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From left - Trevor Specht, Mark Gilbert, Craig Comsidine with the band ChopTeeth Afrofunk were ready to chase away the storm blues on Saturday, June 30 at the Lorton Workhouse Arts Center's Mount Vernon Nights.

After the Storm

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PHOTO BY VICTORIA ROSS / CONNECTION

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Tree crushes cars along Rt. 123 in Oakton. Storms uprooted mature trees, blew down limbs, brought down numerous power lines and also broke power poles.



PHOTO BY VICTORIA ROSS/
THE CONNECTION

Storms Leave 2 Dead, Power Out

At least two dead in Fairfax; 285,000 residents still without power after Friday night's hurricane force winds.

BY KEN MOORE
THE CONNECTION

Winds of more than 70 miles per hour swept through Fairfax County Friday night. Power went out as the storm blew into the area around 10:30 p.m. with hurricane force winds sounding like a freight train.

The sound made some residents think a tornado was upon them, and many took refuge in basements.

THERE WERE AT LEAST TWO DEATHS in Fairfax County, both in the West Springfield area.

A 27-year-old Burke man, Khiet Hguyen, died when a tree fell directly on top of his car on Old Keene Mill Road near Bauer Drive, according to Fairfax Police. He was declared dead at the scene of the accident.

A 90-year-old West Springfield woman who was lying in bed died when a tree fell on her home on Carr Street at 11 p.m. Friday night. Another person in the home called 911 but was unable to reach the woman. Police and fire and rescue units responded to the home, but they needed a construction crane and specialized tree removal equipment to continue the recovery operation.

On Saturday early morning, 429,868 of Dominion Power's Northern Virginia 831,900 customers were without power. Among those affected was the Fairfax County emergency 911 service.

The Fairfax County emergency 911 phone system was down around noon Saturday, according to the Fairfax County Emergency Alert system. "Many other forms of communications to include cellular, land line and texting are intermittent. If you have an emergency, we ask that you go to your local police or fire station for assistance," according to Fairfax County officials.

Emergency 911 service was working by Sunday,



PHOTO BY AMINA REHMATULLA/
THE CONNECTION

One person was killed while driving at the intersection of Old Keene Mill Road and Bauer Drive in Springfield.

and police ask that residents call 911 only in a true emergency, and to call the Fairfax County non-emergency numbers, 703-691-7561 and 703-691-3680 to report less urgent public safety problems. These are not the numbers to call to report a power outage; call Dominion at 866-366-4357.

Many traffic signals are out throughout the region. In Fairfax County, 130 traffic signals were without power on Saturday, according to county officials, who remind drivers to treat any intersection with a dark signal as a four-way stop sign.

Residents who get their water from the Falls Church Water system in portions of Tysons, McLean, Vienna, Dunn Loring and Merrifield were advised to boil their water before drinking it. Multiple water pumping plants throughout the region were without power, leading to calls for water conservation.

It will take at least several days, possibly as long as a week, to restore power to most customers, Dominion power warned.

By Saturday night, there were about 340,000 Dominion customers in Northern Virginia still without power. By Sunday morning, that number was down to 285,000 households.

With temperatures predicted to be 100 degrees or greater, there were hyperthermia concerns about residents who are older or with disabilities.

STORMS UPROOTED mature trees, blew down limbs, brought down numerous power lines and also broke power poles.

Neighbors were urged to check on seniors and those with disabilities.

Call 911 for reports of "hot" or sparking electrical wires, especially those on roadways.

Call Dominion Power to report outages at 1-866-366-4357.



PHOTO BY VICTORIA ROSS/
THE CONNECTION

A worker feeds tree branches and stumps into a shredder in Fairfax on Saturday, June 30.

After the Storm

Area residents cope with no power, no air-conditioning and soaring temperatures.

BY VICTORIA ROSS
THE CONNECTION

More than 80,000 residents were still struggling with power outages and triple-digit temperatures Monday after a wave of violent thunderstorms slammed the region Friday, June 29, packing hurricane-force winds that uprooted trees, downed power lines and knocked out power to more than 1 million homes.

The fast-moving line of thunderstorms rolled through the area without warning, surprising residents with 50-80 mph winds and wreaking havoc as trees toppled on homes and roadways.

"Fairfax County was especially hard hit. We are still struggling with widespread power outages and diminished landline phone communication," said Supervisor Jeff McKay, (D-Lee).

Shortly before 11 p.m. on Friday evening, fallen trees were blamed for the deaths of two people in the area. A 90-year-old Springfield woman died when asleep in bed after a tree crashed into her home 8100 block of Carr Street. At approxi-

mately the same time, a 27-year-old Burke man died when a tree fell directly on his car as he was driving on Old Keene Mill Road near Bauer Drive. Fairfax County police said Khiet Nguyen was pronounced dead at the scene of the crash.

"We had massive damage through the county, so Virginia Dominion Power has been busy trying to get to all of those sites," said Dave McKernan, Fairfax County's Emergency Management Coordinator.

"Trees down on wires prevent roads from opening because VDOT will not work those sites until they can confirm the power is off to those wires. Then we can get the trees out of the way and traffic moving again," McKernan said.

More than 80 intersections in Fairfax County remained without working traffic lights on Monday - including West Ox Road and Fair Lakes Parkway in Fairfax and Lorton Road and I-95 - causing numerous fender-benders and small collision, according to police. Officials urged motorists to obey 4-way stop rules at intersections without power.

SEE AREA, PAGE 4



PHOTOS BY VICTORIA ROSS/THE CONNECTION

A 40-foot tree, uprooted by the storm, lands on a sidewalk at George Mason University on Saturday, June 30.



The Bonanno family enjoys ice-cream at the Sweet Frog in Lorton on Saturday, June 30. (From left) Kevin, Keith, Anderson, 4, Charles, 5, Ryan, 8, Carolyn and Anne, who lives in Burke.

Area Suffers Massive Damage in a Tornado-like Storm

FROM PAGE 3

BY MONDAY, JULY 2, Dominion Virginia Power had restored power to approximately 600,000 of 831,000 customers in Northern Virginia, according to Carolyn Moss, a regional managing director for the utility.

"Friday's storm was the largest non-hurricane related outage in our company's 100-year history," Moss said, adding that Dominion Power expected to have all remaining service restored by Saturday.

