

Springfield CONNECTION

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EDUCATION
LEARNING FUN
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Orange Hunt Elementary School Principal Jason Pensler, State Volunteer of the Year winner Tracy Goodwin and Nancy Thompson, former OHES PTA president in the lobby of the Springfield Elementary School.

THE COUNTY LINE

Local Minority-Owned Businesses Prosper

Companies generate more than \$1 billion in revenue and provide more than 1,000 jobs.

BY VICTORIA ROSS
THE CONNECTION

Businesses owned by Hispanics, African-Americans and women shine in Fairfax County, according to the latest national rankings for largest or fastest-growing companies.

"Fairfax County is proud to be a community in which companies of all descriptions can and do succeed to a greater extent than in the rest of the region, the state or the country," said Gerald L. Gordon, president and CEO of the Fairfax County Economic Development Authority, which supports and monitors the growth of local businesses.

Eleven Fairfax County-based companies are among the 500 largest Hispanic-owned businesses in the nation based on revenue—more than the total in 40 states, according to a recent report by HispanicBusiness.com. The Fairfax County companies are among 22 from Virginia on the 2012 Hispanic Business 500 list.

Together these companies generated \$655 million in revenue and employed more than 3,000 workers in 2011, according to Hispanic Business. Five Fairfax County-based companies are on the 2012 Black Enterprise (BE) magazine list of the 100 largest African American-owned companies in the U.S. The 2012 BE 100 Industrial/Service list appeared in the June 2012 issue of the magazine. Those five companies generated \$613 million in revenue and counted more than 5,000 employees in 2011, according to Black Enterprise.

Only seven states have more companies on the BE 100 list than Fairfax County. In addition, Fairfax County has more minority-owned firms than 21 states and the District of Columbia, according to the U.S. Census Bureau.



PHOTO BY VICTORIA ROSS/THE CONNECTION

The staff of Helios HR in Herndon, one of Fairfax County's thriving women-owned businesses: (Back row, from left) Stephanie Eberhart, Andrea Parker, Sarah Smith, Ellyn Krause, Judy-Ann McKenzie, Kathy Albarado, Stephanie Kotch, Stacey Holst (Front Row, from left) Natalie Oddenino, Michele Wooding, Dean Klein, Amy Levin-Murchie.

Fairfax County is also on the cutting-edge when it comes to women-owned businesses. According to the Women Presidents' Organization (WPO), a peer-advisory group for multimillion-dollar women-owned businesses and American Express OPEN, the small business division of American Express, two Fairfax County-based companies made the 2012 list of the 50 fastest-growing woman-owned/led companies in North America.

Kathy Albarado, CEO of Helios HR in Herndon, launched her human resources

consulting firm in September 2001. She said she has seen steady growth and support for women-owned businesses in the past decade.

An award-winning business executive, Albarado was recently named Lady Fairfax by the Fairfax County Board of Supervisors and was a top finalist for the Fairfax Chamber's woman-owned business executive award in 2011.

"I feel fortunate that I live and work in a community so very supportive of entrepreneurs and growing businesses. There is a

Fairfax County's Minority-Owned Business Rankings

Listed below are the 11 Fairfax County companies on the Hispanic Business 500, and their ranking:

- ❖ 21. MicroTech, LLC, Tysons Corner
- ❖ 102. GeoLogics Corporation, Alexandria
- ❖ 114. SCI Consulting Services, Inc., Tysons Corner
- ❖ 117. COMputing TechnologieS, Inc., Fairfax
- ❖ 134. Priority One Services, Inc., Alexandria
- ❖ 138. Kemron Environmental Services, Inc., Tysons Corner
- ❖ 166. Citizant, Chantilly
- ❖ 186. Communications Resource, Inc. (CRI), Tysons Corner
- ❖ 205. NMR Consulting, Inc., Chantilly
- ❖ 424. Engineering, Management & Integration, Inc., Herndon
- ❖ 434. MAC Aerospace Corp., Chantilly

Listed below are the five Fairfax County companies and their rankings based on the 2012 Black Enterprise (BE) magazine list of the 100 largest African American-owned companies in the U.S.

- ❖ 8. Thompson Hospitality, Herndon
- ❖ 51. COMTek (Communications Technologies, Inc.), Chantilly
- ❖ 55. SoBran, Fairfax
- ❖ 61. Metters Incorporated, Tysons Corner
- ❖ 80. InScope International, Reston

Listed below are two of the 50 fastest-growing women-owned companies in North America, according to the Women Presidents' Organization (WPO) and American Express OPEN, the small business division of American Express

- ❖ 10. GCS, Inc., Tysons Corner
- ❖ 36. Ampcus Inc., Chantilly

strong spirit of collaboration in Fairfax County supported by the Chambers, our elected officials, our business leaders and nonprofit partners," Albarado said. "There are many who are willing to provide mentorship and support opportunity. It's an exceptional county indeed."

The FCEDA's Business Diversity Division supports the growth of these enterprises by organizing and hosting workshops that showcase local, state and federal resources available to entrepreneurs and small businesses and by hosting SCORE business counselors. For more information, go to www.fairfaxcountyyeda.org. For more information on Helios HR, and the company's community outreach efforts, go to www.helioshr.com.

Nearly 800 Jobs Added to the Local Economy

Information technology firms and professional service companies see growth.

Information technology firms continue to do well in a sluggish economy, according to a new report from the Fairfax County Economic Development Authority (FCEDA). During the second quarter of 2012, the FCEDA provided services and resources to 33 businesses that are adding almost 800 jobs in Fairfax County.

Most of these businesses are in the information technology and professional services sectors and four are foreign-

based firms using a Fairfax County location to expand in North America.

One of the most prominent announcements during the quarter came from Engility, a government services company that established its headquarters in the Chantilly area of Fairfax County after spinning off from L-3 Communications. Engility will add 50 jobs in addition to its current workforce of 300. Another announcement came from Kaztronix, a staffing company that specializes in the health care, scientific

technology and telecommunications sectors and is creating 57 jobs in the Tysons Corner area of the county.

"We can attribute our success in Fairfax County to multiple factors," said Michael Kasmir, co-founder and president of Kaztronix. "First and foremost, Fairfax County has a high density of evolving technology companies seeking the best and brightest talent, which the county's proximity to major universities makes easily identifiable...From a recruiting perspective,

qualified job candidates have no problem relocating to Fairfax County, given its reputation as a desirable place to live."

"While much of the country and the world is suffering from a weak economy, the FCEDA continues to work with a wide variety of companies that are creating jobs, diversifying Fairfax County's economic base and contributing to the local tax base," said Gerald L. Gordon, president and CEO of the FCEDA.

—VICTORIA ROSS



More than 300 people of all faiths gathered for a candlelight vigil at the Sikh temple in Fairfax Station on Thursday, Aug. 9, less than a week after a gunman opened fire at a Sikh temple in Wisconsin, killing six and injuring three.



Fairfax County Board of Supervisors Chairman Sharon Bulova (D-at-large) and Fairfax County Police Chief David Rohrer were among several community and faith leaders that spoke at the Aug. 9 candlelight vigil held at the Fairfax Station Sikh temple. "Our nation and our county are made stronger by standing in solidarity when someone is hurt," said Bulova during the vigil.



PHOTOS BY DEB CORB/THE CONNECTION

Transcending Fear With Messages of Hope

Fairfax Station Sikh temple holds candlelight vigil to honor victims of Wisconsin shootings.

BY VICTORIA ROSS
THE CONNECTION

It was an evening of unity, resilience and hope as more than 300 people of all faiths gathered for a candlelight vigil at the Sikh temple in Fairfax Station on Thursday, Aug. 9, less than a week after a gunman opened fire at a Sikh temple in Wisconsin, killing six and injuring three.

Members of the Sikh Foundation of Northern Virginia, which hosted the vigil, welcomed visitors to the gurdwara (or temple) by providing headscarves to guests and inviting them into the sanctuary for an inter-faith prayer service.

"No one ever has to ask to be allowed to participate here, no matter what your faith. Everyone is welcome," said Fermiur Singh, who greeted Sharon Bulova (D-at-large), chairman of the Fairfax County Board of Supervisors and other community leaders.

