Springfield

Franconia * Kingstowne * Newington

Best Friends

Pet Connection, Page 7

Abby, dog, and Emma, cat, of Springfield at the door. "It's too nice to be inside".

> CONNECTION FAMILIES

The Virginia Way

Springfield Sharpshooter Bound for Rio Sports, Page 12

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July 28 - August 3, 2016

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

NNECTION

PAGE 8

Week in Springfield

Have You Heard Gunshots?

Police have received multiple calls from residents in the Franconia District reporting that they have heard gunshots in their neighborhood. The occurrences have been reported from the beginning of the year to the most recent of events occurring on Friday, July 15. The sounds of suspected gunfire are generally heard after dark and some citizens have subsequently found damage to their vehicles from gunfire. There is no suspect information at this time and the investigation is ongoing — according to FCPD Public Affairs Bureau. The Fairfax County Police Department is asking the public to report suspicious noises, persons, and vehicles and to provide as much information as possible. A description of a person or vehicle seen in or around the area could assist in solving these cases. Anyone with information is asked to contact Crime

Solvers by phone at 1-866-411-TIPS/8477, e-mail at www.fairfaxcrimesolvers.org or text "TIP187" plus your message to CRIMES/274637 or call Fairfax County Police at 703-691-2131.

-Tim Peterson

Bulletin Board

Send notes to the Connection at connectionnewspapers.com/Calendar/ or call 703-778-9416. The deadline for submissions is the Friday prior to publication. Dated announcements should be submitted at least two weeks prior to the event.

THURSDAY/JULY 28

Blood Drive. 9 a.m.-2 p.m. NVAR Blood Drive, 8407 Pennell St., Fairfax. Sign up by emailing gkruchko@nvar.com today. Go to www.nvar.com for more information. Questions call 703-207-3207.

ONGOING

Burke Lake Seniors Golf League seeks members. Interested golfers are invited to join the Burke Lake Seniors Golf League. Must be 55 and older, enjoy playing golf, meeting new people and having an all—around good time. Reserved tee times on Tuesday and Thursday mornings at the Par 3 Burke Lake Golf Course on Ox Road. Annual dues for the season – April 1 through October 31 – are \$20 plus green fees. For more information, call Charlie Ryan 703-690-4227

The Northern Virginia Long Term Care Ombudsman Program needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov.

Also visit www.fairfaxcounty.gov/ dfs/olderadultservices/ ltcombudsman/.





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2 Springfield Connection SJuly 28 - August 3, 2016



Supervisors Kathy Smith (D-Sully) and Pat Herrity (R-Springfield) lead excursions around the station so visitors could practice good safety habits while playing the game.



(Left) Michelle Vo, a rising sophomore at Paul VI High School, walks with U.S. Army recruiters she met when they realized they played for the same Pokémon Go team in augmented reality.

Playing it Safe Pokémon Go event hosted at Sully government center.

By Tim Peterson The Connection

ith Fairfax County Police of ficers blocking traffic, dozens of community members crossed Stonecroft Boulevard in front of the Sully District government center in Chantilly.

Once they reached the other side of the street, the majority of women, children and teenagers whipped out their phones and continued to play Pokémon Go, the smartphone version of the popular video game.

In the game, players are tasked with searching for, capturing, battling with and caring for imaginary animal-esque creatures called Pokémon.

In this latest viral iteration, players engage with "augmented reality," where elements from the game are overlaid on the physical map, allowing someone to see something on their phone in the same place where nothing exists to the naked eye.

For Pokémon Go, the Pokémon creatures can be found roaming, seemingly randomly, through the individual worlds of players as they move through their day-to-day routines.

But as the game itself became wildly popular in just a short time, the number of crimes and accidents as a result of people walking around outdoors with their heads buried in a handset has also gone up.

IN JUST THE SULLY DISTRICT, Crime Prevention Officers say there have been several "near-misses" between drivers and pedestrians, where they were walking unawares into the road.

Also, they said, there have been regular calls coming in overnight reporting suspicious persons walking around, that have turned out to be people playing the app.

In Springfield, in just the past two weeks, five individuals were arrested for trespassing on school property. They were pursuing Pokémon.

To address the safety and legal issues associated with the game - which everyone admits does a great service by getting playwww.ConnectionNewspapers.com



Though the Pokémon Go app's server was down for a short period in the afternoon, Fairfax County Sheriff Stacey Kincaid (center) and Public Schools At-Large School Board Member Ryan McElveen (right) joined Supervisor Kathy Smith (D-Sully) at the event as well.

ers out of the house and interacting more with both the world and each other - several elected officials organized a day-long event to engage with community members face-to-face-to-phone.

Lt. Matt Owens, acting commander for Sully Station, encouraged those in the audience to be safe drivers, and to be respectful of memorials or locations where Pokémon may be hiding.

Supervisors Kathy Smith (D-Sully) and Pat Herrity (R-Springfield) then lead excursions around the station so visitors could practice good safety habits while playing the game.

"This is another example of a police department really getting out there and being proactive in the community," Herrity said.

Smith received a tutorial in playing the game from William Phan, of Fairfax, who

founded the Facebook Group Pokémon Go. He says he started the page out of a paternal instinct to protect people he saw as putting themselves or others around them in danger by not hydrating, going out by themselves, going out at night, etc.

"It needs good policy," Phan said. "I'm here to make everyone happy, get them at their optimal level." Phan's Facebook page acts as a forum for players to communicate, as well as a message board for posting helpful tips.

OTHERS ALL AGREED one of the successes and attractions of the game is how it requires movement through a very real world, providing very real exercise.

"It's nice to be out in the community," said Staff Sgt. Miesha Collins, of Mount Vernon, a U.S. Army recruiter based in Falls Church. "You find people with the same interests

as you," Collins said. "This game is bringing a lot of people together. Also, there's a Jigglypuff in my neighborhood and I've been walking around for days trying to find it." Though the app's server was down for a short period in the afternoon, Fairfax County Sheriff Stacey Kincaid and Public Schools At-Large School Board Member Ryan McElveen spent time at the event as well.

