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Burke CONNECTION

LaPlante,
Lawal Power
Physical Robinson
Run Game

SPORTS, PAGE 8

Singing
Actress Got
Her Start at
Lake Braddock

NEWS, PAGE 7



Members of Club Pilates in Burke during a Pilates class. The club is having its grand opening weekend, Sept. 22-23, at the Burke Centre Shopping Center.

Club Pilates Burke Has Grand Opening

NEWS, PAGE 3

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Club Pilates Burke Has Grand Opening

Julie Karickhoff of Fairfax starts her own franchise.

BY STEVE HIBBARD
THE CONNECTION

Julie Karickhoff, 43, of Mantua in Fairfax is hosting the grand opening of her new Club Pilates Burke this weekend, Sept. 22-23, at the Burke Centre Shopping Center at 5765 Burke Centre Parkway, Ste. S, Burke.

The studio offers full-body, low impact workouts that improve strength, balance, flexibility and posture. Members can choose from four class levels and eight signature group class formats that tone and burn calories while utilizing a variety of equipment, including Reformers, EXO chairs, TRX, Trigger Point, springboard and Barre.

"Club Pilates is for people who are beginners or who have never tried Pilates before. A lot of my members are newbies in the fact that they are learning all together. A lot of people could be intimidated by Pilates, but we are training to learn Pilates from the ground up. Ninety percent of classes are Level One, which is for beginners," said Karickhoff, who graduated in 1993 from Woodson High.

THE GRAND OPENING includes complimentary intro Pilates classes. In addition to raffles, they will be partnering with Beau Totale Aveda Hair Salon and offering gift bags from Amazing Lash as well as gift certificates from Massage Envy.

The club offers 45 classes a week, Monday through Sunday. Early morning classes begin at 6 a.m. and evening classes go until 9 p.m., with a break in the afternoons. There are three different types of memberships depending on how many times a month you want to attend.

One class uses the Reformer, the main resistance exercise machine; another is called Cardio Sculpt that keeps your heart moving using a trampoline device that lets you jump while laying down. Another class uses fusion with a bar and the Reformer. Another class is called Center and Balance, which offers stretching and flexibility for an engaging range of motion and flexibility.

Karickhoff said the benefits are better posture, flexibility, and a toned core, meaning your abdomen, lower back and sides get worked out. Because members are laying or sitting down, gravity is not pushing on your joints. "When you're sitting and laying down, you're using the springs on the Reformer to tone but you're not hurting your joints. Everything in Pilates is a controlled, slow movement. You're actually using your core to pull yourself into the spring; you're not using gravity and you're doing slow con-



Lead Pilates instructor Rebecca Ceccin teaches a class.

PHOTOS BY STEVE HIBBARD/THE CONNECTION

"A lot of people could be intimidated by Pilates, but we are training to learn from the ground up."
— Julie Karickhoff

Julie Karickhoff demonstrates Hug a Tree at the springboard.



trolled movements," she said.

"The differentiator between Club Pilates and other studios is you get to use more equipment than you would in another type

of class. At Club Pilates, everyone has their Reformer, their EXO Chair, and their little area — you get four pieces of equipment that you can utilize during a class. You can

use multiple equipment in one class," she said.

Karickhoff, who has an MBA from Georgetown University in 2002, worked in Los Angeles marketing for Disney and Warner Brothers, MCI WorldCom and U.S. Airways. After she broke her ankle while Roller-blading and tore her knee playing volleyball and running, she started physical therapy, and the therapist had a Reformer machine in the office, which she loved. She got laid off from her job and started exploring franchises to start her own business and discovered Club Pilates.

"I wanted to own my own business and this just made it feel like I was giving health and wellness back to the community," she said. "I thought that if I invested in health and wellness concept that I would be healthy well into my 80s like my dad." Her father is Dr. John Karickhoff, an ophthalmologist.

THE BURKE CLUB PILATES has 250 members who are mostly women and five men. Bill Myers, a physics teacher at Lake Braddock Secondary School, said Club Pilates in Burke provides him with a special way to stay in shape that he hasn't experienced at other gyms. "After more than 20 years in the Army and nearly a dozen years as a high school teacher, I've gotten a few bumps and bruises along the way, and it's all taken a bit of a toll on my body. The low-impact exercises in a Club Pilates class help me strengthen my inner core muscles without the extended pain or soreness I've often felt from more traditional types of physical fitness activities. The staff and instructors at Club Pilates in Burke are friendly and truly help a beginner student like me feel welcome and comfortable — especially when I'm not sure what I'm doing during a particular exercise or feel like the token guy in a class full of women."

Added Denise Stone of Burke: "I joined Club Pilates as a founding member (before it opened). I've done mat Pilates before but not Reformer Pilates, so I was excited to see this club opening in my neighborhood. What makes it unique is the size of the classes allow for individual feedback from instructors, almost like private sessions; and a special camaraderie among members because most of us are doing Reformer Pilates for the first time. Also, the hands-on approach by owner Julie, and her accessibility at the club, make it feel like I'm part of something special happening in my community."

Karickhoff has completed 250 hours of teacher training and is now apprentice instructor. She is in the process of completing the Teacher Training Program so she can teach classes to her community as a certified Pilates instructor.

Club Pilates has more than 300 locations in 37 states. For more information, visit www.clubpilates.com/burke/, or call 703-691-5999.

OPINION

How To Vote

Every year is election year in Virginia; early voting begins Sept. 21.

So many local elections, and critical policy that follows, have been decided by so few votes, no one can reasonably say that their one single vote does not matter.

Just one example: Control of the entire Virginia General Assembly came down to a single delegate race which was so close, it was declared a tie after a recount. It was awarded to the Republican by literally pulling a name out of hat.

Vote. Vote early if you qualify. Vote Nov. 6 if you haven't already voted by then. Make a plan.