In addition to widespread power outages, residents were also struggling with record-high temperatures. On Friday, temperatures reached 104 degrees - topping a record of 101 set in 1934 - and many homes were left without power and air-conditioning as the National Weather Service warned the heat index could reach 110 degrees later this week.

Fairfax County Executive Ed Long issued a statement Monday through Fairfax County's emergency blog saying there were "plenty of places to go to stay cool as weather is going to stay hot this week."

"While things have gotten significantly better since Friday, we are still experiencing some difficulties," Long said. He urged residents without power to go to various "cooling sites" throughout the county, such as libraries, recreation centers and shopping malls.

"We're all optimistic that by the end of the week, things will be worked out and we're asking people to be patient," Long said.

CITY FAIRFAX DECLARES STATE OF EMERGENCY

City of Fairfax officials announced a state of emergency Monday as more power crews arrived in the city to restore electricity to the 900 homes still without power, according to Mayor Scott Silverthorne.



McDonald's employees Ravinder Kaus and Colin Westfield said they were handing out Happy Meals left and right to hungry residents without power on Saturday, June 30.

"The number is down from 10,000 -plus on Saturday," Silverthorne said. "It's my hope that those without power will be restored by this evening."

According to Dominion Power, nearly 90 percent of city customers experienced a power outage after a wave of violent storms tore through the region Friday, June 29, downing power lines and trees.

Ken Rudnicki, the city's emergency coordinator, said city officials declared a state of emergency, effective June 29, after determining that "resources were overwhelmed."

"Basically, we're making sure our ducks are in line to get federal assistance when and if it becomes available," Rudnicki said, adding that declaring "a state of emergency" allows the city to streamline procedures to obtain equipment and services needed for clean-up.

"Let's say we needed a bulldozer. Normally, we'd have to go through (extensive) permitting process. Under the declaration, if we need a bulldozer we get a bulldozer," Rudnicki said.

Silverthorne said the City's Fireworks cel-



College student Tiana Hoffer of Burke at the Burke Centre Starbucks on Saturday, June 30.

ebration, which draws nearly 20,000 people from all over Fairfax County, is still on.

"I think we all need something good to celebrate, but I'm hoping this will all be cleared up by tonight or tomorrow," Silverthorne said.

BURKE: HAPPY MEALS, STARBUCKS AND FUEL

On Saturday evening at Burke Centre Shopping Center, fast-food restaurants and gas stations were jammed with cars

"It's been crazy busy today. Kids are happy we're open, and people don't seem too stressed," said Ravinder Kaus, a McDonald's cashier.

Several gas stations in Burke and Fairfax ran out of gas and were shuttered by early Saturday afternoon, but the Burke Centre Exxon station was open for business, and a long line of cars wrapped around the gas station Saturday evening. Several motorists expressed frustration at the nearly hour-long wait for gas.

"This is just too long," said Fairfax resident Tim Kellin, who was pumping gas in the sweltering heat after waiting in line for 45 minutes. He said he had been to several closed gas stations before finding the Burke Exxon open at 6 p.m. "I don't think you can



Alex Miguel of Burke at the Burke Centre Starbucks on Saturday, June 30.

print the rest of what I have to say."

Steven Goodheart, a meteorology student at George Mason University, decided not to wait for gas, and headed for the Starbucks in the shopping center. "We saw the storm coming last night," said Goodheart, who lives on Popes Head Road. "The winds were changing direction very fast, which is not a good sign." He said the power was still out at his home, and he planned to stay with a cousin in Woodbridge for the weekend.

Burke resident Alex Miegel, who grabbed coffee and pastry at the Starbucks, said his power came on about 3 p.m. "We were very lucky. What

was weird (about the storm) was that it didn't last that long, but there were major winds. It felt like intense, and then you see all this damage."

Tiana Hoffer, a college student home for the summer, sat outside the Starbucks, sipping coffee and working on a research project. She said power was still out at her family's home in Burke. "I'm here to mooch off their wi-fi," she said, joking. "My mom was definitely freaked out by the storm last night. The lightning was non-stop."

On Monday, Supervisor John Cook (R-Springfield) said his office in the Kings Park Library was open after losing power during the weekend, but "our telephone connections are still spotty, so email may be the best way to reach us."

"All of us on the Braddock team send out our condolences to the families of those who have lost their lives or those who suffered injuries from the storm, including two fatalities in the Braddock District. You and your families are in our thoughts and prayers," Cook said.

Cook said his house suffered minor damage, but he viewed significant damage to homes across the district. "We're here to help in whatever way we can," he said.

SEE CLEAN-UP, PAGE 5

NEWS

Clean-up Begins

FROM PAGE 4

SPRINGFIELD CLEAN-UP

Like many neighborhoods throughout the county, sidewalks and roads in West Springfield neighborhoods were littered with broken limbs, branches and other debris.

Manuel Carara with Advanced Landscaping in Springfield said he worked for nearly 10 hours on Saturday hauling pieces of trees to trees to feed into the shredder.

"I've never seen so much damage from one storm," Carara said. "We've had dozens of calls since early this morning."

Since Friday's storm, Supervisor Pat Herrity (R-Springfield) has issued frequent storm updates in his blast e-newsletter The Herrity Report. On Monday, he sent out a list of updated road and municipal closings, as well as resources for residents.

"It is supposed to be hot today," Herrity said, "so please continue to check on your neighbors, and as always, our office is open to you should you need to get out of the heat."

LORTON: ICE-CREAM & JAZZ

Around 7 p.m. on Saturday, members of the Bonanno family were enjoying ice-cream at Sweet Frog Ice Cream Parlor at the Shoppes at Lorton Valley.

"Our power went out about 10:20 last night," said Kevin Bonanno. "We heard this terrible wind first, like a moaning sound. We live in a townhouse, and I thought 'Geez, are we going to get blown away? If the rain hadn't cooled things off, it would have been a sauna in the house.'"

Bonanno said there was a run on ice at the grocery store, but he had not encountered too many other problems.

"All the fast-food restaurants were busy, but at least we're here together," Bonanno said.

At the Lorton Workhouse Arts Centre, the band Chopteeth Afrofrunk was getting ready to perform Saturday around 7:30 p.m. during Mount Vernon nights, a series of free concerts.

"We ready to chase away the stormy blues..." said sax player Mark Gilbert, looking up at the darkening skies, as a few drops of rain began to fall "...at least between this storm and the next one."

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New Laws, Assault on Freedom?

Voting restrictions, abortion restrictions, DUI restrictions, fewer gun restrictions, more go into effect July 1.