Left, Mike Man of Centreville and his fiancee Haley

claims is unaffiliated with Pokémon or the new app.

serve a traditional Hawaiian bowl called "poké" that

sauce. The food truck was on hand on July 20 for the

includes raw salmon or tuna over rice, with cucum-

bers, carrots and either spicy mayo or soy ginger

Sully District Pokémon Go community event.

Huyah (right) run Poké-Man, a food truck that he

Man is of Hawaiian descent: Out of the truck they

Kincaid arrived with custom-made Pokémon cards for her office, encouraging people to be safe when they play the game in public.

McElveen had promoted the event which was scheduled to run from 10 a.m. until 10 p.m. - through his Twitter account that's popular among FCPS students.

A similar event is being scheduled for the West Springfield area at the end of next week.

Springfield Connection & July 28 - August 3, 2016 & 3

News



Sen. Timothy M. Kaine (D-VA) listens to student Hidayah Martinez Jaka, who talked about her personal experiences with intolerance and prejudice towards Muslims, during a roundtable discussion Kaine hosted with leaders of the Northern Virginia interfaith and civil rights communities on Thursday, July 21 at the All Dulles Area Muslims Society (ADAMS) Center.

The Virginia Way

Photos by Victoria Ross

During an interfaith and civil rights roundtable discussion hosted by Sen. Timothy M. Kaine (D-VA) at the All Dulles Area Muslims Society (ADAMS) Phillip Thompson of Fairfax, chair of the Northern Virginia NAACP, talks about Black Lives Matters and says he is deeply troubled by the recent spate of police-related violence. Johnson is seated next to Faateha Syed (left), a 13-year-old ADAMS member and Joan Bell-Haynes (right), pastor of United Christian Parish in Reston.

Senator Tim Kaine spends last day before VP pick showing why Virginia matters.

By Victoria Ross The Connection

o one knew it at the time, but Sen. Timothy M. Kaine's (D-Va.) public appearances mod erating roundtables in Northern Virginia last Thursday, July 21 would be his last day of relative political anonymity before being catapulted to political prominence 24 hours later as Hillary Clinton's pick for her vicepresidential running mate.

Trailed throughout the day by a phalanx of political reporters, Kaine remained relaxed, composed and engaged (but never boring) during his two events.

While the first event – a roundtable discussion on immigration in Arlington - was closed to the media, the second event on religious freedom and civil rights held at the All Dulles Area Muslim Society in Sterling was open to the press, and dozens of reporters, representing nearly every prominent media outlet, planted themselves in one of the conference rooms at the center, setting up cameras, adjusting boom microphones, juggling tripods and waiting.

"Why don't they talk to us?" asked 13year-old Faateha Syed, a young Muslim woman from Reston, who seemed baffled as the media throng descended on Kaine as he entered the room.

"They're not here for us. They're here for him," an older Muslim woman replied. "They want to know if Senator Kaine is going to be our next vice president."

Despite the intense media scrutiny and political speculation swirling around Kaine, roundtable participants said they were impressed by Kaine's focus and genuine interest in them and their concerns.

Syed Moktadir, president of the ADAMS didate Dor center, said he appreciated Kaine's willingness to spend time discussing issues and challenges moderate Muslims face every ing the Uni 4 SPRINGFIELD CONNECTION & JULY 28 - AUGUST 3, 2016



Sen. Timothy M. Kaine (D-Va.) receives a warm welcome from Sanober Yacoob (left), an executive staff member of the All Dulles Area Muslims Society Center, and Syed G. Moktadir (center), president of the society, as he enters the center to host a roundtable forum with leaders of the Northern Virginia interfaith and civil rights communities on Thursday, July 21.

day.

"He gave each of the panelists here a voice to talk about the issues confronting Muslims," Moktadir said. "The ADAMS Center has a history of openness, moderation and civic engagement. Senator Kaine did a great service highlighting the importance of tolerance and religious freedom."

DURING THE FORUM at ADAMS, Kaine took the opportunity to extol Clinton's virtues and assail Republican Presidential candidate Donald Trump's policies and prejudices – without once saying Trump's name.

When discussing bans on Muslims entering the United States and mass deportations - two of Trump's policy promises – Kaine asked the group: "Do you want a trash-talking president or a bridge-building president?" He noted that he and his Democratic colleagues in the U.S. Senate "beat" a bill that would have greatly tightened screening procedures on refugees from Syria and Iraq, essentially banning them from entering the U.S.

"So the refugees are our enemy now? We shouldn't tolerate intolerable prejudice," Kaine told the group. "The bottom line is that it's not easy to come into our country as a refugee, at all. But the notion of 'no Syrian can ever come here' is antithetical to our values – especially when the inno-



Mohsin Alikhan, president of the McLean Islamic Center, talks to a reporter after an interfaith roundtable forum hosted by Sen. Timothy M. Kaine (D-Va.) at the All Dulles Area Muslim Society center on Thursday, July 21. During the forum, Alikhan asked Kaine whether he would still visit the center when he's vice president. Kaine, who had not yet been tapped as Hillary Clinton's running mate, smiled and said that he would visit "regardless of title."

cent civilians and families seeking refuge in our country are fleeing the very violence and terror we saw in France and Lebanon that they experience every day in Syria."

In addition to discussing the plight of refugees, Kaine delved deep into the hot-button issues of police profiling and Black Lives Matter. He noted the success Richmond had

News Senator Kaine Hosts Interfaith Forum

From Page 4

with strategies like community policing rather than zero-tolerance policies that surfaced after 9-11.

"I'll tell you one little insight...One of the best things we did when I was Mayor of Richmond was hire a police chief who had the idea of community policing, who said "Let's put officers on bicycles...let's make them part of the community..." We don't have to recreate the wheel, we have the model."

But unlike the famous real estate mogul on the other side of the political aisle, Kaine said, he believes our nation becomes greater by unity, not more division.

"Do we pull together as a nation or try to divide the nation? Virginia has some history with divisiveness, but when we started a change in

Virginia and put [divisions] behind us and started to let everybody be around the table, we started doing really, really well. And that's what's at stake here in this election."

When Joan Bell-Haynes, pastor of the Reston United Christian Parish, asked Kaine what people in the room should do to help the country get past its racial and religious divisions, Kaine said he was supporting Hillary Clinton, and called her the kind "bridge-builder" that we need.

