetings are 9:30-11:30 a.m. at the church. All mothers and children are welcome. The program provides mothers an opportunity to get to know other mothers through discussions and craft activities. Register. 703-451-5320.

**JCCNV Mother's Circle** program, for women who are not Jewish but are raising Jewish children. Free education in Jewish rituals, practices and values, while respecting the participant's choice to retain her own religious identity. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike in Fairfax. Contact Laurie Albert, 703-537-3064 or [HYPERLINK "mailto:LaurieA@jccnv.org"](mailto:HYPERLINKmailto:LaurieA@jccnv.org) LaurieA@jccnv.org.

**Franconia United Methodist Church**, 6037 Franconia Road, Alexandria, offers traditional Sunday church services at 8:30 a.m. and 11 a.m. plus Sunday School classes for all ages at 9:45 a.m. Childcare is available 8:15 a.m.-12:15 p.m. There will be a Terry Hall Concert on Saturday, April 14 at 4 p.m. with old spirituals, classic hymns, southern gospel favorites and more. 703-971-5151 or [admin@franconiaumc.org](mailto:admin@franconiaumc.org) or [www.franconiaumc.org](http://www.franconiaumc.org).

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# WELLBEING

## Helping Aging Parents

Event will highlight resources available for long-term care planning.

By MARILYN CAMPBELL  
THE CONNECTION

Antonio M. Taguba says his life changed forever during a family reunion in 2006, starting with an announcement from his mother.

"She said she wanted to have a family meeting," said Taguba, a retired Army major general, who lives in Alexandria. "We thought she was healthy ... but all of a sudden she told us that she was dying of cancer."

The family, which also included seven children and a physically disabled father with dementia, had not thought about long-term care for the aging parents who lived in Hawaii. Suddenly Taguba and his sibling were thrust in the role of caregivers.

"My siblings and I were in constant arguments," he said. "I was going home to Hawaii every other month. Eventu-

ally I had to quit my job. Care giving is exhausting and can be very turbulent." In an effort to raise awareness of the need for advanced long-term care planning and the resources available to assist both caregivers and the elderly, Taguba, who is an AARP community ambassador, is sharing his story. He will speak at an event sponsored by AARP, Inc. and the Philippine American Foundation for Charities (PAFC) called Navigating the Caregiver's Maze: Finding Support and Planning for Your Caregiving Journey on Aug. 29. The forum will bring together experts in geriatric care and representatives from organizations that serve the elderly and the disabled.

"The goal of this event is that participants will walk away with knowledge of all the resources that are available for them to help them on their care giving journey," said Amber Nightingale Sultane, associate state director of Com-

munity Outreach, AARP Virginia. "Whether it's support groups for caregivers or adult day care, this area is rich in resources."

Those in the field of geriatric care says that like Taguba, many caregivers can be unprepared for the undertaking and unsure of where to turn for help. "Sometimes you're dealing with a caregiver who doesn't know how to make an assessment of the needs of the person in their care," said Grace Lynch, communications manager for the Fairfax County Division of Adult and Aging Services. "Sometimes you know you need help but you don't know what you need, or you have a diagnosis but don't know how it translates into a specific service." Representatives from Fairfax County Division of Adult and Aging Services will be on hand at the Aug. 29 long-term care event.

Lynch says one tool that can help caregivers begin the task of sorting out needs is the county's Aging Disability and Caregiver Resource Line: 703-324-7948. "When you call, you're talking to a social worker who can help you assess the situation," she said.

Margaret Estrada spends time with Afua Yankobah, an adult day health care staff member at the Herndon Harbor Adult Day Health Care center.



PHOTO COURTESY OF FAIRFAX COUNTY

Safety and health issues are often the first sign that a parent or loved one needs help with self-care. "When you see that they're losing weight or having trouble remembering things. When you see that the house is falling down around them. These are the basic symptoms," said Andrew Carle, executive-in-residence, Program in Senior Housing Administration at George Mason University. "The biggest factor I always start with is whether or not they are safe?"

For seniors who have cognitive or physical impairments and cannot be left

alone during the day, adult day care centers might be an option. Representatives from Fairfax County's Adult Day Health Care will be available during the Aug. 29 forum.

"Adult day health care offers a lot of socialization which is so important to stave off some of the decline we see in the elderly," said Jennifer Robinson of the Fairfax County Adult Day Health Care program. "The centers are full of activities to keep them stimulated. The therapists get to know the participants, their interests and abilities and plan

### Details

**Navigating the Caregiver's Maze**  
Saturday, Aug. 29, (8:30 a.m. – noon)  
Fairfax County Government Center (Board Auditorium)  
For more information and a complete list of participants and vendors, visit: <http://states.aarp.org/aug29/>  
Other resources:  
Fairfax County: [fairfaxcounty.gov/olderadults](http://fairfaxcounty.gov/olderadults)  
Arlington County: <https://aging-disability.arlingtonva.us/>  
Alexandria: [alexandriava.gov/Aging](https://alexandriava.gov/Aging)  
Montgomery County: [www.montgomerycountymd.gov/senior/](http://www.montgomerycountymd.gov/senior/)

programs accordingly. People do better when they're not depressed."

