

(From left) Kimo DeSantos with Fairfax County Fire & Rescue explains the interior of the ambulance to Fairfax Station residents Asher Huggins, Mattie Moore and Allison Baldino.

Fairfax Station ♦ Clifton ♦ Lorton
CONNECTION

To Protect, Serve and Connect

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News




PHOTO COURTESY OF FAIRFAX COUNTY POLICE

A 70-year-old Lorton man died after he was struck crossing the street near the intersection of Armistead Road and Lorton Road.

Pedestrian Dies after Being Struck in Lorton Road

Farman Batalia, 70, of Lorton, died early in the morning on July 30 after being struck by a vehicle while crossing Lorton Road near the intersection with Armistead Road.

Police said a 2003 GMC truck driven by a 63-year-old man, also from Lorton, was heading east on Lorton Road when it hit Batalia in the eastbound lanes. He was pronounced dead at the scene of the crash.

Detectives are investigating the collision, though at this time, it's unknown whether speed or alcohol were factors, or if Batalia was in a crosswalk when he was hit.

— TIM PETERSON

FAITH NOTES

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

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 **Congregation Adat Reyim**, an independent Jewish congregation, offers services Friday at 8 p.m., Saturday at 9:30 a.m. and Wednesday at 7:30 p.m. Hebrew School is Sundays at 9:30 and Mondays at 5:30 p.m. Hebrew school is Monday-Friday at 9:30 a.m. Adat Reyim is located at 6500 Westbury Oaks Court in Springfield. 703-569-7577 or <http://www.adatreyim.org>.

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.



(From left) Katelyn and Elizabeth Stuebner meet with Lt. Eli Cory, assistant commander of the West Springfield district police station, before adding condiments to their hot dogs during National Night Out in Little Rocky Run.



(From left) Lt. Eli Cory, assistant commander of the West Springfield district police station, meets with supervisor Pat Herrity (R-Springfield) and new Fairfax Station resident Mark Johnson at a National Night Out event near Colchester Road.

To Protect, Serve, Connect

Communities join public safety agencies for National Night Out.

BY TIM PETERSON
THE CONNECTION

A well-known tunnel-bridge on Colchester Road connects an area of Fairfax Station with the rest of the county, both geographically and mythically. Its link to historic reports of a vandal in a bunny costume has gotten it plenty of attention, including actual acts of vandalism on and around the structure.

"We call [the police] all the time because of the bridge," said Fairfax Station resident Janet Jacobs. "It's a magnet for teenagers."

And though neighbors are familiar with their law enforcement professionals in that setting, they also enjoy the opportunity to interact with them and other neighbors when not discussing any tunnel-related issues.

Each year, that opportunity comes in the form of National Night Out, an event designed to develop relationships between community members and their respective protection and safety agencies.

"We have a small community — it's the one time each year we get everyone together," said Eric Baldino, who has hosted an event at his pre-1850 historic house with wife Kathleen for the last 15 years. "We interact a lot with the police because of the tunnel. This is our way of saying thanks."

Baldino masterminded a large buffet for the affair, including barbecue ribs smoked for six hours prior to the event. His daughter Allison liked that firefighters from the Clifton station also joined the party, driving their ambulance and engine up the driveway. It also gave her a chance to "meet all the new people" in the neighborhood.

"It's about making connections with the communities where we live and work in an environment where you don't usually get to meet," said Lt. Eli Cory, assistant commander of the West Springfield district police station. Cory has served as a Fairfax County officer for 17 years, but only recently joined the ranks at West Springfield.