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.

Jubilee Christian Center of Fairfax is restarting its "Living Free" support groups for the Spring on Wednesdays, starting on Mar. 30, 7:15 p.m. The support groups are free, and will cover "Stepping into Freedom," "Concerned Persons Group" (for family and friends of addicts), "Understanding and Overcoming Depression," "The Image of God in You," and "Handling Loss and Grief." There will also be Christian Education classes for all ages and Membership Class #2 meeting on Sundays, 10:10 a.m. 4650 Shirley Gate Road, Fairfax. For information or to register, 703)-383-1170, call email livingfree@jccag.org or seewww.jccag.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 703-323-8100 Station, www.fbtministries.org

The Guhyasamaja Buddhist Center, 10875 Main St., Fairfax City provides free classes to both newcomers and advanced practitioners of Tibetan Buddhism. The center emphasizes working with the mind and learning how to understand the workings of the mind, overcoming inner causes of suffering, while cultivating causes of happiness. Under the direction of Lama Zopa Rinpoche, the center is a place of study, contemplation and meditation. Visit http://www.guhyasamaja.org for more information.

www.ConnectionNewspapers.com

AT TIMES, Kaine gave mini history lessons on the First Amendment and Freedom of Religion. He also showed his philosophical, thoughtful side, relating a story about one question he often asked as a Jesuit missionary in Honduras.

"As human beings, we have an instinctive appreciation of diversity in nature. I would ask people 'Do you have a favorite flower? 'And most people do have a favorite flower. Then I would ask 'Do you want every flower to be that flower?' Of course not," Kaine said, smiling. "That would be boring."

Although Kaine did not invite discussion of the VP buzz surrounding him, several participants noticed a sign behind where he was seated that read: "What if someone from your community became a national figure? In America anything is possible."

Mohsin Alikhan, president of the McLean Islamic Center, asked Kaine whether he would still visit when he's vice president.

Kaine shook his head, and humbly answered "Of course I'll come...regardless of title."

After the event, Kaine took media questions, but deflected any speculation about his chances as Hillary Clinton's pick. He did tell the press pack, however, that "I'm being considered because of Virginia. Virginia matters."

DR. GENE SWEETNAM DR. GRACE CHANG

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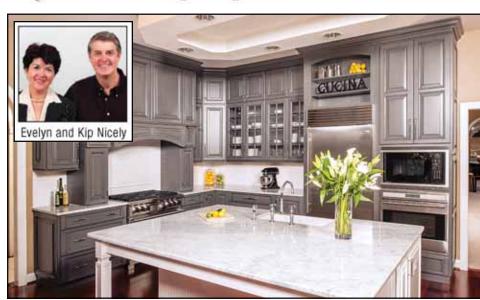
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"Senator Kaine did a great service highlighting the importance of tolerance and religious freedom." -Syed Moktadir, president of the ADAMS center

OPINION Help Children Arrive at School Prepared

Many opportunities to contribute; tax-free backto-school shopping is Aug. 5-7 across Virginia.

he first day of school each year is fraught with anticipation and anxi ety. Many local students will be concerned about what they wear, who they will see, what it will be like. They've already had multiple shopping trips, online and otherwise, to be sure they have the supplies and extras they need.

We live in an area where many, if not most, families have the means and desire to do almost whatever it takes to give their children the best chances for success.

But for thousands of students, families lack the financial resources to equip them for success on the first day of school and beyond.

In our affluent area, there are many poor families, families who are barely making it, families who are not able to indulge their children in a shopping spree before school begins, families who are already having trouble making up for the meals their children would be getting at school.

In Fairfax County Public Schools, more than 27 percent of more than 184,000 students are poor enough to qualify for subsidized meals. That's more than 50,000 children in Fairfax County who are going through the summer without their usual access to breakfast and lunch. For many of those children, having a fully equipped backpack on the first day of school is out of reach.

In the City of Alexandria, about 60 percent of the Alexandria Public Schools students are poor enough to qualify for subsidized meals. That's more than 8,000 of the city's 13,000plus students.

In Arlington, more than 32 percent of the county's 23,000-plus students are poor enough to receive subsidized meals; more than 7,000 students.

Help these students get started on the right foot by contributing to one of the many local backpack drives.

Virginia sales tax holiday for school supplies and clothing is Aug. 5-7, 2016. Purchases of most school supplies, clothing and footwear are exempt from the Virginia sales tax. Each New Structure State Sta

he first day of school each year is fraught with anticipation and anxi ety. Many local students will be concerned about what they wear, vill see, what it will be like. They've

Where to give in Fairfax County

* Fairfax County Collect for Kids is a public private partnership that provides local children from economically challenged families with the school supplies they need to begin the school year, and has provided more than 100,000 supply kits and backpacks since 2010. Collect for Kids is made possible through a partnership with Kids R First, Fairfax County Public Schools, the Fairfax County Office of Public and Private Partnerships, Apple Federal Credit Union and numerous community-based organizations (some listed here) and businesses in the Fairfax County area who are working together to provide supplies in a more costeffective and efficient way. See collectforkids.org/resources.

* Cornerstones is working to provide backpacks and other necessities to 3,500 Reston and Herndon area students. You can buy backpacks and other items online and have them delivered to Cornerstones. Or deliver the backpacks to Cornerstones Administrative Office Aug. 8-12, 2016, Monday-Friday, 9 a.m.-5 p.m., 11150 Sunset Hills Road, Suite 210, Reston. In addition to backpacks, Cornerstones also requests donations of new underwear for elementary school age children, and Payless gift card donations (\$25) so young clients can get a new pair of shoes. Contact Cornerstones at 571-323-9568 or volunteer@cornerstonesva.org. Visit www.cornerstonesva.org/donations/drives/ back-to-school/

✤ United Community Ministries' annual Back to School campaign is underway. Donations are needed by Friday, Aug. 5. A gift of \$40 completely outfits one student. Please drop checks and backpacks off at UCM's main office (7511 Fordson Road, Alexandria, 22306) weekdays from 9 a.m.-5:30 p.m. If your group needs to make special arrangements for a large

donation, please contact Emily Griffin. For more information, contact Emily at emily.griffin@ucmagency.org or by 571-255-8973 or visit www.ucmagency.org/back-toschool-2016.html.