Denial and resistance, among both the caregivers and the person in need of care, are common hindrances in the creation and implementation of a long-term care plan. "The biggest thing we see and what takes the biggest emotional toll is the parent/child role reversal that takes place. This can be difficult to cope with," said Amy E. Coren, Ph.D., J.D., assistant professor of psychology at Northern Virginia Community College in Alexandria. "What we really stress is understanding that the old relationship is finished and a new relationship must be established, where the previous parent is now an individual

under your care."

Coren underscores the fact that this is not tantamount to becoming a parent for the person who is in one's care. "But rather, [it] creates a unique relationship where the caregiver is responsible for emotional, financial, and even physical support of the former parent ... It's a subtle distinction, but important to make."

Taguba believes that dynamic is one reason why the issue of long-term care is avoided, often until it is too late. "It's a topic that we don't want to touch because we think our parents are going to live forever," he said. "But it's part of a family cycle. Its never a good time to have to conversation, but it starts with a four letter word: love."

"Adult children often rationalize [a parent's situation] before they're ready to accept that a parent needs help," said Jackie Barnaby, a geriatric social worker in Bethesda, Md. "The danger in waiting too long is that you reach a point where you have to have an intervention."

Another roadblock to long-term care planning is communication. "It should be done early and often, not left until the last moment or following a crisis," said Coren. "Many families do not have great lines of communication and this can be difficult, but it is still important."

"There's a wide availability of resources," said Taguba. "But it's about having the motivation to use them and not waiting until the last minute."

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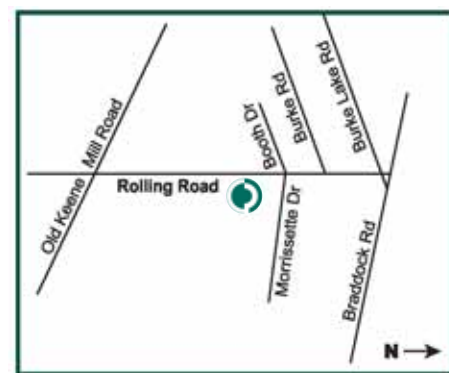
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## ENTERTAINMENT

Members of The Netcasters relaxed outside one of the meeting houses after providing music to support Olivet Episcopal Church's annual retreat to Shrine Mont the weekend of May 3-4. The Netcasters bring gospel music, folk tunes and songs of yesteryear to retirement centers in Northern Virginia once or twice each month.



COURTESY PHOTO

# The Netcasters on the Move

The ecumenical music group from the Springfield-Burke area brings music to retirement centers in Northern Virginia.

BY LIZ MILNER AND SUSIE NUÑEZ

What's next – a tour bus and T-shirts? With the performance schedule that The Netcasters have been on lately, that might just be appropriate since they are now doing benefit concerts.

The ecumenical music ministry group's most recent stop was a trek to West Virginia to perform on behalf of the Romney Christian Ministerial Association (RCMA) on Saturday evening, June 20. This nonprofit organization provides help to Romney residents in need of food, clothing and short term shelter.

"We also coordinate the efforts of the local churches for things such as the Community Thanksgiving Service and Romney's Christmas event," said Rick Hillenbrand, a member of St. Stephen's Episcopal Church in Romney, who assists with RCMA as a member of the community.

The Netcasters are noted for their ability to get audiences clapping, singing along and even dancing as they perform their repertoire of gospel, "songs of yesteryear," and folk music favorites. This fundraising concert was also a celebration of West Virginia Day, which marked the anniversary that the state was admitted into the Union in 1863. To commemorate the occasion, "Battle Cry of Freedom" and John Denver's "Country Roads" were added to the group's presentation, as well as the Civil War lament "Lorena."

The Netcasters also presented the music for St. Stephen's Sunday morning service, which was held at a chapel at Peterkin Camp, the spiritual center of the Episcopal Diocese of West Virginia, instead of at the church itself in order to accommodate the number of attendees that the group usually draws. Known

for creative and bluesy arrangements by Ether Smith, one of the musical directors, pieces such as "Surely I Will, Lord" had the congregation swaying and clapping along.

This was the group's fifth performance weekend in this small mountain town and its second trip to the Appalachian region in the past three months. In early May, The Netcasters provided a weekend of gathering, celebration, and service music on behalf of Olivet Episcopal Church at Shrine Mont, the comparable retreat center managed by the Diocese of Virginia.

The group has a 30-year history at the Orkney Springs, Va. site. This year's trip with six new members (including both men and women vocalists, as well as Bart Macmillan, who provided versatility as a second keyboardist) was a chance to introduce the tranquil location to the new generation of Netcasters.

"Shrine Mont is a very special place for us," said co-director Kathryn Boudreau. "Many of us had been there before, and we were happy to return to share this beautiful retreat with our new members."