First, be sure you are registered. Oct. 15 is the deadline to register, and to check your registration. Many voters across the country have discovered that they have been unexpectedly dropped from the voter rolls, so be sure to check at elections.virginia.gov

Absentee Voting in Person Begins Sept. 21

Voting early if you qualify is a good choice. There are 20 valid reasons to vote absentee in Virginia, including working and commuting to and from home for 11 or more hours between 6 a.m. and 7 p.m. on Election Day. Check the Virginia Department of Elections list to see if you are eligible: <https://www.elections.virginia.gov/casting-a-ballot/absentee-voting/index.html>

There are two ways to vote absentee, in-person and by mail. To do either, you should first check your voter registration status to make sure it is up-to-date.

If you vote absentee in-person you will fill out the application when you arrive at the in-person absentee location.

Early Voting Locations, Dates and Hours

Scheduled to begin Friday, Sept. 21, through Saturday, Nov. 3 at the government center, and Oct. 13-Nov. 3 at the satellite locations.

Fairfax County Government Center, 12000 Government Center Parkway, Conference Room 2/3, Fairfax, VA, 22035

Sept. 21-Oct. 12

Closed Monday, Oct. 8, Columbus Day
Monday, Tuesday, Wednesday, and Friday, 8 a.m. to 4:30 p.m.

Thursday, 8 a.m. to 7 p.m.

Saturdays, Oct. 6-Nov. 3, 9 a.m. to 5 p.m.

Oct. 15-Nov. 3

Monday-Friday, 8 a.m. to 7 p.m.

Saturdays, Oct. 6-Nov. 3, 9 a.m. to 5 p.m.

All Satellite Locations:

Oct. 13 - Nov. 3

Weekdays: Monday thru Friday, 3 p.m. - 7 p.m.

Saturdays: 9 a.m. - 5 p.m.

Sundays: Closed

❖ Franconia Governmental Center, 6121 Franconia Road, Alexandria, VA 22310

❖ Lorton Library, 9520 Richmond Highway, Lorton, VA 22079

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

❖ McLean Governmental Center, 1437 Balls Hill Road, McLean, VA 22101

ELECTION DAY, TUESDAY, NOV. 6, 2018

On Election Day, polls are open from 6 a.m.-7 p.m., Nov. 6.

To determine whether eligible and registered to vote in this election, visit the Virginia Department of Elections website at elections.virginia.gov/ or call Fairfax Elections office at 703-222-0776.

To vote on Tuesday, Nov. 6, 2018, 6 a.m.-7 p.m. (General Election)

❖ Register/update address by: Monday, Oct. 15.

❖ Request absentee ballot by mail by: 5 p.m. Tuesday, Oct. 30.

❖ Vote early, in-person absentee, by appearing in person by 5 p.m. Saturday, Nov. 3

For more information on voting in Fairfax County:

Fairfax County Office of Elections

12000 Government Center Parkway Suite 323

Fairfax, VA, 22035

Voter Registration: 703-222-0776, TTY 711

Absentee Fax: 703-324-3725

Email: voting@fairfaxcounty.gov

Election Officer Info: 703-324-4735, TTY 711

For 24-hour recorded information call 703-324-4700

FAIRFAX COUNTY PUBLIC SAFETY BOND

TEXT: Shall Fairfax County, Virginia, contract a debt, borrow money, and issue bonds in the maximum aggregate principal amount of \$182,000,000 to provide funds, in addition to funds from public safety facilities bonds previously authorized, to finance, including reimbursement to the County for temporary financing for, the costs of public safety facilities, including the construction, reconstruction, enlargement, renovation and equipment of civil and criminal justice facilities, police training and operational facilities and stations, fire and rescue training facilities and stations, including fire and rescue stations owned by volunteer organizations, and the acquisition of necessary land?

\$73 million would be earmarked for improvements to four fire stations — Mount Vernon (\$16 million), Fairview (\$16 million), Gunston (\$13 million), and Seven Corners (\$13 million) — that are all 37 years or older. An additional \$15 million would be used to improve one of the eight volunteer stations that is more than 40 years old.

The Fairfax County Police Department would receive \$59 million: \$18 million to renovate and expand the Mason District Station which was built in 1975; \$18 million to renovate and upgrade its Criminal Justice Academy, and \$18 million to renovate, expand or

❖ Mount Vernon Governmental Center, 2511 Parkers Lane, Alexandria, VA 22306

❖ North County Governmental Center, 1801 Cameron Glen Drive, Reston, VA 20190

❖ Providence Community Center, 3001 Vaden Drive, Fairfax, VA 22031

❖ Sully Governmental Center, 4900 Stonecroft Boulevard, Chantilly, VA 20151

❖ West Springfield Governmental Center, 6140 Rolling Road, Springfield, VA 22152

Absentee Voting By Mail

To track the status of your absentee ballot application and ballot, you can view your Virginia Voter Record, vote.elections.virginia.gov/VoterInformation

The deadline to apply for an absentee ballot online, by mail, by fax, or by email is seven days prior to Election Day by 5 p.m.

You can apply for your absentee ballot online, vote.elections.virginia.gov/VoterInformation

Or print, complete, and sign the absentee ballot application, www.elections.virginia.gov/Files/Forms/VoterForms/VirginiaAbsenteeBallotApplication.pdf

Absentee ballot applications are also available for in-person visits at county governmental centers as well as Fairfax County library branches.

ON THE BALLOT

Fairfax County, Nov. 6, 2018

UNITED STATES SENATE

Corey A. Stewart (R)

Timothy M. Kaine (D)

Matt J. Waters (L)

HOUSE OF REPRESENTATIVES

District 8

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Donald S. Beyer, Jr. (D)

District 10

Barbara J. Comstock (R)

Jennifer T. Wexton (D)

District 11

Jeff A. Dove Jr. (R)

Gerald Edward Connolly (D)

Stevan M. Porter (L)

replace the Police Evidence Storage Building used to store evidence for court cases, and also houses the warrant desk and the victim services section. The Adult Detention Center needs \$45 million of improvements to three wings, including plumbing, electrical, HVAC, elevator and fire protection systems as well as security and camera equipment. \$5 million would be used to improve the Jennings Judicial Center.

