

Springfield
CONNECTION
Franconia ❖ Kingstowne ❖ Newington

The Little Red Schoolhouse That Could

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Lisa Friedrich Becker and Manuel Pablo, of the Upper Pohick Community League, at the original front entrance of the one-story historic Sydenstricker Schoolhouse. Built in 1928, the "Little Red Schoolhouse" in the Hall's Corner area of Springfield was used as a Fairfax County school until 1939. The league has launched an effort to preserve the schoolhouse.

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New and Prospective Member BBQ Picnic. On Sunday, Sept. 9, 5 p.m., at Congregation Adat Reyim, 6949 Conservation Drive, Springfield. Learn about the members of Congregation Adat Reyim. RSVP by Aug. 31 to office@adatreyim.org.

Adat Reyim Tashlich Service and Ice Cream Social. on Monday, Sept. 17, 4 p.m., at Lake Accotink Park, 7500 Accotink Park Road, Springfield. Join on Rosh Hashanah to cast off sins. Ice cream treats to follow. RSVP to religiouspractices@adatreyim.org.

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.

Church of the Nativity offers a free general bereavement support group open to all adults on the first and third Thursday of each month 7:30-9 p.m. The church is located at 6400 Nativity Lane, Burke. Call 703-455-2400, ext. 17.

Kirkwood Presbyterian Church, 8336 Carleigh 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.

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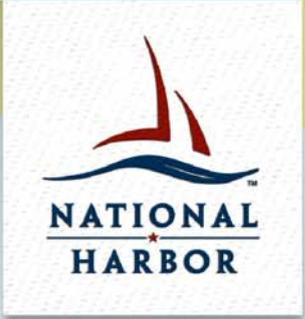


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The Little Red Schoolhouse That Could

Springfield one-room schoolhouse gains historic status on National Register.

BY VICTORIA ROSS
THE CONNECTION

Nearly four years after deciding to shut down the popular elementary school because of shrinking enrollment, mounting parental pressure and ardent emotional appeals swayed Fairfax County's School Board to re-open the rural community school.

That meeting was held in September 1937, when a delegation from the community—led by teacher Albytene Roberts—again requested the reopening of Pohick School #8, commonly known as The Sydenstricker Schoolhouse in Springfield.

A community hub since it was built in 1928, the board agreed to open the school, as long as it could maintain an attendance of at least 20 students. The school closed for the final time in June 1939, when the Works Project Administration (WPA) built the new, larger Burke Elementary School.

"I know. When you read the history, especially the newspaper accounts of the time, it sounds like we're talking about the debate over Clifton Elementary School," said Lisa Friedrich Becker, smiling as she recounts some of the history of what many know today as the "little red schoolhouse."

As president of the Upper Pohick Community League (UPCL), Becker said preserving the schoolhouse has become her "great passion."

Thanks to the efforts of Becker, and other league members, the historic school is undergoing another rebirth.

ON AUG. 22, the Sydenstricker Schoolhouse was placed on the National Register of Historic Places, a prestigious honor that helps assure the school's preservation. For nearly four years, Becker researched the history, interviewed descendants, gathered and archived photos, and dotted the i's and crossed the t's for the rigorous National Register application.

"I've told people, and it's the God-honest truth, that other than my son, I feel like the National Register is the greatest accomplishment of my life. I feel like it is my legacy, and I'm so proud of it," Becker said.

"Lisa deserves all the credit for making this happen," said past



PHOTO CONTRIBUTED

An archival photo taken in 1957 which shows the schoolhouse and the Upper Pohick Community League's "Litter Buggy," which helped clean trash off local roads.

How to Help Save the Schoolhouse

- ❖ To find out more about efforts to restore the Sydenstricker Schoolhouse, or to make a donation, go to www.sydenstrickerschoolhouse.org.
- ❖ On Saturday, Sept. 22, The Upper Pohick Community League is hosting a free community coffeehouse, featuring live music. Beverages and desserts will be available for a small donation. For more information, go to info@sydenstrickerschoolhouse.org.

UPCL president Manuel Pablo, who has been a member of the league since 1972. "The schoolhouse harkens back to an interesting time. I remember when the first Supervisor Herrity, Jack Herrity, held community meetings here."

"This is a community treasure," said Supervisor Pat Herrity (R-Springfield). "It's where political debates used to be held, and where the Springfield District Council is now holding some of its meetings."

Situated on just under an acre of land, the front-gabled school sits parallel to Hooes Road, once a farm-to-market wagon road, and adjacent to the Sydenstricker Methodist Chapel and cemetery.

"I think the site, the fact that some of the trees are 100-years-old, and it's next to the chapel and cemetery gives it an authenticity that you don't find anymore," Becker said.

The interior of the building, approximately 805 square feet, includes one large room (the original schoolroom) and a small cloakroom, which was converted into a kitchen in the late 1950s.

The one-story building retains many original features, including a combination storage shed and three-hole privy. The simple, clas-

sic architectural traits of the Sydenstricker School are characteristic of other historic Fairfax County schoolhouses, most notably the Legato School, City of Fairfax and the Laurel Grove School in Alexandria.

Becker said her 4-year-old son, Oliver, likes to hear her ring the school bell, which is original to the building.

"This is as original as it gets," Pablo said. "Nearly everything here is in its original condition... We want to restore it as a community asset."

Becker said the UPCL, which purchased the school from Fairfax County in 1954, has launched a "save the community treasure" campaign to do just that.

"We want to preserve the schoolhouse, and to make it a community hub once again. I want to drive by and see the lights on and have this be a special place for events, celebrations, community meetings."

BUT TO ACCOMPLISH that, the league needs donations for the laundry list of repairs and replacements, particularly to upgrade the electrical wiring, remove the lead paint and replace the HVAC system. Becker said the cost could



PHOTO BY VICTORIA ROSS/THE CONNECTION

Lisa Friedrich Becker and Manuel Pablo, of the Upper Pohick Community League, stand at the Methodist Chapel, built in 1911, which is adjacent to the one-story historic Sydenstricker Schoolhouse, built in 1928. The league has launched an effort to preserve the schoolhouse.