POLITICIANS AND POLICE OFFICERS, Muslims and Jews, children and seniors stood side by side on the grounds of the temple, holding up candles, murmuring prayers of peace and listening quietly as community leaders promised solidarity with the Sikh community and reflected on the violence in Wisconsin.

"Our nation and our country are made stronger by standing in solidarity when someone is hurt," Bulova said during the vigil.

"Never again," said a representative of the Jewish faith. "Someday we will learn that we are stronger by sharing our differences," a Hindu leader said. "When one is hurting, we all hurt," a Muslim leader said, adding:

"We pray for the family of the shooter, the seventh life lost in this tragedy."

"We stand with you today in solidarity as you wrestle with the strong feelings evoked by last Sunday's act of terror at your gurdwara in Oak Creek, Wis.," said the Rev. Scott Sammler-Michael, senior minister of the Accotink Unitarian Universalist Church in Burke.

"Too many in our world claim they know the mind and will of God, but such extravagant assumptions too often lead preachers and politicians to deny the humanity of whole classes of people, be they immigrants, prisoners, Muslims, Sikhs or homosexuals," Sammler-Michael said, adding that the greatest "sin of all is to claim that God hates..."

Sandy Chisholm, of Faith Communities in Action, read messages of unity from various religious leaders throughout Fairfax County.

David Rohrer, Fairfax County's police chief, said he hoped one day, "those who hate will stop seeing differences and see what we have common."

He praised the actions of Lt. Brian Murphy, the Oak Creek police officer who was hailed as a hero for his selfless actions during the deadly attack on the Wisconsin Sikh Temple on Aug. 5. Wisconsin officials said gunman Wade M. Page, a 40-year-old Army veteran and former leader of a white supremacist band, killed six people and injured three, including Murphy, who, despite being shot nine times, urged fellow officers to attend to other victims.

"We salute Lt. Brian Murphy for his actions," said Rohrer.

Supervisor Pat Herrity (R-Springfield)

also remarked on the quick response of Fairfax County police officers, who showed up at the Fairfax Station temple soon after hearing about the rampage in Wisconsin.

"We knew the congregation would be on edge after we heard about the shootings on Sunday," said Captain Joe Hill, commander of the West Springfield District police station. "We showed up here, just to check in, and they were very appreciative of our presence."

NAVDEEP SINGH, policy advisor for the Sikh American Legal Defense and Education Fund, a national civil rights and educational organization, handed out pamphlets on Sikhism, and spoke movingly during the vigil.

"One might say our community should retreat and live in fear," Singh said, "but Sikhs will keep the doors of the gurdwaras open." Singh, who grew up as a member of the Fairfax Station temple, said there has been an outpouring of support for Sikhs nationwide, who have been showered with flowers, good wishes and hundreds of thousands of dollars in donations since the killings in Wisconsin.

"Our community has come together," Singh said. "It was not just an attack on a house of faith; this was an attack on America and America's values. This does not shake our faith and tolerance."

Julie Knott of Burke, a member of the Accotink Unitarian congregation, said she



More than 300 people gathered at the Fairfax Station Sikh temple on Aug. 9 for an inter-faith candlelight vigil to honor the victims of the Aug. 5 shooting at the Wisconsin Sikh

attended the vigil to show support "for our neighbors. Our church is just a mile away. We stand for many of the same values, and we are deeply saddened by this attack..."

After the vigil, all visitors were invited into the Langar Hall (a community kitchen) for a vegetarian meal.



Goodwin and family, from left: Alana, 12, Tracy, Stephen, 11, Dan Goodwin.

Volunteer Spirit

Springfield mom wins state award for PTA volunteer work

BY VICTORIA ROSS
THE CONNECTION

Tracy Goodwin is an expert juggler. Not the circus kind of juggler—the parent kind. She’s the mom who amazes other moms by keeping several balls in the air at the same time, juggling a job as a substitute teacher, a mom to two pre-teens, a stepmom to two grown children and serves as a full-time volunteer for the PTA.

“Tracy is the queen of volunteers,” said Orange Hunt Elementary School Principal Jason Pensler. “I’ve worked at many schools, but Tracy will drop everything to support whatever we’re doing.” In July, the Springfield resident received the top award for volunteering as she was named the state’s 2012 Elementary School PTA Volunteer of the Year.

“I was surprised by the award, to say the least. Really surprised. I had no idea this was coming,” Goodwin said.

In his letter endorsing her as a candidate for PTA Volunteer of the Year, Pensler wrote that she was a “perfect model for a parent volunteer...she knows how to motivate students to strive for excellence.”

GOODWIN’S LIST of volunteer activities is exhaustive. “On average she has donated a minimum of five hours per week as a volunteer, but some weeks it seems as though she must live at the school,” said Nancy Thompson, a former OHES PTA president. Thompson put together the nomination form for the Volunteer of the Year Award for the Northern Virginia PTA district. After Goodwin won that award, Thompson nominated her for the state volunteer award.

“She doesn’t want to be in the limelight. She genuinely wants to help the students, and she’s got this boundless energy and enthusiasm,” Thompson said.

In her role as hospitality chair, Goodwin provides monthly breakfast and lunches for the staff, which includes collaborating with room parents in various grade levels to coordinate the collection of donations for the meal. The baked potato bar and the Mexican fiesta were the most memorable meals, according to teachers.

Goodwin also chaired the school’s sixth grade variety show, and choreographed many of the routines.

Student Letters

In addition to letters from the principal, parents and PTA members, Goodwin also received letters from students at Orange Hunt Elementary School, which were included in her nomination form for the state volunteer award. Here’s a sampling:

“Thanks for all you’ve done and how much you care. You are the BEST and COOLEST person I have ever known. Without you, the school would not be the same. I mean it!”

-Jordyn Ellis, 6th grade

“Mrs. Goodwin was a very nice Ensemble teacher. She has been so nice to us and has given us treats!”

-Makenna Parks, 6th grade

“My Mom is so busy working at the school that she is almost never home! ...She does a lot of work during teacher appreciation week and she is still able to come home and make me dinner every night.”

-Stephen Goodwin, 5th grade

In addition, she volunteers for chorus concerts and math nights, she has served as teacher appreciation week chair, the Bingo Night food coordinator, Fall Fest food coordinator, Safety Patrol coordinator and room parent. Her volunteer activities extend beyond OHES: she is a Cub Scout leader for Pack 685, and a parent volunteer for West Springfield High School’s Crew Team.

Goodwin said the support she receives from the school is critical. “The key for me is the PTA Board,” said Goodwin. “They give me all the support I need. If I send an email to them or the administration, I get an answer, and everyone is open to my ideas.”

TERESA ELDER, Goodwin’s neighbor and the treasurer of the Key Center PTA, said her friend deserves the accolades. “Without volunteers like Tracy, who give more than 100 percent, many of the programs would not run as smoothly,” Elder said.

Goodwin said she became involved with the school when her daughter Alana, now 12 and about to enter 7th grade at Washington Irving Middle School, began volunteering her mom for events.

“The teachers would ask for something, and she’d say ‘my mom will do it.’ So I had to do it,” Goodwin said. “I guess it started from there. My kids want me to be involved, and I don’t want to disappoint them.”

Although Alana won’t be at Orange Hunt, Goodwin’s son, Stephen, 11, will be a sixth grader this year. So Goodwin has just one more year of volunteering at OHES.

Unless Principal Pensler gets his way.

Pensler said that Goodwin has a seven to 10-year “volunteer contract” after her children graduate from the elementary school. Goodwin said he’s joking. “At least, I think he’s joking,” she said, smiling.



Dr. Camara Jones

Is Inequality Making Us Sick?

Register now for leadership challenge sessions.

While most people are aware of the social harms of racism, few have done research like Dr. Camara Jones on the impact of racism on the health and well-being of its victims.

The community is invited to three different sessions led by Jones, the research director on social determinants of health and equity at the National Center for Chronic Disease Prevention and Health Promotion. The center is a division of the Centers for Disease Control and Prevention (CDC) in Atlanta.

