

Springfield CONNECTION

Franconia ♦ Kingstowne
Newington

Fairfax County to End Veteran Homelessness

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From left — Fran and George of the Bryn Mawr area choose from handmade bowls at the Capital Area Food Bank Empty Bowls event held in Springfield on Oct. 29.

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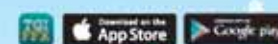
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From left, Springfield businessmen and women Tom Pfeifer of Consistent Voice Communications, Marc Erazo of FVCbank, Anna Kaviani of Allegra Marketing-Print-Mail, Dave Manney and Springfield Chamber of Commerce executive director Nancy-jo Manney sample soup at the Capital Area Food Bank Empty Bowls event.



The Capital Area Food Bank hosted an Empty Bowls event at the Hilton Hotel in Springfield on Oct. 28, raising awareness for hunger in local communities.

Filling the Bowl Capital Area Food Bank raises awareness of local hunger with Empty Bowls events.

BY TIM PETERSON
THE CONNECTION

Kady Wohlfarth of Alexandria spent two months of her off days from the Alexandria Wegmans prepared food section to create 100 clay bowls. Hers accounted for one-third of the bowls at the “Empty Bowls” fundraiser and awareness-raising event for the Capital Area Food Bank.

For their donation, guests at the Hilton Hotel in Springfield on Oct. 29 were able to sample soups from numerous local businesses and choose a bowl made by Wohlfarth or one of over a dozen other contributors.

Paty Funegra, founder of Capital Area Food Bank food assistance partner La Cocina VA in Arlington, said the bowls would be “not just a beautiful fixture in your house, but a daily reminder of the power of giving.”

In 2014, with the help of 444 food assistant partners in Fairfax County, Washington, D.C. and Bethesda, Md., the Capital Area Food Bank distributed 42 million pounds of food.

“It’s absolutely amazing knowing the works of art can take on this humanitarian element,” said Wohlfarth, a Kingstowne resident. “They were created with that in mind. I’d do this again and again.”

Capital Area Food Bank president and CEO Nancy Roman explained that there’s a misconception only major cities have food insecurity problems. “Hunger is right here,” she said. “Eighty percent of the people we serve are working poor.”

Roman showed a series of “hunger heat maps” that showed concentrated populations outside of Washington, D.C. as well as in the city. “Work lies ahead, getting out into the suburbs,” she said, and referenced a Capital Area Food Bank produce facility hub in Lorton.



Diane Cullo, community outreach representative for Wegmans Alexandria, “Together we will work to eliminate hunger in our community.”



Matthew Dela Cuesta of Alexandria receives a bowl of chicken tortilla soup from Tim Clements of the Chuy's Tex-Mex at Springfield Town Center.

“We have a moral imperative to get food to people,” Roman said, “and the right kind of food to people.”

George Madill of the Bryn Mawr area runs one of the Capital Area Food Bank food assistant partner food pantries in Foggy Bottom, Washington, D.C. He and his wife Fran came to the Empty Bowls event to be “part of the support.” “They help us, we help them,” he said.

Another major partner for Capital Area Food Bank is the grocery chain Wegmans, which Roman said has already donated 22,590 pounds of food this year from the Alexandria location alone. That total includes about 2,500 pounds that went to the Capital Area Food Bank partner Lorton Community Action Center.

“More important than just food,” said Diane Cullo, the community outreach representative for Wegmans’ Alexandria store, “is the volunteers. We’re going neighbor by neighbor to root out hunger.”

Among the participating artists who contributed bowls and materials are the Accokeek Foundation, Anne Meissner, Capitol Hill Arts Workshop, Clay Queen Pottery (Alexandria), DC Clay, Eastern Market Pottery (Washington, D.C.), Eastern Mennonite High School (Harrisonburg), Elke Seefeldt, Emilie Britton, Hinckley Pottery, Jane Callen GlassArt, Jodi Walsh, Madison High School (Vienna), Marissa Vahlsing, The Mud Hut, Paint Your Own Pottery (Fairfax), The Sheridan School (Washington, D.C.), Toby Rivkin, Wegmans (Alexandria), Wilson High School (Washington, D.C.), the Workhouse Arts Center (Lorton) and 10,000 Villages (Alexandria).

For more information on the Capital Area Food Bank, visit www.capitalareafoodbank.org. An interactive hunger heat map by the CAFB is available online. Type in “hunger heat map” in on CAFB’s website’s search box.

PHOTOS BY TIM PETERSON/THE CONNECTION

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PHOTO CONTRIBUTED

Springfield District Supervisor Pat Herrity; Lee District Supervisor Jeffrey C. McKay; Congressman Gerry Connolly; Jinx Hazel Arts awardee Earle C. Williams; Chairman of the Board of Supervisors Sharon Bulova; president and CEO of the Arts Council Linda S. Sullivan; Arts Awards Event chair Richard Goldberg; and Arts Awards Event sponsor Daniel A. D'Aniello

Arts Awards Presented

Public-private partnerships, innovation, and collaboration emerge as strong themes during 2015 Arts Awards ceremony.

On Friday, Oct. 30, the Arts Council of Fairfax County presented its fourth annual Arts Awards to a full house. The Arts Awards honorees and guest speakers delivered inspirational speeches to over 400 guests from the public, private, and nonprofit sectors. The 2015 Arts Awards were presented to Earle C. Williams (Jinx Hazel Arts Award); Rebecca Kamen (Arts Achievement Award); Vienna Jammers (Emerging Arts Award); and Richard Hausler of Insight Property Group LLC (Arts Philanthropy Award).

A common thread ran through the Arts Awards ceremony this year as honorees and elected officials hailed public-private partnerships and civic collaboration as drivers for enhancing communities and lives.

Linda S. Sullivan, president and CEO of the Arts Council of Fairfax County, said, "The Arts Council is proud to shine a light on the extraordinary contributions made by artists, arts organizations, and the civic leaders who support them. It was great fun to share this year's awardee achievements with over 400 attendees."

Both the Center for Education at Wolf Trap and the Workhouse Arts Center in Lorton are products of public-private partnerships and collaboration serving as arts destinations in their communities and the region. STEAM pioneer Rebecca Kamen's ability to bridge the arts and education with chemistry, neuroscience, and astrophysics and the Vienna Jammers, who have reached out to new audiences using global percussion music, demonstrate how the arts can be used as a catalyst and connector.

Each awardee referenced their own beliefs about the arts and source of inspira-

tion during their acceptance speeches.

According to Earle C. Williams, 2015 Jinx Hazel Arts awardee, who led a successful capital campaign that resulted in the building of the Center for Education at Wolf Trap, the arts are a necessity: "The arts are important to Fairfax County and an integral part of the soul of a community. There is no replacement for it."

Richard Hausler, 2015 Arts Philanthropy awardee provided the vision and seed funding in the planning stages to the Workhouse Arts Center in Lorton. He said: "The Workhouse is a gem anchored by artists, studios, and activities. It is a place which enriches [the community] and brings people together from different backgrounds."

Rebecca Kamen, 2015 Arts Achievement awardee, stressed how she overcame the challenges of dyslexia by developing new means of seeing and perceiving environments and relationships.

"My ability as a contemporary visual artist to connect, transform, and ripple out has impacted others in exciting and extraordinary ways. What appeared to be a learning obstacle at a young age has turned into an incredible opportunity in terms of creating new bridges of understanding between the fields of art and science."

David L. Reynolds Jr., artistic director of the Vienna Jammers, 2015 Emerging Arts Awardee, shared his group's core belief with the audiences: "Besides giving children a comprehensive musical experience, the Jammers aim to share their art with as many people as possible, and in doing so enrich the quality of life and build community."

The Arts Awards have been held annually in late October since 2012.

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News

From left, Valentine (senior Graham Morriss) and Proteus (senior Scott Burrows) vie for the hand of the beautiful Sylvia (senior Grace Duah). Proteus's outraged girlfriend Julia (senior Brittany Padgett) looks on as she stalks him, in drag, in the West Springfield High School Drama production of Shakespeare's comedy “The Two Gentlemen of Verona.”



PHOTO COURTESY OF WEST SPRINGFIELD HIGH SCHOOL DRAMA

“The Two Gentlemen of Verona” at West Springfield

West Springfield High School drama director Bernie DeLeo knew Shakespeare might be a hard sell with his students and for attracting community members. “I wanted to pick something really fun and relatable to modern-day students and settled on ‘Two Gentlemen of Verona,’” he said.