Glimpses of Sydenstricker's Past

February 17, 1932 (from the meeting minutes of the School Board):

"The clerk presented a letter from the school's teacher, Miss Elizabeth Gates, suggesting the suspension of twelve year old, Ewing Crawn. Miss Gates stated that Ewing 'refused to stay in one day, and when I started to whip him he broke the switch and struck me.' The boy was suspended, and the board expressed their belief that it was generally bad policy to suspend such young children; however, in small schools such as Pohick, it would do more harm than good to keep such a child in school."

*Lindy Neish, a lifelong resident of Springfield, attended the Pohick School (which by then had come to be known as the Sydenstricker School) in the 1930s. In 1989, he recalled that the boys had to collect firewood for the stove and fresh wa-

ter from the spring. A 1933 report in "The Herndon Observer" notes that the community appealed to the school board for a well at the schoolhouse, so the children would not be forced to carry water "through rain and mud, year in and year out." This well was never constructed.

*In 1943, "The Fairfax Herald" reported that the "Old School House" at Sydenstricker had been converted into a center for making surgical dressing to support the war effort: "The bell at the little old school house near Sydenstricker rang this past week for the first time in a number of years. This time it was not calling to children, since it is no longer needed for school purposes, but calling to the adults in the community who have dedicated this quaint building to a need of the hour—a center for Red Cross surgical dressing."

easily be more than \$100,000, because many of the replacements need to be historically authentic. For example, the tin roof needs to be replaced by a tin roof.

"We had a mother's playgroup that wanted to meet here, but before we can do that, we have to remove the lead paint, and that costs \$15,000," Becker said.

Both Becker and Pablo are passionate about the schoolhouse, and confident of its return.

"When I come here, I feel like I'm connected to the people who have been here. We desperately want to save this building," Becker said. "We see the vision for what we can do, but we can't get there without a lot of help."

WELLBEING

In honor of National Volunteer Week, seniors in Springfield decorate items for children at Shelter House in Fairfax. Experts say that social activities like volunteerism can help keep age-induced deterioration at bay.



PHOTOS CONTRIBUTED



Mary Sue Garner, of Greenspring retirement community in Springfield, volunteers, spends time with friends and exercises regularly. Experts say physical activity can improve mental clarity by increasing blood flow and oxygen to the brain.

Living Long, Living Healthy

BY MARILYN CAMPBELL
THE CONNECTION

On most days, Springfield-based retiree 69-year-old Mary Sue Garner can be found lifting weights in a fitness center, power walking on a treadmill or breathing in fresh air during a stroll on one of Northern Virginia's nature trails.

"When I was teaching I was in this rut...but when I retired, I decided to make changes and get myself fit," said Garner, who spent 45 years as a ninth-grade algebra and geometry teacher in Alexandria's public schools, including T.C. Williams High School.

As part of her self-reinvention, she fills her days with exercise, knitting, crocheting and volunteer work. She also tutors the Fairfax County high school students who work as servers in the dining room of her retirement community.

"I've made a lot of friends and I socialize with them," said Garner, who lives at Greenspring. "I feel so strongly that as you get older you get slower, so you have to keep moving."

Gerontology experts agree, and are using September, National Healthy Aging Month, as an opportunity to offer aging adults ideas for living healthy lives as long as possible.

"Paying careful attention to the combination of physical, social, mental and financial fitness is powerful in the pursuit of a positive lifestyle, especially as we age," said Carolyn Worthington, executive director of Healthy Aging, a national health initiative to raise awareness about the positive aspects of growing older. "Take stock of where you've been, what you really would like to do. We're encouraging people to find a new passion...and to know that it's not too late to take control of your health [or] get started on something new."

WHILE EXERCISE WON'T LEAD to eternal life, staying active can keep age-induced deterioration at bay. "Research shows that physical activity can positively affect blood flow and oxygen to the brain, thereby improving mental clarity [and] the part of the brain responsible for learning and

memory," emailed Dominique Banville, Ph.D., director of George Mason University's Division of Health and Human Performance.

Banville credits exercise with boosting information-processing skills, and Worthington adds that older adults who exercise regularly are 60 percent less likely to get dementia.

"In our society, most older adults continue to be underactive. They aren't stretching themselves to the level that could actually improve their functioning," said Rita Wong, Ed.D., chair of the Department of Physical Therapy at Marymount University in Arlington. "Your physical capabilities decline as you get older, but it is realistic to believe that you can improve your functioning."

Wong says that even those with limited mobility can get moving: "If a person has a lot of physical difficulties or if they have health issues that have left them with some movement impairment, seeing a physical therapist can be helpful to them at first," said Wong. She recommends the Centers for Disease Control (CDC) and Prevention's Physical Activity

Experts offer advice for staving off health deterioration.

Guidelines for Older Adults as sources for exercise ideas.

A HEALTHY DIET is another valuable tool in preserving and improving one's wellbeing, say experts. "We all know the importance of having a good diet, but sometimes that is not always possible," said Worthington. "People can go out to local farmers markets and find fresh, local produce. They can make food from scratch instead of buying processed foods."

Experts say a few weapons in staving off the ravages of time are often overlooked: "When people think about successful aging, they immediately talk about the physical, but in reality, social and mental wellness are even more important," said Worthington.

Healthy relationships with family and friends are critical to one's overall health. "Relationships become so important, getting out to interact with others. Showing concern and understanding as well as the willingness to help others is also beneficial because it keeps us connected. Family connections of multiple generations can be invaluable," said Springfield-based

social worker Sue Franke.

"Connecting with or finding new friends is important, but how do you do that, especially after the kids have gone and maybe you're out of the workforce?" said Worthington. "Why not go back to school or take continuing education courses where you would not only be stimulating your mind, but also reconnecting with other people?" She also suggests volunteer activities and travel.