"Often it's when something bad happens — you get pulled over, there's a crime," he



(From left) Auxiliary Police Officer Ermin Apolinario, Lt. Eli Cory, assistant commander of the West Springfield district police station, Ellen Fox, Jim Fox, Amanda Fox, supervisor Pat Herrity (R-Springfield), Michael Parker and Auxiliary Police Officer Bill Baird wrap up the Cardinal Estates National Night Out event on Aug. 4.

said. "But to just talk over ice cream or a hot dog, you build these relationships. We get to know faces and names we can trust in communities." Across the Springfield district in Cardinal Estates, neighborhood watch captain Amanda Fox and family hosted a similar event to observe National Night Out. Traditionally theirs includes a movie for children screened in a neighborhood park, but this year rain canceled the show. The team was still satisfied with the turnout: an opportunity to meet with officers and share the message of being aware, safe and proactive. "It's great to get the community invested in preventing crime," Fox

said. "If you see something, say something. This gets people more involved, participating and making calls." Supervisor Pat Herrity (R-Springfield) appeared at several National Night Out events around the district, including Little Rocky Run community pool, Colchester Road, Fairfax Station, Orange Hunt Elementary School and Cardinal Estates. "This is a critical part of why crime is so low," Herrity said, "events like this, that get police, fire and sheriff's departments out in the community."

"Crimes don't get solved without the help of our citizens," he added. "They play an important role."



(From left) Kathleen Baldino, supervisor Pat Herrity (R-Springfield), Victor Yufanyi and Loh Yufanyi get together at Baldino's historic residence near Colchester Road in Fairfax Station for National Night Out.



Fairfax Station residents Janet and Michael Jacobs enjoy barbecue and community socializing as part of the National Night Out.



(From left) Ellen and Bob Kaziner of Fairfax Station describe finding a wallet near a public path to Lt. Eli Cory, assistant commander of the West Springfield district police station, during the National Night Out event.



Local produce being sold at Lorton's farmers market.



A wide variety of vegetables are available at the market.

PHOTOS BY TABITHA TIMM/THE CONNECTION

Local Produce and Other Treats at Lorton Farmers Market

BY TABITHA TIMM
THE CONNECTION

Lorton's Farmers Market offers a variety of locally made products, including fruit, vegetables, honey, baked goods and ice cream. Many customers forgo trips to the grocery store and instead do their weekly grocery shopping at the market, preferring the healthier, better tasting alternative.

"There is definitely a difference in quality of the fruit and vegetables. If you want eggplant anywhere in America, even Whole Foods, which is supposed to be an organic store, it tastes like rubber," said Radhika Kumar from Lorton. "I was originally born and raised in India and we had a garden in our backyard where we used to get our produce from—my very first time here, I tasted eggplant and it tasted like I was back home, like it was all organically grown in our backyard."

"I wish [the farmers market] was here all year so that I wouldn't have to go to the grocery store. I buy pretty much all of my produce here: squash, zucchini, fruits, watermelon, strawberries, potatoes, onions, tomatoes, anything. I'm a vegetarian so we cook a lot of vegetables and all the vegetables come from the farmers market. Local



Craig McMullen, from Springfield, preparing ice cream using liquid nitrogen.

cal honey, too," added Kumar.

The fruit and vegetables aren't the only items superior to their grocery store competitors. All of the market vendors seem to



A variety of berries being sold with free samples.

put more attention to taste and health into their products.

"We care more about the quality and the taste of the flavor, I'm a chef and I have 30 years of experience, my wife has been to pastry school, we work together and we really care about what we put out. The way I look at it is, 'If I'm not willing to eat it, then why would I sell it?'" said Craig McMullen of Nitro's Creamery, a Springfield-based home ice cream business. McMullen only uses the best ingredients he can find in his products.

"The milk we use comes from a very small creamery up in Maryland and it's all-natu-

ral, grass fed, and has a minimal amount of processing—the way it should be. I use fresh, local ingredients. I'm using wild blackberries, and my son and I were out picking raspberries and blueberries this past week. We go picking and we try to keep everything local within 150 miles, I know my Belgian chocolate isn't, but the cream is, the vanilla I add is not, but it's the best quality of Madagascar vanilla I can get," said McMullen. Many of the market vendors purchase products from each other, as well.

"We try to work with all the market, when the farmers have rhubarb in season, we'll get the berries from them. Coon's Farm-best apples, best peaches, we're always talking about them. Come the fall, they'll have about 22 different varieties of apples, and they've got great apple cider. We always try to help each other, I'm always building up everyone else because, the way I look at it, is we're here in the market, we're here as a team, we're not against each other," said McMullen.