The generations-old romantic comedy features best friends Proteus and Valentine, played by seniors Scott Burrows and Graham Morriss, who both venture from Verona to the Emperor's court in Milan and end up falling for the same girl: the Duke's daughter

Sylvia (played by senior Grace Duah).

While the two friends struggle with loyalty and competing affections, Julia, Proteus' girlfriend from Verona (played by senior Brittany Padgett) decides to track down and check up on her man — disguised as a man.

“They do stupid things as they are in love, and the themes and characters are still relevant 400-plus years later,” DeLeo said.

To put a spin on the story, West Springfield's version is set in a mid-20th-century Princeton-like college campus.

“We're really focusing on the fun

aspect, featuring a sock hop dance, 1950s tunes, doo wop performed onstage, a greaser biker gang and a live dog. We're emphasizing ease of understanding the language and story.”

Performances are Friday and Saturday, Nov. 13 and 14 at 7 p.m., and Thursday to Saturday, Nov. 19-21 at 7 p.m. in the West Springfield Auditorium, Door 6 around the back at 6100 Rolling Road in Springfield. All tickets are \$10 general admission and available online at www.spartantheatre.com. The play is suitable for all ages.

—TIM PETERSON

Wood Ranch BBQ and Grill Wins Two Awards in the BBQ Bash

Wood Ranch BBQ & Grill has triumphed in the BBQ Bash at the Metropolitan Cooking and Entertaining Show, which was held at the Washington Convention Center on Oct. 24-25.

The BBQ Bash was one of the main events held over the weekend, and Wood Ranch BBQ and Grill won in both of the categories it entered.

Local restaurants competed in four categories: Chicken, Pork, Brisket and Sauce. Wood Ranch BBQ and Grill entered both the Brisket and the Pork categories, and took top honors in both. For the Pork category, it entered its famous Pulled Pork Slider, a favorite in all its restaurants. For the Brisket category, it entered Brisket Burnt Ends, another one of its most popular dishes.

The BBQ Bash was held on



PHOTO CONTRIBUTED

Alex Benes holding the awards.

Saturday, Oct. 24, and tasting lasted from noon to 4 p.m. Members of the public attending the event could try the samples and vote on their favorites. After tasting samples from numerous restaurants, they chose the food cooked up by the Wood Ranch BBQ and Grill team, headed up by the “Sultan of Smoke,” aka Alejandro “Alex” Benes.

The BBQ Bash event was held as part of the MetroCooking DC Show 2015, which is described as “The Ultimate Food Lover's Week-

end.” The event featured many events, including cooking demos and classes by celebrity chefs.

This was the 10th anniversary of the event, but it was the first time Wood Ranch BBQ and Grill entered after opening its latest restaurant at the Springfield Town Center, 6797 Springfield Mall, Springfield. Open daily from 11 a.m., closed Thanksgiving and Christmas Day, www.woodranch.com.

NEWS

From left, South County High School teacher and Lorton resident Catherine Martin, Robert Flanagan of Lorton and Tom Dalton of Springfield take a break from serving venison chili at the Lorton Community Action Center.



PHOTOS BY TIM PETERSON/THE CONNECTION

Hunting Hunger Deer management group donates venison to food pantry.

BY TIM PETERSON
THE CONNECTION

Avena Kodua of Lorton likes her chili spicier. But she had no problem polishing off a bowl, homemade by Fairfax Station resident and hunter Robert Flanagan with ground venison, rather than beef, chicken or turkey.

Kodua is a single mother who has been coming to the Lorton Community Action Center for supplemental groceries every week for the past two years. "It means a lot to me," she said of the opportunity for her family to have food on the table.

Despite being "not poor, closer to the middle," Kodua still struggles. "Thanks to all the people that put this together," she said.

Flanagan and Springfield resident Tom Dalton were serving the venison chili at an evening grocery distribution on Nov. 10 to give Action Center guests an idea of what is possible when cooking with venison and encourage them to choose it from the center's meat locker.

THE PAIR represented a local chapter of Suburban Whitetail Management, a nonprofit corporation working with archers to manage overpopulated deer herds and reduce the damage they cause homes and property.

For the last year and a half, they've supplied the Lorton Community Action Center with deer meat that is fully processed, vacuum-sealed and ready to be cooked.

"It's so lean, and very tender," Dalton said. "Just be careful to not overcook it. There really is no fat on venison."

In 2014, Flanagan said they gave over 200 pounds of venison



From left, Lorton residents Abena Kodua, Ruth Bioh and Oneida Monterrosa enjoy a bowl of venison chili after picking up groceries at the Lorton Community Action Center.

to the center. The annual haul by the 160 archers in the local Suburban Whitetail Management group is 550 to 600 deer.

Food Lion and Trader Joes grocery stores also donate some meat to Lorton, but otherwise dinner protein is purchased from the Capital Area Food Bank at \$0.19 per pound.

Though it may seem like insignificant savings, Lorton Community Action Center executive director Linda Patterson said the \$60 to \$75 dollars saved by the donated venison last year can always be used elsewhere in the budget, whether for rice, cooking oil or other unexpected needs of guests.

"Literally every dollar counts," said Patterson. She explained that same day, they learned a guest and her family were being evicted from their residence over just \$100 in missing rent.

The Community Action Center was able to help them cover the difference and keep the family in their home.

"It makes a difference, having the money to shift around at times," Patterson said.

DISTRIBUTIONS take place five times a week at various times of day, serving around 250 families weekly. Food Program manager for Lorton Community Action Center Stephanie Hart buys meat weekly to keep up with the need.

"Having this donation helps an incredible bit," she said. "Whatever they bring, we don't have to take from the budget and can help spread out the other meat we do have."

So far in 2015, Flanagan has donated about 80 pounds of venison to the center in Lorton, doing all the processing himself. For one deer, he said it's about a two-day project.

Flanagan is encouraging other members of the management organization to do processing themselves as well, and is searching for a local butcher who would be willing to work with them.

For more information on Suburban Whitetail Management visit www.deerdamage.org. Anyone interested in helping process the animals for venison can email Flanagan at info@deerdamage.org.

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OPINION

Veterans Day in Virginia

Fairfax County and other localities embrace effort to end veteran homelessness this year, while veterans contribute much to the economy.

Virginia is home to about 690,000 veterans, more than 60 percent of them from the Gulf Wars. There are more than 12,000 veteran-owned businesses in Fairfax County alone, and more than a third of those businesses are categorized by the Fairfax County Economic Development Authority as professional science and technology.

In 2014, according to the Census Bureau, the median income of veterans in Virginia was more than \$50,000, while for non-veterans, the median income was \$29,909. Only 5.5 percent of veterans in Virginia live in poverty while that number is 11.4 percent for non-veterans in 2014.

Clearly the location of the Pentagon in Arlington, and being adjacent to the nation's capital would mean more veterans, and higher attaining veterans would settle here. Veterans contribute significantly here in Northern Virginia

At the same time, some veterans experience significant challenges; consider that half of all

veterans under 35 experience a period of unemployment in the 15 months after leaving service.

At the last Point in Time Count of people who are literally homeless in January 2015, there were 46 homeless veterans in Fairfax County, 12 in Alexandria and 19 in Arlington (with 408 literally homeless veterans in the District of Columbia). Forty-five percent of these homeless veterans were employed.

Coordinated efforts from local, state and federal levels have reduced the number of veterans experiencing homelessness in the region. Between 2011 and 2015, the region counted 138 fewer homeless veterans (19 percent reduction), using access to additional dedicated housing resources, such as HUD-VASH vouchers.

Now there is a nationwide effort, called the Mayor's Challenge, to end homelessness for veterans this year. Arlington, Alexandria and Fairfax have all signed onto this challenge.

Elsewhere in this paper, we report on Fairfax

County's coordinated efforts to end homelessness for veterans by the end of next month. This effort will likely be judged successful by the fact that, even though more veterans will experience housing crises, the systems will be in place to get any newly homeless veterans back into housing quickly.

A task force has been meeting every other week in Fairfax County, identifying veterans by name and coordinating efforts to get them the services they need to get them into housing. Sometimes that is help with a security deposit and a few months rent. In other cases, chronically homeless veterans need significant support to to successfully move into permanent housing. But this year, every effort is being made to meet those needs.

"We celebrated a lot this year," said Vincent Jenkins, director of the Embury Rucker Shelter in Reston. "Each time we met, there were another four to five veterans who were housed."