Jones is a family physician and epidemiologist whose work focuses on the impacts of racism on the health and well-being of the nation. Her work on race-associated differences in health goes beyond documenting differences to investigating the root causes of those differences.

“When the Bough Breaks,” a segment from the Unnatural Causes: Is Inequality Making Us Sick? video series, will also be viewed and discussed.

There are three sessions available.

❖ Monday, September 17: 1 to 4:30 p.m., (Board Auditorium, Government Center, Fairfax)

❖ Monday, September 17: 6:30 to 9 p.m., (Auditorium, Mount Vernon High School, Alexandria)

❖ Tuesday, September 18: 9 a.m. to 12:30 p.m., (Board Auditorium, Government Center, Fairfax)

There is no cost to attend, but seating is limited. To register, go to <https://www.fairfaxcounty.gov/hsc/code/ereg/Registration.aspx?groupID=37>

The sessions are sponsored by the Fairfax County Disproportionality and Disparity Prevention and Elimination Team (DDPET), a group of human services and school staff, public safety personnel and other professionals committed to promoting equity and better life opportunities for all.

County Offers Quality-of-Life Grants

If you have an idea or project to improve the quality of life in our neighborhood, Fairfax County is now offering up to \$5,000 in matching grants to make your community a better place to live.

The grants are available to neighborhood or civic groups, homeowner’s associations or nonprofits through the Neighborhood Enhancement Partnership Program (NEPP). Applications are due by Wednesday, Sept. 26 at 10 a.m., and additional information about groups or projects eligible for funding can be found online.

County staff will hold two infor-

mation sessions to explain how to apply. Questions from each information session will be posted on the website for all to review.

❖ Wednesday, Aug. 22, 6:30 p.m.: Pennino Building, Room 206A, 2nd Floor, 12011 Government Center Parkway, Fairfax

❖ Tuesday, August 28, 6:30 p.m.: Kingstowne Public Library, Room 221C, 6500 Lansdowne Centre, Alexandria

For more information about the program, information sessions, or application process, contact Rachel Robinson, Fairfax County Department of Administration for Human Services, at 703-324-5639, TTY 711.

BULLETIN BOARD

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

THURSDAY/AUG. 9

Workhouse Farmers Market. 3:30-7 p.m., Workhouse Arts Center, 9601 Ox Road, Lorton. Locally grown fruits, vegetables, meats and poultry; and local foods. Every Thursday through Oct. 25. www.WorkhouseArts.org.

English Conversation Group. 7 p.m., Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Conversation group for people learning English. 703-339-4610.

SATURDAY/AUG. 11

Dog Adoptions. 1-4 p.m. PetSmart, 12971 Fair Lakes Center, Fairfax. Every Saturday. Sponsored by Lost Dog & Cat Rescue Foundation. www.lostdogrescue.org.

Friends Book Sale. 10 a.m., Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Gems and finds for all readers. 703-339-4610.

TUESDAY/AUG. 14

Practice your English. 10:30 p.m., Sherwood Regional Library, 2501 Sherwood Hall Lane, Alexandria. Conversation group for people learning English. 703-765-3645.

WEDNESDAY/AUG. 15

English Conversation Group. 10:15 a.m., Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Conversation group for people learning English. 703-339-4610.

Practice your English. 7:30 p.m., Sherwood Regional Library, 2501 Sherwood Hall Lane, Alexandria. Conversation group for people learning English. 703-765-3645.

THURSDAY/AUG. 16

NVCC Women's Business Meeting. 11:30 a.m.-1:30 p.m., Community Business Partnership, 7001 Loisdale Road, Suite C, Springfield. The Northern Virginia Charter Chapter (NVCC) of the American Business Women's Association (ABWA) will hold its monthly business meeting. \$15. <http://www.freewebs.com/nvccabwa>.

English Conversation Group. 7 p.m., Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Conversation group for people learning English. 703-339-4610.

Book Discussion Group. 7:15 p.m., John Marshall Library, 6209 Rose Hill Drive, Alexandria. Please call branch for book title. 703-971-0010.

SATURDAY/AUG. 18

Power Brain Training Center's Grand Opening Special. 1-4 p.m., 3903 Fair Ridge Drive, Suite 217, Fairfax. Balance, focus, and creativity classes for adults and kids. 703-359-7282.

Homeless Animals Rescue Team Dog Adoptions. Noon-3 p.m., Petco, 13053 Lee Jackson Memorial Highway, Fairfax. Every Saturday. 703-817-9444 or www.hart90.org.

MONDAY/AUG. 21

Senior Fall Prevention Classes. 2 p.m., The Woodlands Retirement Community, 4320 Forest Hill Drive, Fairfax. Classes designed to work on balance and core muscles to prevent injuries and falls; instructor certified in back and hip rehab. Every Monday and Friday in a heated indoor pool. \$10. Registration required at 703-667-9800.

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10 A.M. Shows Monday—Friday

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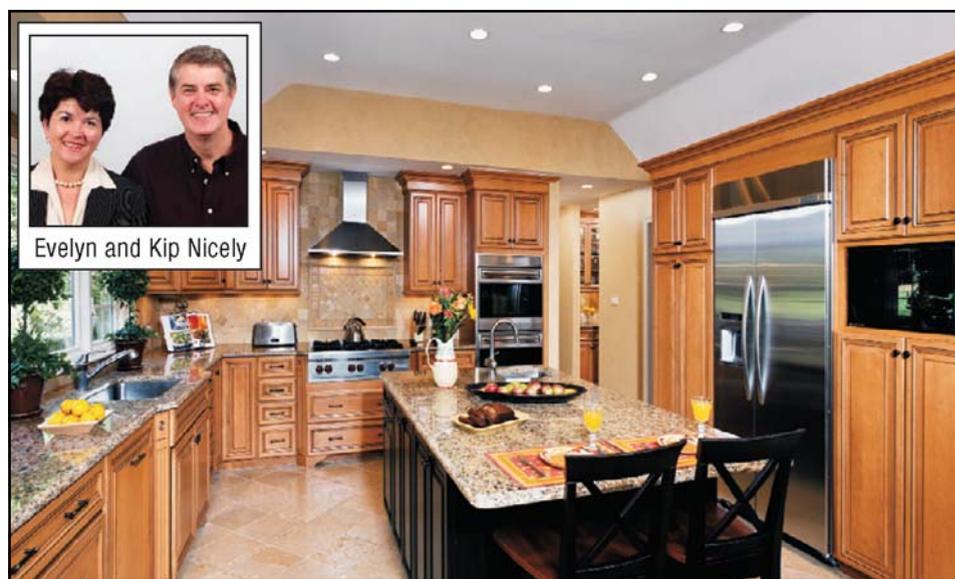
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Family owned and operated by Evelyn and Kip Nicely, Nicely Done Kitchens is dedicated to making sure each and every client is amazed with

their new kitchen.

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The National Association of Remodeling Industry (NARI)
The Better Business Bureau of Washington, D.C. (BBB)



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Starting School Prepared

First day of school on Sept. 4; local nonprofits provide school supplies and weekend food.

With school beginning in a few weeks, area charitable organizations have been collecting contributions of new backpacks, calculators, other school supplies, money and gift cards and winter coats to help the tens of thousands of truly needy Northern Virginia students.

In Fairfax County alone, more than 40,000 students are poor enough to qualify for subsidized meals, and those students have mostly not had access to those meals over the summer since Fairfax County Public Schools no longer operates summer school.

Working poor families cannot easily outfit one or more children properly for school (think of the cost of a graphing calculator).

“For many families in our area who are working hard but struggling to make ends meet, the prospect of finding the funds to purchase new supplies for their children each year can be stressful,” said Lisa Whetzel, Our Daily Bread’s executive director. The organization was still \$3,000 and 200 backpacks short of its goal last week. To

help, contact Becca Brummett or Jennifer Rose at 703-273-8829 or holiday@ODBFairfax.org, or visit www.ODBFairfax.org.

One organization, Doorways for Women and Children in Arlington, aptly describes the challenges of some of Arlington’s students on its website: “Embarrassed and disappointed that

their family can only afford to prioritize necessities as simple as groceries and rent, children living in poverty share a very different schooling experience than many of their peers.”