***** Britepaths, formerly OUR DAILY BREAD, participates in the Collect for Kids Back to School Program each summer and is working to help more than 2,500 students in central Fairfax have everything they need to succeed this fall. Cash donations help purchase supplies at a steep discount. Please donate by Aug. 5. Donate backpacks or calculators by Aug. 5. Larger size backpacks especially needed. Donate cash through Aug. 31. Checks are welcome. Make checks payable to "Britepaths." Please include "Back to School" in the memo line of the check. Mail to: Britepaths 4080 Chain Bridge Road, 2nd Floor, Fairfax, VA 22030. If delivering in person, Monday-Friday, 10 a.m.-2 p.m., except for holidays. Call ahead at 703-273-8829. Visit www.britepaths.org for more.

♦ FACETS is seeking to equip more than 300 students in need with backpacks filled with supplies. Use the checklist at the link below as a guide for purchasing backpacks and supplies. Place purchased supplies in backpacks or other bags and deliver to FAC-ETS. For financial donations, please cut and mail form by Aug. 12. Drop off supplies through Aug. 12, 2016, 9 a.m.-5 p.m., Monday-Friday, 10640 Page Ave., Suite 300, Fairfax VA 22030. Contact FACETS at 703-272-3710 or JDantonio@FacetsCares.org or visit facetscares.org/wp-content/uploads/ 2011/07/SchoolSupplyFlyerFY17.pdf

Northern Virginia Family Service. Mail checks (payable to NVFS, with BTS in the memo line) to: Northern Virginia Family Service, Attn: Back to School, 10455 White Granite Drive, Suite 100, Oakton, VA 22124. Donations of new backpacks and new school supplies (we unfortunately cannot accept these items after use) will be accepted on July 29, 3-6 p.m.; and Aug. 1, 10 a.m.-6 p.m. at 13926 Metrotech Drive, Chantilly, VA 20151 (between Buon Appetito and Cafein; please note storefront windows are whitewashed). Contact Pam Boyle at 571-748-2537 or visitwww.nvfs.org/ backtoschool.



Making a Case for Pet Adoption

Lucky kittens Flame and Pixie found a home in Reston with Jesse and Margo. These little ones were born in Abingdon, Va. and dropped off at an overcrowded shelter that euthanizes all unadopted cats every Thursday. Fortunately, the Feline Foundation of Greater Washington swooped in and a series of volunteers shuttled the babies to Reston. They stayed with a foster family until Feline Foundation of Greater Washington (FFGW) June Adoption Fair at Just Cats Clinic, where they met Jesse and Margo.





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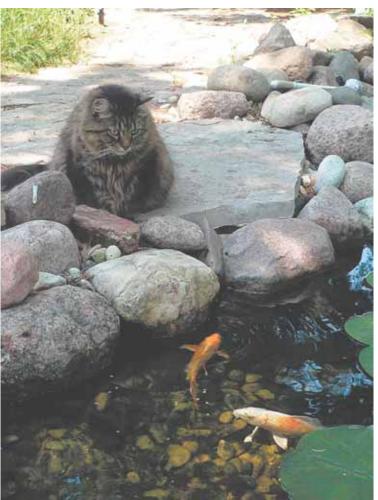
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Best Friends

Abby, dog, and Emma, cat, of Springfield at the door. "It's too nice to be inside".











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Ellie: More Like a Dog

Ellie is more like a dog than a cat. At 16, she follows me around everywhere. If i go out, she wants to come with me. She used to be a great mouser, but now is not interested in mice. The occasional moth is OK. She also has her own fish.

> — Robert Petitti, Springfield



Homeward Trails Working to Clear The Shelter

Homeward Trails has 12-14 dogs adopted every weekend and 2,000 pets every year.

By Alexandra Tecco The Connection

ast year Homeward Trails Adop tion Center in Fairfax Station had 23 dogs adopted during the na tional "Clear The Shelters initiative." The nonprofit houses 50 dogs in their facility as well as a number of dogs and cats in their foster homes.

Sunday, July 18, Homeward Trails had an open house at their Fairfax Station Adoption Center. These regular events are a chance to visit the facility, the dogs and the staff

Sitting on the porch, the Matsumoto family waited to be united with their new pet. Francine, adoption complete, was greeted with compliments, pets, ear scratches and hugs before being taken to see her new home. The Matsumoto family drove from and came to see the dogs at Home-Bethesda, Md. to adopt from Homeward ward Trails. Trails. Compared with their previous experience of pet adoption, Homeward Trails was around the area, according to Goodhart. "less institutionalized" according to Even the majority of dogs live in foster Matsumoto

Homeward Trails won't euthanize animals and works to save them from 16 high-killrate shelters around the area, says Rebecca Trails Adoption Center is capable of hous-Goodhart, Homeward Trails's deputy direc- ing 50 dogs. tor. The area shelters and Homeward Trails coordinate with each other sharing information about the animals, their personality and any medical concerns to ensure a good fit.

and have adoption events at pet stores the dogs are outside in large play yards with



Trinity, 11, Trina, 4, and Triton, 17months-old, pet one of the two dogs the family is visiting. Their parents. John and Shonda Kiser are interested in adopting two dogs

homes. They get more individual attention and the affection of living with a family, which some react to better. The Homeward

"We're different than a traditional shelter," Goodhart explains. "Dogs are assigned to play groups which are supervised by staff so they get to spend more time outside and Cats are housed primarily in foster homes playing with other dogs." Ten hours a day



Homeward Trails in Fairfax Station, dog Sonny, with owners Atonino and Kaitlin Zambito enjoying the Shirlington Dog Park. Adopted 3 years ago,Sonny is well trained and responds to commands in English, Italian and hand signals.

access to water and shade. Currently, they visit the play yards in rotation due to the excessive heat.

"The yards help a lot," says Marcus McCloud, Homeward Trails staff, supervising a group of four dogs as they wander from shade to shade with stops at the plastic kid pool filled with water. "Rather than walk past a small cage, small kennel, here they're free. They can be themselves, not afraid of the small space. But they do need to be supervised to make sure they get along," McCloud says.