A plethora of new laws will go into effect in the Commonwealth on July 1, including restrictive new procedures for voting, and the loosening of multiple gun regulations.

Drivers convicted of driving while very intoxicated and anyone convicted of DUI for the second time will now be required to have ignition locks installed on their vehicles which will check their blood alcohol levels and keep them from driving if they have been drinking. Hopefully this technology will keep drunk drivers from getting behind the wheel.

Women seeking abortions will be required to have a sonogram 48 hours before the abortion. The debate over this bill was one of the most publicized pieces of state legislation in the nation, and the focus of many jokes, protests and outrage. But still the bill passed and the Governor signed it into law.

Voters will be required to present identification, and if they arrive at the polling place without identification, they will cast a provisional ballot that will only be counted if the voter attends a meeting of the electoral board the next day to present his or her identification. Previously signing an affidavit swearing to your identity was sufficient.

LETTERS TO THE EDITOR

Fourth of July Celebration

To the Editor:

As a former federal worker with 11 years of service at the Department of Defense, the Fourth of July is an important day for me. Since the dawn of our nation, federal workers have played a significant role in America's achievements.

The contributions of federal workers will be very much in evidence this week as Americans prepare to celebrate our nation's birthday. Millions of Americans will check a weather report prepared by the National Weather Service, grill meat inspected by the U.S. Department of Agriculture, and fly in skies kept safe by the Federal Aviation Administration and the Transportation Security Administration. Others will enjoy time outdoors in our National Parks, travel with children protected by car seats inspected by the Consumer Product Safety Commission, and visit post offices to mail letters and packages to loved

ones serving in the military.

My fellow federal workers and I are proud of the jobs we've done for America for the last 236 years. We wish you, and the nation we love, a happy Independence Day.

Lawrence Goldschmidt
Springfield

Carbon Monoxide Alarms Can Help Prevent Tragedies

To the Editor:

Four adults and five children were hospitalized on June 14 after experiencing the effects of carbon monoxide poisoning in their apartment in Oakton. Luckily, these lives were saved, but this isn't always the case.

Carbon monoxide (CO) poisoning is the leading cause of accidental poisoning deaths in America. According to the Centers for Disease Control and Prevention, CO

Fortunately, your concealed weapons permit will count as your voter identification. But the law provides less sanction for carrying your concealed weapon without having your concealed weapons permit in your possession (\$25 civil fine) than for not having your identification to vote in your possession (disenfranchised, your vote is not counted).

These two provisions, counting concealed weapons permit as voter identification and limiting the penalty for not having your permit with you while carrying your concealed weapon, were just a few of the laws passed that lessen restrictions on guns in commonwealth. Some examples, effective July 1: Eliminate the prohibition on purchasing more than one handgun in a 30-day period (there are no limits now); provide that nothing in the Emergency Services and Disaster Law shall limit or prohibit the otherwise law-

Independence Day Coverage Online, Next Week

This week's Connection papers were printed on Monday and Tuesday July 1-2 because of the timing of the July 4/Independence Day holiday.

On Monday, at least half of our readers were still without power after Friday night's 80-mile-per-hour wind storm, and at our office, we are coping with intermittent power and related computer problems. Our website has been updated with storm information, www.ConnectionNewspapers.com, and our twitter accounts kept followers up to date during the aftermath.

While the hard copy of our papers won't get to readers until after the Wednesday holiday,

ful possession, carrying, transportation, sale, or transfer of firearms; provide that any locality that participates in any gun-buyback program offer the firearms acquired for sale by public auction or sealed bids to a person licensed as a dealer; allow local government employees to store a lawfully possessed firearm and ammunition in a locked private motor vehicle; remove the option for a locality to require that an applicant for a concealed handgun permit submit fingerprints as part of the application.

And something that will affect all of us, although it does not go into effect until September 2013, a new law that will require Virginians to pay sales tax on purchases from Amazon. This is only fair to local retailers.

The Virginia General Assembly enacted more than 700 new laws in 2012, many of them worthy of discussion.

those papers will not include coverage of independence day events, which will hopefully all be held despite the ongoing cleanup.

Digital replica (free) subscribers will receive their papers before July 4. Digital subscriptions are available without charge. Sign up at connectionnewspapers.com/subscribe

Our website is updated daily, www.ConnectionNewspapers.com. We would love to get your storm photos, email your name, town name and what's happening in the photo to editors@connectionnewspapers.com.

— MARY KIMM,
MKIMM@CONNECTIONNEWSPAPERS.COM

you have fuel-burning appliances inspected, never idle your vehicle in an attached garage or operate a generator indoors, and remember to install CO alarms in your home. For more information, visit <http://www.fairfaxva.gov/firesafety/AboutCO.asp>.

Dave Rohr
Fire Chief
City of Fairfax Fire Department

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors.
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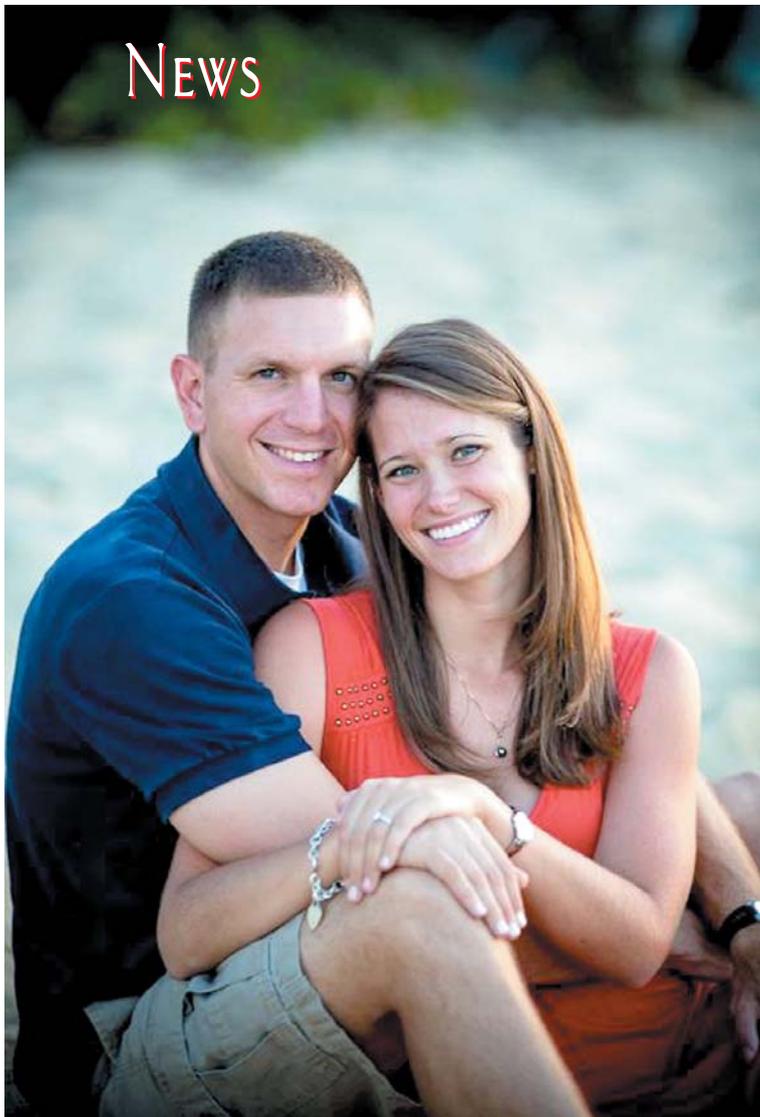
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NEWS