The Lorton Farmers Market is located at the VRE Station, the address is 8990 Lorton Station Boulevard, and is open every Sunday from 9 a.m. to 1 p.m.

Gunston Hall Receives Highest National Recognition

Gunston Hall has again achieved accreditation by the American Alliance of Museums (AAM), the highest national recognition for a museum. Accreditation signifies excellence to the museum community, to governments, funders, outside agencies, and to the museum-going public. Gunston Hall has been accredited since 1988. All museums must undergo a reaccreditation review every 10 years to maintain accredited status.

AAM Accreditation brings national recognition

to a museum for its commitment to excellence, accountability, high professional standards, and continued institutional improvement. Developed and sustained by museum professionals for nearly 45 years, AAM's museum accreditation program is the field's primary vehicle for quality assurance, self-regulation, and public accountability. It strengthens the museum profession by promoting practices that enable leaders to make informed decisions, allocate resources wisely, and remain financially and ethically accountable in order to

provide the best service to the public.

Of the nation's nearly 17,500 museums over 1,000 are currently accredited, including 59 museums accredited in Virginia.

"Gunston Hall is honored to have been awarded subsequent accreditation by the American Alliance of Museums. I could not be more proud of our Board of Regents, our staff, and our volunteers for their tremendous effort and passionate commitment to meeting all the requirements necessary to be recognized in this fashion," said Scott Stroth, Gunston Hall's Executive Director.

Accreditation is a very rigorous but highly rewarding process that examines all aspects of a museum's operations. To earn accreditation a museum first must conduct a year of self-study, then undergo a site visit by a team of peer reviewers. AAM's Accreditation Commission, a panel of seven museum professionals, consider the self-study and visiting committee report to determine whether a museum should receive accreditation.

Visit www.gunstonhall.org.

BRIEF

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 or send as a letter to the editor via the website at www.connectionnewspapers.com/contact/letter/. Send in your Insider's Tips by Friday, Aug. 14.

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OPINION

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

Farms Need a Better Regulatory Framework

To the Editor:

My problem with Whitehall Farm (Re: "Saving the Whitehall Family Farm" by Tim Peterson) is that it worked with Fairfax County to establish an Agricultural and Forresteral (A&F) district, through which, in exchange for preserving the rural landscape, it received substantial property tax reductions. A&F districts are Virginia's take on the "Ag-exempt" movement. This philosophy started in the 1970s, when "family farms" were increasingly threatened by declining profit margins for their agricultural products. In additions, the market value of the farms were increasing as a result of development pressures, increasing their property taxes. Almost all states have adapted these "Ag-exempt" frameworks, which "value" the farm property on its potential revenues from traditional farm products or property rents ("cadastral" value), as opposed to "market valuations." The result is property tax bills that are about 10-20 percent of normal market values.

In Virginia, counties may implement these A&F programs. In most cases, planning commissions do the legwork, which is ultimately approved by each county's board of supervisors. Almost all of these agreements give the owners reduced property taxes in exchange for not developing the property to a more intensive level.

The problem is that these owners engage in "more intensive de-

velopment" projects without going through any review. For example, in Fairfax County's case, we have seen one A&F district clear five acres of trees and put in a parking lot without any review. In Whitehall Farm's case, they cleared approximately one acre of trees lining Colchester and Newman Roads and put up an advertising sign.

Virginia has created a legal framework through the 2014 Farm Act and Farm Brewery Acts, the 2006 and 2008 Farm Winery legislation, and modifications to the State Uniform Building Code (SUBC) that essentially have placed agro-tourism beyond the reach of any local or state regulation. Buildings designed to host hundreds of visitors per day are not required to submit permits to comply with structural, electrical, or fire safety codes. They are not inspected for ADA compliance. They are using septic systems that are not adequate for their visitor loads. They are not getting stormwater license approvals or complying with Clean Water Act requirements on surface effluent pollution. Farms have been identified by organizations like the Chesapeake Bay Foundation and the EPS as the greatest source of pollution affecting Chesapeake Bay.