TWO VIRGINIA CONSTITUTIONAL AMENDMENT BALLOT QUESTIONS

State Ballot Question One

Question: Should a county, city, or town be authorized to provide a partial tax exemption for real property that is subject to recurrent flooding, if flooding resiliency improvements have been made on the property?

State Ballot Question Two

Question: Shall the real property tax exemption for a primary residence that is currently provided to the surviving spouses of veterans who had a one hundred percent service-connected, permanent, and total disability be amended to allow the surviving spouse to move to a different primary residence and still claim the exemption?

Send in the completed application:

Scan then email the application to absenteeballot@fairfaxcounty.gov or mail the application to the Office of Elections at Box 10161, Fairfax, VA 22038 or Fax the application to the Office of Elections at 703-324-3725

Once your completed application is received and accepted, your absentee ballot will be sent to you in three business days. If you have questions about your ballot, call the Office of Elections at 703-222-0776 (TTY 711).

Absentee ballots must be returned to the Office of Elections by 7 p.m. on Election Day, Nov. 6, 2018 in order to be counted.

Virginia Voter ID

You must show identification to vote. Acceptable forms of valid identification: Virginia driver's license, Virginia DMV-issued photo ID, United States passport, Employer-issued photo ID, Student photo ID issued by a school, college, or university located in Virginia, Other U.S. or Virginia government-issued photo ID, Tribal enrollment or other tribal photo ID, or Virginia Voter Photo ID card

Need a Photo ID?

SEE HOW TO VOTE. PAGE 10

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Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

VOTER REGISTRATION EVENTS

The Fairfax County Office of Elections (12000 Government Center Parkway Suite 323, Fairfax) is open daily during normal business hours to provide county residents the opportunity to register to vote or obtain a free voter photo ID if needed. Applicants will need to complete a photo voter ID application, have a photo taken and sign a digital signature pad. Call 703-222-0776. The following special events will also provide opportunity to register to vote and/or get a photo Virginia Voter card.

- ❖ Wednesday/Sept. 19, 10 a.m.-2 p.m., Greenspring Retirement Community, 7410 Spring Village Drive, Springfield.
- ❖ Tuesday/Sept. 25, 11 a.m.-2 p.m., Burke Health and Rehab Center, 9640 Burke Lake Road, Burke.
- ❖ Thursday/Oct. 4, 10 a.m.-1 p.m., Leewood Healthcare Center, 7120 Braddock Road, Annandale.

VOLUNTEERS WANTED

AARP Foundation Tax-Aide is looking to expand its team of volunteers for the upcoming tax season. Tax-Aide, now in its 51st year, offers free in-person preparation and assistance to anyone, especially those 50 and older, who can't afford a tax preparation service. Volunteers make a difference in their communities by assisting many older, lower-income taxpayers, and their families, who might otherwise miss out on the tax credits and deductions they've earned. To learn about volunteer opportunities, visit aarpfoundation.org/taxaide or call 1-888-OUR-AARP (1-888-687-2277).

Docents Needed. Sundays 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. Greet museum visitors and tell them about the exhibits, the museum and the its railroad and Civil War history. Ideal for those interested in railroads, the Civil War and Northern Virginia history. Training and orientation provided. Other volunteer opportunities are gardening, publicity and exhibit planning. Call 703-945-7483.

THURSDAY/SEPT. 20

IEP Training: Least Restrictive Environment and Services. 10 a.m.-noon at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring. Learn about new changes to the IEP regarding the least restrictive environment for students receiving special education services. Staff from the FCPS Office of Special Education Procedural Support and the FCPS Office of Special Education Instruction will present this workshop for parents of students receiving special education services. Visit www.fcps.edu/resources/family-engagement/parent-resource-center to register.

Gentle Yoga. 12:30-2 p.m. at Sentara Surgery Specialists Comprehensive Breast Center, 8988 Lorton Station Blvd., Suite 103, Lorton. This yoga protocol is facilitated by Pat Fitzsimmons RN, C-IAYT, E-RYT 500, an instructor specifically trained to work with cancer patients who will adapt traditional yoga practices to meet the physiological and psychological needs of cancer patients. No registration required. It is recommended that participants dress comfortably and bring a yoga mat, towel(s), and water. Visit www.sentara.com for more.



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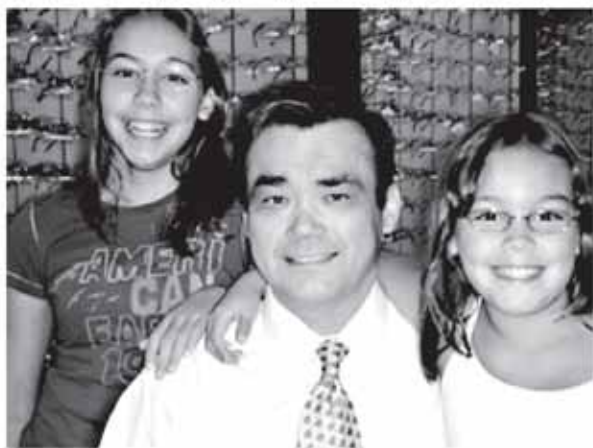
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Navigating the Tween Years

**Child development experts offer suggestions
for a difficult period of development.**

BY MARILYN CAMPBELL

One of the most unsettling times in a parent-child relationship can be the period of adolescence when children are growing into adulthood. During this period say mental health professionals, teens may exhibit defiance and disrespect while parent might experience hurt and question the quality of their parenting abilities.