When it comes to safeguarding one's health, money matters. "Good financial wellbeing or health is being able to live a life where people can support themselves and not be dependent upon other people. That happens through planning, and in today's economy when plans don't work out, people have to be creative," said Worthington.

Garner says her greatest inspiration is not research, but her retirement community peers: "There are so many people, some who are in their 80s and 90s, who come to the fitness center in their walkers and scooters and they exercise. I'm just in awe of these people because they're continuing to move and I think that's really important."

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SATURDAY/SEPT. 8

Yard Sale and BBQ. 8 a.m.-2 p.m. Franconia United Methodist Church, 6037 Franconia Rd, Alexandria. 703 971-5151.
Life Line Screening. Various times, at Word of Life Assembly of God, 5225 Backlick Road, Springfield. Screenings identify potential cardiovascular conditions and all five take 60-90 minutes to complete. Pre-registration required. \$149. 1-877-237-1287 or www.lifelinescreening.com.

MONDAY/SEPT. 10

Disability Accessibility Presentation. 7:30-9:30 p.m. 6140 Rolling Road, Springfield. 703-324-5421. www.fairfaxcounty.gov/dfs/dspd/.

WEDNESDAY/SEPT. 12

NARFE Springfield Chapter Meeting. 1 p.m. American Legion Post 176, 6520 Amherst Ave, Springfield. 703 313-9387, jkadelg@yahoo.com.

THURSDAY/SEP. 20

NVRPA Strategic Plan Meeting. 6:30 p.m. 5400 Ox Road, Fairfax Station. The Northern Virginia Regional Park Authority releases its draft five year Strategic Plan. executiveoffice@nvrpa.org.

SATURDAY/SEPT. 22

Flu Shot Clinic. 10-11 a.m. Franconia United Methodist Church, 6037 Franconia Rd, Alexandria. Cost is \$30 (cash or check) or Medicare B (bring your card). bbartolain@yahoo.com.

MONDAY/SEPT. 24

West Springfield Rotary will have an event at the Austin Grill, 8430 Old Keene Mill Road. Ten percent of meals ordered between 5 and 10 p.m. will be donated to Rotary to support a school in Freetown, Sierra Leone.

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Registered to Vote at Current Address?

Oct. 15 deadline; encourage eligible high school and college students to vote as well.

It's a key question that must be answered by Oct. 15 in order to vote in this presidential election: Are you registered to vote at your current address? Answering that question early, and voting early, will help ensure that your vote is counted and will contribute to a more orderly Election Day.

Check your registration status online at www.sbe.virginia.gov.

Voter turnout will be high, and unknown challenges from natural phenomena like earthquake or derecho lurk on Election Day. A significant percentage of the more than 700,000 registered voters in Fairfax County, more than 155,000 in Arlington and more than 140,000 in Alexandria will turn out to vote on Nov. 6. Four years ago in 2008, a record number of voters turned out at the polls, nearly 75 percent of registered voters across the Commonwealth.

If you can wrap your brain around the con-

cept of voting "absentee in-person," you can vote starting Sept. 21.

BACK TO SCHOOL CIVICS LESSON

If there are high school students in your household who will be 18 by Election Day, encourage them to register and vote. Any person who is 17 years old and will be 18 years of age at the next general election shall be permitted to register in advance, according to the State Board of Elections. Parents should help their children see voting as a right and a responsibility, not something to be left to others. I've heard numerous voting age high school and college students express doubts about voting, mostly based on lack of confidence.

While college students are already away at college, they should also confirm their voter registration and vote absentee. If they will be at home anytime between Sept. 21 and Nov. 3, they can vote "absentee in person," and otherwise they can mail or fax a request for an absentee ballot and then mail or fax the ballot itself. For more, visit http://www.sbe.virginia.gov/cms/absentee_voting/index.html.

LOCAL VOTING INFORMAT

Alexandria Board of Elections, 703-746-4050, <http://alexandriava.gov/Elections>
132 North Royal Street, Alexandria, 22314;
FAX 703-838-6449; email
tom.parkins@alexandriava.gov.

Fairfax County Board of Elections, 703-222-0776, www.fairfaxcounty.gov/eb/
12000 Government Center Parkway, Fairfax,
Suite 232, Fairfax, 22035; FAX 703-324-2205;
email voting@fairfaxcounty.gov.

Arlington Board of Elections, 703-228-3456, <http://www.arlingtonva.us/vote>, 2100
Clarendon Blvd. Suite 320, Arlington, 22201;
FAX 703-228-3659; email
voters@arlingtonva.us.

City of Fairfax General Registrar, 703-385-7890, <http://www.fairfaxva.gov/Registrar/GeneralRegistrar.asp>

10455 Armstrong Street, Sisson House,
Fairfax, 22030; FAX 703-591-8364; email
kevin.linehan@fairfaxva.gov.

More information at <http://www.connectionnewspapers.com/news/2012/aug/28/how-register-vote-and-vote-early/>.

Balancing Act: Between Nice-to-Have and Have-to-Have

Fairfax County needs new financial tools.

BY SUPERVISOR JEFF MCKAY
(D-LEE)

We've been lucky in Fairfax County. Spared the worst of the Great Recession with its mortgage crisis and unemployment, the County has still had to balance falling revenue and service delivery. Human services, libraries, and parks have all taken a hit—and our school budget, while not cut—has struggled to meet the needs of a growing student body.

We've emerged from past recessions and fairly quickly returned to the economic status quo, but that's not the case this time. I've done a lot of reading and reflecting this summer and it's clear that the economic trends shaping our financial landscape will be with us for a long time.

In some ways, Fairfax County has become the bank of last resort, picking up programs that the federal and state governments have shed. That's most visible in the area of transportation where we've spent millions on improvements that should have been on the state balance sheet. Most recently in Lee District, the county has assumed the bill for improvements to the congested Telegraph Road/South Van Dorn/South Kings Highway intersections.