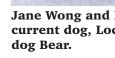
Even after the adoption process is complete and the pet goes to a new home, Homeward Trails remains a resource. Follow up emails, a phone call check-in a few days later, a free 30 minute conversation with a trainer and 30 days of free pet insurance. In addition, part of their contract states that they will take the pet they adopted out, back if anything doesn't work out with the family" explains Goodhart. Homeward Trails has 12-14 dogs adopted every weekend and 2,000 pets every year. "We're projected to beat that this year," says Goodhart.



Francine and her new family who drove from Bethesda, Md. to Homeward Trails to adopt her. Alan Matsumoto and his children, Eric, Kendall and Kara.



Michael Bates, volunteer adoption counselor at Homeward Trails Adoption Center in Fairfax Station, updates the board of completed adoptions. On average 12-14 dogs are adopted each weekend.







Homeward Trails dogs enjoying the shaded pavilion on a hot day while waiting for their forever homes.

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Linda Keeling and Mike Keeling, not pictured, of Stafford adopted Mopsy three months ago. Today they visit Homeward Trails to purchase a new collar.



Homewards Trail staff member

Marcus McCloud supervising the

a mix of gravel and grass. Most

his affection.

dogs in one of the large play yards,





Jane Wong and Eric Wong, not pictured, see how their current dog, Locke, interacts with Homeward Trails

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





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NEWS

Community Works Together To Alleviate Hunger

Food for Others assemble backpacks of non-perishable food.

BY SHIRLEY RUHE The Connection

ood for Others started its Power Pack Program -P3- in Fairfax County four years ago "after we noticed the need and heard from school counselors. We started with eight schools and are now up to 28," according to Jessica Cogen, director of development and outreach of Food for Others. Cogen also emphasized that "we are seeking to expand the number of schools served this year to help meet the need."

The P3 program provides non-perishable food to the most needy school students to supplement weekend meals. Most of the students receiving the P3 are eligible for free or reduced price school lunches. Some of the food is donated and some is purchased.

Food for Others receives much of its food from food rescue operations at grocery stores and other retail establishments with food drives providing most of the non-perishable food. The backpacks given to students containing the food are assembled at the warehouse on 2938

Prosperity Ave. by volunteers. "We do what it takes to get it done," Cogen said; "sometimes corporate and service groups team up and put together the backpacks offsite. We have many devoted volunteers from all across the community."

Each backpack contains two items for breakfast, lunch and dinner, two snacks and two drinks. The most needed items for P3 are Chef Boyardee and mac and cheese cups, 100 percent juice boxes, and cereal boxes. Orders usually go out on Mondays, Wednesdays and Fridays, but some schools have no storage space so they have to do it all on Friday morning.

Cogen says when it comes to determining which schools are serviced it is not necessarily a first-come, first serve basis. It also depends on finding volunteers who are able to pick up packs on a weekly basis and deliver them to the schools.

FOOD FOR OTHERS is a nonprofit organization that began feeding the poor in 1995. They describe their challenge: "The number of hungry families and individuals is often overlooked because of the affluent reputation of the area. However, 90,000 people in Northern Virginia are in need of help."

The distribution area is 82 percent Fairfax County and 16 neighborhood sites. The most needed items for these programs are canned chicken, spaghetti sauce, canned fruit packed in juice, canned chili and family-sized bottles of 100 percent juice.

The program has four main activities. Direct assistance available at the Merrifield warehouse, where families can pick up 3-5 days worth of nonperishables as well as milk, eggs and other fresh food. The free emergency food provided at the warehouse is through referral by social service provid-10 Springfield Connection SJuly 28 - August 3, 2016



Vincenza Gitchen, accounting and administrative associate for Food for Others, demonstrates an average supplementary backpack in the Power Pack Program (P3). These weekend packs are provided to the most needy students in 28 elementary schools in Fairfax County during the school year. Each P3 contains two each breakfast, lunch and dinner items, two snacks and two drinks.

Neighborhood Sites

Anyone in need of food may come to one of the following neighborhood sites at the times specified. The only question that is asked is, "How many people are in your household?" People should bring their own grocery bags.

ANNANDALE: THURSDAY

Immanuel Methodist Church: 7901 Heritage Dr., Annandale. 6 p.m.

BAILEY'S AND CULMORE: 1ST, 3RD, AND 5TH MONDAY OF THE MONTH; EVERY WEDNESDAY

✤ Bailey's: Parking lot of Bailey's Shelter, 3525 Moncure Ave., Bailey's Crossroads. 6 p.m. Culmore: 6055 Glen Carlyn Dr., Falls Church. 6:30 p.m.

BURKE: MONDAY, THURSDAY

Summit Oaks: Parking lot on Oak Bluff Court at the end of Oak Leather Drive, Burke. 6:30 p.m. Crevenna Oak: Parking lot on Crevenna Oak Drive at the end of Oak Green Drive south of Burke Center Parkway, Burke. 7 p.m.

FAIRFAX : MONDAY, THURSDAY

* West of Circle one-quarter mile on US 50, north on Draper Drive to end at Kingsbridge. Parking lot of Yorkville Apartments, facing Kingsbridge. 6 p.m.

SEVEN CORNERS: TUESDAY, THURSDAY

* Willston: In front of Building #6134 Willston Garden Apartments, off Willston Drive and west of John Marshall Drive, Falls Church. 6 p.m. Patrick Henry: Greenwood Drive, west of Patrick Henry Drive near Building #6195, Falls Church. 6:30

p.m.

SPRINGFIELD GARDENS: FRIDAY

Community Center behind Springfield Plaza at 7224 Commerce St., opposite SunTrust Bank, Springfield. 6 p.m.

SPRINGFIELD - CHELSEA SOUARE: TUESDAY

St. Mark's Lutheran Church, 5800 Backlick Road, in the basement of Fellowship Hall, on side adjacent to Chelsea Square Apartments. 6 p.m.