Locally, the musical group has had performances each month this year at retirement homes and rehabilitation centers in the area, including Afternoon With The Netcasters sessions at Tall Oaks Assisted Living in Reston and the Aarondale Retirement Community in Springfield.

They also presented a set at Messiah United Methodist Church on Rolling Road as part of a concert by that church's youth praise band. Messiah provides rehearsal space to The Netcasters on a weekly basis during the school year.

The ensemble is looking forward to yet another road trip back to the Charlottesville area in October. At the request of Christopher Garcia, the rec-

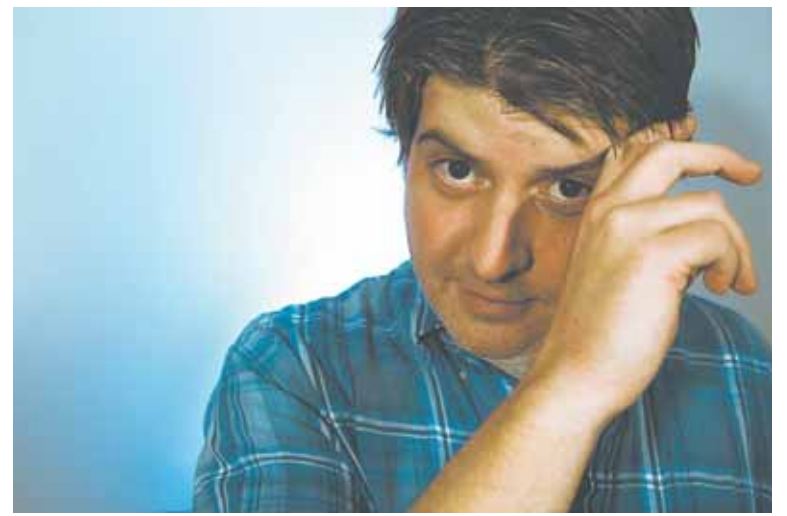
tor of Emmanuel Episcopal Church in Greenwood, Va., The Netcasters will be offering the service music for a Sunday service. While in that area, the group will also do an afternoon session at Mountainside Senior Living to entertain the residents.

Garcia's wife, Cheryl, had served as one of The Netcasters' musical directors for years while they lived in Springfield. She is expected to rejoin the group to conduct and play flute during these performances in October.

With all this mileage, maybe that tour bus is a good idea after all.

"Shrine Mont is a very special place for us ... Many of us had been there before, and we were happy to return to share this beautiful retreat with our new members."

— Co-director Kathryn Boudreau



Comedian Stewart Huff is coming to the Workhouse Arts Center on Aug. 7 at 8 p.m. Huff has performed all across the country and has been featured in the Aspen Comedy Festival, Boston Comedy and is a hit on various Fringe Festivals.

## CALENDAR

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

### FRIDAY-SUNDAY/AUG. 7-9

**Charity Show House.** Potomac Falls, 8601 Nutmeg Court, Potomac. Friday-Saturday: 10 a.m. - 5 p.m. Sunday: 12-5 p.m. Margo Shapiro, of Fairfax Station, participated in the Charity Show House by staging two rooms in a 13,000 square foot home in Potomac. Admission: \$10. All proceeds go towards the Tourettes foundation.

### FRIDAY/AUG. 7

**Stewart Huff Live.** 8-10 p.m. Workhouse Arts Center, 9518 Workhouse Way, Lorton. Comedian Stewart Huff brings his humor to the Workhouse. Tickets: \$15.

**"Despicable Me 2."** 7 p.m. Strawberry Park, just outside of Angelika Film Center, 2911 District Avenue, Fairfax. Girls on the Run NOVA is presenting a free outdoor screening of "Despicable Me 2." The event is a way for families to learn more about their unique youth development program while also celebrating 15 years of service and 50,000 girls served.

**Fun and Games.** 2 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Board games and fun. Ages 6-12. <http://www.fairfaxcounty.gov/library/branches/bc/>

**Kingstowne Farmers Market.** 4-7 p.m. Fridays, May 1-Oct. 30. Giant Parking Lot, 5955 Kingstowne Towne Center, Alexandria. Vendors products include fresh organic honey and hand held pies and rolls. [www.fairfaxcounty.gov/parks/farmersmarkets/kingstownemkt.htm](http://www.fairfaxcounty.gov/parks/farmersmarkets/kingstownemkt.htm)

### SATURDAY/AUG. 8

**Mount Vernon Nights 2015: Robin and Linda Williams.** 7-8 p.m. Workhouse Arts Center, 9601 Ox Rd., Lorton. A Prairie Home Companion favorites Robin & Linda Williams just released a new hit album, These Old Dark Hills. Come enjoy live music and fun.

**2nd Saturday Art Walk.** 6-9 p.m. Workhouse Arts Center, 9601 Ox Rd., Lorton. Experience the diverse art of over 100 artists on a historic venue. Free Admission.