This period of time in the lives of both parents and adolescents can be fraught with confusion, pain and disappointment. Understanding the reasons behind the sudden shift is one of the keys to navigating this life change. "One of the most important developmental tasks during adolescence is for the child to discover who they are apart from their parents in preparation for eventually living as an adult," said Melissa K. McCeney, Ph.D., professor of psychology at Montgomery College. "They are working to define their own values and goals, and part of that process involves questioning authority."

"It's a natural part of separation from parents," added Linda Gulyn, Ph.D., professor of psychology at Marymount University. "In fact most behaviors described as rude or disrespectful are the teen's way of expressing her desire to be her own person; not an extension of the parent."

Understanding what a child of this age might be feeling and experiencing can make parents more empathetic prepare them to help guide their children through this developmental period. "Adolescents also tend to be very idealistic and absolute in their thinking, which may lead them to become critical of parents who can't possibly live up to unrealistic standards," said McCeney. "Brain development during adolescence can make teens less sensitive to how other people are feeling and more sensitive to their own feelings. Consequently, they may behave in self-centered and inconsiderate ways without even realizing it."

During this period, some parents may question their parenting skills or style. "These things will happen regardless of parenting style because they're a normal part of the developmental process," said McCeney "Parenting style could affect how difficult this transitional period is, though. Children whose parents are overly permissive or demand immediate compliance with no discussion under threat of punishment are more likely to become teens who are very rude and disrespectful. Parents who have consistently had high expectations for their children within the context of a warm and nurturing relationship have already laid the groundwork for more constructive conflict resolution."

Gulyn suggests that parents exhibit authority, but avoid extremes. "Always set limits and boundaries,

but do it in a way that you maintain a warm relationship with your child," she said. "Research shows that authoritarian, that is strict and punitive, and permissive, having no rules or boundaries, result in the most disrespectful and difficult rebellious behaviors."

When adolescents rebel, the way a parent responds can set the tone for the eventual outcome. "In my opinion, the parent needs to diffuse that moment with empathy or at least an expression of understanding how it must be for the teen," said Gulyn. "[For example,] 'I know it's frustrating trying to keep all those homework assignments straight ...'"

"I also believe the teen needs feedback that his rudeness hurts," continued Gulyn. "[For example,] 'Wow, that really made me feel bad when you talked to me that way.' You are the parent. You need to help your teen develop empathy and understand the consequences of their behaviors."

Encourage children to think about the effect their behavior might have on others, suggests Jerome Short, Ph.D, associate professor of psychology at Marymount University. "Parents should ask their children, 'How would you feel if someone did that to you?' or 'How do you think that person feels after you did that?'," suggests Short. "These questions increase a focus on empathy and compassion. Parents should make it clear that they value kindness and respect and want their children to value those principles too."

Reinforcement is more effective than punishment, advises McCeney, but she underscores the reality that actions have consequences, and sometimes they're unpleasant. "When punishment seems appropriate, try to stick with natural consequences as much as you can," she said. "For example, a teen who is being hateful at the dinner table

might need to eat alone. If your child is insulting to you while you drive him to a party, perhaps you should turn around and go back home instead."

McCeney advises against consequences without warning. "If you go the punishment route, though, it's important to make sure your teen knows in advance exactly what the consequence will be and how they need to change their behavior in order to avoid it," she said. "For example, instead of making an unexpected screeching U-turn, say, 'What you just said to me was really rude, and I don't see why I should do you a favor if you're not going to be nice. If you speak disrespectfully to me again, we'll turn around and go home.' Then follow through as necessary. If you know your kid is likely to act up in a particular situation, lay out the rules ahead of time," continued McCeney. "If they tend to be rude to you to show off to their friends, let them know that if it happens at tomorrow's movie night at your house, they won't be able to have company over next weekend. Then they can make their own informed choices."

Addressing Rude Teen And Tween Behavior

- ❖ Model appropriate behavior. If your child yells at you and you respond by raising your own voice, they will seethe at your hypocrisy. Don't allow them to tempt you to stoop to their level.
- ❖ Choose your battles. If they actually do their chores, it won't hurt "not to notice" that they rolled their eyes and grumbled under their breath while they did them.
- ❖ Enforce appropriate boundaries. If your child is being rude and disrespectful, refuse to engage no matter how hard they push. Say something like, "I'll be happy to discuss this with you when you can speak to me respectfully," and then calmly walk away.
- ❖ Say yes when you can. Grant more independence as your child demonstrates that they can be trusted with it. Help them to understand that handling conflict respectfully is a sign of maturity and that you'll respond to it as such.
- ❖ Show them that you still care. Continue to be affectionate toward them and connect with them however you can despite the fact that they're not always behaving in the most lovable ways at this time. Often, teens feel lonely and vulnerable under their prickly exterior. Be generous with hugs, and remember that this is only a season. It will pass.

Singing Actress Got Her Start at Lake Braddock's Les Misérables

BY MIKE SALMON
THE CONNECTION

The road to stardom for former Burke resident Allie Haines began with singing the national anthem at the Potomac Nationals at age 8, the anthem for the Washington Capitals and Nationals as a teenager, and then starring in Les Miserables at Lake Braddock High School.

She's just finishing up a production of "The Hunchback of Notre Dame," with the Dare 2 Defy theater troupe in Dayton, Ohio, and the sky is the limit from there, Haines thinks.

"It's a huge deal for me, it helped me believe in myself," she said.

In Dayton, where Haines moved after graduating from the College of Wooster in nearby Wooster, Ohio, she was up against seven or eight other women for the part, but it took perseverance and a strong singing voice to pull it off. "I walked out of the callbacks feeling good," she said of the audition process. The show went on at the Victoria Theater in Dayton, a big theater for that city, and her efforts did not go unnoticed by the critics.

"Allie Haines has a beautiful, crystal clear voice. Her rendition of 'God Help the Outcasts' is one of the finest I have ever heard and I say that knowing that it is one of my

very favorite Disney musical songs," says Jenni Cypher, reviewer at BroadwayWorld.com.