Erin Greer Mealy and Matthew David Clark.

Erin Greer Mealy Engaged to Matthew David Clark

Rick and Peggy Mealy of Clifton are happy to announce the engagement of their daughter, Erin Greer Mealy, to 1LT Matthew David Clark, U.S. Army, son of David and AnnMarie Clark of Fairfax. The couple graduated from Robinson Secondary School, Fairfax, in 2004.

The future bride graduated from the University of Vermont with a Bachelor's Degree in Communication Sciences. Erin is currently working as a behavior therapist for

children diagnosed with Autism in Oahu, Hawaii.

The future groom received a Bachelor's Degree from the University of Virginia in Religious Studies. Matthew is currently stationed at Schofield Barracks, Oahu, Hawaii and is serving as an Infantry Officer in the 25th Infantry Division.

A July 5 wedding is planned at Waimanalo Bay, Hawaii and the couple will live in Hawaii until Matthew's next change in duty station.

Local Martial Artist Places Second in the World

The American Taekwondo Association (ATA) held its annual World Championships Tournament June 21-24 in Little Rock, Ark. and Uriah Breunig of Clifton earned the second place silver medal in his division.

Breunig, a fifth degree black belt, competed against nine other top ten finalists from around the world in the Men's age 30-39 ring on June 21 at the Little Rock Statehouse Convention Center. After a year of hard work and strenuous competition, Breunig walked away with the silver medal in XMA forms. XMA, or Xtreme Martial Arts, is characterized by high flying tricks and tricks. Breunig currently owns and operates ATA Martial Arts in Clifton which is also where he trains.

Breunig was one of the 5,000 com-

petitors who traveled to Little Rock for the annual ATA World Championships, which is a week-long celebration of Taekwondo. This year's event drew more than 20,000 martial art students, instructors and fans from nearly 20 countries for specialty training seminars, high rank belt testing and World Champion competition. The ATA World Championships is the largest annual convention in the city of Little Rock.

With active membership exceeding 300,000 worldwide, including over 60,000 black belts, ATA is North America's largest martial arts organization dedicated to the discipline of Taekwondo. For more information on the 2012 ATA World Championships or to find an ATA school near you, visit www.ataonline.com.

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Burke/Longwood Knolls \$589,950

Remodeled Kitchen & Baths

Lovely home on cul-de-sac w/4BR, 3.5BA, remodeled eat-in kit w/maple cabs, Silestone counters & SS appliances, deck, fenced yard, open staircase leads to fin bsmt, remod MBA w/jetted tub, sep shower, granite cntns & slate flrs, many new windows & more.



Burke/Longwood Knolls \$599,950

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WELLBEING

Seniors in the drama club at Greenspring, a retirement community in Springfield, present a play. Experts advise those looking for retirement facilities to spend enough time at the community to ensure that it is a good fit socially.



PHOTO COURTESY OF GREENSPRING



PHOTO COURTESY OF VINSON HALL

Residents at Vinson Hall McLean, participate in water sports. Experts say many people would be happier in an assisted living facility, where they have activities and friends, than they are living alone.



PHOTO COURTESY OF GREENSPRING

Jim Upp displays his late wife's paintings at an arts fair at Greenspring, a retirement community in Springfield. Upp downsized from a large home to an independent living facility after his wife died. "I did not know a soul when I came here, but I know hundreds of people now. There are more than 200 activities here," he said.

Finding a Home for the Golden Years

Experts offer advice on choosing a retirement community.

By Marilyn Campbell
The Connection



Herndon resident Andrew Carle of the George Mason University's Program in Senior Housing Administration recommends visiting at least three retirement communities before selecting one to call home.

PHOTO COURTESY OF GEORGE MASON UNIVERSITY

When Jim Upp's wife Jeannie died in 2006, the Fairfax senior citizen found himself surrounded by a lifetime of memories in the spacious home where the couple had raised three children.

"We lived on a one-acre lot with plenty of trees all by ourselves," said Upp. "I was alone, and there was a large house and an acre of land to take care of. It took me about five days to realize that wasn't where it wanted to spend the rest of my life."

Upp moved to a retirement community, which he called a one-stop center for medical care, activities from bowling to television production, and socializing with people with similar backgrounds.

"I did not know a soul when I came here, but I know hundreds of people now," said Upp. "There are more than 200 activities here on campus. There are five or six doctors here everyday. If I have a problem, I can just go down and see a doctor anytime."

WHILE UPP'S TRANSITION was uncomplicated, methodical and borne out of a self-made decision, other moves are not so seamless.

Deciding that one can no longer live alone, selling a house that has been a home for decades and relo-

ating to retirement facility can be an emotionally charged and physically challenging feat. Recognizing the warning signs that a change might be necessary and developing a plan can help make the move less complicated.

"There is usually a crisis that bring someone into a facility," said Catharine A. Kopac, Ph.D., a certified geriatric nurse practitioner and chair of the graduate nursing program at Marymount University in Arlington. "Often the family gets no counseling and the move is made in a hurry."

Knowing when it is time to transition to a professionally run living environment is a decision with which many struggle. Gerontology professionals say there are a few red flags. Topping the list is the risk of vulnerability. "Is the person safe?" asked Andrew Carle, executive-in-residence, at George Mason University's Program in Senior Housing Administration. "Are they on [multiple] medications and it's hard for them to manage? Are they at risk for falling or do they have Alzheimer's and are at risk of wandering?"