SPRINGFIELD - EDSALL PARK: THURSDAY

Springfield Christian Church, 5407 Backlick Road, Springfield. Entrance is the southwest corner of the building, the opposite side from the office, door nearest the street. 6 p.m.

ers. In addition, the USDA TEFAP program emergency food packages to families diprovides monthly food at the warehouse to rectly from the warehouse. In addition, clients meeting income guidelines. In FY 2015, Food for Others provided 22,517

Food for Others provides food on some weeknights at 16 sites located in low-in-



Ted Hoch will be stocking shelves on Tuesdays and Thursdays for the next three weeks at the Food for **Others warehouse on Prosperity** Avenue. Food is neatly arranged by meat (12 oz.), veggies, crackers, soup and by expiration date. Other volunteers will come along and pull things off the shelves for the families who stop by the warehouse between 9:30 a.m.-5 p.m. on weekdays to pick up emergency food. An additional new area has been created in the warehouse for "client choice."

come neighborhoods. Food provided at the neighborhood sites is available with no referral necessary. They also provide bulk food items to about 20 community-based organizations that in turn distribute the food to families unable to meet their basic food needs. In 2015, Food for Others distributed 248,992 pounds of free food through the Community Partners. The warehouse is open Monday-Friday from 9:30-5 p.m. for people to pick up free food supplies or for donations of food to be dropped off.

CURRENTLY about 85 families have been coming to the warehouse Monday through Friday to pick up emergency groceries.

"Two weeks ago we added the element of client choice," Cogen said. She says this means the family can either take home the free box of prepackaged groceries or select for themselves from the items they have available. "This gives the clients greater dignity and can allow them to supplement what they already have." There is a rush at the beginning and the end of the month. Charitable contributions provide most of the budget for of Food for Others. Recently, Walmart gave \$35,000 for the general support of their activities, Northrup-Grumman made a donation toward the school Power Pack program and Wegmanns Food Markets just finished a cash register drive. "The community makes this possible; these are just a few examples of recent contributions. "...Our goal is to bring the community together to help solve hunger" Cogen said.

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CALENDAR

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

ONGOING

- Evenings on the Ellipse. 5:30-7 p.m. Thursdays through Aug. 25. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Fun music and good company. Paradise Springs and The Winery at Bull Run will be offering complimentary tastings of their premium reds and whites. If it rains, concerts will be moved inside to the Government Center Forum. http:// www.fairfaxcounty.gov/parks/ performances/
- **Storytime in the Park**. Tuesdays, 10:30 a.m. Aug. 2, 9, 16, 23, 30. Old Town Square, 3999 University Drive, Fairfax. 703-385-2712.
- Wednesday Morning Tai Chi. 6:30 a.m. Aug. 3, 10, 17, 24, 31. Old Town Square, 3999 University Drive, Fairfax. At the pergola. 703-385-2712.
- Rock the Block! 6:30 p.m. Every fourth Friday through Oct. 28. Old Town Square, 3999 University Drive, Fairfax. Come any way you can walk, run, ride your bike or drive! You don't want to miss out on this brand new concert series! Food is available for sale. Bring chairs and or blankets to sit on. Kids – wear swim suits and bring towels. Enjoy the new spray pad. No Pets allowed except
- service animals. fairfaxva.gov. **Redder Blood**. Fridays and Saturdays, 8 p.m. Sundays, 2 p.m. and 7 p.m. July 8-31. New School of Northern Virginia, 9431 Silver King Court, Fairfax, Virginia 22031. A premiere co-production between the Hub Theatre and the Jewish Community Center of Northern Virginia, written by Helen Parfumi. Follows character Sadie, a woman who hears the voice of God. \$20-\$30. www.jccnv.org. thehubtheatre.org. 703-537-3000.
- The Farmer's Market at Springfield Town Center. 10 a.m.-2 p.m. Through November. Corner of Spring Mall and Loisdale roads, Springfield. Enjoy fresh baked goods, produce, vegetables & fruits, meats & cheeses, and a host of other vendors. springfieldtowncenter.com. Mestey Films Productions

presents: Live Onstage: The Wizard of Oz in Fairyland. 1 p.m. Workhouse W-3 Theatre, 9518 Workhouse Way, Lorton. Every Saturday from July 2-30. Children's theatre production combining the stories of "The Wizard of Oz" with "Aladdin," "Alice in Wonderland" and "Snow White." \$14.50 adults, \$11.50 children 12 and under. www.workhousearts.org. 703-584-

- 2900. **Color Me Happy**. 7-8:30 p.m. Mondays July 18, Aug. 15. Kings Park Library, 9000 Burke Lake Road, Burke. Discover your inner Picasso. coloring pages from books designed especially for adults. Coloring pages, pencils and markers provided. Free. 703-978-5600.
- Lovers and Madmen. June 18-Aug. 19. Epicure Cafe, 11104 Lee Highway, Fairfax. Features local artists. epicurecafe.org.
- Fairfax Rotary Club Meeting. 12:15-1:30 p.m. Mondays. American Legion, 3939 Oak St., Fairfax. Meetings with luncheon and program. fairfaxrotary.org.
- Plant Clinic. 9 a.m.-noon. Sundays till end of September. Lorton Farmers Market, 8990 Lorton Station Blvd., Lorton. Conducted by Master Gardeners. Answer gardening question, identify plants and insects, soil tests, etc. fairfaxgardening.org.

www.ConnectionNewspapers.com



Th Pohick Church Docent Guild will host a Garden Party on Saturday, Aug. 13 at the Historic Pohick Church.

- **Carolina Shag**. Wednesdays. 6:30-10 p.m. Arlington/Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Free lessons at 7:30 p.m. No partners needed. Dinner menu. \$8. Under 21
- FUN-Exercise. Thursdays, noon-12:50 p.m. Grace Presbyterian Church Family Room, 7434 Bath St., Springfield. Inova certified exercise instructor leads a moderate level exercise class with music and current events conversation. Muscle, Balance, Strength Training using stretch bands and weights both standing and seated exercises. Instructor donation is \$5. Contact Chris Moore at moorefitt@yahoo.com or 703-499-6133.
- Cafe Ivrit (Hebrew Cafe). Wednesdays. 8:15-9:15 a.m. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. Shalom (Hello)! Did you always want to converse in Hebrew? Join Na'ama each week for conversational Hebrew. You will learn and practice Hebrew in a fun and interactive way while learning more about Israel! Free (we ask that you try to attend regularly). RSVP Naama.Gold@jccnv.org.
- Smoke Free Bingo (with breaks for smoking friends). 7 p.m. Every Friday. Fairfax Volunteer Fire Department, 4081 University Drive, Fairfax. Free coffee, entertaining callers, \$1,000 jackpot. www.fairfaxvd.com. 703-273-3638.