Human services is likely to be the next fiscal battleground and we'll see that play out on Sept. 11 when the Board of Supervisors discusses its carryover budget and the Fairfax-Falls Church Community Services Board (CSB) FY2013 shortfall. The CSB's needs are urgent,



McKay

but then so are the needs of education, other human services, public safety, libraries and parks—to name only a few.

Fairfax County is not alone in this. Across the country, counties are feeling the pressure to assume the financial responsibilities that have been the traditional purview of federal and state governments. The fact that most counties, including Fairfax, are largely funded by property taxes with significant additional funding from the federal and state gov-

ernments makes for some very difficult fiscal balancing acts.

As we move further into this era, we'll need new financial tools to help us continue the services that have made Fairfax County the kind of place that attracts and retains families and businesses. Finding and using those tools won't be easy and we'll have to take a hard look at what we do and how we pay for it. We can talk about our values all we like, but those values must function in the real world. The questions look easy, but they're not. What's so important to us that we are willing to pay more (taxes or user fees) or cut elsewhere? What's nice-to-have and what's have-to-have? And how do we balance one person's nice-to-have against another's have-to-have?

There's opportunity buried in this serious challenge—the compelling need to more creatively deliver the services that our residents depend on. I'm looking forward to meeting that challenge.

Write Us

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:

Letters to the Editor
The Connection
1606 King St.
Alexandria VA 22314
Call: 703-917-6444.

By e-mail: south@connectionnewspapers.com

LETTERS

A 'Very Angry' Delegate

To the Editor:

Long before I was born, my father became a disabled veteran. He taught me many things including the value of public service and common sense. When he died at Walter Reed, I became homeless while in high school.

I respectfully disagree with Del. David Albo (R-42) and his commentary ["'Somebody Else' Didn't Come," Connection, Aug. 30-Sept. 5, 2012].

Most Americans are not millionaires or billionaires; Albo dismisses our contributions.

The American people are incredibly generous. My personal journey confirms it.

For a broader example, let's look at Social Security. Most working Americans effectively pay 12.4 percent of their gross income to support an insolvent trust.

While most young working Americans do not expect they will see retirement benefits, studies show over 70 percent of working 18-29 year olds still want to continue paying because they see the need among today's retirees. The American people are very generous.

Sadly, with over 17 years in the House of Delegates, David Albo shows rigidity of thought mired in division.

Del. Albo wrote he is "very angry" because President Obama talked about the interdependence among the American people. You didn't build that; we all did together.

He also wrote, "I never met an unemployed person that gave someone a job. The only people who provide jobs are successful business people."

According to Albo, spenders, savers and investors

have no role in creating jobs. Others including engineers, scientists, teachers, first responders, secretaries, and stay at home parents have done nothing to create jobs. Really?

No business person achieves success without raw material, without consumer demand, without transportation infrastructure, without communication systems, without an educated workforce.

Consider the classic yellow number two pencil lying on Del. Albo's desk. Thousands of people in diverse regions of the world who do not know one another, who might otherwise despise each other worked to assemble and deliver a complex product designed for a simple task. No one person can create it.

Albo's assertion against unemployed persons rests weakly on the false concept of a static economy. Economic mobility in our nation is truly dynamic. Ask the victims of Bernie Madoff whether they have created jobs. Senior executives today can become grocery baggers tomorrow. Thankfully, the converse is equally true. We believe in the dignity of an honest day's work.

Our economic mobility enables the American dream.

Representing a company exclusively owned by our clients, America's largest mutual life insurance company, I am a small business owner. I find listening and taking responsible action for my clients instills confidence and remains essential to success.

Perhaps Albo's legal practice prevails in dismissing the importance of attracting and keeping clients. Maybe he can afford to insult most people.

Will Radle
Franconia

They Did Build It

To the Editor:

While I don't agree with Dave Albo on everything, he was absolutely correct with his "Somebody Else Didn't Come" editorial [Connection, Aug. 30-Sept. 5, 2012].

In my view the quickest way to create new jobs would be to unleash the power of the entrepreneur and small business owner. There are, give or take, about 24 million small businesses in the country (SBA.gov). Imagine if, in the next six months, just 20 percent of them were confident enough in the economy to hire at least one new employee. That would be 4.8 million new jobs created! Real jobs.

As a business and leadership coach to hundreds of small business owners around the country what I hear from them is that they just want government to get out of the way so that they, their customers and their employees can be left to decide for themselves what

prices to charge, what wages to pay and what employment benefits to offer. When the government interferes in things like pricing, employment benefits and wages it drives costs up and profits down and when that happens, fewer people are hired.

It's just that simple. Choice should be left to the individuals at all levels.

And yes, the entrepreneur is a national hero. They did build it. When an entrepreneur, by hard work, sacrifice and perseverance gets through, as Albo aptly describes, those nights of laying in bed, wondering if you can make payroll or feed your family, and becomes highly successful, sometimes even entering the world of the "1 percent," that person should be applauded, not demonized, for his or her success.

Ben Glass
Fairfax Station

'Somebody Else' Did Come

To the Editor,

State Delegate Dave Albo (R-42) wrote a distorted article ["'Somebody Else' Didn't Come," Connection, Aug. 30-Sept. 5, 2012], repeating a false mantra about business owners that was attributed to President Obama by virtually every speaker at the Republican national convention.

Albo, like other Republican politicians, quoted the president completely out of context when he wrote "if you've got a business—you didn't build that. Somebody else made that happen." The problem is that Albo chose to omit very important words that President Obama spoke immediately in front of the quoted line.

The president's actual words were "If you were successful, somebody along the line gave you some help. There was a great teacher somewhere in your life. Somebody helped to create this unbelievable American system that we have that allowed you to thrive. Somebody invested in roads and bridges. If you've got a business—you didn't build that. Somebody else made that happen."