If the answer to any of these questions is "yes," it might be time to move. An inability to perform daily activities such as eating, bathing and driving is another indicator.

SELECTING THE RIGHT TYPE of facility requires knowing the choices: independent living, assisted living and nursing homes.

Independent living is generally regular housing specifically designed for seniors whereas residents at assisted-living facilities can get aid with daily activities such as bathing and medication management. They often include kitchens, but meals and transportation to medical appointments and other errands are usually provided as well.

"Many people don't understand the difference between a nursing home and assisted living," said Carle. "Unless a person is bedridden, they probably don't need a nursing home."

Identifying a person's specific needs and finding a facility that is equipped to meet those requirements is vital. "If one needs any rehabilitation, then you would want to choose a facility that offers rehab services or therapy," said Dr. Jean Glossa, M.D., medical director for Fairfax County Community Health Care Network and Molina Healthcare. "If one has dementia or Alzheimer's disease, then you would want a facility that has trained and experienced staff in working with patients who suffer from either disease."

Geriatric care specialists, who can be found through the National Association of Geriatric Care Managers, can help assess a person's needs and help match him or her with an appropriate community. The Assisted Living Federation of America is another source for information on facilities, and experts recommend visiting www.medicare.gov when looking for a nursing home.

"CMS [Centers for Medicare & Medicaid Services] has the Nursing Home Compare website, which provides basic data about nursing homes, including staffing, past violations in recent surveys by the licensing agency, quality measures and more," said Glossa.

Experts say it is important to visit multiple communities before making a decision: "You should always tour at least three," said Carle, who lives in Herndon. "It is like test driving a car. You don't just test one car and buy it."

Meet those who run the facility. "A community is only as good as its administrator," said Carle. "Have the administrator give you a tour. It doesn't matter if the facility has a glass chandelier or a baby grand piano. As you're walking around, if the administrator doesn't know their own employees or residents, that would tell you a whole lot more than any brochure would. Families should look for an administrator who clearly has a love for seniors."

When meeting the staff at retirement facilities or nursing homes, there are key questions to pose. "Ask about the longevity of the staff and the average years of employment in the facility, the community's philosophy on aging in place, transition expectations as

the person declines and needs additional services," added Karen Boyce, the administrator at Renaissance Gardens at Greenspring in Springfield. She also recommends staying for lunch or another activity "to experience the sense of community, and staff interactions with other residents and each other."

LOCATION AND ACTIVITIES

are other key considerations. "Is the facility close to family?" said Dave DeClark, director of marketing at Vinson Hall in McLean. "Is it close to a social network or former business associates? Is it in a geographic location that they find desirable?"

DeClarke suggests contemplating social aspects. "What type of environment would the individual or the couple really thrive in? What are their outside friends like? What are some of the things that they used to do and would like to continue doing?"

The cost of the facility is important too. "Discussing payment methods in advance also helps alleviate financial issues in the future," said Glossa. "If you or your family member has Medicaid or Medicare, make sure the facility accepts residents on either or both programs."

Experts say such moves require sensitivity and planning. "Don't take control. Leave control in the hands of the elder like when to move, what to take, what to buy new, all the details, no matter how long it takes or how weird it may sound to you," counseled Potomac resident Linda Berg-Cross, Ph.D., a professor of psychology at Howard University.

Carle added that guilt is a com-

mon barrier to assisted living or nursing home placement. "Many people feel that they should be taking care of their parents," said Carle. "But families need to be honest with themselves and understand that the world is different

now than it was one or two generations ago. Many people would be happier in an assisted living facility where they have activities

and friends than they would be living all by themselves. We should look at this as helpful and not something to feel guilty about."

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FRIDAY/JULY 6

Hui O Ka Pua 'Ilima. 7:30 p.m. Grist Mill Park, 4710 Mount Vernon Memorial Highway, Alexandria. Zydeco. Free. 703-324-7469 or www.fairfaxcounty.gov/parks/performances.

SATURDAY/JULY 7

Cartoon Johnny. 7 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. A cappella. Free. 703-324-7469 or www.fairfaxcounty.gov/parks/performances.

Flea Market. 8 a.m.-4 p.m. VRE Commuter Rail Parking Lot, 6900 Hechinger Drive, Springfield. Sponsored by Springfield-Franconia Lions Club. Vendor fee \$20 per parking space. Proceeds benefit local charities. 703-569-3074 or <http://sfhostlions.org/fleamkt.html>.

Art Out Loud 2012. 4-9 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. Art Out Loud 2012 will feature an all-star cast of artists and musicians celebrating the impact of art on our daily lives. Free. www.workhousearts.org.

4th Annual Ice Cream Social. 12 p.m.-4 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. Supports the Ceramics Program. Buy Handmade bowls created by students, instructors or resident artists for \$15. Free admission.

SUNDAY/JULY 8

Murder Mystery Brunch at Trummers. 12 p.m. 7134 Main Street, Clifton. \$58/person. 703-266-1623.

FRIDAY/JULY 13

Little Red & The Renegades. 7:30

p.m. Grist Mill Park, 4710 Mount Vernon Memorial Highway, Alexandria. Zydeco. Free. 703-324-7469 or www.fairfaxcounty.gov/parks/performances.

SATURDAY/JULY 14

2nd Saturday Art Walk. 6-9 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. Meet each building's featured artist, a reception in W-16 from 6-7 p.m. and more. www.WorkhouseArts.org.

The David Kitchen Band. 7 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. Pop/Rock. Free. 703-324-7469 or www.fairfaxcounty.gov/parks/performances.

31st Obon Festival. 5:30 p.m. Ekoji Buddhist Temple, 6500 Lake Haven Lane, Fairfax Station. Traditional Japanese folk dancing, a memorial candle ceremony, children's games and a taiko performance by Nen Daiko. 703-239-0500 or www.ekoji.org.

2nd Saturday Art Walk. 6-9 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. The Workhouse showcases the diverse work of more than 100 visual artists in a unique historic venue. Free. www.workhousearts.org.

New Hope Church Christmas in July Craft and Bake Sale. 9 a.m.-2 p.m. 8905 Ox Road, Lorton. A day of fun, food, crafts and an opportunity to plan ahead on Christmas shopping. www.fmcs.org

FRIDAY/JULY 20

Tommy Lepson Band. 7:30 p.m. Grist Mill Park, 4710 Mount Vernon Memorial Highway, Alexandria. Blues/Soul. Free. 703-324-7469 or www.fairfaxcounty.gov/parks/

performances.