**Creative Writers Club.** 2 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Join for sharing, discussion and feedback on your works in progress. Ages 13-18. <http://www.fairfaxcounty.gov/library/branches/bc/>

**Burke Farmers Market.** 8 a.m.-noon. Saturdays, May 2-Nov. 21. 5671 Roberts Parkway, Burke. [www.fairfaxcounty.gov/parks/farmersmarkets/burkemkt.htm](http://www.fairfaxcounty.gov/parks/farmersmarkets/burkemkt.htm)

**Springfield Farmers Market.** 10 a.m.-2 p.m. Springfield Town Center, 6699 Spring Mall Drive, Springfield. [www.smartmarkets.org](http://www.smartmarkets.org)

**Fairfax Farmers Market.** 8 a.m.-1 p.m. Saturdays, May 9-Oct. 31. 10500 Page Avenue, Fairfax. [www.fairfaxsatdaymarket.com](http://www.fairfaxsatdaymarket.com)

### SUNDAY/AUG. 9

**Model Train Show.** 1-4 p.m. Fairfax Station Railroad Museum, 11200 Fairfax Station Road. Table Top (TTRAK) model trains will be on display and running. Admission: \$2-\$4. Visit [www.fairfax-station.org](http://www.fairfax-station.org)

**Lorton Farmers Market.** 9 a.m.-1 p.m. Sundays, May 3-Nov. 8. Featuring fresh produce, a Swiss bakery and potted plants and herbs. VRE Parking Lot, 8990 Lorton Station Boulevard, Lorton. [www.fairfaxcounty.gov/parks/farmersmarkets/lortonmkt.htm](http://www.fairfaxcounty.gov/parks/farmersmarkets/lortonmkt.htm)

**Fairfax Farmers Market.** 10 a.m.-2 p.m. Sundays, May 10-Oct. 25. 10500 Page Avenue, Fairfax. [www.fairfaxsatdaymarket.com/](http://www.fairfaxsatdaymarket.com/)

**Fair Lakes Farmers Market.** 9 a.m.-1 p.m. 4501 Market Commons Drive, Fairfax. [www.greentowns.com/initiative/farmers-market/fair-lakes-farmers-market-fairfax-va](http://www.greentowns.com/initiative/farmers-market/fair-lakes-farmers-market-fairfax-va)

### TUESDAY/AUG. 11

**Cupcake War for Teens.** 7 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Teens will create cupcake confections with frosting, sprinkles, toppings and accessories to learn decorating tips. Ending with a fun competition. Sign up required. <http://www.fairfaxcounty.gov/library/branches/bc/>

**Bedtime Storytime.** 7 p.m. Richard Byrd, Library, 7250 Commerce Street, Springfield. Come in your pajamas, bring your favorite stuffed animal, and enjoy bedtime stories and music. Age birth-5 with adult.

### WEDNESDAY/AUG. 12

**The One Man Band.** 10:30 a.m. Fairfax Library, 10360 North Street, Fairfax. Sing, dance and read to the rhythm with Peter McCorry. All ages. Please register child and adult

SEE CALENDAR, PAGE 11



# CALENDAR

FROM PAGE 10

farmersmarkets/kingstownemkt.htm

separately. <http://www.fairfaxcounty.gov/library/branches/fx/>  
**From Seed to Sprout.** 10:30 a.m. Richard Byrd, Library, 7250 Commerce Street, Springfield. See how amazing seeds are and learn to sprout seeds by making your own Bean Baby using seeds from the American Horticultural Society and National Capital Area Garden Club. Age 6-12.

## THURSDAY/AUG. 13

**Toddler Time.** 10:30 am. Fairfax Library, 10360 North Street, Fairfax. Join for stories, song and activities. Ages 2-3 with adult. Sign up required. <http://www.fairfaxcounty.gov/library/branches/fx/>  
**Afternoon Book Club.** 1 p.m. Richard Byrd, Library, 7250 Commerce Street, Springfield. Join this afternoon book club, make new friends, and chat about books. This month's title is "How It All Began" by Penelope Lively.

## FRIDAY/ AUG. 14

**Library Playdate: Toddlers.** 10:30 a.m. Burke Centre Library, 5935 Freds Oaks Road, Burke. A fun place to play with other toddlers. Ages 1-2 with Adult. Sign up required. <http://www.fairfaxcounty.gov/library/branches/bc/>  
**Kingstowne Farmers Market.** 4-7 p.m. Fridays, May 1-Oct. 30. Giant Parking Lot, 5955 Kingstowne Towne Center, Alexandria. Vendors products include fresh organic honey and hand held pies and rolls. [www.fairfaxcounty.gov/parks/](http://www.fairfaxcounty.gov/parks/)