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

EDITORIAL

LETTERS TO THE EDITOR

Opposing Rolling Road Expansion

To the Editor:

(An Open Letter To: Virginia Department of Transportation, Rep. Dave Albo, Supervisor Patrick Herrity, Virginia Taxpayers)

Bottom line up front: This project should be permanently terminated before more time, effort and tax money is wasted.

Background: "Plans" have been on the books for decades to expand the approximately one mile portion of Rolling Road between Old Keene Mill Road and Hunter Village Drive. The latest would expand the current two lane residential street to four lanes with a 16' center median, right and left turn lanes, and "accommodations" for pedestrians and bicyclists.

This section of Rolling Road differs from the rest of Rolling Road north of the Fairfax County Parkway in that almost all homes face directly onto the street. Therefore, any expansion will require the taking, either by purchase or Eminent Domain, of a significant portion of the front yard of each residence.

Residents, including both those directly affected and others in the adjacent developments, have objected strenuously to this project, in its various forms, since its inception. As a resident in the affected area, and a former Joint Services Inspector General, I recognize Waste, Fraud and Abuse when I see it, and this project is,

and has been, a textbook example.

"Waste – The extravagant, care-less, or needless expenditure of government funds".

The project is currently estimated to cost \$35.2 million dollars and one can reasonably assume that costs will increase beyond that figure. However, the financial implications go well beyond project costs.

❖ County revenue, based on property taxes, will go down as the value of the homes in the affected area will be reduced by property taken to widen the road.

❖ Expenditures for maintenance (pothole, curb and sidewalk repair) and periodic repaving will go up significantly as the road surface more than doubles in size.

❖ The increased hard surface area will result in greater runoff of rainwater into an already over-taxed storm drainage system, as well as doubling the area requiring snow plowing or other actions required to insure traffic flow. Further, the replacement of grass, trees and shrubs with pavement will have a negative environmental impact.

"Fraud – misrepresenting material fact"

Justifications for the project have generally been predicated on the need to "reduce congestion and improve public safety."

Congestion: We were first told the road needed to be widened because it was designated as an "evacuation route" in the Master Plan, but anyone who has been

here through a heavy rain or snow-storm knows that the concept of "evacuation" is ludicrous, as all main routes turn into parking lots.

❖ Then we were told the road would be overwhelmed when the Government built facilities on the old Fort Belvoir Engineer Proving Ground area just south of the Parkway. Traffic predictions were based on metro-wide data and haven't materialized to anywhere near what was predicted.

❖ Rep. Dave Albo was quoted in a Springfield Connection article about the project saying "...will save thousands and thousands of lost hours of people caught in traffic." We are all used to hearing political hyperbole, but that is ridiculous. Drivers use our part of Rolling Road to make up time, averaging 40-45 mph (or faster at night) in a 30 mph zone.

Public Safety: It is not clear how public safety is improved by making any car trying to turn left onto Rolling Road from side streets navigate across four lanes of traffic rather than two. Pedestrians, joggers, bikers, et. al. would also have to somehow cross those lanes, with traffic moving at higher speeds, two cars abreast.

Speeding has resulted in at least six cars, legally parked at the curb along just one block of the affected area, being either heavily damaged or totaled by inattentive or drunk drivers. Vehicles will move even faster, without regard to the posted speed limit, on a four lane road, increasing the probability of

such accidents. Additionally, with the road closer to every home along the project route (in some cases as little as 20 feet from door to curb), it would only be a matter of time before someone finds a car on their front lawn or in their living room.

"Abuse - the intentional or improper use of government resources....or improper use of one's position"

In the same Connection article cited above, it was noted that the Northern Virginia Transit Authority list of funding priorities did not include the project. Supervisor Pat Herrity was quoted as saying "I don't know how you explain the number four project in [Virginia Department of Transportation's] congestion mitigation formulas being left off the plan." He and Albo then lobbied to have the project funded. The answer to Herrity's question is simple: Sometimes common sense decisions are made. Unfortunately, (too often) those decisions are then overridden by political pressure.

Am I saying that traffic never slows or backs up on Rolling Road? No. School buses, WMATA buses, trash trucks and public utility repair vehicles have an impact on single lane traffic, and there are readily identifiable "choke points" that cause problems. The question comes down to...."Can things be improved without wholesale destruction of a residential area?" That answer is yes.

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LETTERS

FROM PAGE 8

Problem sites:

1. The intersection of the West/Northbound Parkway and Rolling Road (known as "the place you need to get off the Parkway to get on the Parkway"). Originally designed with a single ramp, traffic backs up attempting to get onto the Parkway to head north. Frustrated drivers bypass the line and take Rolling Road to either westbound Old Keene Mill or even westbound Braddock Road to access the Parkway. Currently the intersection is under reconstruction to correct this problem. That alone will significantly reduce the number of vehicles using Rolling Road.

2. The stoplight at Barnack Drive and Rolling Road. The rationale for the light was to allow school buses access/egress from Rolling Valley Elementary, and is fully justified for that purpose. However, the light operates 24/7, stopping through traffic on Rolling Road. This occurs even when there are no vehicles waiting on Barnack. Programming of the light should be reset to operate in full mode when buses are accessing/egressing the school or perhaps 6AM to 4PM

Monday to Friday, and then green for Rolling, flashing yellow for Barnack at all other times.

3. The intersection of Greeley

Boulevard and Rolling Road. Cars attempting to turn left onto Greeley from either direction on Rolling Road must wait for an opening in traffic flow, and traffic backs up behind them. This is a difficult problem to resolve as the available space to widen the road there is extremely limited. The light at Barnack provides some relief but a better solution is needed.

4. The left turn lane for Rolling Road traffic to turn onto westbound Old Keene Mill Road. Traffic waiting to enter the lane can cause traffic wanting to use the through lanes to back up. We have been told by VDOT that this issue can be resolved with relatively little expense by adding an additional turn lane. Alternatively, the light pattern could be changed to allow turns from the center through lane.

None of these changes would require wholesale expansion of Rolling Road. With constrained budgets and greater needs elsewhere, it is time to end this waste of time, effort and money. Spend our limited funds where the return on investment will be real and recognizable.

Rich Randa (LTC, Retired)
Springfield

SEE LETTERS, PAGE 15

VOLUNTEER OPPORTUNITIES

The Sully Senior Center in Centreville needs a certified personal trainer. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The Little River Glen Senior Center in Fairfax needs a Computer Lab Assistant. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Meals on Wheels needs drivers, coordinators, and co-coordinators for routes throughout the county. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The Hollin Hall Senior Center in Alexandria needs a volunteer to help with fish aquarium upkeep and instructors for the following classes: Basic Guitar, Italian, Pottery and Ballroom Dance. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The Wakefield Senior Center in Annandale needs an Art Instructor and certified instructors for the following classes: Chair Exercise, Zumba Gold and Pilates. Volunteer instructor positions could lead to part-time employment. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit

www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The Lewinsville Senior Center in McLean needs instructors for the following classes: Line Dance, Zumba Gold, Certified Arthritis Exercise, Square Dance, Basic Guitar, Art and Basic Spanish. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The Kingstowne Center for Active Adults needs instructors for the following classes: Basic Italian, Country Western Line Dance, Hula Hoop, African Style Dance and Mosaic Art or Jewelry Making.

For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Fairfax County needs volunteers to drive older adults to medical appointments and wellness programs. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The Herndon Senior Center needs Social Visitors and a Baked Goods Table Manager.

For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

SEE VOLUNTEERS, PAGE 15

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Joint Pain—Surgical & Non-Operative Options

**Sat., Nov. 14, 2015
11:30 a.m. to 12:30 p.m.
Springfield Town Center
6500 Springfield Mall
Springfield, VA 22150**

Orthopaedics & Pain Management

**Wed., Dec. 2, 2015
6 to 7 p.m.
MedStar Orthopaedic Institute
9455 Lorton Market St., Suite 200
Lorton, VA 22079**

Shoulder Pain & Differentiating Arthritis

**Tues., Dec. 8, 2015
6 to 7 p.m.
MedStar Orthopaedic Institute
9455 Lorton Market St., Suite 200
Lorton, VA 22079**

Hand & Upper Extremity

**Thurs., Dec. 10, 2015
6 to 7 p.m.
MedStar Orthopaedic Institute
12825 Minnieville Rd., Suite 203
Woodbridge, VA 22192**

Attendance is free but registration is required.