Arlington Doorways for Women and Families collects money, school supplies, winter coats and more for needy students. Contact Rachel Dove at rdove@doorwaysVA.org or 703-504-9283 or www.doorwaysva.org/donate/seasonal-ways-to-give/backtoschool/

FACETS in Fairfax, which provided more than 300 students with backpacks filled with supplies last year, is collecting school supplies until Aug. 17, and welcomes financial contributions: FACETS Back to School Drive, 10640 Page Avenue, Suite 300, Fairfax. Drop donations between 9 a.m.-5 p.m., Monday-Friday, at 10640 Page Avenue, Suite 300, Fairfax. FACETS also seeks volunteers to help at special events where students will “shop” for their school supplies.

Reston Interfaith encourages residents to drop off Back-to-School-Drive items at Reston

Interfaith Administrative Offices, 11150 Sunset Hills Road, Suite 210, Reston. Contact Alacia Earley, volunteer and drives manager, 571-323-9568.

Northern Virginia Family Services Back to School Drive provides over 2,000 backpacks to youth in pre-K through college. On-site: Sort and organize school supplies, stuff backpacks and help distribute. Donate money or new school supplies at 13926 Metrotech Drive, Chantilly.

On Thursday, Aug. 30, county firefighters will distribute backpacks and school supplies for children throughout Fairfax County. They will distribute approximately 2,000 backpacks, with supplies to school administrators, teachers, and local shelters for children in need.

United Community Ministries also helps local students. Send donations to United Community Ministries, 7511 Fordson Road, Alexandria. Contact 703-768-7106.

Once school begins, some local nonprofits will start a different kind of backpack program, one that provides “weekend backpacks” for these children who might not have enough to eat. The weekend backpacks contain child-friendly foods that are high in nutritional value. Beginning in September, schools will assist in the distribution of these bags.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

EDITORIAL

LETTERS TO THE EDITOR

TJ on Hot Seat

To the Editor:

TJ (Thomas Jefferson High School) has often been cited as one of the best schools in the country. It has been put on the hot seat for not prioritizing diversification of racial origins among the students it enrolls. Reading current newspaper reports on the Olympics in England has caused me to question this criticism of TJ. Photos show the three female sprinters representing the USA to be black and photos of the winning eight USA female rowers to be all white. Does this represent mis-

taken priorities held by our Olympic officials? Should striving for excellence be diluted by a policy of diversification? Should TJ have a quota in the future on accepting Asian students for admission? No easy answer to these valid questions.

Bob Simon
Reston Founder

Opposing Biomedical Research Cuts

To the Editor:

As Congress works on the Fiscal Year (FY) 2013 budget and the threat of sequestration looms, I urge Rep. Connolly and Senators Webb and Warner to support not cutting biomedical research at the National Institutes of Health (NIH). Sequestration could result in an 8 percent cut to the NIH budget, which means 25 percent of all the grants that NIH issues in 2013 would not be funded. As a carepartner/caregiver of one of the 500,000 to 1.5 million Americans living with Parkinson’s disease, these cuts would be devastating to us. NIH needs \$32 billion in FY 2013 to continue re-

search toward much-needed treatments for people like my husband, who at the age of 23, was diagnosed with Parkinson’s disease and those with other chronic diseases. These cuts could also result in a loss of \$332,251,165 million for Virginia, which may have a devastating impact on the local economy. NIH research funding is an investment in our country’s future, and we will be watching for our congressional delegation’s leadership on this issue.

Angela Robb
Fairfax

Looking for a Host Family

To the Editor:

My name is Lena Botz, I’m from Germany and 15 years old. I’m an exchange student this year, but my organization doesn’t find enough families, so I don’t know if I can fly. Because of this I’m now looking for a host family on my own. I only have to find a family who would take me for 10 months. My organization would organize the rest.

I hope I can reach some families through your newspaper, because it’s my biggest wish to do this high

school year.

I’ll write more about me. This is urgent because I’d have to fly in August or at the latest in early September. My email address: lenax33@live.de

Lena Botz
Germany

10th Annual Backpack Drive

Poverty threatens the academic success of many children in Fairfax County; more than 40,000 qualify for free or discounted school lunches.

In response, the Fairfax County Board of Supervisors and the Fairfax County Fire and Rescue Department have partnered to collect backpacks for this year’s 10th Annual Backpack Drive. They have set a goal to collect 2,800 backpacks for needy students in Kindergarten through high school.

Last year, with the help of volunteers, more than 2,000 backpacks with school supplies were filled and delivered just in time for the new school year. To participate, drop off backpacks to the Braddock District Office at 9002 Burke Lake Road between now and Aug. 20.

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. Send to:

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Alexandria VA 22314
Call: 703-917-6444.
By e-mail:
south@connectionnewspapers.com

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NEWS

'Primary' Numbers: 7100 + Upgrade = 286

Fairfax County Parkway gets new number, upgrades as "primary" road.

BY VICTORIA ROSS
THE CONNECTION

Since 1987, the Fairfax County Parkway has been known as Route 7100 for the estimated 75,000 motorists who travel the 32-mile parkway each day.

In the last few weeks, however, new signs have started to crop up, indicating that Route 7100 is in the process of becoming Route 286.

"We've been getting calls about it," said Supervisor Pat Herry (R-Springfield). "People want to know why, and how much the new signs cost. I'm a little surprised we haven't received complaints about the noise from paving."

Herry said the parkway was upgraded to a primary road by the Commonwealth Transportation Board last February, along with two other major parkways in Northern Virginia—the Franconia-Springfield Parkway (Route 7900), and Prince William Parkway (Route 3000).

According to Joan Morris, a spokesperson with the Virginia Department of Transportation (VDOT), the new designation requires new route numbers for the three parkways because secondary roads are numbered 600 and above and primary roads are numbered 1-599. The cost for changing signs on all three parkways is about \$200,000, she said.

"Only the route numbers will change; the names of the roads will not change," Morris said.

OVER THE NEXT THREE MONTHS, VDOT will replace signs with the new route numbers and add additional signs indicating "Old Route 7100," "Old Route 3000," and "Old Route 7900."

"Drivers will see the old route number alongside the new route number for about a year so that hotels, businesses, map companies, etc. have ample time to update their materials," she said.

Any short-term inconvenience or confusion about the numbers will have long-term benefits for motorists down the road, Herry said. As primary roads, the routes can receive federal funding for paving, guardrail, bridge improvements



The Fairfax County Parkway (Route 7100), which runs from Route 1 to Route 7, will become Route 286. The 32-mile road carries between 22,000 and 75,000 vehicles per day.

The Fix on 286—Fairfax County Parkway Paving Project

- ❖ The repaving project began in June and is expected to continue through October 2012. VDOT will repave 24 miles of the 32-mile, six-lane Fairfax County Parkway between Rolling Road in Springfield and the Fairfax/Loudoun County line.

- ❖ The \$19 million maintenance project will take place mostly nights and weekends, and will require lane closures and occasional detours.

- ❖ While work will be complete in October, the heaviest traffic impacts were scheduled from June until Labor Day, when Fairfax County schools are out for the summer.

- ❖ Crews repaved the northern section of the parkway first, from Route 7 to Baron Cameron Avenue (Route 606).

- ❖ Exceptions include the area of the Fair Lakes Interchange construction project, which will be paved in 2013, and other recently-paved areas.

- ❖ Ramps and trails will not be paved as part of this project; however VDOT officials said they are looking at separate funding opportunities for those projects.

- ❖ Noise Alert: VDOT officials said they will do their best to be good neighbors, but paving and milling is noisy; jackhammers, which are necessary for work around water valves, will end by 10 p.m. Dump trucks are required to have a back-up warning system (loud beeping) which cannot be minimized.

- ❖ The bottom line: VDOT officials said to expect day/night noise near your neighborhood to last about two weeks.

To get updates on the web, go to Virginia.org, click on "Projects" then click on "Northern Virginia."