## SATURDAY/AUG. 15

**Mount Vernon Nights 2015: The Revelers.** 7-8 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. The Revelers, founding members of the Red Stick Ramblers and The Pine Leaf Boys "unquestionably the two groups at the vanguard of the Louisiana cultural renaissance" have joined together to form a Louisiana Supergroup which combines Swamp-Pop, Cajun, Country, Blues and Zydeco into a powerful tonic of roots music that could only come from Southwest Louisiana. Free admission.  
**Tales to Tails.** 11 a.m. Fairfax Library, 10360 North Street, (Fairfax). Children ages 6-12 celebrate Prince Boo-Boo's birthday with games, activities and reading to the dog. Please bring a birthday card. School age. <http://www.fairfaxcounty.gov/library/branches/fx/>  
**Burke Farmers Market.** 8 a.m.-noon. Saturdays, May 2-Nov. 21. 5671 Roberts Parkway, Burke. [www.fairfaxcounty.gov/parks/farmersmarkets/burkemkt.htm](http://www.fairfaxcounty.gov/parks/farmersmarkets/burkemkt.htm)  
**Springfield Farmers Market.** 10 a.m.-2 p.m. Springfield Town Center, 6699 Spring Mall Drive, Springfield. [www.smartmarkets.org](http://www.smartmarkets.org)  
**Fairfax Farmers Market.** 8 a.m.-1 p.m. Saturdays, May 9-Oct. 31. 10500 Page Avenue, Fairfax. [www.fairfaxsaturdaymarket.com](http://www.fairfaxsaturdaymarket.com).

## SUNDAY/AUG. 16

**Model Train Show.** 1-4 p.m. Fairfax Station Railroad Museum, 11200 Fairfax Station Road. The Northern Virginia NTRAK members will hold a N gauge model train show. Admission: \$2-\$4. Visit [www.fairfax-station.org](http://www.fairfax-station.org).

**Lorton Farmers Market.** 9 a.m.-1 p.m. Sundays, May 3-Nov. 8. Featuring fresh produce, a Swiss bakery and potted plants and herbs. VRE Parking Lot, 8990 Lorton Station Boulevard, Lorton. [www.fairfaxcounty.gov/parks/farmersmarkets/lortonmkt.htm](http://www.fairfaxcounty.gov/parks/farmersmarkets/lortonmkt.htm)  
**Fairfax Farmers Market.** 10 a.m.-2 p.m. Sundays, May 10-Oct. 25. 10500 Page Avenue, Fairfax. [www.fairfaxsaturdaymarket.com/](http://www.fairfaxsaturdaymarket.com/)  
**Fair Lakes Farmers Market.** 9 a.m.-1 p.m. 4501 Market Commons Drive, Fairfax. [www.greentowns.com/initiative/farmers-market/fair-lakes-farmers-market-fairfax.va](http://www.greentowns.com/initiative/farmers-market/fair-lakes-farmers-market-fairfax.va).

## MONDAY/AUG. 17

**Deconstruction/Construction.** 2:30 p.m. Fairfax Library, 10360 North Street, Fairfax. Join the City of Fairfax Regional Binary and Tech Shop DC-Arlington for an afternoon of demolition. We will deconstruct a common household electronic device. Teens. Sign up required. <http://www.fairfaxcounty.gov/library/branches/fx/>

## TUESDAY/AUG. 18

**S.T.E.A.M Storytime.** 2 p.m. Burke Centre Library, 5935 Freds Oaks Road, Burke. Science, Technology, Engineering, Art and Math. Each month focuses on one subject with stories and activities for preschoolers. Ages 4-5 with adult. Sign up required. <http://www.fairfaxcounty.gov/library/branches/bc/>  
**Brain Games at the Library.** 2 p.m. Fairfax Library, 10360 North Street, Fairfax. Have fun and win prizes with our board and card games that

## Ongoing

**Evenings on the Ellipse Summer Concert.** Thursdays, through Aug. 20. 5:30-7 p.m. Fairfax County Government Center Ellipse (Backyard), 12000 Government Center Parkway, Fairfax. Relax with music, tastes of local wines and great company.  
**Burke Arts in the Parks.** Saturdays, through Aug. 22. 10 - 11 a.m. Burke Lake Park Amphitheater, 7315 Ox Road, Fairfax Station. Entertain children, teach them the importance of protecting our natural resources, introduce them to live entertainment in an informal kid friendly atmosphere, and forge a connection between kids and parks. Call 703-323-6601.  
**Stars on Sunday Concert Series.** Sundays, through Aug. 30. 3 p.m. Workhouse Arts Center, 9518 Workhouse Way, Lorton. Featuring a lineup of performances that showcase the diversity of talent and culture in Northern Virginia. Concerts are free to attend and are perfect for families, a special date or a relaxing afternoon of music and dance.  
**Summer Reading Program.** Friday-Saturday, through Sept. 5. 10 a.m.-5 p.m. Fairfax Library, 10360 North Street, Fairfax. Come to the library all summer for books and events. <http://www.fairfaxcounty.gov/library/branches/fx/>.

challenge your thinking. Ages 8-12. School age. <http://www.fairfaxcounty.gov/library/branches/fx/>  
**Classics Book Club.** 7 p.m. Richard Byrd, Library, 7250 Commerce Street, Springfield. This month's title is "Little Prince" by Antoine de Saint-Exupery. Adults.