Space is limited. To register call **855-788-6464**. Light refreshments will be provided.

MedStarOrthopaedicInstitute.org/OrthoLectures

Knowledge and Compassion
Focused on You

VETERANS DAY

Fairfax County To End Veteran

BY MARY KIMM
THE CONNECTION

Jameel Mubaarik of Reston is a 63-year-old Army veteran and mechanical engineer, a former Reston homeowner. He served in the Army in Europe during the Cold War, and among many positions since, worked for Bechtel on the Silver Line and for NASA at the Goddard Space Center.

But a layoff, divorce and a short-sale on his home left Mubaarik homeless, for a time living in a hotel.

Then last May he had a stroke.

"I never thought I would be homeless, but you never know," he said.

Vincent Jenkins, director of the Embry Rucker Shelter in Reston calls Mubaarik "the Historian," for his recall of Northern Virginia events, and professorial narrative.

Mubaarik is ready to move out of the homeless shelter and into housing, and as part of a national effort to end veteran homelessness, he'll be looking at possible apartments next week.

In December 2014, Fairfax County joined the Mayors Challenge to End Veteran Homelessness, a nationwide effort with a tight deadline — the end of this year. In Fairfax County, it's an effort that will in all likelihood be successful.

"At the end of the calendar year, will we have functionally ended veteran homelessness in Fairfax County?" said Tom Barnett, program manager with the Fairfax County Office to Prevent and End Homelessness. While some veterans here will still experience housing crisis, there will be systems in place designed to get them into housing quickly.

Functionally ending veteran homelessness, according to the Mayors Challenge, means that every community has a sustainable, systematic response in place that ensures homelessness is prevented whenever possible, or is otherwise a rare, brief, and non-recurring experience. That's the mantra for ending and preventing homeless for all: Homelessness should be rare, brief and non-recurring.

Veterans made up 46 of the 1,204 people who were homeless on Jan. 28, 2015 in the 2015 Point-in-Time Count of People Experiencing Homelessness. A dozen to 15 veterans become homeless every month, but because of ongoing collaboration, most are "rapidly rehoused." While 96 veterans came



FILE PHOTO BY ROBBIE HAMMER/THE CONNECTION

In February 2013, volunteers looking to interview chronically homeless people found encampments like this scattered around the area, usually near major shopping areas, but sometimes in isolated fields. Not all encampments had tents for people to sleep, often found were old couches and sleeping bags, or temporary shelter made of cardboard, plastic and scrap pieces of wood.

into hypothermia shelters last winter season, at the end of October, Barnett reported that there were 17 homeless veterans in the county, and that all 17 were in the process of being housed.

"We owe something to veterans. to the people who have made that sacrifice for us," said Sharon Bulova, chairman of the Fairfax County Board of Supervisors, who signed onto the Mayors Challenge. She notes that the sacrifice veterans make is measures in time, and in uncertainty.

"When you look at the issue of veterans, the sacrifice is spending time away from the community and from their families," she said. "With that time away comes the potential for coming back changed; that could be physically changed and harmed, and some of the harm might not be physical. Psychological changes might not be visible. We can't turn our backs on people who have been affected that way."

Of the 46 veterans identified in the Point in Time count in January, 15 were chronically homeless. Housing people who have been chronically homeless is not a quick transition; it requires supportive housing and ongoing services. Someone is identified as chronically homeless if they have been continuously homeless for a year or more and have experienced three or more episodes of homelessness in the last four years, a sequence of events that often comes with untreated illnesses, mental health is-

sues and/or substance abuse.

A task force consisting of representatives from nonprofits like FACETS, New Hope Housing, Northern Virginia Family Service and Cornerstones, plus the Office to Prevent and End Homelessness, the Department of Veterans Affairs, the Community Service Board, the health department and other partners has been meeting every other week since the county joined the challenge. At the meetings, the partners discuss the individual veterans they are seeking to house by name, and focus attention and resources on overcoming challenges.

"At the task force meetings, we celebrated a lot this year," said Vincent Jenkins of Cornerstones, director of the Embry Rucker Shelter in Reston. "Each time we met, there were another four to five veterans who were housed. ... Fairfax plays really well together. We are really trying to make a major dent in homelessness, and we are doing that."

The "tremendously impactful" tool of choice is the VASH voucher, said Barnett. The Veterans Affairs Supportive Housing program combines rental assistance for homeless veterans with case management and clinical services provided by the Department of Veterans Affairs. Once a veteran has been approved for a housing voucher and gets into housing, Veterans Affairs deploys a team to help with transition from the shelter to housing, one of the benefits of the nationwide challenge.

The effort to end homelessness for veterans comes with a different level of community support, too.

"In the community, there is so much en-

ergy and interest to end homelessness for veterans who have served our country," said Dean Kline, director of the Office to Prevent and End Homelessness. Partners and community groups are engaged "because of their passion for helping veterans who have served our country."

NOT ALL VETERANS who are experiencing homelessness are ready to accept housing, but ongoing outreach by local nonprofits ensures continuing progress. Sometimes it takes years simply to identify that someone is a veteran if that individual is resistant to sharing information.

One man now in line for housing hovered for eight years at the Eleanor Kennedy Shelter on Richmond Highway by Fort Belvoir. While he would seem pleasant, when anyone tried to engage him or ask questions, he became verbally aggressive and expressed anti-government sentiments, said Tonya Golden, director of Programs for Single Adults at New Hope Housing. He was part of the overflow shelter program, operated in a trailer outside the main building, coming for food and shelter.

"He was resistant to service," Golden said.

"We never knew he was a veteran."

But with ongoing efforts, the man, now "up in age," developed a rapport with one outreach person, and agreed to sign up for housing. As they filled out the information

needed, he made reference to his service. New Hope Housing submitted his name to Veterans Affairs, discovering that he served 14 years including in Vietnam, was honorably discharged and entitled to benefits.

Now he's qualified for a VASH voucher, is working with housing case managers and will move into an apartment with supportive services soon.

Most veterans who arrive at a shelter do not have the critical documentation they need.

New Hope Housing opened Veterans House, a home with case management services for four veterans, where the veteran doesn't have to sign a lease.

"We take veterans who have challenges leasing up, so it's in our name," Golden said. "These are the clients that we work with, they are ready to move forward. ... There's no judgment."

Clients who have criminal records or other issues that might prevent them from being approved for a lease still need housing.

Golden is a military spouse, her husband is career army, a lieutenant colonel. They lived for a time on Fort Belvoir. "We've been doing this for a long time," she said. "It's personal for me that our soldiers are connected to the services they are entitled to."

THE DAILY ROUTINE for Richard Davis, a veteran and a single dad: Davis sleeps at

"In my heart, I feel like I have a lot to give."

— Richard Davis, single dad, was living at the Kennedy Shelter by Fort Belvoir

"At the task force meetings, we celebrated a lot this year. Each time we met, there were another four to five veterans who were housed."

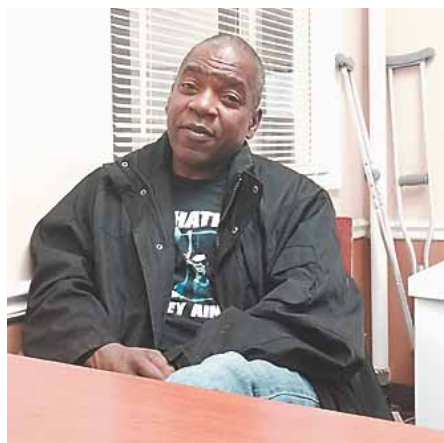
— Vincent Jenkins, director, Embry Rucker Shelter, Reston

Details

Find out more at www.fairfaxcounty.gov/homeless/opeh.htm

Homelessness

Each homeless veteran has a story, and a path to housing.



PHOTOS BY MARY KIMM/THE CONNECTION

Richard Davis, a single dad and veteran who has been chronically homeless, moved into a three-bedroom home with his children last week with supports from New Hope Housing.

the Eleanor Kennedy Shelter for the Homeless on Richmond Highway by Fort Belvoir, while his two young children sleep at a nearby friend's house. In the morning, Davis gets his children ready for the day, drives his son, 4, to a program that addresses the son's intellectual disabilities and then Davis cares for his daughter, 2, who has health issues. He picks his son up in the afternoon, and later, after he gets his children dinner and puts them to bed, he heads back to the shelter to sleep.

At least that was the routine until last Thursday, when New Hope Housing was able to place him in permanent supportive housing with three bedrooms for him and his two children.