SATURDAY/JULY 21

Sunset Cruise. 7 p.m. Lake Accotink Park, 7500 Accotink Park Road, Springfield. Cruiser the shores of Lake Accotink. Beverages served. \$6. Register at 703-569-0285.

Jah Works. 7 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. Reggae. Free. 703-324-7469 or www.fairfaxcounty.gov/parks/performances.

Flea Market. 8 a.m.-4 p.m. VRE Commuter Rail Parking Lot, 6900 Hechinger Drive, Springfield. Sponsored by Springfield-Franconia Lions Club. Vendor fee \$20 per parking space. Proceeds benefit local charities. 703-569-3074 or <http://sfhostlions.org/fleamkt.html>.

Clifton Film Festival. 3-11 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. Showcasing original films made by the surrounding community. \$5 day showings, \$10 evening showing, \$20 for 3 day showings and evening showings. www.workhousearts.org.

SUNDAY/JULY 22

Canine Cruises. 7 p.m. Lake Accotink Park, 7500 Accotink Park Road, Springfield. Cruiser the shores of Lake Accotink with your dog. Limit one dog per person. \$6. Register at 703-569-0285.

NOVA-Annandale Symphony Orchestra. 7:30 p.m. Performs Rhapsody in Blue with pianist Christopher Johnston. Ernst Community Cultural Center, 8333 Little River Turnpike, Annandale. Adults \$15, seniors and teens \$10, children free. 703-569-0973.

MONDAY/JULY 23

Vacation Bible School. 9-11:30 a.m. Fellowship Baptist Church, 5936 Rolling Road, Springfield. Activities will include a Bible Lesson, Missions Emphasis, Crafts, Snacks and Games. Free. Register at www.honoringGod.org or 703 569-5151.

FRIDAY/JULY 27

The ATOMIC Swing Club. 7:30 p.m. Grist Mill Park, 4710 Mount Vernon Memorial Highway, Alexandria. Swing. Free. 703-324-7469 or www.fairfaxcounty.gov/parks/performances.

SATURDAY/JULY 28

Public Reception: Workhouse Clay National Ceramics Exhibition. 6-9 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. "Open Call" for ceramic artworks. Mixed media entries acceptable, but clay must be the primary medium. Exhibit open July 25-Aug. 26. www.workhousearts.org.

Mariachi Los Amigos. 7 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. Mariachi. Free. 703-324-7469 or www.fairfaxcounty.gov/parks/performances.

Flea Market. 8 a.m.-4 p.m. VRE Commuter Rail Parking Lot, 6900 Hechinger Drive, Springfield. Sponsored by Springfield-Franconia Lions Club. Vendor fee \$20 per parking space. Proceeds benefit local charities. 703-569-3074 or <http://sfhostlions.org/fleamkt.html>.

FRIDAY/AUG. 3

Dinner and Whiskey Tasting at George Washington's Distillery. 6:30 p.m. George Washington's Distillery & Gristmill, 5513 Mount Vernon Memorial Highway, Alexandria. Reception, dinner, distillery tour and more. \$150. MountVernon.org.

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From left – veteran students at Mason and members of the Veterans Society of George Mason University: Nick Bogden, Michael Lillie, Jennifer Connors, Walter Sweeney, current president, Chance Flemming, Kees Slot and former presidents Jacobo Flores and Joshua Lawton.



PHOTOS CONTRIBUTED

Mason Launches Veteran Scholarship

A much-needed \$6,000 donation helps kick-start the endowment into gear.

BY LISA SPINELLI
THE CONNECTION

Joshua Lawton, a now senior program analyst at the Department of Veterans Affairs, was watching a documentary on the WWII generation when an idea suddenly struck him—George Mason University (his university at the time) should start a veterans' scholarship.

"It's a great feeling to know that something you started is ready to start helping veterans," said Lawton, former vice president of the Mason Veteran Center Project Task Force.

Three years of fundraising have passed since Lawton thought up the idea, but in just four weeks a committee at George Mason University—comprising one representative from financial aid, one from admissions and one from military services—will determine the first ever winner of the Mason Veteran Scholarship Endowment.

The committee will pick a winner from a pool of 45 applicants (deadline was June 1), said Director of Military Services at George Mason University Jennifer Connors. To be considered, the applicant must be an undergraduate student at Mason with a minimum 3.0 grade point average and must either be an active or former member of the military—no dependents. Special consideration is being given to decorated service members with combat experience who have demonstrated leadership in community activities.

A \$6000 donation in March topped off the required \$25,000 needed to create the endowment. The Beck family of Fairfax Station, founders of the Beck Foundation—a local charitable veterans organization, made the final donation.

"We live in a great country and we are just trying to give back a little bit," said Buddy Beck, co-founder of the Beck Foundation and a Vietnam War veteran.

While \$25,000 was needed to start the scholarship, the awarded amount is actually the interest on that principal. The winner of this upcoming scholarship will not receive a full \$25,000, but will receive about \$2600. There is a caveat, if the principal grows,



From the left: Jacobo Flores, Michael Lillie, Joshua Lawton-Belous.

future recipients could receive more, or Lawton could determine, along with the Military Services division at Mason, to split the fund into two separate (or more) scholarships, helping more than just one veteran per school year.

Since 2009, Lawton—who is also post commander for the Fairfax Station VFW Post 8469, has been working to help raise the funds. He helped create an annual 5K run at Mason from which all proceeds were donated to the scholarship, secured donations from a Monte Carlo casino night at the Fairfax City American Legion, and worked with Floyd Houston, a fellow VFW 8469 member, to secure sales from Houston's book called "Pillars of the Post" for the scholarship. Pillars continues to be on sale on Amazon and Createspace.com.

While the Montgomery and Post 9-11 G.I. Bills pay a substantial amount toward higher education for veterans—full in-state tuition for undergraduate or graduate courses, plus a stipend for books and living expenses under the Post 9-11 G.I. bill, Lawton felt that the benefits were not likely to keep with the rising cost of education (a 127 percent jump in the last two decades) and the cutbacks facing the Department of Defense.

"The G.I. Bill is great, but it doesn't pay for everything. If you have a family, \$1950 goes a long way, but doesn't cover everything," he said. "We know that with both of the wars ending, the federal government isn't going to keep pace with the rising costs of college tuition."