## WEDNESDAY/AUG. 19

**PJ Book Buddies.** 10:30 a.m. Burke Centre Library, 5935 Freds Oaks Road, Burke. Will read selections from the PJ Library and make a craft to bring home. PJ Library provides families with free Jewish books and music each month. Ages 6 months to 5 years. Sign up required. <http://www.fairfaxcounty.gov/library/branches/bc/>  
**Bilingual Storytime.** 4 p.m. Fairfax Library, 10360 North Street, Fairfax. Stories and songs in English and Spanish. Ages 3-5 with adult. Sign up required. <http://www.fairfaxcounty.gov/library/>

branches/fx/  
**Hug a Bug!** 10:30 a.m. Richard Byrd, Library, 7250 Commerce Street, Springfield. Fun stories and activities about summertime insects. Age 3-5 with adult.

## THURSDAY/AUG. 20

**Afternoon Reading Group.** 1 p.m. Fairfax Library, 10360 North Street, Fairfax. A Constellation of Vital Phenomena by Anthony Marra. Adult. <http://www.fairfaxcounty.gov/library/branches/fx/>  
**Magic Tree House Club.** 4:30 p.m. Burke Centre Library, 5935 Freds Oaks Road, Burke. Reading Buffalo Before Breakfast. School age. Sign up required. <http://www.fairfaxcounty.gov/library/branches/bc/>  
**Springfield Writers' Group.** 7 p.m. Richard Byrd, Library, 7250 Commerce Street, Springfield. Share your work, give and receive feedback in a supportive setting.

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## SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

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 8/19/2015...A+ Camps & Schools – Back to School – Private Schools  
 8/26/2015.....Newcomers & Community Guide Pullout

**SEPTEMBER**  
 9/2/2015..... Wellbeing  
*Labor Day is Sept. 7*  
 9/9/2015.....HomeLifeStyle Pullout – Real Estate & New Homes  
 9/16/2015....A+ Camps & Schools Back to School, Open Houses  
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—James F. Hind

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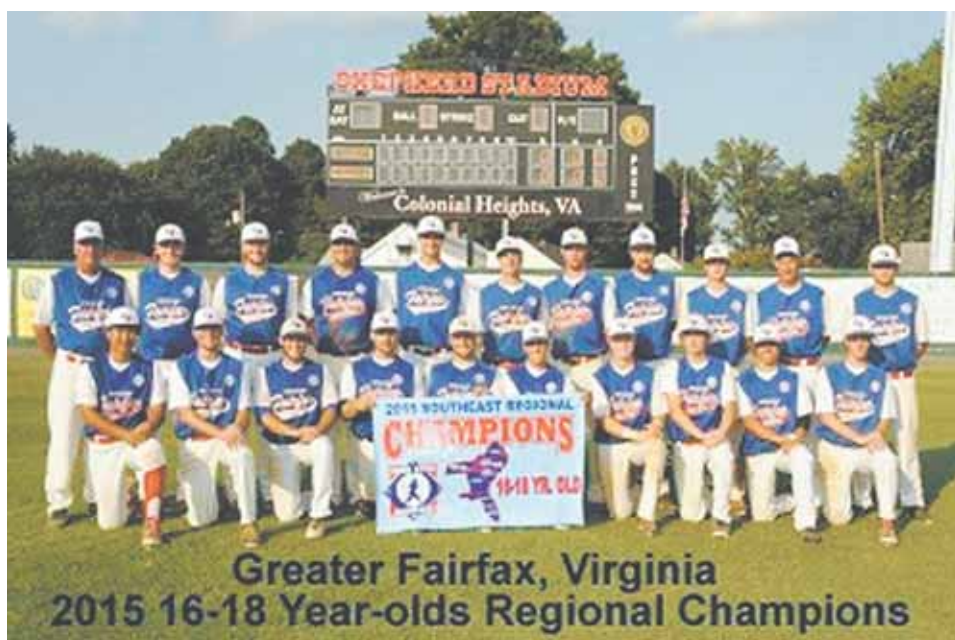
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The SYA Greater Fairfax Senior Babe Ruth team will play in the World Series Aug. 8-15 in Klamath Falls, Oregon.



The SYA 13-15 year-old tournament team reached the Southeast Regional final.

PHOTOS CONTRIBUTED

## SYA Greater Fairfax Senior Babe Ruth Team Advances to World Series

Oregon tournament will be last time many team members play together.

BY BONNIE SCHIPPER  
FOR THE CONNECTION

After losing 4-1 to Lumber River in the third game of the double-elimination Southeast Regional tournament, the SYA Greater Fairfax Senior Babe Ruth baseball team knew they had to fight back in order to avoid being sent home by a second loss.

"In regionals, we knew the best competition we would face would be Northern Fairfax and Lumber River. On the third day we faced Lumber River . . . We ended up losing and made a bunch of errors," Centreville graduate and pitcher/second baseman Nate Nguyen said. "Our coach kept reminding us that the only team that could beat us was ourselves . . . The next day we

had to play Northern Fairfax in an elimination game."