Davis served in the Navy. Then he served 25 years in prison, and was released in 2008.

"With a 25-year gap, no one is going to give you the kind of job you need to take care of yourself," Davis said. He worked three jobs at one time, but still didn't earn enough to support his family. And now the full time care of his children presents other challenges.

Davis trained as a paralegal in prison. "I have five habeas corpus briefs under my belt," he said. But when he applied for jobs at law firms when he was released, his prison record kept him from employment.

Davis speaks in a deep voice that reflects the sense that he expected more of himself. He describes himself as "disheartened" by his lack of accomplishment since being released in 2008. He's educated and well-spoken. It's clear that his children bring him joy, and that now getting this part right means the world to him.

"You know you have aspirations when you're younger. You have goals. And you're not really achieving them. I'm dealing with my mortality now," he said. "I have 10-11

more years. I'm living for my children. It's my responsibility to turn out good human beings. ... I want them to be able to go to Dad and to know they will answer to Dad. They are the love of my life."

"In my heart, I feel like I have a lot to give," Davis said.

NOT ALL VETERANS in need of housing are men.

One woman veteran who had served in the Army for three years, emerged struggling with mental illness. She stopped taking her medication, and got into trouble with law. She was receiving services from Northern Virginia Family Services, and was one of the homeless veterans discussed by name at the task force meetings, said Barbara Schultheiss, program director of Services for Single Adults at FACETS in Fairfax.

"So many people just need help with a security deposit and a few months rent," Schultheiss said. "But some need more support."

FACETS operates permanent supportive housing, and when a vacancy opened up there, Schultheiss coordinated her move into a new apartment.

"She's very independent, and she loves her apartment," Schultheiss said. But she also talks about Vladimir Putin as her husband, and dances around her living room with his photo. In her new home, she'll get case management services to help keep her in housing.

There is evidence of long-term success, too.

One Navy veteran lived 17 years in the woods, and has now lived in FACETS housing for seven years with support after serving in the Navy with awards.

"He comes with his own slew of medical problems," said Schultheiss, who was his case manager in 2008, and helped track down his service record.

He told her, "If it wasn't for the FACETS program I'd be dead."

Schultheiss asked him why he left the Navy. "Being on a ship with a bunch of guys, it just got old," he said.

But after that, he couldn't get a job that would pay the bills.

VETERANS WHO HAVE recently been in service have been in an environment where they have had one important job, protecting the country, and their basic needs like



The Eleanor Kennedy Shelter for the Homeless on Richmond Highway.

housing, food, schedule and health, have been cared for in a very structured way, said Barnett. "They find themselves on the street without any of that. They've had a job to focus on, but now they have to worry about how to take care of themselves," he said, and their frustration in the new circumstances can be extreme.

Veterans can also be among the most vulnerable of people experiencing homelessness, chronically homeless and living in the woods.

"Their basic training has prepared them to be out there, to withstand some things that most people cannot," said Vincent Jenkins of Cornerstones of challenges of even getting some veterans who have lived outdoor for a long time into the shelter. "It's not always a good fit for them here in the shelter."

Reaching out to the most vulnerable homeless is helped in part by work done in 2013 when nonprofit volunteers, county employees and others went out into the woods and other areas, creating an inventory and conducting interviews. Fairfax County participated in the national 100,000 Homes campaign, ranking chronically homeless people on the vulnerability index that indicates who is a greatest risk of death.

Of more 462 people surveyed, 10 percent were veterans.

Veterans who have lived outside for an extended period are also more likely to be resistant to services.

At the Embury Rucker Shelter, staff uses the "BOLO" protocol as part of their outreach efforts. That's "be on the lookout." They know which veterans they need to reach, and when one of them comes in the door for a bagged lunch or anything else, outreach staff is alerted so someone can come to interact.

While Vietnam-era vets who are homeless are more likely to be among those that are extra resistant to coming indoors, their advancing age sometimes makes them more willing. Homeless veterans of any of the Gulf Wars are more likely to be dealing with PTSD, but also are more likely to be able to jump right back into housing after a crisis with some financial help, said several homeless advocates.

"Their symptoms are related to the trauma they experienced in war," said Greg White, chief operating officer at Cornerstones. "Their coping mechanisms include alcohol, substance abuse."

"One guy who had been living out in the woods told me about the adjustment he had to make to living in a house," White said. Sometimes people who have moved into housing still come back to the shelter, or even the woods, to visit. "Those social connections mean a lot to them."

Outreach during the very cold months when chronically homeless are more likely to come to the shelters, and also the Health Care for the Homeless programs offer opportunities for outreach that can eventually lead to enough trust for veterans to give information that will help get them into housing.

While some veterans are chronically homeless, living with physical disabilities or mental health issues that can be barriers to moving into new homes, it's a shortage of affordable housing that is still the biggest barrier to ending homelessness, for veterans and others. Many veterans are severely rent burdened, said White and others. Even when they can find a job, it's rare they can find employment that will pay enough to cover their needs.



The overflow services trailer on the grounds of the Kennedy Shelter.



First-year Hayfield Secondary School theater director Pat Mitchell.

Seventh grader Valentina Mendoza as “Chip” (left) and freshman Taegan Chirinos as “Belle” (right) are part of a cast that includes representatives from all six grade levels at Hayfield Secondary School.

All In for ‘Beauty and the Beast’

New theater director pulls from 7th through 12th grades in first production.

BY TIM PETERSON
THE CONNECTION

Taegan Chirinos is living every little girl’s dream: to become a princess. In just her second musical, the freshman from Lorton won the role of “Belle” in the Hayfield Secondary School production of Disney’s “Beauty and the Beast.”

“My little sister is telling all her friends,” Chirinos said. “I’m happy she’s proud of me.”

In addition to the new fame, the young actress faces the challenge of exhibiting more emotional depth onstage than in the past. Scenes when Belle’s father is taken away and when Beast is stabbed demand a lot from her.

“I’m trying to stay positive and remember that I was picked for a reason,” said Chirinos.

The well-known ‘don’t judge a book by its cover’ fable was chosen by the school’s new theater director Pat Mitchell as something fun and inclusive to get started.

“It’s great for them,” Mitchell said, of being able to build a large cast and draw from seventh through 12th grades. “High school is about giving kids opportunities to perform, not just the best kids.”

Mitchell is a 2002 Westfield High School graduate who previously taught theater at Holmes Middle School in Lincolnia.

Getting the younger students involved early also allows Mitchell to develop leadership and mentoring skills in the older actors as well as ensure longevity



The cast of Hayfield’s production of “Beauty and the Beast” rehearses a scene featuring senior Hank von Kolnitz as “Gaston.”

for the program. “We’re building a theater community at this end of the county,” he said. “There’s room for growth.”

Though Disney’s “Beauty and the Beast” movie was released before any current Hayfield students were born, most grew up singing the soundtrack and know the story well.

Senior Hank von Kolnitz plays Gaston, the bullish hulk hell-bent on winning Belle.

“You can’t just mimic the movie,” he said, “then it’s just a performance. This is more building your own version of a stock character.”

“In the stage version, the characters can have more of their own ideas about everything,” Kolnitz added.

Kolnitz has previously appeared in the school’s productions of “You’re a Good Man, Charlie Brown,” “Singing in the Rain,” and “Hairspray.” He called getting to play such a well-known character “such an important experience” as he plans to pursue musical

theater in college.

Chad Vann, a junior playing Beast as well choreographing the show with two other students, remembers “Beauty and the Beast” as the first Disney movie he ever saw and the first Broadway show he fell in love with.

“My parents would always play it around Christmas,” Vann said. Compared to the more animalistic Beast in the movie, Vann said he wants to bring out a “more human element” in this performance.

“His inner turmoil needs to come out as the show progresses,” he said, adding that the way Mitchell does the stage blocking allows the “specificity of character to come through.”

Hayfield presents its production of Disney’s “Beauty and the Beast” on Nov. 19 and 20 at 7 p.m., and Nov. 21 at 2 p.m. and 7 p.m. Tickets are \$10.

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

FCPS Art Teachers Exhibition. Nov. 14-Dec. 6. W-16 McGuireWoods Gallery, Workhouse Arts Center, 9518 Workhouse Way, Lorton. Join for the exhibitions by the FCPS best art teachers. Discover the breadth of talent found in FCPS as you view works by art teachers. The exhibit will feature various media, unified by the artist’s passion to educate. workhousearts.org. 703-585-2900.