MONDAY-FRIDAY/JULY 25-29

Art Classes. Call for times. Burke Presbyterian Church, 5690 Oak Leather Drive, Burke. For details and registration information, call 703-250-6930 or go to www.czartlessons.com.

THURSDAY-SATURDAY/JULY 28-30

"The Music Man." Check for show times. Sydney Lanier Middle School, 3801 Jermantown. Road, Fairfax. http://www.fairfaxcitytheatre.org/ the-music-man.html

THURSDAY/JULY 28

- Evenings on the Ellipse. 5:30-7 p.m. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Caravan of Thieves. Fun music and good company. Paradise Springs and The Winery at Bull Run will be offering complimentary tastings of their premium reds and whites. If it rains, concerts will be moved inside to the Government Center Forum. http:// www.fairfaxcounty.gov/parks/ performances/
- Art Workshop, Oil/Pastel July 29 -July 31,8:30 a.m. - 5:30 p.m., 7135 Main Street Clifton at the Acacia Lodge. Spaces available. Award winning artist eager to

- teach applying luminous color to an ever changing light source. Classroom and abundant outdoor
- painting. Individual coaching. Option for two-day class. Cost:\$275 Non-Member /
- AGC Members \$250 Contact: Charles Rusnak at: artguildofclifton@gmail.com (703) 409-0919 http:// www.artguildofclifton.org

SATURDAY/JULY 30

- Mount Vernon Nights: The United States Air Force Celtic Aire (Celtic). 7–8 p.m. Workhouse Arts Center, 9518 Workhouse Way, Lorton. Performs classical Irish melodies and favorite songs with traditional Celtic instruments. The premier folk ensemble of the U.S. Air Force. Free. www.workhousearts.org. 703-584-2900.
- BRYC 50th Celebration. 4-8 p.m. Robinson Secondary School, 5035 Sideburn Road, Fairfax. Games, Prizes, Dunk Tank, Inflatables. Adult/ Alumni Games. Free. Laurabryc@gmail.com.

SUNDAY/JULY 31

- Nation's Capital Model T Ford Club. 1-4 p.m. Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Model T cars will be on display. \$2/\$4. www.fairfax-station.org. 703-425-9225.
- Burke Historical Society Meeting. 4:3 p.m. Abiding Presence Lutheran Church, 6304 Lee Chapel Road, Burke. "Burke: Summer of 1916." slawski_brian@yahoo.com.

MONDAY/AUG. 1

- "The Greatest Sports Heroes A to Z." 10:30 a.m. Lorton Library, 9520 Richmond Highway, Lorton. Performed by Bright Star Touring Theatre as part of the Summer Reading Program. For more information, 703-339-7385. Children's Performance Series.
- **Children's Performance Series**. 10:30 a.m. Old Town Square, 3999 University Drive, Fairfax. Mr. Skip. Free. fairfaxva.gov.

MONDAY-THURSDAY/AUG. 1-4

Art Classes. Call for times. Woods Community Center, 10100 Wards Grove Circle, Burke. For details and registration information, call 703-250-6930 or go to www.czartlessons.com.

TUEDSAY/AUG. 2

"The Greatest Sports Heroes A to Z." 10:30 a.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Performed by Bright Star Touring Theatre as part of the Summer Reading Program. For more information, 703-249-1520.



Sports Springfield Sharpshooter Bound for Rio

Ginny Thrasher starred on West Springfield rifle team

By Tim Peterson The Connection

he's not worried about hit ting the bowl. Just strik ing the one-to-two-inch air rifle target from ten meters won't win you a medal. It's not even the middle ring, the size of a pencil eraser, that Springfield resident Ginny Thrasher is fixated on.

It's the dot in the center of that. Ten points. "The size of a period on a piece of paper," Thrasher said. "Times New Roman, size 12."

Thrasher, a freshman standout on the varsity rifle team at West Virginia University, has qualified to represent the United States in the Rio Olympic Games in two events: women's air rifle and small bore.

She made the team after win-

Celebratina

37 Years



2015 West Springfield High School graduate Ginny Thrasher, now a freshman standout on the varsity rifle team at West Virginia University, has qualified to represent the United States in the Rio Olympic Games in two firearm events: women's air rifle and small bore.

ning the small bore Olympic trials that were held the first week of April earlier this year at Fort Benning, Georgia. Thrasher was recognized in a board matter introduced jointly by Supervisors Pat Herrity (R-Springfield) and Kathy Smith (D-Sully) on April 26.

The previous month, Thrasher became the first freshman to capture the NCAA championship in both shooting events.

"It was the start of a crazy summer for me," she said.

With the Olympic trials coming right after, she approached them confidently, but more as an opportunity to gain experience for the next summer games.

"My goal was just to shoot the best I could and see what would happen," said Thrasher. "I was looking more towards 2020 as a realistic option. I thought, go to trials and experience the energy of trials."

SINCE APRIL, Thrasher has been all over the world - Brazil, Germany, France, the Czech Republic, among other countries - for additional international competitions and training camps.

Though she admits she has some nerves going into the biggest competition of her life, while representing her country as the youngest member on the rifle team, she's confident because of the focusing skills she's developed through the sport.

"It's about leaving all the distractions off the line, being 100 percent there," Thrasher said. "That's a necessary skill for life. Going to go shoot a big match — there's media, coaches, things you have to tune out."

"It's about finding where the mental state where you're going to perform at your best," she added

Before she picked up a rifle, Thrasher was lacing up figure skates. She competed through several moves, following her father Roger's Air Force career. But she never advanced very rapidly.

At 13, Thrasher expressed interest in taking a hunter's safety



Photo contributed Ginny Thrasher made the United States national team after winning the small bore Olympic trials that were held the first week of April earlier this year at Fort Benning, Georgia.