HER FAMILY made the trip out from Burke for the show. "Could be the beginning of a much longer career," said her father John Haines, who was a believer since the Lake Braddock days. "I had no doubt," he said, "I just knew she had a shot."

Singing was in her heart though since she was a little girl at Cherry Run Elementary School in Burke. She auditioned for the National Anthem for the Potomac Nationals in 2001, and got the job, and was featured on the cover of the Burke Connection, which her father has framed and hanging on their wall at home. At age 10, she was in center spotlight at the Washington Nationals baseball game, and repeated that song at the DC United soccer game at age 14 and then the Washington Capitals hockey game at age 16. Not once did she forget the words. "It always flowed out," she said.

For the Capitals game, she was initially cut but they called her back, and it turned into an adventure, comparable to the reality show "American Idol," she said. Seeing herself on the big screen over the ice at the arena was an eye-opener. The raucous hockey crowd, dropping the puck and the



Allie Haines

non-stop action was different than baseball. "Singing for the Capitals is so energetic, very different in the Nationals stadium," she said.

The road to center stage in front of a live audience followed a rambling path. She studied abroad for a semester in Rabat, Morocco where she concentrated on journalism and new media

but felt her true passion was singing and drama. At one point, she was in Los Angeles as a production assistant for a movie that has yet to be released. She was getting the cast coffee, and doing every menial job that was thrown her way until she found herself as a chauffeur for one of the stars in the production named Ellie Bamber, and English actress who was 19 at the time, and was also a Chanel model.

"She's really fun and bubbly, we went to some parties in LA, ate 'In and Out' burgers," Haines said. It opened her eyes to movies, television and theater. "The hours were insane, I learned how much goes into it," she said, "it takes a lot to make a great film."

BACK IN DAYTON, she now has a day job at a bank in town and does the theater in the evenings. "It is a long day though," she said of working the two jobs. She's engaged to her fiancé who also went to



PHOTOS BY MACKENSIE KING

In the Hunchback of Notre Dame, Allie Haines sings a solo.

Wooster and he now works for a local brewery where they both hang out when time allows. "He has a really fun job," she said.

Current singers who left an impression on Haines included Celine Dion and Adele. "Powerful female ballad singers, pretty powerful for me," she said.

Haines is always looking ahead, and has Broadway in her sights, but does entertain the thoughts of another National Anthem – maybe the Cleveland Browns or the Cincinnati Bengals, two NFL teams in Ohio. "I wouldn't pass it up," she said.

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SPORTS

LaPlante, Lawal Power Physical Robinson Run Game

Rams score final 31 points in win over T.C. Williams.

BY JON ROETMAN
THE CONNECTION

Robinson running back Tanner LaPlante secured a toss, headed to his right and turned up field before being met by a group of T.C. Williams defenders.

LaPlante kept his legs moving as he blasted through the initial resistance and then slammed into another would-be Titan tackler. Now 5 yards from the end zone, the bruising ball carrier pumped his legs and pounded his way across the goal line, dragging an opponent along for the ride.

"I tried to cut in and then I just ran into a wall," LaPlante said. "I just kept my feet moving and I was lucky enough to get in the end zone."

LaPlante's 9-yard touchdown run gave Robinson a commanding three-score lead in the third quarter and epitomized the team's dominant offensive performance. The Rams rushed for more than 350 yards, scored the game's final 31 points and improved to 4-0 with a 45-12 victory over T.C. Williams on Sept. 13 at Robinson Secondary School.

ROBINSON has long been known for its run-oriented wing-T offense. But the Rams' ground game was particularly physical on this Thursday evening, with running backs punishing tacklers and wearing down the T.C. Williams defense.

"We didn't think we were super physical or executed super well last week, so we worked real hard on it this week in practice," Robinson head coach Scott Vossler said. "... The guys responded. We lost a tough game to TC last year, so our guys were hungry for this one."

LaPlante, a junior, and senior Salam Lawal tormented Titan tacklers, each eclipsing 100 yards. Lawal carried 12 times for 157 yards and two touchdowns, while LaPlante totaled 15 carries for 126 yards and a score.

"They are running really hard right now," Vossler said. "We tell our backs [that] backs are measured by what they gain after contact. Anybody can run through big holes and get 15 yards and get tackled by the first guy that touches them. We want our guys to be able to get us tough yards. Some of their best runs are the ones where we should have maybe got



VIDEO SCREENSHOT BY JON ROETMAN/THE CONNECTION

Robinson running back Tanner LaPlante fights his way into the end zone for a 9-yard touchdown against T.C. Williams on Sept. 13.

zero and they get us four. That keeps the chains moving. Both of those guys ran through some trouble."

Lawal's first touchdown didn't require much in the way of power, as he took a handoff and raced through a gaping hole in the Titan defense for a 58-yard score with 4:01 remaining in the second quarter.

Nearly three minutes later, Lawal broke a tackle during a 7-yard touchdown run, giving the Rams a 28-12 lead they would take into halftime.

"We just saw [the Titans] start to crumble," Lawal said. "We just thought in our heads, keep making them get weaker and weaker. We kept rotating our backs, getting fresh backs in, and just kept pounding the ball. [We made] sure they couldn't stop us."

LaPlante capped Robinson's first drive of the second half with his determined 9-yard touchdown run.

"Tanner had one down there on the goal line in the second half where we had no business getting in (the end zone)," Vossler said. "He made a play for us. That kind of stuff bails out the play-caller every now and then."

Quarterback Asa Ballenger, and running backs Matt Sebenick and Russian Williams each scored a rushing touchdown for Robinson.

Running back Anthony Eaton scored a pair of rushing touchdowns for T.C. Williams.

THE VICTORY was Robinson's fourth straight to open the 2018 season. After a bye week, the Rams and their wing-T offense will travel to face Hayfield at 7 p.m. on Sept. 28.