Sue Grace Art Exhibition. Nov. 14-Dec. 6. Workhouse Arts Center, Building W-10 Gallery, 9601 Ox Road, Lorton. Her paintings share the experience of giving birth, explore the bridge between abstract and figurative expression. Gracefamily999@verizon.net. www.workhousearts.org. 703-585-2900.

WEDNESDAY/NOV. 11

Springfield Christian Women’s Connection Luncheon. 11:30 a.m. Springfield Golf and Country Club, 8301 Old Keene Mill Road, Springfield. Reserve by Monday, Nov. 9. 703-922-6438.

Veterans Day Luncheon. noon-2 p.m. NOVA-Medical Education Campus, 6699 Springfield Center Drive, Springfield. Veterans, dependents and active duty military are invited to the Medical Education Campus of Northern Virginia Community College for a Veterans Day Luncheon in honor of those who have served in the United States Armed Forces. Free. Register by Friday, Nov. 6 at <http://mecveteransdayluncheon.eventbrite.com/>. Park first or 5th floor of garage. dhitzeman@nvcc.edu.

FRIDAY/NOV. 13

“Won’t Pipe Down.” 6:30 p.m. Accotink Unitarian Universalist Church, 10125 Lakehaven Court, Burke. A 35 minute documentary presenting the inside look at the residents of Nelson County, Va. vs. Dominion Power and the fight against the Atlantic Coast Pipeline. Screening of Film followed by a panel discussion with filmmakers Abby Rigglesman and Danny McNew; and Science/Policy Experts Ernie Reed from Wild Virginia and Aaron Mintzes from Earthworks. Free. RSVP for meal planning by Nov. 11. 703-503-4579. administrator@accotinkuuc.org.

SATURDAY/NOV. 14

Naming Ceremony. 9:30 a.m. Sand Volleyball Complex, Burke Lake Park, 7315 Ox Road, Fairfax Station. The Sand Volleyball Complex at Burke Lake Park will be named in honor of David Lacey. Lacey has been the Sully District Representative to the Fairfax County Athletic Council for more than 23 years, beginning his tenure in 1992. Public is invited to attend. 703-324-8662.

FCPS Teachers Exhibition Reception. 6-9 p.m. W-16 McGuireWoods Gallery, Workhouse Arts Center, 9518 Workhouse Way, Lorton. Discover the breadth of talent found in FCPS as you view works by art teachers. The exhibit will feature various media, unified by the artist’s passion to educate. The exhibition runs from Nov. 14-Dec. 6. Free. workhousearts.org. 703-585-2900.

Little River Glen Senior Center and Community Day. 10 a.m.-2 p.m. Little River Glen Senior Center, 4001 Barker Court, Fairfax. Call 703-503-8703 for more information.

Saturday Art Walk. 6-9 p.m. The Workhouse Arts Center, 9601 Ox Road, Lorton. Exclusive tour of seven unique studio buildings on the second Saturday of each month. Exhibits to see include, FCPS Art Teachers Exhibition, Inaugural Workhouse Glass National and other featured artists. Free. <http://www.workhousearts.org/event/2nd-saturday-art-walk-3/>

Clifton Barn Dance. 8 p.m. CBA Barn, 7139 Main St., Clifton. Bring a dessert or covered dish to share; drinks will be provided. CBA Members \$45/couple. Singles \$25. Guests welcome. Make check payable to CBA and mail to, Linda Diseati, 7590 Maple Branch Road, Clifton, VA 20124. 703-919-5337.

SEE CALENDAR, PAGE 13

ENTERTAINMENT



Chanticleer, hailed as “the world’s reigning male chorus,” performs at George Mason’s Center for the Arts on Saturday, Nov. 28.

CALENDAR

FROM PAGE 12

Art Exhibition Reception. 6-9 p.m. Workhouse Arts Center, Building W-10 Gallery, 9601 Ox Road, Lorton. Solo exhibit of Sue Grace. Her paintings share the experience of giving birth, explore the bridge between abstract and figurative expression. Exhibit runs from Nov. 14-Dec. 6. Free. Gracefamily999@verizon.net.

THURSDAY-SATURDAY/NOV. 19-21

“Noises Off.” 7-10 p.m. Robinson Secondary School, 5035 Sideburn Road, Burke. Hired to helm an Americanized take on a British play, director Lloyd Dallas attempts to control an eccentric group of actors. During practice, things run smoothly. However, serious chaos ensues during performances leading up to a Broadway premiere. \$12. 703-402-6653.

SUNDAY/NOV. 15

Table Top N Gauge Model Train. 1-4 p.m. Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Table Top N Gauge model trains will be on display and running. Free for museum members and children under 4. \$2 ages 5-15, \$4 16 and older. jhill6712@aol.com.

MONDAY/NOV. 16

Laura Dowling Program. 7-9:30 p.m. White Oaks Elementary School, 6130 Shiplett Blvd., Burke. The Laurel Garden Club and The

Springfield Acres Garden present a program of fabulous flower arranging with Laura Dowling, former White House floral designer. \$10. 703-451-5922.

THURSDAY/NOV. 19

Pohick Christmas Mart. 10 a.m.-2 p.m. Pohick Church, 9301 Richmond Highway, Lorton. The Parish House and the Vestry House will be transformed into a festive Christmas atmosphere with rooms filled with Arts and Crafts, a Consignment Shop, and a Pantry Shelf. Tours of our historic church, and a delicious luncheon will be served by ladies dressed in colonial costumes. www.pohick.org. 703-339-6572.

FRIDAY-SATURDAY/NOV. 20-21

Annual Craft Fair. Friday, 10 a.m.-6 p.m. Saturday, 10 a.m.-4 p.m. St. Matthews United Methodist Church, 8617 Little River Turnpike, Annandale. Over 35 crafters, Enjoy lunch in our cafe along with our bake sale. All proceeds benefit United Methodist Women Mission Projects. Free. www.stmatthewsumc.org. 703-978-3500.

SATURDAY-SUNDAY/NOV. 21-22

24th Annual Gem, Mineral and Fossil Show. Saturday, 10 a.m.-6 p.m. Sunday, 10 a.m.-4 p.m. George Mason University, The Hub Ballroom, 4400 University Drive, Fairfax. \$free to \$6. http://www.novamineralclub.org/events/2015-show.

The Washington Balalaika Society presents
Musical Treasures
featuring Olga Orlovskaya and selections from Sviridov's "Snowstorm" Tchaikovsky's "Nutcracker" and other treasures
conducted by Svetlana Nikonova
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Bracing for Winter

BY JOHN BYRD

A fall/ winter home maintenance checklist is popular staple for home and garden journalists this time of year. But problems occurring after the basics have been checked may indicate more systemic issues are developing.

David Foster, who has operated Foster Remodeling Solutions for over 35 years, says his firm's Home Improvement Services Division starts to get notably busy this time of year as homeowner's assess their home's response to lower temperatures, higher levels of precipitation. A look at recent case histories spotlights the range of issues a homeowner may confront in the cooler weather ahead:

WHY INSULATION MAY FAIL

All Craig Mattice knew as temperatures dropped last winter was that his original mansard roof was plagued with ice dams and his 10-year-old, 600-square-foot addition was so cold that the pipes had frozen. Adjusting the thermostat did not improve the situation. What had gone wrong?

"After living in the house for over 25 years, the chill was a surprise," Mattice said. "It wasn't just that the winter has been colder than usual ... it was beginning to look like a larger problem — particularly in the new wing, which was 5 degrees colder than other rooms."

To determine the cause of ice-clogged gutters, Mattice turned to Foster who had done home improvements for his son.

"The damming was literally the tip of the iceberg," Foster said. "When I inspected the attic, it was clear that the envelope was not adequately sealed, insulated or ventilated, which is why the upstairs had been too hot last summer."

Add to this the fact that prior to 1980, local building code required less thermally resistant insulation than the current R-38 standard and the outlines of a common problem with older production homes began to emerge.

"It's not unusual to find that the existing insulation just isn't the best application for some of our coldest days," said Foster. "Also, different parts of a house can call for different insulation strategies."

Since the goal for the Mattice attic was to increase R-value, Foster rearranged the old insulation—adding soffit baffles to improve ventilation. The larger technical solution, however, was to blow in R-25 fiberglass, which raised the attic's thermal resistance to R-44.

"One of the benefits of fiberglass is that it wraps everything... creating an airtight insular envelope," Foster said. "This makes all aspects of the home's heating and cooling more efficient."