To contact the project manager, Avtar Singh, email Avtar.Singh@vdot.virginia.gov or email NOVAinfo@vdot.virginia.gov.

and other projects. Federal funding typically covers 80 percent of the cost to maintain interstates and primary roads, with the remaining 20 percent from state funds.

Herry said he began pushing for the parkway designation change about two years ago, after repeated questions from constituents who wanted to know why the parkway, riddled with potholes, was being neglected while Route 123 was being repaved for the second time in less than two years.

"When I dug into the problem, it was clear that federal stimulus money was the reason Route 123 was getting repaved," Herry said. "Federal funds could only go to primary roads and the parkway was a secondary road, so it was left full of potholes and needing attention."

After a little more research, Herry said it was clear that the state also spends more money and attention on primary roads.

"For those two reasons alone, it made sense to try and get the

parkway's classification changed in the state system so that it could receive the dollars and attention it deserves." In September, 2011, the Fairfax County Board of Supervisors formally asked the state to reclassify both the Fairfax County Parkway and the Franconia Springfield Parkway from secondary to primary roads.

ROADS MAY BE CONSIDERED for the transfer from secondary to primary when they meet a majority of certain criteria, such as carrying a minimum traffic volume; carrying a minimum percentage of out-of-state, truck, tractor-trailer, or bus traffic; and serving as a link for highways, county seats or sites of historic or scenic interest.

There are now about 470 miles of primary roads in northern Virginia, and 8,000 miles of primary roads statewide.

"In the end, I'm just happy to see it getting paved. The new signs mark a new direction in the parkway's future," Herry said.

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PHOTO COURTESY OF JAMES KEGLEY

Science teacher Karen Schulien of the Norwood School in Potomac teaches a group of kindergarten students. Education experts encourage parents to establish a sleep routine before school starts.



PHOTO COURTESY OF SPLENDIDLY ORGANIZED

Cecilia Anderson, a former teacher and the owner of Splendidly Organized in Vienna, encourages parents to begin creating a structured schedule for their children before the start of school.



PHOTO COURTESY OF CLUTTERSOS

Vienna-based professional organizer Susan Unger of ClutterSOS tells parents to create a color-coded calendar that includes each family member's events and activities.

Time for School

Advice on how to transition from a laid-back summer to a hectic academic year.

BY MARILYN CAMPBELL
THE CONNECTION

When Ellen Feldman's 5-year-old son started school last fall, one of the biggest adjustments for the single mother of two was having to adhere to a schedule.

"All of a sudden we went from being able to do things on our own time frame to having to wake up and be at a certain place at a certain time," said Feldman. "Sending my son off to school for the first time was exciting, but also difficult."

From purchasing school supplies and new clothes to reuniting with friends and leaving home for the first time, the start of a new school year can bring about emotions that range from delight to anxiety.

"Back to school, which is a positive experience, has stress built into it," said Linda Gulyn, a professor of psychology at Marymount University in Arlington. "Any change is stressful, even a positive change. But kids will

adapt quickly." The transition, said experts, is more manageable when parents develop a plan before the first day of classes.

"The more structure parents can give their kids before school starts, the better," said professional organizer Cecilia Anderson, a former teacher and the owner of Splendidly Organized, Inc. in Vienna. "If kids are given total free rein during the summer, they are not going to be in the right mindset for school."

Michelle Claeys, associate head and middle school principal at the Norwood School in Potomac, Md., believes that final days of summer break can be an ideal time for an academic brush-up: "There are often skills that aren't used throughout the summer, but are important as school starts. Having children of all ages read as much as possible for pleasure throughout the summer, but also in the days leading up to the start of school, is a good idea because it is a sustained experience where they are focused on something for a long period time." Claeys also recommended giving children an opportunity to discuss their reading with friends.

EXPERTS ALSO SUGGEST es-

establishing a sleep routine with a consistent bedtime. "If parents get started a full week ahead of time trying to get children into the routine of being awake and alert for the morning, it gives them a chance to get their bodies adjusted to the schedule that they will have to maintain for the whole year," said Claeys.

Reintroducing a back-to-school morning ritual can be an anxiety-inducing exercise for some, especially after two months without a rigid agenda. According to professional organizers, a tactical plan can make the day-break drill more pleasant.

"Do as much as you can the night before. For parents who pack their kids lunches, it is important to have things ready to go and put in bags," said Anderson. For children who want the freedom of packing their own lunches, Anderson recommended dividing lunch options into food group and allowing children to select one item from each group.

"You want to give your child a balanced meal," she said. "One day there might be tuna sandwiches, and turkey sandwiches on another day, and whatever snack goes along with it like cut-up vegetables. Have those ready to go and in bins and let children choose

"The more structure parents can give their kids before school starts, the better."
— Cecilia Anderson

'But I Don't Want to Go to School'

Separation Anxiety and Other Resistances to School

"Separation anxiety is a natural and healthy emotion," said Linda Gulyn, Ph.D., a professor of psychology at Marymount University in Arlington. "Developmental theory will say when children have separation anxiety, it is a sign that they are attached to the parent. That is a good sign."

Understanding an older child's resistance to school: "From a psychological point of view, it is important for parents to acknowledge the child's feelings," Gulyn said. "Even if you're looking at your 14-year-old and thinking she's being absolutely unreasonable, you have to say 'I understand how you feel. I get it.' Then the teen feels that they are being respected."

"For a lot of teens, there is a lot of pressure going into school mode, so that is legitimate anxiety. They might be saying, 'I now have three A.P. (Advanced Placement) classes. I have to play volleyball. I have to work part-time. I have all this stuff going on,' so the pressure is real," said Gulyn.

one thing from each bin. That way kids will have more ownership over their lunches and there will be few complaints."

Don't underestimate the importance of breakfast either: "A child won't have all faculties for learning if they haven't eaten well," said Anderson. "Some kids don't have lunch until 1 o'clock, so to go from 6 a.m. until 1 o'clock without food is tough. They need something that has protein. It doesn't have to be home-cooked eggs. It can be turkey sausages or lunchmeat, but a bag of chips and a monster drink is not a good breakfast."

TO AVOID a last-minute morning search for errant permission slips or stray report cards, Vienna-based professional organizer Susan Unger of ClutterSOS urges parents to create a command center, a central location where all papers that must be signed and returned to school are kept. She adds that a chart outlining the morning tasks is another useful

tool: "If children have a check list to look at, they can ask themselves, 'Have I brushed my teeth?' or 'Have I combed my hair?' The night before, choose clothes and put the backpack by the door."

Use a family calendar. "Another important thing is having a calendar that lists activities and sporting events and putting it in a place where everybody can see it and everybody knows the schedule," said Unger. "It also helps to color-code the calendar, so have one color for each child."

Before heading out to purchase new supplies or clothes for school, organizers suggest taking inventory. "You can see what you already have and what you need and make a shopping list from that," said Unger.

One of the most important components of creating a good start to a new school year is attitude, education experts agree. "Generally, it is helpful if parents help children see school as a fun, happy place where they can be stimulated and learn," said Claeys.

PEOPLE

Meeting Marilyn Monroe

As a bridal consultant, Doreen Provost helped to dress Monroe for her wedding ceremony with Joe DiMaggio.

In 1952, Doreen Provost finished college at UCLA and was hired as an assistant buyer in the bridal department at the Joseph Magnin Company, which was a high-end department store specializing in women's fashion in San Francisco. "In those days, a bridal consultant was the person who not only sold you your wedding dress, but offered advice and services on all aspects of a wedding," said Provost. In January 1954, Provost was called on to assist a couple getting married at City Hall in San Francisco. That day, Provost walked into the designer salon to find Marilyn Monroe and her fiancé, Joe DiMaggio.

"Everyone was making a fuss over DiMaggio, because of course he was San Francisco's golden boy," said Provost. But Provost was focused on Monroe, who she said appeared "nervous and out of her element." The couple indicated that they wanted to have as traditional a wedding as possible, even though they could not be married in DiMaggio's Catholic Church due to Monroe's previous divorce.