From the point of view of Virginia local government, like Fairfax County, agro-tourism farms are better than the alternative, which is letting the farms be turned into housing developments. Homes introduce school children, who create a \$10K-15K per annum burden on county finances per student. The tax revenue

from these homes does not come close to supplying additional property tax revenues to compensate for this burden.

I think that it is wonderful that we have farms like Whitehall Farms providing fresh vegetables to our local community, while promoting rural landscapes and impeding urban sprawl. However, there must be a better regulatory framework in Virginia to prevent the excesses from agricultural enterprises and agro-tourism that are starting to become apparent.

Hal Moore
Clifton

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 pursue 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

Write

The Connection welcomes views on any public issue.

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

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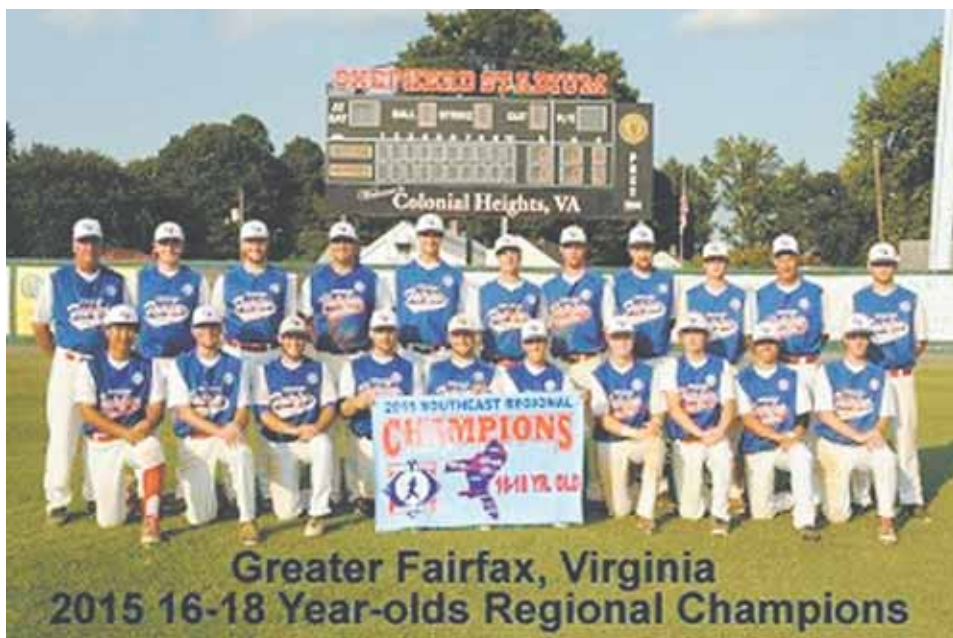
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PHOTOS CONTRIBUTED

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.

SYA Greater Fairfax Senior Babe Ruth Team Advances to World Series

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

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

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

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.

Woodson football team hosts "midnight madness" practice.

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 11

ENTERTAINMENT

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

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/>.

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



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

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

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 Fred Oaks 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.

Springfield Farmers Market. 10 a.m.-2 p.m. Springfield Town Center, 6699 Spring Mall Drive, Springfield. www.smartmarkets.org.

Fairfax Farmers Market. 8 a.m.-1 p.m. Saturdays, May 9-Oct. 31.

10500 Page Avenue, Fairfax. www.fairfaxsaturdaymarket.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.

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

Fairfax Farmers Market. 10 a.m.-2 p.m. Sundays, May 10-Oct. 25. 10500 Page Avenue, Fairfax. 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.

TUESDAY/AUG. 11

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 McCorty. All ages. Please register child and adult 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 Fred 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.

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.

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.

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.

WELLBEING

Teams in Training

Getting in shape while raising funds for charity.

BY MARILYN CAMPBELL
THE CONNECTION

Rain poured from a gray March sky. Drenched racers wound their way through Washington, D.C. before spilling across the finish line at R.F.K. Stadium, their running shoes heavy and soaking wet.

"We were freezing cold and shivering the entire time," said Ann Goettman of McLean. "We looked like we'd been through a car wash."