To help donate to the Veterans Scholarship Endowment, please send a check written to the GMU Foundation with the Veterans Scholarship Endowment in the memo. For any questions, call Jennifer Connors at 703-993-8243.



At 18 years old, Noor Siddiqui is one of the youngest fellows in the under 20 Thiel Fellowship Program.

PHOTOS CONTRIBUTED

Clifton Teen on a Mission Noor Siddiqui awarded world-renowned fellowship.

BY CAROLINE PAXTON
THE CONNECTION

The Thiel Fellowship is a program sponsored by Billionaire Peter Thiel that awards \$100,000 to 20 entrepreneurial candidates under the age of 20. Some of the fellows include teenaged biochemists who have their eyes fixed on extending the human life span and curing cancer, and MIT drop-outs who find that their time is best spent harnessing nuclear energy.

One Clifton native, Noor Siddiqui has just been awarded the title of 2012 Thiel Fellow. "When I first received the news, I was very humbled, thrilled, and surprised that I had been selected. It's really exciting just to be in the same league with the rest of the fellows."

Siddiqui just recently graduated high school and declined offers from both Brown University and the University of Chicago, to pursue her dream: To change the way the world responds to persistent poverty. "I don't think I'm giving up anything by not going to college, I'm just on a different track."

Siddiqui's plan of action is fueled by intense passion and ambition that she said stems from being able to witness global poverty, first hand when she recently traveled to Pakistan. "You see people who are very much like yourself, very capable and motivated but they just

need to be empowered," Siddiqui said. "In ten years I hope to be empowering a lot of people."

The decision to forgo the path of a college education is a topic that has sparked controversy all over the country as more and more members of the Internet Generation are choosing strike out on their own in light of astonishing price tags that accompany a bachelors degree.

Siddiqui admitted, "I didn't tell my parents before I applied." She has now crafted her own "rubric for success," and will measure her success not in dollars, but by the number of people she can help succeed.

"Winning the Thiel Fellowship means credibility, urgency, freedom, and time to develop my ideas and vision." Her vision entails a focused plan for exploring commercial surrogacy, creating alternative education models, and expanding on mobile technology.

Noor Siddiqui is out to change the world in a big way. Her ambition to turn the bottom billion into a force of self-sustaining constructive human beings is one of the most altruistic the Thiel Fellowship has ever seen. "I'm getting the best of both worlds. I am making the best possible use of a time when I'll struggle the most but also make the most progress." Siddiqui said, "And I believe the underdog always comes through."

SPORTS



Mantua Pool in Fairfax has a vibrant intramural program that takes place every week and is always accepting new players.

Six-year-old Logan Morris winds up for a backhand swing at Belle Haven Country Club in Alexandria.

Hitting on the Sweet Spot of Summer

One of the most beloved summer pastimes is all over Fairfax.

Tennis is everywhere in Fairfax this summer. As the weather starts heating up and the days get longer, more and more people are flocking to the courts to get their adrenaline fix, work on their backhand swing or just have fun with friends and neighbors. Whatever the reason people grab for their racquets it is clear that the opportunities for tennis players are everywhere. Many neighborhood facilities like The Fairfax Station Swim and Tennis Club offer camps and clinics for younger players for nominal weekly fees. Most prices range from \$100-\$150 per week and programs run from Memorial Day to late July. FSSTC also offers a Varsity Prep class for adolescent players looking to train for High School Teams and is admittedly “not for the faint hearted.”

Players looking for a more relaxed environment where they can play intramural-style matches can find adult single and double groups at almost every neighborhood facility in the area. Some facilities do require membership and entrance fees but this usually comes with access to a “court key” which gives players unlimited access to the courts within facility hours. Country Club facilities such as Belle Haven



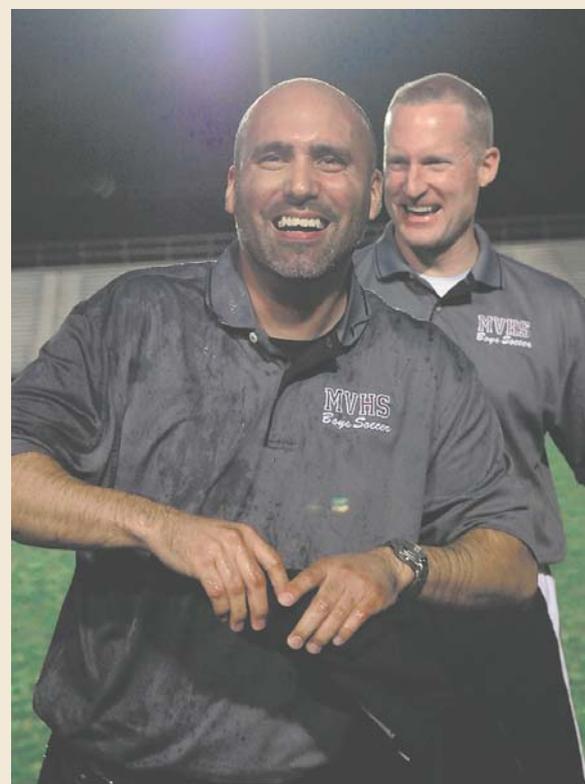
One of the adult teams at Country Club of Fairfax poses for a picture during one of the summer tournaments.

Country Club and Country Club of Fairfax offer special amenities such as clay courts and private lessons with professional coaches. However there are endless opportunities to have fun working on a top spin without breaking the bank. For more information and tennis-networking visit: <http://tennisopolis.com/group/fairfaxvirginia>.

— CAROLINE PAXTON



Coach Rob leads a game of “King of The Court” during a junior tennis clinic at Fairfax Station Swim and Tennis Club in Fairfax Station.



After nine seasons at Mount Vernon, Robert Garza on July 2 was named head boys' soccer coach at Robinson Secondary School.

Garza Takes Over Robinson Soccer

Coach leaves Mount Vernon for Robinson.

BY JON ROETMAN
THE CONNECTION

In nine seasons, Robert Garza led the Mount Vernon boys' soccer program to three National District championship game appearances, two district titles and a top-20 ranking in the ESPN.com national poll. The Majors reached the regional quarterfinals each of the last three years and proved capable of competing with best in the area.

Garza left his fingerprints on the Mount Vernon program. Now the 39-year-old coach is moving on to a new challenge.