Given reports by independent fact-checkers around the nation, I

believe an astute politician like Albo knew he was taking the president's remarks out of context to fit neatly into Republican Party political spin. But Albo does go on quite a bit in his article to cite his personal sacrifices as he built his law practice. Never once did he acknowledge any of the great teachers he surely had at West Springfield High School or the University of Virginia—the taxpayer funded education that gave Albo an opportunity in the first place. And he doesn't mention the publicly owned roads and transportation infrastructure that his clients use to come to his law office, or the government's legal system that makes the business of his law firm even possible. And he seemingly argues that those who are successful should not have to pay more taxes than anyone else, contrary to over 100 years of American history when our country became the greatest nation ever.

That is precisely President Obama's point. People who are successful got help from others along the way. "Somebody else" did come for Albo whether he rec

SEE LETTERS, PAGE 10

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From left, Fairfax County Police Officer Nick Andariese; Supervisor John Cook (R-Braddock); Fairfax County Sheriff Stan Barry; Ben Migliaccio and Shanita Tisaby (holding check) from Liberty Mutual Insurance's Alexandria branch; and Fairfax County Police Officer Marijana Raden. Children Dylan and Noosha stand on the side of the check.

Shopping With Sheriff

Fairfax County partners with Target to help homeless children purchase school supplies.

Nearly 30 children and their parents got the chance to "Shop with the Sheriff" on Wednesday, Aug. 29. The annual shopping spree pairs deputies and volunteers from the Fairfax County sheriff's office with local homeless children who need a little help with back-to-school supplies.

For the past 19 years, the sheriff's office has partnered with Target in Burke to help homeless school-age children and their families shop for school supplies and clothes. These children reside at either the Patrick Henry Family Shelter or the Katherine K. Hanley Family Shelter.

Fairfax County supervisors, sheriff's deputies and volunteers met the children at the Fairfax County Courthouse cafeteria for a hearty breakfast, donated by Panera Bakery and other community partners. Each child will receive a \$325 gift certificate to use toward their purchases.

Chairman Sharon Bulova (D-at-large) also helped distribute school supplies at the Backpack Drive, an event put on by the Fairfax County Fire Department and local volunteers, who distribute approximately 2,500 backpacks to needy children.

"Children should not have to worry about affording school supplies. We want to make sure that every child in Fairfax County has the opportunity of a great education," Bulova said.

Volunteers included military personnel and employees of large and small companies, including CEOs. The classroom-ready backpacks were distributed to teachers from respective schools on Thursday, Aug. 30, at Fire Station 11.

—VICTORIA ROSS



Noosha gets a big hug from Fairfax County police officers during the 19th annual Shop with a Sheriff event at the Burke Target.



Fairfax County Board of Supervisors Chairman Sharon Bulova and Fairfax County Police Officer Nick Andariese with Justin (left) and Dylan (right) during the 19th annual Shop with a Sheriff event at the Burke Target.

COMMUNITY

PHOTOS BY BONNIE HOBBS/THE CONNECTION



Chantilly's Matt Lilley (front) and his dad Clint peer inside a 1929 Ford.



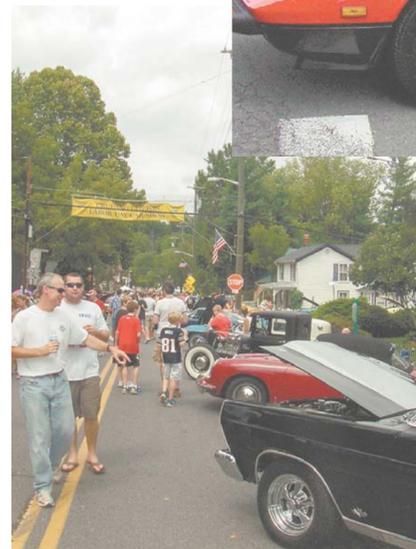
Cars line Clifton's Main Street.

Cool Cars in Clifton

The 13th Annual Labor Day Car Show in Clifton was Monday, Sept. 3. All proceeds went to Life with Cancer and the Northern Virginia Therapeutic Riding Program.



This 1982 red Ferrari is owned by Centreville's John Miller.



Attendees peruse the vehicles parked along Clifton's Main Street.



A 1965 Shelby Cobra coupe.



Phil Foss stands beside his 1930 Model A Ford. It was his first car; he's owned it for 50 years.



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LETTERS

FROM PAGE 7

ognizes it or not. Success carries a moral obligation to help others have the same opportunities. At the least, I think Albo should show

more gratitude for living in a country that gave him a chance to become successful.

Rex Simmons
 Fairfax Station

Misinterpreting the President

To the Editor:

I was sorry to see Delegate Albo jump on the bandwagon of misinterpretation for partisan ends [“Somebody Else’ Didn’t Come,” Connection, Aug. 30-Sept. 5, 2012]. President Obama when he made his statement regarding building a business and not building it solely on your own was referring to the foundation that has been laid in this country that allows entrepreneurial spirit and endeavors to blossom. That foundation is a combination of the laws, the infrastructure and the services provided by our government and the knowledge, teaching, support and example of our teachers, our mentors, our parents, our partners and those who came before us. Delegate Albo’s hard work in building his law firm cannot be denied but neither should the foundation upon which it was made possible. My husband is also a small business owner and I am

familiar with the risk and struggle necessary to succeed. We rejoice in our good fortune and understand the role that outside forces played in getting us here. Delegate Albo says he respects our president but knowingly twisting the spirit of the president’s remarks is not respectful.

Miriam Meyer
 Clifton

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Send to:

Letters to the Editor
 The Connection
 1606 King St.
 Alexandria VA 22314
 Call: 703-917-6444.
 By e-mail:
 south@connectionnewspapers.com

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.

SATURDAY/SEPT. 8

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>.

Workhouse Education Open House. Noon-5 p.m., at the Lorton Workhouse, 9601 Ox Road, Lorton. Come learn about classes and workshops with demonstrations, on-site registration and instructors to answer questions. www.lortonarts.org.

Senior Solo Exhibition. 5-7 p.m., at the McGuire Woods Gallery, 9601 Ox Road, Lorton. The Workhouse Arts Center invited art students from the area to participate in an opportunity to have a solo exhibition in the McGuireWoods Gallery—this years exhibition features Threshold Consciousness, an exhibit of 12 large prints with sound elements accompanying. www.workhousearts.org.