Goettman and others on her team would not let the elements deter them from completing the 2015 D.C. Rock'n'Roll Half Marathon. They'd spent the last four months running, walking and lifting weights as part of a

Team in Training (TNT) fundraising effort to support the Alexandria, Virginia-based Leukemia & Lymphoma Society (LLS). Participants pledged to raise money for a charity in which they believe by training for and competing in marathons, triathlons, cycling and hiking. In turn, they get access professional fitness coaches who guide them as they set fitness goals, boost their endurance, lose weight, and get toned taut.

"You have an opportunity to give back from a philanthropic perspective, but you're also putting yourself out there to get in the best shape," said Jaclyn Toll, Deputy Executive Director of the Leukemia & Lymphoma Society.

SEE GETTING FIT, PAGE 9

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WELLBEING

The LOL team in training crosses the finish line at the Nike Women's Half Marathon in Washington, D.C. McLean residents (from left) Chris Fraley, Mary Ellen Overend, Barbara Overstreet, Dorothy McAuliffe (McLean and Richmond. First Lady of Virginia), Lynne O'Brien, Beth O'Shea, Lauren O'Brien (Denver, Colo.), Kim Aubuchon and Terry Lineberger.



PHOTO COURTESY OF LYNNE O'BRIEN

Getting Fit and Raising Funds

FROM PAGE 8

A central figure on Goettman's team is Lynne O'Brien. In fact, the group came together in O'Brien's honor after she was diagnosed with leukemia three years ago. Daunted by the challenge, but motivated by the prospect of hope, she ran her first half marathon in 2013.

"A huge benefit is that we were all getting in shape and were uniting around a cause," said O'Brien. "I lost weight and it was great for my stamina and overall health. I'm 53 and it's great to know that I can run a half marathon."

The coaching staff, says O'Brien, has an effective program that whips racers into shape before each event. Lessons range from using proper form during

a workout, stretching to prevent injury and hydration and nutrition to sustain the level energy necessary to complete race. The metamorphoses are often beyond the physical. "In terms of their outlook on exercise and their new found love of long distance exercise and endurance, the transformation unbelievable transformation," said Skye Donovan, Ph.D., department chair and associate professor of Physical Therapy at Marymount University in Arlington volunteers as coach for TNT. One of the factors in the evolution of the mindset of the team members is camaraderie and the knowledge of a higher cause. "New drugs are coming down the line," O'Brien said. "Doctors say it's an exciting time for them. Since I was diagnosed three years ago, five new drugs have come into the market."

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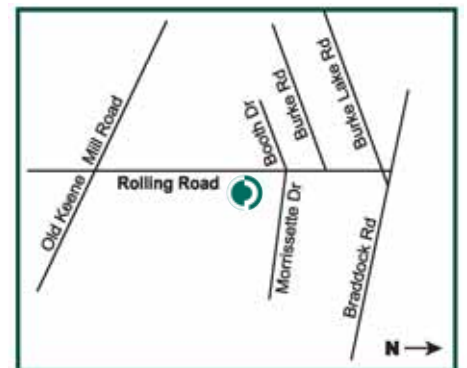
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SPORTS



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 7

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.”

21 Announcements

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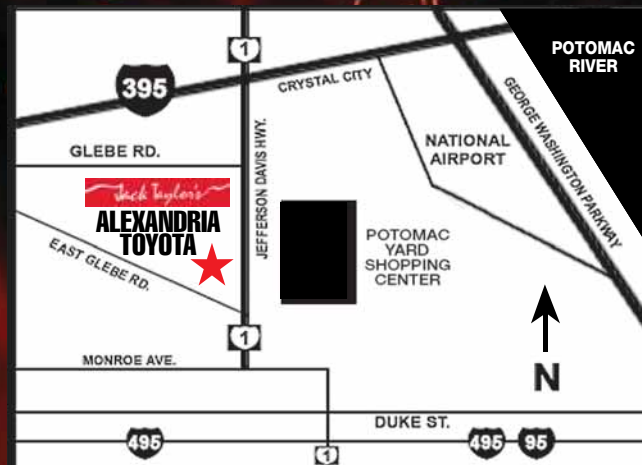
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