The more recently completed family wing was another matter. The homeowner's addition was built over an unheated crawl space. The HVAC duct was not even connected in the kitchen.



Before and after remodeler David Foster converted Joan Davanzo's screen porch into a year-round sun room. The feature Davanzo most appreciates this time of year is how fluidly it opens to early autumn's balmy breezes. All the windows are casement-style which can be independently adjusted to let in cross breezes.

"An appropriate insulation strategy starts with forensics," Foster said. "Where is a wall, ceiling or roof exposed to outside conditions? Is it difficult to regulate temperatures in different parts of the house? These are some basic questions we begin with."

Given challenges inherent in insulating rooms built over an unheated crawl space (which also must support air circulation), Foster re-engineered the entire thermal equation: fiberglass batts were removed and sprayed-in closed cell foam was then applied to the underside of the floor system.

This elevated the thermal value to R-20 while providing a draft-free, airtight seal to the kitchen floor. To accommodate for summer conditions, Foster added ventilation to the crawlspace and attic.

So how do the upgrades perform?

"Beautifully," Mattice said. "The house is noticeably tighter, and the new wing is much more comfortable. We're ready for cooler weather now."

A LEAKY ROOF AND FAILING GUTTERS

Steve Piper of Alexandria called in Foster (who had previously re-configured several of his home's interior rooms) to offer some perspective on a worsening leak.

"I knew we had a leaking problem before meeting David," Piper said. "But the situation had gotten worse — and I wasn't sure what to expect from roofers. Finally, it occurred to me to ask David for his assessment."

Foster traced the problem to inappropriate and poorly installed flashing, which was allowing water to seep into siding and under roofing shingles. His prescription: a re-shingled roof, a new gutter protection system and attic ventilation equipped with an

electronic thermostat.

"It's important to address the whole problem when the system has failed," said Foster. "This is a plan that not only eliminates the leaking, but functions much better in all seasons."

A SAGGING FRONT PORCH

Jeff Hage of Franconia came to Foster when he noticed one of the posts to a front porch was sagging.

Foster, who had finished an interior for Hage a few months before, quickly recognized that the whole roof had settled, making it impossible to stop the worsening deterioration by simply replacing the corner column.

"When the problem becomes structural, you have to remake the basic supports,"

the remodeler said. "In this case that meant raising the porch roof and realigning posts and beams."

WINDOWS THAT KEEP OUT THE COLD

There's a lot of short-sightedness associated with window replacements. Homeowners with drafty homes procure state-of-the-art insulated windows only to have them installed with inadequately sealed window jambs.

But windows can be particularly challenging if the larger interest is gaining a beautiful view.

Joan Davanzo of Vienna wanted a year-round sunroom with an unusual amount of glass on wall surfaces.

To meet the Fairfax County's "wind-bracing" requirements, Foster and team designed a heavy-gauge, all-steel framework for the structure's many large glass panels which is anchored all the way down to the

concrete foundation itself.

Though not visible to the naked eye, the infrastructure allowed designers to extend windows to within a few feet of the floor and mere inches from the corner of the room.

Better yet, the new space can be comfortably occupied throughout the year.

"All the windows are Low-E Argon-filled double pane — state of the art thermal resistance," Foster said.

To reinforce the comforting insularity, however, the contractor applied thermally-resistant spray foam behind the wall surfaces — even drilled holes in the steel columns to accommodate an added infusion.

"It's all about creating a tight structure," Foster said. "That's what keeps outside temperatures out."

That said, the sunroom feature Davanzo most appreciates this time of year is how fluidly it opens to early autumn's balmy breezes. All the windows are casement-style which can be independently adjusted to let in cross breezes. Overhead, two ventilating skylights open electronically (and independently). The skylights are, in turn, equipped with electric blinds and rain sensors.

The new sunroom is accessed by an adjacent family room separated by three French doors, which Davanzo mostly leaves open.

"This is where I spend most of my time when I'm at home," she said.

Foster Remodeling Solutions periodically offers workshops on home remodeling topics. For Information: 703/550-1371 or www.fosterremodeling.com

John Byrd (byrdmatx@gmail.com or www.HomeFrontsNews.com) has been writing about home improvement topics for 30 years.

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LETTERS

Demonstrating for Springfield Senior Center

To the Editor:

I am writing to invite our community to join Springfield senior taxpayers and families in a demonstration on Saturday, Nov. 21, from 10 a.m.-noon at the Fairfax County Government Center, 12000 Government Center Parkway in Fairfax.

We will be standing at the same spot as the demonstrators for justice for John Geer displaying placards and distributing flyers.

We are planning another demonstration in the future that will include not only placards and flyers near the parking lot, but also demonstrations inside the Fairfax County Government Center of senior health programs sponsored by the Burke/West Springfield Senior Center Without Walls (BWSSCWoW) that I founded and have been developing since 2007. Our affordable senior health programs include line dancing, Hawaiian hula, tai-chi, yoga, self-defense, zumba, walking club, genealogy discussions, book club, mahjong, as well as social interactions in celebrations of 80+ birthday parties and others.

The theme of the Nov. 21 demonstration is "Let's Help Sharon Bulova Help Us Get Springfield Senior Center." Our numerous

emails and phone calls have been ignored by the Springfield District incumbent – we have been requesting since November 2014 for a working group to implement solutions to redress the unfairness toward Springfield senior taxpayers and families: other districts have 17 permanent senior centers, Springfield District, none.

On Election Day, November 3, 2015, 4,226 (19 percent) of Springfield voters supported our petition and we will continue to pursue social justice beyond the ballot box through demonstrations so that more Springfield District residents would support our cause. Chairman Sharon Bulova has won with the theme "We Care for Each Other in Fairfax County" but we have to add the footnote: "except in Springfield District, particularly for senior taxpayers and families, and where residents have to demonstrate for social justice."

We welcome suggestions and participation in our community activism for social justice. More information available at my website: www.facebook.com/Foley4SpringfieldSeniorCenter.

Corazon Sandoval Foley
Burke

VOLUNTEER OPPORTUNITIES

FROM PAGE 9

Korean Meals on Wheels needs drivers to deliver meals. (Speaking Korean not required.) For

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South County Football Captures Conference 7 Championship

Undefeated Stallions beat Lake Braddock in overtime.

BY JON ROETMAN
THE CONNECTION

With South County trailing 27-7 and facing fourth-and-goal from the 1-yard line in the second quarter of Friday's monumental matchup with Lake Braddock, Stallions quarterback DeAndre Clayton took the snap and handed the ball to running back DeMarcus Ramsey.

Ramsey pushed forward, but the Lake Braddock defense held the 215-pound back short of the end zone. But while it appeared the Bruins had come up with a goal-line stand, an observant Clayton realized the play was far from over.

Unbeknownst to many, Ramsey had fumbled during the play and the ball was lying on the turf. Clayton, who was behind the action, stepped forward, scooped up the loose pigskin and ran around the left end for a touchdown.

"I gave [Ramsey] the ball ... and I didn't hear a whistle," Clayton said. "... I just looked around and saw the ball on the ground. Everybody else stopped, so I picked it up and ran to the side. ... Nobody was paying attention to it."

Clayton didn't give up on the play, which resulted in a touchdown. Despite facing a 20-point deficit on the road, the Stallions didn't give up in the face of adversity, which resulted in a championship.

In a matchup of the last two unbeaten teams in the 6A north region, the

South County defense held Lake Braddock scoreless in the second half and created a pair of late turnovers to force overtime. After holding the Bruins to a field goal, Ramsey's 10-yard touchdown run lifted the Stallions to a 33-30 victory on Nov. 6 at Lake Braddock Secondary School.

SOUTH COUNTY'S first victory over Lake Braddock since 2011 earned the Stallions an undefeated regular season and an outright Conference 7 championship. South County also earned the No. 1 seed in the region playoffs and will host No. 16 Annandale at 7:30 p.m. on Friday, Nov. 13.

Lake Braddock, the No. 2 seed, will host No. 15 Woodson.

"That's what they do every day — they fight through adversity every day," South County head coach Gerry Pannoni said. "We kind of push them to that brink and they responded and did a great, great job."

South County won a share of the conference title last season, along with Lake Braddock and West Springfield. This is the first season since 2008 that the Bruins didn't capture at least a share of the Conference 7/Patriot District championship.