"You can see we're different than most high schools," LaPlante said. "We just try to pound defenses and run it down their throat and that's what we do. We take pride in that all the time."

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FRIDAY-SUNDAY/SEPT. 21-23

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Sale. Friday, 10 a.m.- 5 p.m.; Saturday, 10 a.m.-4 p.m.; and Sunday (bag sale), 1-3 p.m. at City of Fairfax Regional Library, 10360 North St., Fairfax. Thousands of gently-read books in all categories including arts, history, cooking, etc. Cash or check only. Free admission. Call 703-644-4870 or visit www.fairfaxcounty.gov/library/branches/friends-of-city-of-fairfax-regional.

SATURDAY/SEPT. 22

Kayak the Marsh at Lake Accotink.

7:30-9:30 a.m. at Lake Accotink Park, 7500 Accotink Park Road, Springfield. "Kayak Tour-Wildlife of the Potomac" is designed for participants age 13 to adult. Glide past bad eagle nests to get an early morning view of wildlife. No previous experience is required. A single-seat kayak and life preserver are provided. \$31 per person. Boaters younger than 16 must be accompanied by a registered adult. Call 703-569-3464 or visit www.fairfaxcounty.gov/parks/lake-accotink.

Slugfest. 2-3:30 p.m. at Hidden Pond Nature Center, 8511 Greeley Blvd., Springfield. By popular demand the only celebration of slugs on the East Coast oozes back. There will be slug racing, crafts, fortune telling, and slime tossing. \$10. Email casey.riley@fairfaxcounty.gov or call 703-451-9588.

Pig Roast. 5:30-7:30 p.m. at American



Fall Art Classes

Lessons for children, teens and adults with instructor Carol Zeitlin explore drawing, watercolor, Chinese Brush and portfolio development. At Woods Community Centre, 10100 Wards Grove Circle, Burke. Visit www.czartlessons.com or call 703-250-6930.

Legion Post 176, 6520 Amherst Ave., Springfield. The Springfield American Legion is hosting the 2nd Annual Pig Roast in support of the 8th Annual Virginia, State-Wide Motorcycle Rally for the Legion Riders. \$25. Tickets are available at www.facebook.com/Squadron176 ("Events" tab), at the Post lounge, or at the time of the event. Call 703-440-0336.

Fundraiser. Multiple options to join Lord Fairfax and trace the boundaries of the original Lord Fairfax Land Grant with one-, two- and four-day options. Participants will cover their own expenses. Visit www.lordfairfaxride.org for details and registration for Ride and/or Car Rally.

SUNDAY/SEPT. 23

Food Truck Ruckus. Noon-3 p.m. at

SEE CALENDAR, PAGE 11

SATURDAY-TUESDAY/SEPT. 22-25

Lord Fairfax Motorcycle Ride

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Fairfax County Parkway Widening Fairfax County

Public Information Meetings

Attend one of three public information meetings near you.
All meeting times are 6:30 p.m. to 8:30 p.m.
Presentation starts at 7 p.m.

Tuesday, September 25, 2018

Willow Springs Elementary School
5400 Willow Springs School Road, Fairfax, VA 22030

Thursday, September 27, 2018

Fairview Elementary School
5815 Ox Road, Fairfax Station, VA 22039

Wednesday, October 3, 2018

Oak View Elementary School
5004 Sideburn Road, Fairfax, VA 22032

Find out about plans to widen Fairfax County Parkway (Route 286) from four to six lanes between Route 29 (Lee Highway) and Route 123 (Ox Road). The proposed project design also includes an interchange at Popes Head Road and the future Shirley Gate Road extension, improvements to the existing trail in the Fairfax County Parkway right of way and construction of a new shared-use path to make the trail continuous within the project limits.

Stop by between 6:30 p.m. and 8:30 p.m. to view displays and learn more about the project and its preliminary design, including Popes Head Road interchange options under consideration. VDOT will hold a presentation beginning at 7 p.m. Project staff will be available to answer your questions.

Review project information at the VDOT project website (www.virginiadot.org/projects), at the information meeting, or during business hours at VDOT's Northern Virginia District Office at 4975 Alliance Drive in Fairfax. Please call ahead at 703-691-6710 or TTY/TDD 711 to ensure appropriate personnel are available to answer your questions.

Give your written comments at the meeting, or submit them by **October 15, 2018** to Mr. Sitaram Kodali, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030, or email meetingcomments@VDOT.virginia.gov. Please reference "Fairfax County Parkway Widening" in the subject line.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact Mr. Sitaram Kodali at 703-691-6710 or TTY/TDD 711.

State Project: 0286-029-259, P101, UPC: 107937, Federal: STP-5A01 (775)

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How To Vote

FROM PAGE 4

If you don't have an ID, go to your voter registration office to get a free Voter Photo ID, even on Election Day. You will be required to complete a photo ID application, have your photo taken and to sign a digital signature pad.

Forgot your photo ID on Election Day?

If you get to your polling place without acceptable photo ID, you can vote a provisional ballot. You will be given instructions on what to do so your vote can count.

A voter will have until noon on the Friday following the election to deliver a copy of the identification to the local electoral board or to appear in person to apply for a Virginia Voter Photo ID Card. Voters may submit a copy of their ID via fax, email, in-person, or through the mail or commercial delivery service. The copy of the ID must be delivered to the electoral board by noon on Friday, or the provisional ballot cannot be

counted.

Also by noon on Friday following the election, the voter may appear in-person in the office of the general registrar, in the locality in which the provisional ballot was cast, and apply for a Virginia Voter Photo ID Card. At the completion of the application process, the voter may request a Temporary Identification Document. This document can be provided to the electoral board for the identification requirement.