"Marilyn was sweet, shy and very quiet," said Provost, who helped Monroe finish her outfit for their upcoming wedding ceremony. After Monroe had picked out a suit with a fur collar at Joseph Magnin, Provost helped Monroe find a matching hat and white fur muff. She also made sure Monroe had something old (her earrings), something new (her suit), something borrowed (a sales lady's handkerchief) and something blue (a garter from Provost's department).



Doreen Provost circa 1954.

"She thanked me profusely as she left," said Provost. "But what I learned that day was that beauty, fame, money and a charismatic husband cannot overcome feelings of insecurity."

Just eight years later, Monroe was found deceased at her home at only 36 years of age. Provost remembers hearing of her passing, which occurred 50 years ago this month on Aug. 5. "I thought, 'I don't believe anything I'm hearing,'" said Provost, who remembers Monroe as an unassuming woman seeking just a little confidence. "The waste of that sweet young woman still haunts me."

Provost, now 81, lives at Greenspring retirement community in Springfield, where she has resided since 2001.

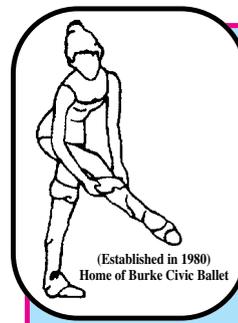
Additional information about Greenspring can be found at www.ericksonliving.com.

Graduating From Army Combat Training

Emili Zamfino, the daughter of Joe and Joanne Zamfino and Dana and Stella Magusiak from Springfield, graduated from Army Basic Combat Training at Ft. Sill, Ok. on Aug. 10. She is a graduate of West Springfield High School (class of 2011). She is currently at Ft Lee, Petersburg, Va. for her training.

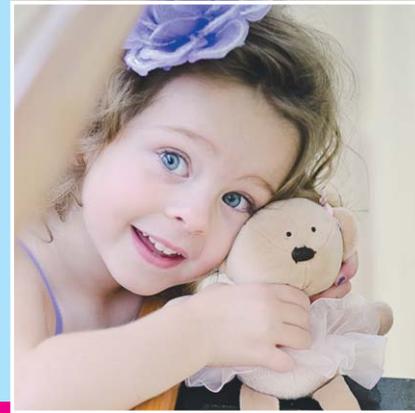


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CALENDAR

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

FRIDAY/AUG. 10

Guy Mendilow Band. 7:30 p.m. Grist Mill Park, 4710 Mount Vernon Memorial Highway, Alexandria. World music. Free. 703-324-7469 or www.fairfaxcounty.gov/parks/performances.

SATURDAY/AUG. 11

The United States Air Force Band Airmen of Note. 7 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. Big Band Jazz. Free. 703-324-7469 or www.fairfaxcounty.gov/parks/performances.

2nd Saturday Art Walk. 6-9 p.m. Workhouse Art 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.

MONDAY/AUG. 13

Books and Ideas. 7:30 p.m. Sherwood Regional Library, 2501 Sherwood Hall Lane, Alexandria. Group discussion of the book "Cleopatra: A Life" by Stacy Schiff. 703-765-3645.

TUESDAY/AUG. 14

Second Tuesday Book Group. 7 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. What is Left the Daughter by Howard Norman. 703-339-4610.

WEDNESDAY/AUG. 15

Storytime and Rhyme. 2:30 p.m. Sherwood Regional Library 2501, Sherwood Hall Lane, Alexandria. Storytelling, music and movement with Wolf Trap Teaching Artist Kofi

Dennis. 703-765-3645.

THURSDAY/AUG. 16

Preschool Storytime. 10:30 a.m. Sherwood Regional Library, 2501 Sherwood Hall Lane, Alexandria. Join us for fun stories, fingerplays and songs. Ages 3-5 with adult. 703-765-3645.

FRIDAY/AUG. 17

Sierra Hull and Highway 111. 7:30 p.m. Grist Mill Park, 4710 Mount Vernon Memorial Highway, Alexandria. Country. Free. 703-324-7469 or www.fairfaxcounty.gov/parks/performances.

SATURDAY/AUG. 18

DC Fest Featuring Mercyme and Third Day. 3 p.m. George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. Also with Sanctus Real, Brandon Heath, Building 429, Kerrie Roberts and Lindsey McCaul. Tickets \$20-\$99. www.ticketmaster.com, 1-800-745-3000 or www.patriotcenter.com.

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.

The United States Navy Band Country Current. 7 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. Country. 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>.

Republican Women of Clifton's Annual BBQ. 4-7 p.m. 6900 Clifton Rd, Clifton. \$25/person or \$50/family. RSVP with your check, payable to RWC, no later than 08/11/2012, to: RWC BBQ/Silent Auction, 13818 Springstone Dr, Clifton, VA 20124. lynnkafk@cox.net or 703-802-9005.

SUNDAY/AUG. 19

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.

TUESDAY/AUG. 21

Beach Jewelry. 2:30 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Make unique beaded jewelry to keep or share. Presented by Shannyn Snyder of Whispering Eden. Ages 12-18. 703-339-4610

FRIDAY/AUG. 24

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

SATURDAY/AUG. 25

150th Anniversary Civil War Evacuation Reenactment. 10 a.m.-5 p.m. Fairfax Station Railroad Museum. 11200 Fairfax Station Road in Fairfax Station. Museum fee \$5 adults, \$1 age 5-10, under 5 free.

703-425-9225 or www.fairfaxstation.org.

Alexandria Klezmet. 7 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. Jazz/Jewish. 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>.

SUNDAY/AUG. 26

150th Anniversary Civil War Evacuation Reenactment. 10 a.m.-5 p.m. Fairfax Station Railroad Museum. 11200 Fairfax Station Road in Fairfax Station. Museum fee \$5 adults, \$1 age 5-10, under 5 free. 703-425-9225 or www.fairfaxstation.org.

Golden Reunion. 4-7 p.m. Ernst Cultural Center, Northern Virginia Community College, 8333 Little River Turnpike, Annandale. Celebrate achievements of adult learners and commitment of volunteers. info@lcnv.org

FRIDAY/AUG. 31

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

Alte Kameraden "AUG-toberfest" Concert. 7:30 p.m. Lake Accotink Park, Springfield.

FAITH NOTES

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

Clifton Presbyterian Church, 12748 Richards Lane, Clifton, offers Sunday worship services at 8:30 a.m. and 11 a.m. Nursery care is provided. Christian education for all ages is at 9:45 a.m. 703-830-3175.

St. Andrew the Apostle Catholic Church, 6720 Union Mill Road, Clifton, conducts Sunday masses at 7:30 a.m., 8:45 a.m., 10:30 a.m. and 12:30 p.m. It also offers a Saturday vigil at 5:30 p.m. and a Thursday Latin mass at 7 p.m. 703-817-1770 or www.st-andrew.org.

Prince of Peace Lutheran Church, 8304 Old Keene Mill Road, Springfield, offers casual worship services on Saturday evenings at 5:30 p.m. featuring contemporary music. More traditional services take place on Sunday mornings at 8:15 and 11 a.m. Sunday School is at 9:45-10:45 a.m. for children and adults. The church also offers discussion groups for adults. 703-451-5855 or www.poplc.org.

Kirkwood Presbyterian Church, 8336 Carrleigh Parkway in Springfield, supports a Mothers of Preschoolers (MOPS) program on the first and third Wednesday of each month. Meetings are 9:30-11:30 a.m. at the church. All mothers and children are welcome. The program provides mothers an opportunity to get to know other mothers through discussions and craft activities. Register at 703-451-5320.

JCCNV Mother's Circle program, for women who are not Jewish but are raising Jewish children. Free education in Jewish rituals, practices and values, while respecting the participant's choice to retain her own religious identity. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike in Fairfax. Contact Laurie Albert, 703-537-3064 or LaurieA@jccnv.org.

Franconia United Methodist Church, 6037 Franconia Road, Alexandria, offers traditional Sunday church services at 8:30 a.m. and 11 a.m. plus Sunday School classes for all ages at 9:45 a.m. Childcare is available 8:15 a.m.-12:15 p.m. There will be a Terry Hall Concert on Saturday, April 14 at 4 p.m. with old spirituals, classic hymns, southern gospel favorites and more. 703-971-5151 or admin@franconiaumc.org or www.franconiaumc.org.