Thrasher Accomplishments

- * Won five medals at the 2015 USA Shooting Nationals Championships for Rifle/ Pistol
- Placed third at the 2014 Junior Olympics Championships in women's 50m Smallbore
- Owns more than 20 National Rifle Association and USA Shooting records 2015 Virginia air rifle state champion

Three-year captain and four-time MVP for West Springfield High School varsity rifle team

course, like her father and two older brothers had before her. Staying at what the family has considered a "home base" while moving between military assignments in Pennsylvania, Thrasher remembers a special experience going out hunting with her grandfather.

"Hunting is a great adrenaline rush," she said. "For me, I didn't like getting up at 4 a.m. and waiting in the cold. But I did enjoy the rush — I just wanted to go try it out once."

"It's about leaving all the distractions off the line, being 100 percent there." -Ginny Thrasher

Thrasher's mother Valerie remembers her own grandfather going hunting in the same woods, as well as uncles and cousins.

"There's a bit of it in the blood," she said.

When the family moved to Springfield and Thrasher was entering high school, she heard West Springfield offered a varsity rifle team. She didn't hesitate in trying out.

Precision shooting she said is "completely different" from hunting, requiring a lot of practice and mastery.

"You have to control your breathing, that adrenaline," Thrasher said.

Photos contributed

"She immediately fell in love with it," said Valerie.

IN HIGH SCHOOL, Thrasher continued to skate, for cross-training, balance and form, in the mornings before school. After school, she trained three-to-four days a week for several hours at the Arlington-Fairfax chapter of the Izaak Walton League facility in Centreville. Her coach was volunteer Oscar Starz.

As a mountaineer on scholarship, she practices with the team four hours a day after classes, five days a week, with matches on Saturdays during the season.

Though it was hunting that initially drew her to the sport, Thrasher maintains rifle competition is not about developing proficiency with a weapon.

"I'm shooting a firearm," she said. "A weapon is based on how you use it. My sport teaches great safety, discipline, determination. That's the message I want to get across. These things are going to help you long after you stop shooting."

Though at this point, she has no intention of stopping any time soon. Period.

Thrasher competes in qualifying rounds on Aug. 6 and 11. Finals for both competitions will be televised on NBC.

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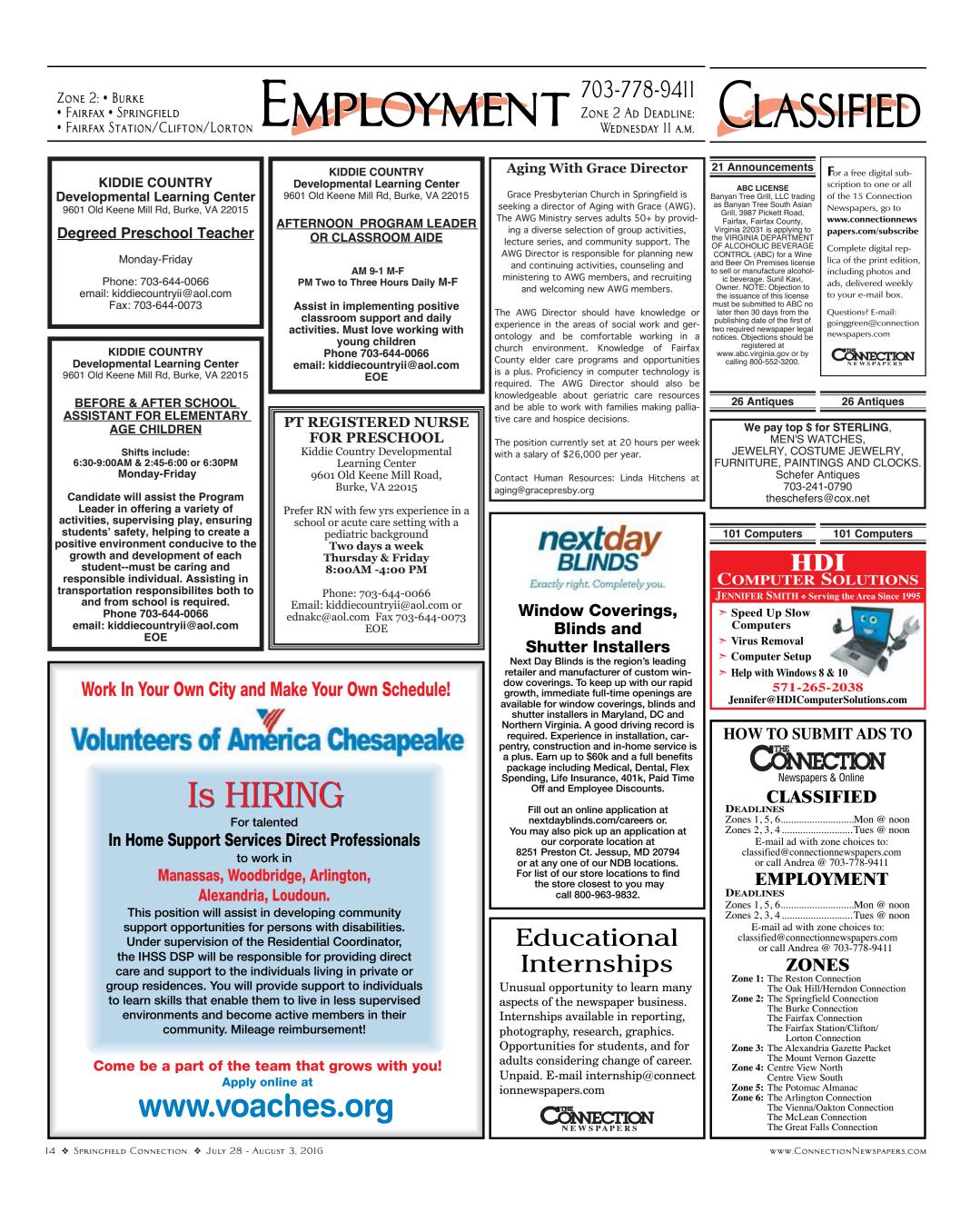
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