Upcoming Events to Register and Get Voter ID

The Office of Elections is open daily during normal business hours to provide residents the opportunity to register to vote or obtain a free voter photo ID if needed. 703-222-0776, 12000 Government Center Parkway Suite 323, Fairfax, VA 22035

The following events will also provide opportunity to register and/or get a Virginia Voter card:

❖ Wednesday, Sept. 19, 10 a.m. - 2 p.m., Greenspring Retirement

Community, 7410 Spring Village Drive, Springfield, 22150

❖ Monday, Sept. 24, 10 a.m. - 2 p.m., Goodwin House Bailey's Crossroads, 3440 South Jefferson Street, Falls Church, 22041

❖ Tuesday, Sept. 25, 11 a.m. - 2 p.m., Burke Health and Rehab Center, 9640 Burke Lake Road, Burke, 22015

❖ Wednesday, Sept. 26, 10 a.m. - 2 p.m., Herndon Senior Center, 873 Grace St #1, Herndon, 20170

❖ Thursday, Sept. 27, 10 a.m. - 2 p.m., Lewinsville Retirement Residence, 1515 Great Falls Street, McLean 22101

❖ Thursday, Oct. 4, 10 a.m. - 1 p.m., Leewood Healthcare Center, 7120 Braddock Road, Annandale, 22003

❖ Saturday, Oct. 6, 10 a.m. - 2 p.m., Sherwood Regional Library, 2501 Sherwood Hall Lane Alexandria, 22306

❖ Tuesday, Oct. 9, 10 a.m. - 2 p.m., Arleigh Burke Pavilion at Vinson Hall Retirement Community, 1739 Kirby Road, McLean, 22101

League of Women Voters Supports No-Excuse Absentee Voting

The League of Women Voters of the Fairfax Area is submitting this statement of support for No Excuse Absentee Voting to the Joint Subcommittee on Election Review. The league's support of equal and easy access for voting across the Commonwealth includes legislation to allow all registered voters to vote absentee prior to Election Day without specifying a reason. This support covers absentee voting either by mail or in person.

Reasons to Support No Excuse Absentee Voting

❖ All voters should have equal access to the ballot.

❖ No voter should have to provide personal unrelated information to cast a ballot.

❖ Voters have found it very confusing about their eligibility to vote before Election Day.

❖ Voting absentee in-person is as secure as voting on Election Day.

❖ Local Election Offices have had success in reducing long lines on Election Day by encouraging absentee voting.

❖ For voting absentee in-person, eliminating the cumbersome process of completing the absentee application would save time as well as the expense of printing the form.

❖ Extra personnel are needed to explain the form and check it for completion before a voter can proceed to checking in.

❖ Eliminating the use of the application form would speed the voting process considerably.

The league believes that the cost of providing equal access for voting throughout Virginia is a responsibility shared by both the

Commonwealth and local governments. Legislators and members of local governing bodies should adequately fund elections. After meeting with local general registrar, the league anticipates an increase in both types of absentee voting if No Excuse Absentee Voting is enacted, with a gradual decrease of voters on Election Day at the polls. Given this shift, it would likely result in an eventual "wash" with regard to resource needs.

The League of Women Voters of the Fairfax Area is a nonpartisan political organization that encourages informed and active participation of citizens in government, works to increase understanding of major public policy issues, and influences public policy through education and advocacy. Learn more at <http://www.lwv-fairfax.org/>

Fairfax County Police to Investigate Inmate Death

Detectives from the Fairfax County Police Department are investigating the in-custody death of 68-year-old inmate Haywood Summers. Summers was taken from the infirmary at the Fairfax County Adult Detention Center to the hospital for additional medical attention on Thursday, Sept. 6. The medical examiner will examine the body, but preliminarily, police reported that there were no signs of foul play.

The inmate had been incarcerated at the ADC since Sept. 4. The Fairfax County Sheriff's Office and our department are working collectively to gather all information and to thoroughly document the situation.

We investigate all Fairfax County Sheriff's Office in-custody deaths.

The sheriff's office released the following on Sept. 14:

On Sept. 6, 2018, a 68-year-old African American inmate, Haywood Summers, was transported to the hospital from the Fairfax County Adult Detention Center infirmary. He had been in Sheriff's Office custody for two days. At approximately 5:25 p.m. on Sept. 13, the inmate experienced a medical emergency at the hospital. Hospital medical staff performed CPR without success. The inmate was pronounced deceased at 6:03 p.m. Fairfax County Sheriff's Office policy dictates that an in-custody death must be investigated by the Fairfax County Police Department. The investigation is currently underway.

ENTERTAINMENT

FROM PAGE 9

Burke Presbyterian Church, 5690 Oak Leather Drive, Burke. Enjoy sweet and savory food trucks, moon bounce, the Delaney Hall Band, corn hole, table trivia, and other games while helping to combat world hunger. Bring canned food items or dry goods to help stock the food pantry for ECHO in Springfield and help prepare bags to feed local at-risk school children on the weekends from 1:30-2:30 p.m. Free admission. Call 703-764-0456 or visit www.BurkePresChurch.org.

TUESDAY/SEPT. 25

Fall Art Lessons for Youth. 5:15-6:15 p.m. at Woods Community Centre, 10100 Wards Grove Circle, Burke. Instructor Carol Zeitlin teaches drawing and watercolor for children 8 and older. Visit www.czartlessons.com or call 703-250-6930.

Fall Drawing Plus Color Class. 6:15-7 p.m. at Woods Community Centre, 10100 Wards Grove Circle, Burke. Instructor Carol Zeitlin explores drawing and watercolor with children 5-8 years old. Visit www.czartlessons.com or call 703-250-6930.

WEDNESDAY/SEPT. 26

DAR Genealogy Workshop. 6:30-9 p.m. at Pohick Library, 6450 Sydenstricker Road, Burke. Anna Maria Fitzhugh Chapter, NSDAR, will host a free genealogy workshop for women interested in DAR membership. Free. Email jcleson@hotmail.com or call 703-690-7136.