RCIA (Rite of Christian Initiation of Adults) is for people interested in becoming Catholic or learning about the Catholic Church. A group meets at 7:30 p.m. on July 6 and 20 at St. Leo the Great Catholic Church, 3700 Old Lee Highway, Fairfax. A group will begin meeting every Wednesday starting September. Sessions are in the Old Parish Hall. All are welcome. Contact Carolyn Smith at 703-273-5369 or carolynsmith.stleos@gmail.com.

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Pakistani-American Community To Celebrate Anniversary

The Pakistani-American community will celebrate the 65th anniversary of Pakistan's independence at the Pakistan Festival on Sunday, Aug. 26, at Bull Run Regional Park in Centreville. This year's festival will also mark Eid-ul-Fitr, celebrated by Muslims around the world for completing a month of fasting, special prayers and self-restraint.

This year's festival, being held for the 26th consecutive year, will start at noon and end at dusk. Prior to the festival, a cricket tournament will be held from 9 a.m. to noon at the nearby Special Events Center. The festival is open to the public and there is no admission fee; plenty of free parking is available.

The festival has become a popular tradition in this area, attended by tens of thousands of families and individuals from the District of Columbia and several states in the region, and a well-recognized showcase of Pakistani-American life, culture and achievements. Most specially, it offers the community a sense of pride in its ex-

ceptional accomplishments in arts, science, business and engineering and an inspiration for universal support on human rights and dignity.

As in previous years, attendees will be able to enjoy a variety of Pakistani foods, including fragrant and delectable kabobs, biryani, haleem, vegetarian snacks and sweets. For children and young adults alike, there will be hot air balloon rides, pony and fun-train rides, cotton candy and a fashion show, and a gift for every child.

Vendors and artisans at booths and stalls will offer Pakistani handicrafts, jewelry, clothing and bangles, as well as business services and promotions. Mehndi decorations (henna tattoos) and other cosmetics services will be available.

The highlight of the evening will be folk and popular music performances by well-known artists from Pakistan, some young and aspiring and some already legendary in style and appeal. A Korean and Japanese cultural troupe will also perform to show support and soli-



Fairfax Board of Supervisors Chairman Sharon Bulova (D-At large) and Supervisors Pat Herrity (R-Springfield) and John Cook (R-Braddock) join community in celebration of Pakistani-American life, culture and achievements.

darity with the Pakistani-American community.

Zahid Hameedi, chief organizer of the festival, said that the main objective of this annual event is to cherish the history and traditions of Pakistan and share the colorful, multi-ethnic heritage of its people. It is also to rekindle the purpose and ideals for the creation of Pakistan in 1947 as a separate nation.

As in previous years, the governors of the state of Maryland and the Commonwealth of Virginia will issue proclamations recognizing Pakistan Festival Day and several members of Congress and other national leaders send their congratulatory messages and felicitations.

For additional information, call 202-431-3099 or visit www.pakfestusa.com.



Leslie Paola Trigo Dies

Our sweet, beautiful friend, sister and daughter, Leslie Paola Trigo, passed away Sunday night, after battling a devastating illness for nine months. She passed away surrounded by loved ones with peace and dignity. Thank you to all who have sent positive thoughts and prayers. Leslie was currently living in the Centreville area, graduated from Lake Braddock High School, was a dedicated Team Member for 10+ years at The Outback Steakhouse. She is survived by her parents, younger sister and two younger brothers. Services will be held this Friday, Aug. 17, at Word of Life Assembly of God; 5225 Backlick Rd., Springfield. Viewing is at 10 a.m., service is at 11 a.m. followed by the burial.

PHOTO CONTRIBUTED

Leadership Fairfax Invites Applications

Leadership Fairfax is accepting applications for the Emerging Leaders Institute, the LFI Signature Program and the new Lifetime Leadership Program. If you want to connect with established or emerging leaders who shape the business, government and nonprofit landscape of Fairfax County, Leadership Fairfax is the place to go.

Leadership Fairfax is a nonprofit corporation dedicated to finding, training and growing leaders who raise the tide not only in their organization or local community but in the whole Northern Virginia re-

gion. Graduates from all three programs become part of and stay connected to a fast growing number of servant leaders.

LFI is accepting applications for the Emerging Leaders Institute (ELI), a skill-based development program for the high-potential employees who are ready to focus on core leadership skills and are poised to move up in their organizations. ELI participants receive specialized leadership training in various areas that will translate an individual's potential into a powerful performance.

Applications are also being ac-

cepted for the LFI Signature Program, designed for established leaders, mid-level to senior manager, in the corporate, nonprofit and government sectors. This experiential community leadership development program is often referred to as a Master Degree Program in Fairfax County. Participants examine current issues while honing their leadership competencies in a team-based, cohort environment.

Program applications can be found on our website at www.leadershipfairfax.org or contact Jolie Smith at jolie@leadershipfairfax.org.

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To add your Realtor represented Open House to these weekly listings, please call Erin Peck at 703-778-9449 or E-Mail the info to epeck@connectionnewspapers.com
All listings due by Tuesday at 3 P.M.

Quarterback Henderson Set to Excel at Lake Braddock

Former West Potomac coaches join Bruins' staff.

BY JON ROETMAN
THE CONNECTION

Donning a purple helmet and shoulder pad-revealing gold practice jersey, Caleb Henderson displays his Division I-caliber right arm during a practice at Lake Braddock Secondary School. The rising junior fires passes to his receivers and moves the offense up and down the field.

Last year, Henderson established himself as one of the top quarterbacks in the region during his sophomore season at West Potomac. After splitting time early in the 2011 campaign, Henderson became the full-time starter and thrived in the Wolverines' spread offense. Playing for his father, Head Coach Eric Henderson, Caleb passed for 2,403 yards and 27 touchdowns, rushed for 528 yards and four scores, and led West Potomac to a share of the Patriot District title and a berth in the region semifinals. He was named second-team all-region and appeared to have a bright future as the Wolverines' signal caller.

Nine months later, Caleb Henderson, who has received scholarship offers from Michigan State, Virginia, Illinois and other colleges, is preparing for his junior season as the quarterback of the Lake Braddock football team, which won back-to-back Northern Region titles in 2009 and 2010. He and his brother, Jon, transferred to the Burke secondary school near the end of the 2011-12 school year after their father was informed he would not return as West Potomac head coach. The addition of Caleb Henderson to an already talented team would seem to make the Bruins one of the favorites to win the Northern Region in 2012.

"I really enjoy the team," Caleb Henderson said. "It's a great team, great coaching staff. It was a really easy transition, too, because they run the exact same offensive stuff [as we did at West Potomac], so it was really easy for me to kind of slip in and show everybody what I can do and have the team trust me."

Despite an 8-4 record and a playoff victory in 2011, Eric Henderson, who was hired as West Potomac head coach in 2004, was not retained for a ninth season. The decision led to Caleb and Jon transferring to Lake Braddock near the end of the 2011-12 school year. The Henderson family moved to Burke in June and Eric is now the Lake Braddock defensive coordinator under Head Coach Jim Poythress (former West Potomac assistants Dave Murray and Sean Brooks are also on the Bruins' staff). Henderson taught and coached at Lake Braddock from 2002-2004 and attended Fort Hunt High School with Poythress.



PHOTO BY LOUISE KRAFT/THE CONNECTION

Caleb Henderson was one of the top quarterbacks in the region last season as a West Potomac sophomore. He transferred to Lake Braddock in the spring and will start for the Bruins as a junior in the fall.

Poythress said his familiarity with the coaches and their knowledge of the Bruins' spread offense (Murray and Brooks worked at West Springfield with Bill Renner, who installed the spread at Lake Braddock) makes the addition of the former Wolverines a logical fit.

Others, Poythress said, see the arrangement in a negative light.

"The staff camaraderie and that sort of thing is as good as it's ever been," said Poythress, who enters his ninth season as Lake Braddock head coach. "Everybody gets along—I've known these guys for years. It's not like we just met when they became available. The difficult part was that Coach Henderson left that job, he needed to find a new job and, sure, I wanted him and so do other people, but...his kid comes with the dad, then a lot of people open their mouth and make accusations. It's just ridiculous."