Garza on July 2 was named head coach of the Robinson boys' soccer team, replacing Jac Cicala, who retired at season's end. The Rams captured the 2012 Northern Region championship before losing to Thomas Dale, 1-0, in the state quarterfinals. Robinson finished state runner-up in 2008, 2000 and 1987.

“It feels good, to be honest,” Garza said of taking over at Robinson. “I don't know if bit-

tersweet is the right thing to say. Being at Mount Vernon for nine years, I hate to leave that program ... but this is an opportunity for me to take [the next step in] my coaching career.”

Garza's Mount Vernon teams faced Robinson four times in the last three seasons, including three postseason matchups. In 2010, Robinson defeated Mount Vernon in the regional quarterfinals. In 2011, the Majors beat the Rams in the opening round of the regional tournament. In 2012, Mount Vernon won the teams' regular season meeting, but Robinson responded with a victory via penalty-kick shootout in the regional quarterfinals.

“I'm looking forward to taking my style over there,” Garza said, referring to Mount Vernon's use of speed, agility and forward-moving possession. “I'm looking forward to the next challenge. [Robinson is] in the toughest district (Concorde) in the state of Virginia. I'm looking forward to the challenge and the next step and bettering myself as a coach.”

Garza graduated from Hayfield in 1991 and played soccer collegiately at Liberty University and Marymount University. He's a history teacher at Alice Deal Middle School in Washington, D.C.

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> According to the Lease by and between (4136) Collin Dunn and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage unit, the Manager has cut the lock on their unit and upon cursory inspection the unit was found to contain: Automobile Supplies. Items will be sold or otherwise disposed of on July 19, 2012 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

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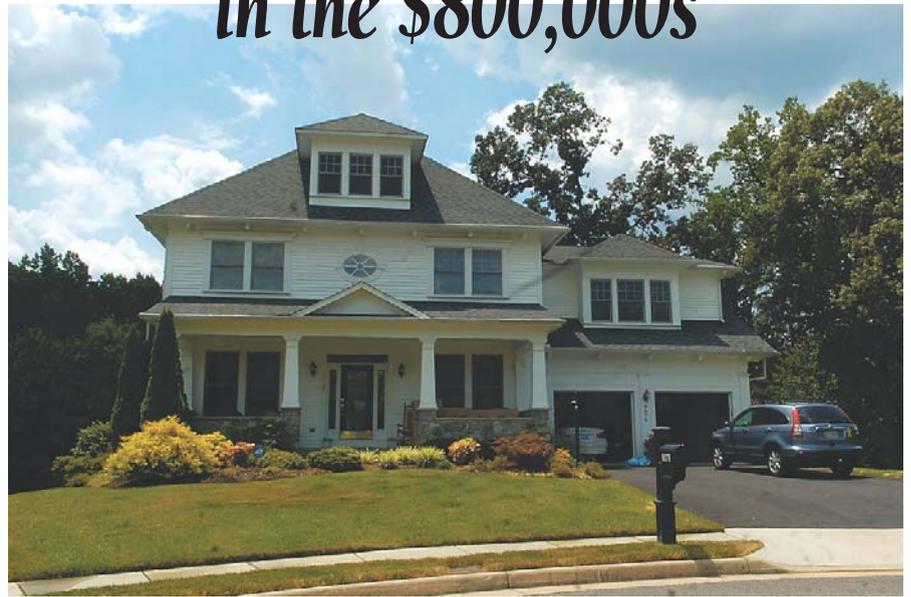
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Local REAL ESTATE

*Sold in May 2012
in the \$800,000s*



1 3831 Farr Oak Circle, Fairfax — \$877,500



2 9079 Emma Ann Way, Fairfax Station — \$876,500



4 10094 Cover Place, Fairfax — \$860,000



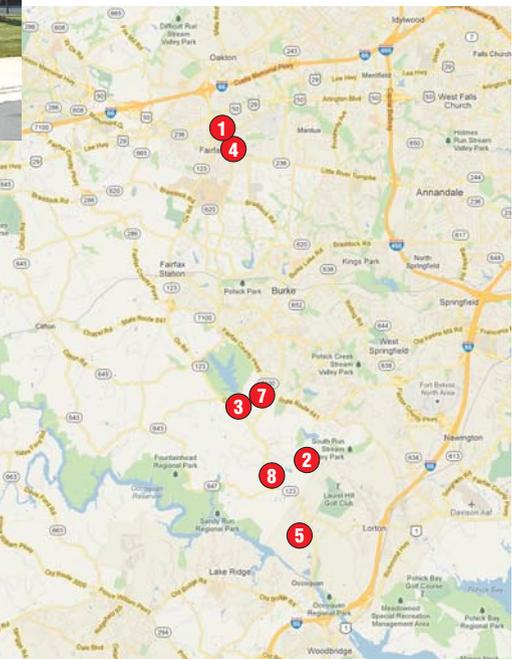
5 9113 Mariah Jefferson Court, Lorton — \$849,227



8 9622 Nuthatch Drive, Fairfax Station — \$800,000



6 6409 Deepwood Farm Drive, Clifton — \$839,000



Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	PostalCode	Subdivision	Date Sold
1 3831 FARR OAK CIR	5	4	1	FAIRFAX	\$877,500	Detached	0.11	22030	FARRCROFT	05/20/12
2 9079 EMMA ANN WAY	6	5	1	FAIRFAX STATION	\$876,500	Detached	0.25	22039	SILVERBROOK FARMS	05/30/12
3 9913 SHADY SLOPE CT	5	3	1	FAIRFAX STATION	\$875,000	Detached	0.58	22039	SOUTH RUN	05/14/12
4 10094 COVER PL	5	4	1	FAIRFAX	\$860,000	Detached	0.14	22030	FARRCROFT	05/04/12
5 9113 MARIAH JEFFERSON CT	3	4	1	LORTON	\$849,227	Detached	1.32	22079	OCCOQUAN PARK	05/25/12
6 6409 DEEPWOOD FARM DR	4	4	1	CLIFTON	\$839,000	Detached	0.26	20124	LITTLE ROCKY RUN	05/10/12
7 9743 ROLLING RIDGE DR	5	3	1	FAIRFAX STATION	\$820,000	Detached	0.62	22039	SOUTH RUN	05/04/12
8 9622 NUTHATCH DR	7	5	1	FAIRFAX STATION	\$800,000	Detached	0.22	22039	OAKS AT CROSSPOINTE	05/18/12