The South County defense offered little resistance in the first half as Lake Braddock built a 27-14 half-time lead. The Bruins scored on a one-yard run by Lamont Atkins, a 44-yard pass from Kyle Edwards to David Fofi, and a 73-yard scamper by Ibrahim Mansaray. The South County special teams surrendered a 92-yard kickoff return for a touchdown by Lake Braddock's Peyton Scott.

The second half, however, was a different story, as Lake Braddock (9-1) failed to score during the third and fourth quarters. Meanwhile, Clayton connected



The South County football team won the Conference 7 championship with 33-30 overtime victory over Lake Braddock on Friday.

with Dillon Spalding for a 30-yard touchdown on fourth down with 6:17 remaining in the third. Spalding's right hand was tangled with a Lake Braddock defender, so the South County receiver reached out with his left hand and made the catch, cutting the Bruins' lead to 27-20.

"I practice that a lot," Spalding said.

After forcing a Lake Braddock punt, South County drove 80 yards in 13 plays, tying the score at 27 on a 6-yard touchdown run by Clayton with 10:43 remaining in the fourth quarter.

Lake Braddock would have two more possessions in regulation and each time the Bruins drove into South County (10-0) territory. Each time, the drive ended with a turnover.

With 8:25 remaining, South County recovered a Lake Braddock fumble at the Stallions 20-yard line, thwarting a Bruins scoring opportunity.

With less than 1 minute remaining and Lake Braddock driving for a potential game-winning field goal attempt, South County defensive back Christian Massie intercepted a pass at the Stallions 12-yard line.

"They dug deep," Pannoni said about the South County defense. "They could have caved at any point — they could have really caved, because [the Bruins] were banging us pretty good. But they stuck in there, they stayed with it, they stayed with the plan and it worked."

Lake Braddock got the first possession in overtime. After incomplete passes on first and second down, senior quarterback Edwards scrambled to his left on third down. South County linebacker Kevin Allen and lineman Saif Khan combined to knock Edwards out of bounds at the 6-yard line, leading to a 25-yard field goal by Bruins kicker Nick Bruhn on fourth down.

South County's possession lasted just one play as Ramsey carried the ball 10 yards into the end zone for the game-winner, which led to the Stallion sideline rushing onto the field in celebration.

"It's something I definitely wanted," Ramsey said. "During the second half, I was just sitting there thinking to myself: 'What can I do to make a difference on this team?' and I just knew I had to bring it."

RAMSEY carried the ball 30 times for 157 yards and two touchdowns. He also caught three passes for 44 yards.

"DeMarcus is a horse," Pannoni said. "You've got to ride that horse."

Clayton completed 16 of 25 passes for 233 yards, with one touchdown and one interception. He carried 21 times for 88 yards and a score.



PHOTO BY JEFF MCQUILKIN

Woodson defensive linemen Daniel Trump (6), Joey Baroody (60) and Harrison Spilman have T.C. Williams quarterback Ethan Hall in their sights during Saturday's game in Alexandria.

Woodson Football Earns Playoff Berth

Cavaliers to face Lake Braddock on Friday.

BY JON ROETMAN
THE CONNECTION

Second-year Woodson head football coach Mike Dougherty has stressed to the Cavaliers the importance of competing while trying to turn around a program that went 10-30 in the four seasons prior to his arrival.

After posting a 2-8 record in Dougherty's first season, Woodson fell to 1-6 in 2015 when the Cavaliers were thumped by Lake Braddock, 61-0, on Oct. 16.

"We just laid down," Dougherty said of the Cavaliers' performance during the blow-out loss to the Bruins. "We got behind quick and, unfortunately, they reverted back to what I called the 'old Woodson.'" The lopsided loss put the Cavaliers at a crossroad.

"It could have been the end of the season," Dougherty said, "or a wake-up call ..."

Woodson responded with three straight victories to end the regular season, including a 38-14 win over T.C. Williams in the finale on Saturday, Nov. 7, and the Cavaliers secured the program's first playoff berth since 2009. Woodson, the No. 15 seed in the 6A North region, will travel to face No. 2 Lake Braddock at 7:30 p.m. on Friday, Nov. 13.

The top 16 teams in the VHSL 6A North region power rankings make the playoffs.

"It shows that the program is changing," Woodson quarterback Jojo Heisley said. "It is going places, it will continue to be going places and this is just

only the beginning."

One of the seniors experiencing the playoffs for the first time is defensive back Sumair Bhatti, who had six tackles and two interceptions against T.C. Williams.

"It means a lot," Bhatti wrote in an email. "No one believed in us, except for us. But that never mattered to my team or discouraged us from going out every Friday night to compete with absolute confidence that we could pull out a victory."

While the Woodson defense limited T.C. Williams to a pair of touchdowns, and senior defensive lineman Tarik Hussein blocked a punt for the special teams, the Cavaliers offense found the end zone five times. Heisley completed 15 of 24 passes for 252 yards and four touchdowns, with one interception. He also carried 14 times for 70 yards.

Jack Caldwell caught nine passes for 151 yards and two touchdowns.

Next up for Woodson is a rematch with the Lake Braddock team that blew out the Cavaliers nearly a month ago. The Bruins (9-1) suffered their first loss of the season last week, falling to undefeated South County 33-30 in overtime.

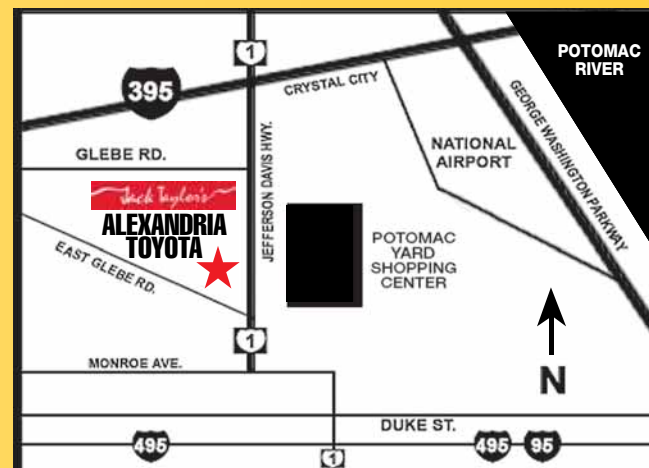
Dougherty acknowledged Friday's game will be challenging for Woodson.

"[We're] playing our best ball right now," he said. "We need to play outside of our heads to compete with Braddock, but I think these kids are up to the challenge." An upset of the Bruins would help the Cavaliers achieve a goal.

"Our goal at the beginning of the season was to win a playoff game," Dougherty said. "It's great we got there but we want to win a game. ... Is it the safe bet? [Probably not], but right now I'm betting on my guys."

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21 Announcements **21 Announcements**
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According to the Lease by and between (1077) Khashayar Zargham AKA K. Zargham and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage unit, the manager has cut the lock on their unit and upon cursory inspection the unit was found to contain: file cabinet, file boxes, pressure washer, ect. Items will be sold or otherwise disposed of on Friday November 20, 2015 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

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21 Announcements **21 Announcements**
PUBLIC HEARING FOR TOWN OF CLIFTON
PROPOSED AMENDMENT TO SPECIAL USE PERMIT
PUBLIC HEARING TOWN OF CLIFTON PLANNING COMMISSION
November 30, 2015
Notice is hereby given that the Town of Clifton Planning Commission will hold a Public Hearing on Monday, November 30, 2015 at 7:30 P.M. at the Acacia Lodge Hall, 7135 Main Street, Clifton, VA 20124 to consider the amendment of the special use permit of the Clifton Café, located at 7144 Main Street, to include an expansion of the use, including, but not limited to, the increase in number of seats, inside and outside; an increase in parking onsite; expansion of the hours of operation; increase in employees. The application for the proposed amendment to the Clifton Café's special use permit is available for review and downloading on the Town's website at www.clifton-va.com and a hard copy may be examined at the Clifton Post Office, 12644 Chapel Road, Clifton VA, 20124. All interested parties are invited to attend and express their views with respect to the requested amendment to the Clifton Café's special use permit.

21 Announcements
ABC LICENSE
Osteria Marzano, LLC trading as Osteria Marzano, 6361 Walker Ln, Ste 140, Alexandria, VA 22310. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on and off Premises license to sell or manufacture alcoholic beverages. Elena Pouchelon, co-owner. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

21 Announcements
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December 7, 2015

LATE PAYMENT PENALTY

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Taxes may be paid in person Monday – Friday
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