With a home run from Roanoke College pitcher/first baseman Joe Larimer, Greater Fairfax went on to beat Northern Fairfax 2-1, bringing them to once again face Lumber River in a win-or-go-home game. Larimer got the start on the mound, and hit a 3-run home run to help lift the team to a 5-4 win, allowing them to advance to the championship game against Lumber River. After jumping to an early lead, Greater Fairfax won 5-2, earning a berth to the 2015 Babe Ruth League World Series in Klamath Falls, Ore.

"This is the first SYA team in recent memory that has advanced to a World Series," coach Brian Seeley said.

The SYA 13-15 year-old tournament team nearly advanced to their age group's World

Series as well, but fell just short, losing in the Southeast Regional final to Florida 2-0 on Saturday.

With games starting Aug. 8, the SYA Greater Fairfax Senior Babe Ruth team will compete in four pool play games, with the top three teams in the pool advancing to a single-elimination tournament.

"The team will continue to focus on the fundamentals and our approach will be the same. One game at a time," Seeley said.

Pitcher/outfielder Matthew Blaise is one of several team members for whom this will be their first trip to the West Coast.

"I love traveling. It will be fun!" Blaise said. "[The teams on the West Coast] will be competitive but we won't really know [what to expect] until we get there."

For many of the players, though the trip

will be full of "firsts," it is also a significant "last."

"A bunch of [my teammates] were on my All-Star and travel teams [through Little League]," Nguyen said. "With us going off to different colleges, this would be the last time we would get to play on the same team . . . I am excited and a little anxious to play on a big stage like the World Series."

ESPN 93.3 FM will provide complete radio coverage of the Babe Ruth World Series from Aug. 8-15.

"It means a lot to be on a team that is really special. We are all really excited for the opportunity to play and represent Virginia," Nguyen said. "We know the competition will be tough and more experienced, but we believe in our abilities and hope to bring a championship to Virginia."

## Instilling Toughness in Cavaliers

Woodson football team hosts "midnight madness" practice.

BY JON ROETMAN  
THE CONNECTION

Mike Dougherty stood on the Woodson High School football field in the early hours of Aug. 3 and shared some of the more troubling observations from his first season coaching the Cavaliers.

He talked about the team's lack of toughness on defense during the 2014 campaign: "We were by far the worst tackling team I ever saw in my life last year. I felt like we were in positions to make plays on defense, we just lacked the toughness to tackle when we needed it most."



PHOTO BY JON ROETMAN/THE CONNECTION

Second-year Woodson head football coach Mike Dougherty is trying to instill toughness in a program that finished 2-8 last season.

He mentioned the Cavaliers were intimidated by certain opponents: "Last year, I felt like [when we played] certain teams we'd just tuck tail and run, and that was something totally new to me."

The end result for the Cavaliers was a 2-8 record. Woodson closed the season with a five-game losing streak, surrendered an average of 53 points during its final four contests and was outscored 138-15 in its last three games.

**DOUGHERTY** wasn't afraid to discuss the Cavaliers' shortcomings. However, the timing and location of this particular conversation revealed steps he was

SEE WOODSON, PAGE 15





The start of the Fun Run.

PHOTOS BY STEVE HIBBARD/ THE CONNECTION

## Crime Solvers Host 5K Race

More than 400 runners take part in race and fun run at Government Center.

More than 400 runners took part in the third annual Fairfax County Crime Solvers' 5K: A Race Against Crime and Fun Run, sponsored by Investigation Discovery, on Saturday, Aug. 1, at the Fairfax County Government Center. The race supports their nonprofit program that works to aid law enforcement by providing a means for the public to report criminal information anonymously and protected under state law.

The first-place male finisher was James "Doug" Smith, with a time of 15:15; second place male, Thomas Rammelkamp, with a time of 16:04; and third place male, Bennett Stackhouse, with a time of 16:43.

The first-place female finisher was Laurel LeMoigne, with a time of 18:38; second place female, Sarah Spalding, with a time of 19:02; and third place female, Linda Bruhn-Cherry, with a time of 19:51.

On hand for the event was "Homicide Hunter" Lt. Joe Kenda from the Discovery Television show. For more information, visit [www.FairfaxCrimeSolvers.org](http://www.FairfaxCrimeSolvers.org).

Fairfax County Crime Solvers is a community nonprofit program that uses the public's Crime Solving anonymous tips to help solve crime. Those tips are eligible for a cash reward (\$100 to \$1,000) if the anonymous tip leads to an arrest, case closure or recovery of stolen property or seizure of illegal drugs.



The first-place female finisher was Laurel LeMoigne of Springfield with a time of 18:38.

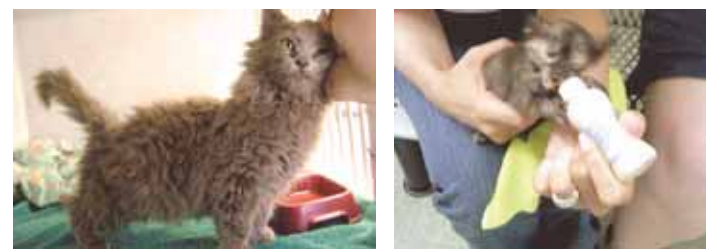
Anonymous tips can be sent in by one of four ways: By phone at 1-866-411-TIPS (866-411-8477); by text — "TIP187" plus your message to CRIMES (274637), by web-based encrypted email or by downloading the Mobile Web App.