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.

SEE CALENDAR, PAGE 11

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CALENDAR

FROM PAGE 10

SUNDAY/SEPT. 9

Rally Day Cookout/Family Fun.

Noon-3:00 PM. Living Savior Lutheran Church, 5500 Ox Road, Fairfax Station. Free. All are welcome. 703-352-1421. <http://www.livingsaviorlutheran.org>.

Railroad Museum Train Display. 1-

4 p.m., at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia NTRAK group will have running table top (T-Trak) model trains. \$3 for adults; \$1 for children. 703-425-9225 or www.fairfax-station.org.

Broadway Art Gallery presents Art

Uncorked. 2-5 p.m., at Paradise Springs Winery, 13219 Yates Ford Road, Clifton. See an installment of Broadway Gallery hosts a meet and greet art show with local artists featured all month on the walls of the winery. www.paradisewinery.com.

TUESDAY/SEPT. 11

Wakefield Chorale Practice. 7:30-

9:30 p.m. North Springfield Elementary School, 7602 Heming Ct, Springfield. Meet in school cafeteria. 703-255-3489.

SATURDAY/SEPT. 15

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>

"Great Escape" Prison to Park

Festival. 9 a.m.-5 p.m. at Laurel Hill Park, Giles Run Meadow, 8400 Lorton Road, Lorton. Witness the former Lorton Reformatory site with wagon tours inside the prison grounds, fishing, farm animals, children's games, live music, a giant sack slide, guided nature walks and disk golf and mountain bike demonstrations. \$2-10. 703-451-9588.

SATURDAY/SEPT. 22

Fairfax Symphony Orchestra:

Masterworks I. 8 p.m. George Mason University Center for the Arts, 4400 University Drive, Fairfax. Conductor Christopher Zimmerman and pianist Jeffrey Biegel perform Adams' The Chairman Dances, Zwilich's Shadows for Piano and Orchestra, Bernstein's Three Dance Episodes from "On the Town" and Gershwin's Piano Concerto in F Major. \$25-\$55. 703-563-1990 or www.fairfaxsymphony.org.

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>.

SATURDAY/SEPT. 29

Public Reception: Washington

Landscape Painters. 5-7 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. Works of The Washington Society of Landscape Painters on display in the Workhouse Gallery. Exhibit open Sept. 28-Oct. 21. www.workhousearts.org.

SATURDAY/OCT. 6

Flea Market. 8 a.m.-4 p.m. VRE

Commuter Rail Parking Lot, 6900 Hechinger Drive, Springfield. 703-569-3074 or <http://sfhostlions.org/fleamkt.html>.

Dick Stohr of Springfield, right, volunteers with the Veterans Transportation Service to take disabled veterans to and from medical appointments. He is one of only 14 drivers that VTS has to cover Maryland, Washington, D.C., and Virginia routes.



PHOTOS BY VICTORIA ROSS/THE CONNECTION



Peter Brown of Alexandria, a disabled veteran, holds a photo of him with his wife, Mildred Louise, who died in 2004.

Helping Heroes in Need

Volunteer drivers "urgently" needed to transport local veterans to medical appointments.

BY VICTORIA ROSS
THE CONNECTION

When he is feeling well, 87-year-old Peter Edisal Brown enjoys tending the flowers and vegetables he grows in the garden of his Alexandria home he has owned since 1946.

"I like to garden, and I wish I could still go dancing. Me and my wife, we used to love going to supper clubs like the Dipsy Doodle," Brown said.

But chronic pulmonary problems and degenerative joint disease make most physical activities difficult for the former World War II U.S. Navy pilot. Driving long distances, he said, is out of the question. When his wife, Mildred Louise, died in 2004, Brown had few options for getting to his medical appointments at the Veterans Affairs (VA) Medical Center in D.C.

Like many disabled vets living alone, he frequently had to reschedule or miss doctors' appointments. "Taxis are kind of expensive, and I don't like to impose on people," Brown said. A few years ago, he learned about a free transportation service for sick and disabled veterans offered through the Department of Veterans Affairs

Veterans Transportation Service (VTS).

He now gets to make—and keep—critical medical appointments at the VA center. "It makes my life easier," said Brown. "If these guys didn't come and pick me up, I'd be in bad shape. It's saved me a lot of time and money."

Dick Stohr, a Springfield resident and retired U.S. Navy captain, is one of Brown's drivers. For the past five years, Stohr, 72, has volunteered to drive disabled vets in the Disabled American Veterans (DAV) van. He often spends all morning at the hospital, while patients go to doctor's appointments, radiation treatment or other therapies.

"There are patients that go every day for radiation treatment for cancer that lasts for weeks," Stohr said. "Some have PTSD or brain injuries that preclude driving," Stohr said.

Since 2007, Stohr has logged more than 1,000 hours as a volunteer driver. Stohr said he learned about the transportation program through his local DAV chapter, the Arlington-Fairfax Chapter #10.

"So many of the veterans can't or should not drive, and I can do that for them. It's an honor for me to do that for them," Stohr said.

AN ELDER AT HIS CHURCH, Stohr volunteers for numerous

programs. He is a facilitator with the church's Aging with Grace program and also drove the church's bus, until he turned 71 last year and insurance would not cover him.

He is also an enthusiastic advocate for the VTS transportation program. According to Maureen Flynn, the VTS coordinator for volunteers, there are only 14 drivers for the thousands of disabled vets in the Washington, D.C. metropolitan area.

"We have an urgent need for drivers...I can't emphasize that enough," Flynn said. "Unfortunately, some veterans go without medical care because we simply don't have the drivers to meet the demand," Flynn said. "Our goal is to make sure no veteran is left behind."

More Information

For more information, call the Veterans Transportation Service Volunteer Office at 202-745-8320 or go to the DC VA Medical Center website at www.washingtondc.va.gov and click on "services."