FRIDAY/SEPT. 28

Dessert on Broadway. 7-10 p.m. at Lake Braddock Secondary School, 9200 Burke Lake Road, Burke. "Dessert On Broadway" is an annual fundraiser for the Lake Braddock Chorus Department. The event will include desserts, performances and a silent auction. \$10 pre-sale, \$12 at the door. Email jbach5050@gmail.com or call 703-470-0026.

SATURDAY/SEPT. 29

Kayak the Marsh at Lake Accotink. 7:30-9:30 a.m. at Lake Accotink Park, 7500 Accotink Park Road, Springfield. "Kayak Tour-Wildlife of the Potomac" is designed for participants age 13 to adult. Glide past bad eagle nests to get an early morning view of wildlife. No previous experience is required. A single-seat kayak and life preserver are provided. \$31 per person. Boaters younger than 16 must be accompanied by an adult registered in the program. Call 703-569-3464 or visit www.fairfaxcounty.gov/parks/lake-accotink.

Fall Art Lessons for Youth. 9:15-10:30 a.m. at Woods Community Centre, 10100 Wards Grove Circle, Burke. Instructor Carol Zeitlin teaches drawing and watercolor for children 8 and older. Visit www.czartlessons.com or call 703-250-6930.

Fall Art Workshop for Teens/Adults. 10:30-12:30 p.m. at Woods Community Centre, 10100 Wards Grove Circle, Burke. Instructor Carol Zeitlin explores drawing, watercolor, Chinese Brush and portfolio development. Visit www.czartlessons.com or call 703-250-6930.

SUNDAY/SEPT. 30

Civil War Book and Memorabilia Sale. 11 a.m.-6 p.m. at the Arlington-Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Come out and meet the authors and vendors at the inaugural Civil War Book and Memorabilia Sale. Additional vendors wanted. Admission \$5. Email mayo5304@cox.net or call 703-389-1505.

50+ Expo. Noon-4 p.m. at Springfield Town Center, 6500 Springfield Mall, Springfield. This annual expo is designed for older adults and their families. Dozens of exhibitors — including government agencies, nonprofits and local businesses — will provide giveaways and information. Free. Visit thebeaconnewspapers.com.

Burke Historical Society General Meeting. 3:30-5 p.m. at 6540 Sydenstricker Road, Burke. Mary Lipsey, Fairfax County History Commissioner, speaks about Fairfax County men who served and died in the Great War, and about how the war was commemorated here and nationally. Free. Email slawski_brian@yahoo.com or visit www.burkehistoricalsociety.org.

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A Tail Not of Woe



By KENNETH B. LOURIE

You know what's impossible — or next to impossible? Trying to write a funny non-cancer column while on hold with the Oncology Department waiting for calculations to be made by their pharmacist which will determine if my creatinine levels (kidney function) are low enough to allow me to get my infusion today.

No big deal, really. It's only a matter of life and hopefully my avoiding death.

And to complicate this waiting/holding "interminableness," one of our five cats, "Twinkle," is walking back and forth across my desk, rubbing my writing hand with her head — while I'm trying to write no less, as she steps repeatedly on my writing pad.

Oh. One more thing, she keeps knocking down the wireless land-line phone that I've placed on my desk — which I have on speaker, close enough to hear but far enough, I thought, to keep her at bay. It never ceases to amaze me how cats seem to know where you don't want them go and invariably that's almost always where they seem to end up.

Now back to my original situation: Waiting for the pharmacist to calculate my results.

After nearly 30 minutes on hold, with "Twinkle" having been occupied elsewhere during the last 10 minutes or so. (After I implored her to "Give me some space, please?" she jumped off the desk.) Finally, I have received word that I'm approved for my infusion. And now that I'm no longer on telephone-hold, I doubt I'll be seeing any more of her.

Oh. I was wrong. Here she is again.

This time however, she's brought along "Biscuit," one of the two oldest "buff-colored" brothers we rescued in September '06. But I'm more tolerant of their interference now as I've been given the infusion OKAY. (Not a thrill really, but, as mentioned in previous columns — and confirmed by my oncologist in a reply-email to me, this third dose of chemotherapy in the last seven weeks might have a bearing on the results of my upcoming Sept. 26 CT scan. That sound you heard was me exhaling.)

Another peculiar feline behavior: they seem to know when their behavior is not as bothersome/interfering as it might otherwise be so they refrain a bit. (A bit.)

So now I have nothing to wait for except Godot (who never shows). My results will show up though, on or about Sept. 28, more than likely via email from my oncologist. Important to consider that the 28th is a Friday and given that lines of communication don't flow as often on the weekends, we'd really rather know before the weekend so that we can get on with our lives.

And, as I'm sure you can appreciate, this is no laughing matter and receiving results — good or bad — in a timely fashion does enable us to get on with our lives.

For the moment, however, it's still about waiting and hoping, but no planning — yet. Discussing scenarios before the actual facts are known has never been my oncologist's way. When we know definitively, then we'll act definitively. We've had some preliminary discussions about alternatives going forward, but until further details are known, it's all premature.

For the moment then, my existence is about managing expectations, trying to remain positive and letting go.

I mean, when the scan is finished, the results will be what they will be. I don't imagine there's much I can do about it now. When those results are known, then we'll go to plan "B," or revert to current plan "A."

My life is not likely to change significantly either way in the short term so all I can do is maintain my status quo. There's no panic.

Anxiety? Of course. Anticipation? Yes, in a weird way. I would like to know what treatment/potential side effects and all are in store for me living forward but it's still "early days." Maybe the cats do know something. We've heard it rumored that cats have a sixth sense about sickness and death.

Oh, oh. Here's comes "Biscuit," he's been hanging around me an awful lot lately, very uncharacteristic. Should I be concerned or just appreciative of the attention?

Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.



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