— STEVE HIBBARD

McGruff the Crime Dog with Elizabeth Haag of Fairfax.



The first place finisher in the Race Against Crime Fun Run was Cayden Duncan, of Burke.



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PHOTO BY JON ROETMAN/THE CONNECTION

Members of the Woodson football team participate in a “midnight madness” practice on Aug. 3.

# Woodson Football Team Hosts “Midnight Madness” Practice

FROM PAGE 12

taking to fix some of the problems that plagued Woodson last fall.

It was a little after 1 a.m. Monday and the lights above Pat Cunningham Stadium illuminated the football field. The Cavaliers had finished a “midnight madness” practice and players were on the way to the locker room to shower. The Cavaliers were spending the night (and the following night) at the high school, and faced a 5:30 a.m. wake-up call to go jogging.

Dougherty had utilized midnight practices earlier in his coaching career when he was at Dominion High School in Loudoun County. The desired effect Monday was to instill toughness in the Cavaliers while building camaraderie and confidence.

“We were just trying to put them through the worst possible scenario so that everything else seemed a little bit easier when it came to competing and playing in the games,” Dougherty recalled of his time at Dominion. “And the team bond that you get out of something like this, you can’t replace it. These guys are going to be talking about tonight 20 years from now. As much as we want to win games and put trophies on shelves, we’re about creating memories, building a team bond and teaching these guys push through something tough and usually you end up on a good note.”

Offensively, Woodson will once again run an up-tempo spread scheme with a goal of running 80 plays per game. Dougherty said the team averaged 75 last season, including a 107-play output during a 72-56 loss to Annandale.

Rising junior Jojo Heisley is the front-runner to start at quarterback. Heisley started two games at the end of his sophomore season.

“I’m excited for [the season],” Heisley said. “Odds are stacked against us. We were ranked seventh in our conference [by VHSL-Reference]. ... I’m ready to prove them wrong show them what we can do.”

Heisley’s top target figures to be rising

senior Jack Caldwell. Dougherty said he expects Caldwell to catch 60 passes this season and play defense, as well.

“He just goes up high and gets the ball,” Dougherty said. “He’s real long. Through the 7-on-7s this spring, if there was a ball up and it was him and another guy, he was getting most of them. He’s doing a much better job of route running and understanding the concepts of stemming and getting into the spaces we need him to get. Now we’ve got to get the quarterbacks clicking with him.”

“I think he’ll be a top receiver in the area. We’re going to target him 15 times a game.”

Rising senior Chris Gardner and rising sophomore Daequan Williams will see time at running back.

Rising senior guards Mike Fox and Don Stedham anchor the offensive line.

Defensively, Woodson operates from a base 4-3 alignment. Linebackers Torin Shanahan, a rising junior, and Nolan Brahmey, a rising senior, are two of the Cavaliers’ best defenders.

**WOODSON** will scrimmage Marshall (home, Aug. 20) and South Lakes (road, Aug. 27) before opening the season at home against Chantilly on Sept. 4. The Cavaliers will travel to face Robinson on Sept. 11 and will host Fairfax on Sept. 18 before opening Conference 7 play on the road against Annandale on Sept. 25.

“We’ve got to focus on pushing through the entire season,” Caldwell said. “Last season, toward the end, we all lost heart and ended up losing the last several [games] pretty bad. That’s a big part of it; is not giving up the same way we did last season.”

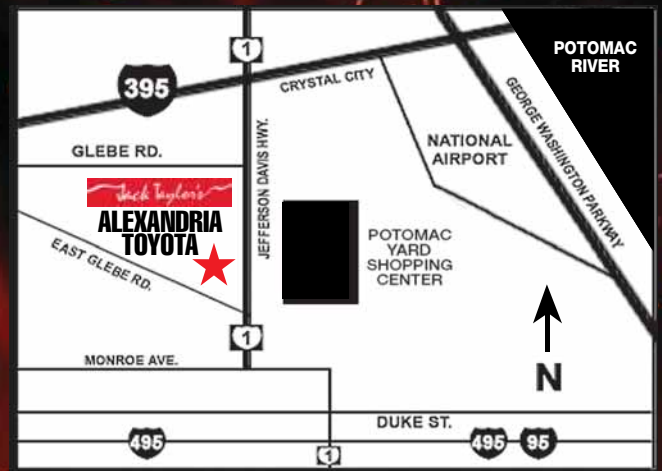
Dougherty said the Cavaliers have a goal of making the playoffs in 2015.

“[We need to] get these kids believing that they can compete with these teams around here because they can,” Dougherty said. “Obviously, we’ve got to do a lot of things right, but just because Robinson comes over here doesn’t mean we should run and hide.”



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