Flynn said the VTS program is flexible, but volunteers must commit to one day each week, have a clean driving record and go through a simple training program. "If someone would like to volunteer, I can promise I will schedule them for an interview within the next week," Flynn said.

Flynn said the program is a great example of "veterans helping veterans."

"Our drivers are often the first person veterans see in the morning for a long day of medical ap-

pointments. We want all our drivers to be safe and compassionate, like Dick Stohr," Flynn said.

According to Ron Minter, the national director of voluntary services, the Disabled Americans Veterans started the program 25 years ago to meet a substantial community need when the federal government cut travel benefits for vets.

"These are men and women who answered our country's call in times of war," Minter said. "Some may live a great distance from a Veteran's Hospital, and because so many exist on small fixed incomes, they find the cost of transportation too high."

Minter said they are often left with two choices: go without the treatment they need, or skimp on food or other necessities to pay for transportation. "Vets disabled in our nation's service should never face such dire options," Minter said. "Our nation's heroes need your help."

ACCORDING TO DAV national statistics, in 2011, volunteers drove more than 29,000 miles, donated nearly 2 million volunteer hours and transported 754,000 vets to the VA's 172 medical centers across the country.

"This is one of the most rewarding things you can do as a vet," Stohr said. "And think about the injuries younger veterans are suffering in Iraq and Afghanistan. The need is only going to increase."



Lake Braddock quarterback Caleb Henderson throws a pass against Centreville on Aug. 31 at CHS.



Lake Braddock's Kyle Shanahan intercepted a pass against Centreville on Aug. 31 at CHS.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

Centreville Edges Lake Braddock in Season-Opening Thriller

Wildcats score in final minute to beat Bruins, 28-27.

BY JON ROETMAN
THE CONNECTION

Centreville and Lake Braddock, winners of the last three Division 6 Northern Region championships, opened their 2012 seasons on Aug. 31 with the high school football equivalent of a heavyweight boxing match.

Centreville landed some early punches as the Wildcats used a punishing ground game to build a 14-0 lead. Lake Braddock countered, using its big-play ability to score 27 unanswered points. The Bruins' barrage was nearly enough to win the fight. But in the contest's final minute, the Wildcats delivered the decisive blow.

Centreville quarterback Scott Walter connected with A.J. Turner for a 14-yard touchdown pass with 42 seconds remaining in the fourth quarter, lifting the Wildcats to a 28-27 victory at Centreville High School. Lake Braddock reached the Wildcat 33-yard line during the game's final possession, but the Bruins came up empty.

Centreville, which graduated five first-team all-region athletes from its state runner-up team in 2011, trailed 27-14 in the fourth quarter.

"These kids are fighters, they're competitors, they're gamers," Centreville head coach Chris Haddock said. "The youth in them and the inexperience in them are going to create some mistakes, but our heart and our toughness and our guts are hopefully going to make up for a few of those things."

LAKE BRADDOCK LED 27-21 and had possession at Centreville's 25-yard line with about four minutes remaining. Facing third-and-10, Henderson threw downfield and

was intercepted by Turner at the 8-yard line. The Centreville sophomore returned the pick 36 yards to the Wildcats 44, and caught the game-winner 11 plays later.

"I saw [Henderson's] eyes when he turned and cocked [to throw]," Turner said, "... so I just ran that way and tried to pick the ball off or even swat it down, but I had a chance for a pick, so I got it."

Centreville led 14-0 early in the second quarter thanks to a 32-yard touchdown run by Marcel Smith on the Wildcats' first possession and a 12-yard touchdown pass from Walter to Christian Martey on their third series. Lake Braddock quickly dug itself out of the two-touchdown hole, responding with 21 points before the half. After Martey's touchdown reception, Lake Braddock defensive back Aaron Hollins returned the ensuing kickoff 96 yards for a touchdown. The Bruins tied the score on their next possession, when quarterback Caleb Henderson found Jong Yoo for a 15-yard touchdown. The nine-play, 53-yard drive was kept alive when Lake Braddock, facing fourth-and-six on the Centreville 49, executed a fake punt and Tim Coulter raced 22 yards for a first down. Three plays later, the Bruins converted on third-and-16 when Henderson hit A.J. Alexander for a 19-yard gain.

While Lake Braddock had answered Centreville's strong start, the Bruins grabbed momentum by the throat when Henderson launched a deep pass to Alexander for a 58-yard touchdown on the final play of the first half, giving Lake Braddock a 21-14 lead.

"I'm just pleased that our kids fought back the way they did," Haddock said. "You could feel it. The entire momentum had shifted right before the half — we give up a kickoff return, they score on the last play of the half. With the youth that we had and the inexperience we had, they could have very



Lake Braddock receiver A.J. Alexander had seven receptions for 123 yards and a touchdown against Centreville on Aug. 31 at CHS.

easily packed it in, [but] then we score with [42] seconds left in the game. That's fighting until the bitter end."

Sophomore running back Taylor Boose led Centreville with 17 carries for 78 yards. His 6-yard touchdown run with 6:13 remaining in the fourth quarter cut Lake Braddock's lead to 27-21. Seven Centreville ball carriers combined to rush 45 times for 276 yards.

Junior running back Martey carried eight times for 51 yards and caught two passes for 17 yards and a touchdown, but sat out the second half with a right leg injury.

Walter completed 8 of 20 passes for 88 yards and two touchdowns. He was inter-

cepted twice.

IN HIS FIRST START for Lake Braddock, Henderson completed 16 of 27 passes for 212 yards and two touchdowns. He was intercepted once and sacked five times.

"I thought," Haddock said, "the defense did a very solid job tonight against maybe one of the best quarterbacks that we're going to see."

Henderson transferred to Lake Braddock after earning second-team all-region honors as a sophomore signal caller at West Potomac. Trailing by one in the final minute, he led the Bruins down the field and thought they had a chance to win when he connected with Vince Sica for 24 yards down to the Centreville 40.