"That's not fair to a 16-year-old kid. It was tough on coach and it was tough on his family. As a result, we're getting questioned all the time and to me it seemed like a lot of people were sticking their nose where it didn't belong. But it all worked out in the end and I think that they're happy now."

Poythress said it makes sense for an athlete to want to play in a system that fits his skill set.

"I think it's more adult-driven issues and

it seems to come with success," the coach said about those who have accused the Bruins of wrongdoing. "Before we stepped up a little bit, it was always Robinson being accused of something and then Westfield was always accused of something. But if you really looked into it, a lot of times it was jealousy or it was 'How come you keep getting the good kids?' Even I was one of those guys. After we won a couple regional cham-

"I really enjoy the team. It's a great team, great coaching staff."

—Caleb Henderson on playing for Lake Braddock

pionships, all of the sudden you realize, people want to go here."

With Caleb Henderson at the helm, Lake Braddock figures to improve on last season's performance, which included being held to less than 10 points four times. Some of his potential pass-catching targets are A.J. Alexander, Austin Wolfe, Vincent Sica and Ryan Antonellis. Jason Hoskins, after playing linebacker for two seasons, will become the Bruins' primary running back threat.

"All of a sudden you have the No. 1 sophomore quarterback in the country last year in some polls," Poythress said. "He's a legitimate scholarship player. You hand him the keys to the car, things change."

On the defensive side, Eric Henderson praised the Bruins' front four off end Romario Peart, 3-technique Joe Achour, nose guard Reece Burnett and end Dean Doe. Henderson said the six-foot-two, 305 pound Burnett "could play Division I football anywhere he wants." Safety Rori Renzi is also expected to be a difference-maker on defense.

Eric Henderson said his transition from West Potomac head coach to Lake Braddock defensive coordinator has been a good one.

"I was getting burned out," he said. "I think any coach is good for a situation for eight to 10 years and I was probably reaching the end of my tenure. I had been looking

around at other opportunities. You get to the point where you've been a head coach for 12 or 15 years and sometimes you just want to deal with football and not the paperwork and the sideshow aspect of being a head coach. I much prefer this. At this stage of my career I don't need to be a head coach." Lake Braddock opens the 2012 season on the road at 7:30 p.m. on Friday, Aug. 31, at Centerville. So far, things are looking promising for the Bruins and their additions from West Potomac.

"It's been great," Burnett said. "It's not like they came from another school. There hasn't been any problem, yet. The coaches get along great."

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PHOTO BY BONNIE HOBBS/THE CONNECTION

Clifton's Mike Nelson and daughters, from left, Lindsey, 9, and Lauren, 13, inspect a 1970 Ford Mach 1 Mustang during the 2011 car show.



PHOTO COURTESY OF JIM CHESLEY

A horse and member of the Northern Virginia Therapeutic Riding Program visit children at Life with Cancer. Among those pictured are children currently battling cancer, survivors and family members.

Clifton Car Show on Labor Day, Sept. 3

BY BONNIE HOBBS

THE CONNECTION

Featuring street rods, custom and antique cars, muscle and classic cars, and motorcycles, the 13th Annual Labor Day Car Show is Monday, Sept. 3, from 8 a.m.-3 p.m., in Clifton. Sponsored by the Clifton Lions Club and the Custom Cruisers of Northern Virginia, it happens rain or shine.

"It's the only show of its type within 100 miles of here on Labor Day," said event organizer Jim Chesley. "Our show has gotten such a good reputation that people don't want to go anywhere else but here."

More than 400 vehicles will be on display throughout the town, with chrome all polished, hoods up and engines open for easy viewing. Visitors may browse at their leisure, while chatting with their owners and listening to 1950s and '60s music played by a deejay from J & J Sound.

"We'll have lots of Corvettes, Mustangs, Camaros and hot rods," said Chesley. "There'll be all kinds of motorcycles, cars and trucks—stock, custom and antique."

To register a vehicle, go to www.customcruisersnova.com, click on "events" and download an entry form. Participants may also register at the show. The first 250 vehicles registering will receive dash plaques. Registration is \$15, or \$25 if the vehicle is for sale. Individuals or companies interested in being sponsors should contact Chesley at 703-830-2129 or jchesley@aol.com for further details.

Donations in any amount are also welcome and are 100-percent tax deductible. Mail donation checks payable to the Clifton Lions Club to: Jim Chesley, 7207 Main St., Clifton, VA 20124-0225. There'll also be a donations jar at the show.

Each year, the proceeds go to charity, and this year's recipients are Life with Cancer and the Northern Virginia Therapeutic Riding Program. Life with Cancer offers a full slate of support programs for cancer patients and their families. And the Therapeutic Riding Program gives people with emotional or physical dis-



PHOTO BY BONNIE HOBBS/THE CONNECTION

Vehicles are parked all along Main Street during the annual Labor Day car show in Clifton.

abilities the chance to control a horse and feel confident and successful. For more information, go to www.lifewithcancer.org and www.NVTRP.org.

"Four years ago, I introduced the directors of these two charities to each other at the car show," said Chesley. "They didn't know of each other then, but because of that meeting, Life with Cancer started sending children in their program to the Therapeutic Riding Center in Clifton."

The car-show festivities will also include the Richard King Annual Fireman's Chili Challenge, from noon-6 p.m. It will be held in a field by the railroad tracks, near the town barn. It's in memory of King, a longtime Clifton resident.

Putting on the Chili Challenge is the Wednesday Night Crew Motorcycle

Association "We'll have a cookoff between Fairfax County fire stations," said the organization's Rusty Hall, of Fairfax. "Ten firefighters will be competing from all over the county. The winning fire station will get a trophy and \$1,000 to contribute to MDA [the Muscular Dystrophy Assn.]—which the firefighters raise money for over Labor Day weekend." To volunteer to help, e-mail rusty@wncrew.org.

"Richard King was a member of our group," said Hall. "We've been involved in the car show for six or seven years and we love giving back to the community to enhance it. This is a diverse community, and it's good seeing everybody come to this show with their families and relax and have a good time."

There'll also be music at the Chili Chal-

lenge. Performing on stage is Steal the Deal, playing Southern rock; the Wes Thacker Bluegrass Band; Jammboxx, rock and roll; and the Lost Highway Band, playing Swamp Boogie music and featuring 2010 Grammy-award winner Michael Melchione.

Besides chili, lots of other food will be available. The Lions Club will offer hot dogs, hamburgers, pork and beef barbecue, chips, water and soda. The Clifton Presbyterian Church will be selling meatball subs, and the Clifton Café (crepes), Peterson's Ice Cream Depot and The Clifton Store will all be open for business.

There'll be a 50-50 raffle at the show, with half the money going to the charities and half to the winner. In addition, the Rolling Thunder motorcycle—a Harley Davidson—will be displayed and raffled off. Tickets will be sold at the show, but the winner will be chosen at a later date because the motorcycle will be displayed at other shows.

At noon will be the raising of the flag by the Fairfax County Police Honor Guard, in Ayre Square, and the singing of the national anthem. And sometime during the show, if possible, will be a flyover by the police helicopter.

Dignitaries at the noon ceremony will include Rep. Frank Wolf (R-10th), Fairfax County Board of Supervisors Chairman Sharon Bulova, county Police Chief Dave Rohrer and Lt. John Trace, assistant commander of the Sully District Police Station. The awards ceremony is at 2:30 p.m., and helping Chesley hand out the trophies will be Sen. George Barker (D-39th), Del. Tim Hugo (R-40th) and Supervisor Pat Herry (R-Springfield).

Two trophies are awarded for Best in Show and one each for Lady's Choice, Lions' Choice, Best Back Seat and Best Motorcycle. The top 20 vehicles, as chosen by the participants, will also receive trophies.

The show attracts people from all over the Washington Metropolitan area, and more than 3,000 people attended last year's event. Admission is free to spectators. There's a nominal parking fee, and vans from Virginia Tire and Auto of Centreville will transport people from the parking lots to the town.