"I felt like when they scored, we had a great chance to score again," Henderson wrote in a direct message on Twitter. "When Vince caught that ball near our sideline, I thought he was gone."

Alexander had seven receptions for 123 yards and a touchdown. Running back Jon Carrier's 2-yard touchdown run gave Lake Braddock a 27-14 lead with 4:34 remaining in the third, but the point after attempt failed, leaving the door open for Centreville to win by a point.

Kyle Shanahan and Hollins each intercepted a pass for the Bruins.

Lake Braddock will host Annandale at 7:30 p.m. on Friday, Sept. 7.

"This week we are completely different," Henderson wrote, "and we are going to be great this week. I can't wait."

Centreville will travel to face West Potomac at 7:30 p.m. on Friday.

"I think it can really boost our confidence up really, really high," Turner said about beating Lake Braddock. "Coach Haddock was telling us how Lake Braddock really wants to kick our butts, so we just have to step it up and play as a team."

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21 Announcements 21 Announcements 21 Announcements 21 Announcements

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According to the Lease by and between (1079) Devon Manigo 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: furniture. Items will be sold or otherwise disposed of on September 20, 2012 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

25 Sales & Auctions 25 Sales & Auctions

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According to the Lease by and between (5006) Angela Brosen 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: furniture, boxes, clothes, ect. Items will be sold or otherwise disposed of on September 20, 2012 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

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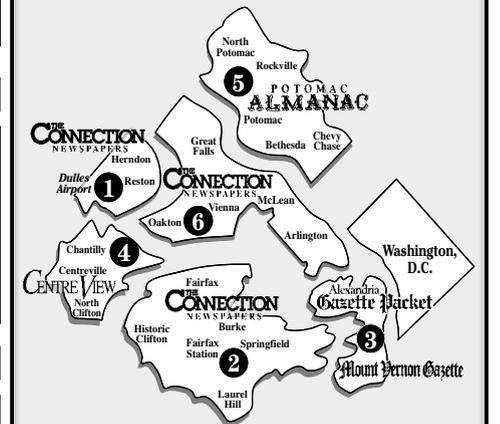
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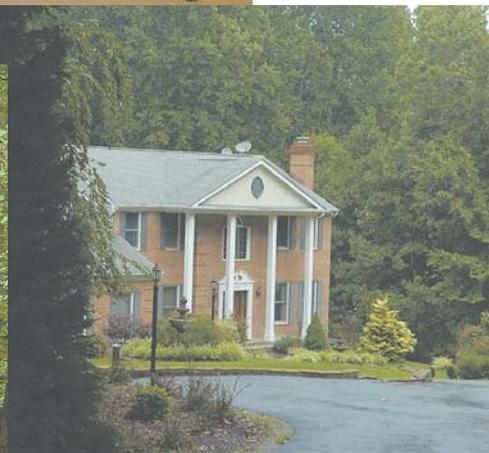


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Sales in
\$800,000s**



2 12406 Clifton Hunt Drive, Clifton — \$865,000



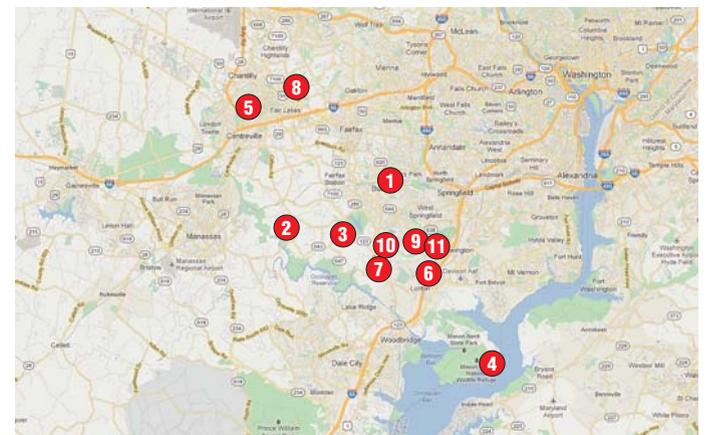
3 10700 Henderson Road, Fairfax Station — \$860,000



5 4823 Autumn Glory Way, Chantilly — \$850,000

Address BR FB HB .. Postal City Sold Price ... Type Lot AC . PostalCode Subdivision Date Sold

1	10083 DANIELS RUN WAY	4	4	1	FAIRFAX	\$880,000	Detached	0.13	22030	FARRCROFT	07/16/12
2	12406 CLIFTON HUNT DR	4	4	1	CLIFTON	\$865,000	Detached	5.00	20124	CLIFTON HUNT	07/27/12
3	10700 HENDERSON RD	5	4	1	FAIRFAX STATION	\$860,000	Detached	2.00	22039	BURKE LAKE CLUSTER	07/03/12
4	6021 RIVER DR	3	2	1	LORTON	\$850,000	Detached	0.85	22079	HALLOWING POINT RIVER	07/24/12
5	4823 AUTUMN GLORY WAY	5	5	1	CHANTILLY	\$850,000	Detached	0.39	20151	THE HUNTER PROPERTY	07/10/12
6	8891 RHODODENDRON CT	5	4	1	LORTON	\$825,000	Detached	0.32	22079	LAUREL HILL	07/06/12
7	8602 WOODWREN TER	5	3	1	FAIRFAX STATION	\$820,000	Detached	0.36	22039	CROSSPOINTE	07/31/12
8	12273 HARBOR TOWN CIR	4	4	1	FAIRFAX	\$815,000	Detached	0.19	22033	FAIR OAKS CHASE	07/25/12
9	8301 COVINGTON WOODS CT	5	5	0	SPRINGFIELD	\$805,000	Detached	0.22	22153	COVINGTON WOODS	07/16/12
10	8001 BRANDT CT	6	5	1	FAIRFAX STATION	\$805,000	Detached	0.29	22039	BARRINGTON	07/17/12
11	8305 COVINGTON WOODS CT	5	4	1	SPRINGFIELD	\$800,000	Detached	0.21	22153	COVINGTON WOODS	07/02/12



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