

Rabid Beaver Chases Children in Springfield

No injuries reported.

nimal Control officers from the West Springfield Police District responded to a report of a beaver that was chasing children at the Hidden Pond Nature Center on Saturday, Sept. 8 around 11:30 a.m.

The children had just finished a fishing competition when they noticed a beaver in the water swimming towards the dock they were standing on. The beaver leapt out of the water onto the dock and was seen acting aggressively and chasing the children.

An animal control officer responded to the scene, cleared the area, and shot the beaver.

No one was bitten and there were no injuries, according to police. However, because of another rare incident in which an 83-year-old woman was attacked by a beaver while she was swimming in Lake Barcroft last week, Animal

Control officers decided that the animal should be tested for rabies. Officials were notified that the beaver was rabid on Tuesday, Sept. 11.

In an unrelated incident, officials were also notified of a rabid raccoon in the Lake Barcroft area on Sunday, Sept. 9. It was seen acting strangely and walking up towards people near their homes

around 2:30 p.m. in the 6300 block of Lakeview Drive, police said. Due to the concern of the previous beaver incident, animal control officers will again canvass the area with educational flyers on the rabies virus.

For more information on rabies, see http://www.fairfaxcounty.gov/police/animal/rabies.htm.

Happening Now In A Park Near You: **Bow Hunting in Fairfax County Parks**



- > Should families, hikers, joggers, cyclists, dog walkers & other park visitors have to dodge arrows intended to kill wildlife for 5 months each year?
- > Should Fairfax County waste our tax dollars on ineffective lethal "deer control" when proven effective humane methods exist?
- > Should hunters be allowed in our parks to exacerbate deer-vehicle collisions, which increase when deer flee in fear from danger?
- Should we have to witness suffering, dying, or dead deer in our parks or surrounding neighborhoods?
- > Should animals be subjected to suffering & slow death when humane methods exist?

> Should Fairfax County cater to bow hunting special interest groups OR fairly represent the interests of our 1.3 million residents?

Fairfax County has mismanaged the deer issue & used our tax dollars for a one-sided, useless, lethal program for decades. The results? INEFFECTIVE. FAILURE. WASTED TAX \$\$\$.

There are numerous proven effective alternatives that the County has not pursued:

4-poster bait stations, roadside deer warning systems, wildlife migratory passages, fencing/barriers, herding methods, immunocontraception, etc.

Please contact your representatives & demand responsible, efficient, sustainable, & humane solutions!

Sharon Bulova Chair 703-324-2321 Mason District Penelope Gross 703-256-7717 703-425-9300 Braddock District John Cook Mount Vernon District Gerald Hyland 703-780-7518 Dranesville District John Foust 703-356-0551 Providence District Linda Smyth 703-560-6946 **Hunter Mill District** Catherine Hudgins 703-478-0283 Springfield District Pat Herrity 703-451-8873 Lee District Jeff McKay 703-971-6262 Sully District 703-814-7100 Michael Frey

URGENT - CALL NOW

Deer are not killed quickly by arrows. Studies show that death takes many hours. If this is not acceptable for companion animals, why is it acceptable for wild animals?



21ST CENTURY DEER MANAGEMENT FOR FAIRFAX COUNTY

Citizens committed to comprehensive, effective, sustainable & humane 21st Century solutions to community-deer conflicts.

www.21stcenturydeer.org

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.

FRIDAY/SEPT. 14

Dog Adoptions. 6:30-8:30 p.m. PetSmart, 12971 Fair Lakes Center, Fairfax. Every Friday. Sponsored by Lost Dog & Cat Rescue Foundation. www.lostdogrescue.org.

SATURDAY/SEPT. 15

Homeless Animals Rescue Team Dog Adoptions. 12-3 p.m. Petco, 13053 Lee Jackson Memorial Highway, Fairfax. Every Saturday. 703-817-9444 or www.hart90.org.

TUESDAY/SEPT. 18

Free Parents Seminar. 6-7:30 p.m., at Power Brain Training Center, 3903 Fair Ridge Drive, Suite 217, Fairfax. Learn how to help your child build confidence, creativity and focus using brain and fitness exercises to improve mental and physical health. Also on Sept. 25 and Oct. 2. Reserve a spot at 703-359-7282.

THURSDAY/SEPT. 20

Senior Fall Prevention Classes. 1:30 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 Tuesday and Thursday in a heated indoor pool. \$10. Registration required at 703-667-9800.

Are you 50 or Better? 12-2 p.m. Fairfax Presbyterian Church, 10723 Main Street, Fairfax. \$8. RSVP Faye Quesenberry 703-620-0161, by Sept. 13.

FRIDAY/SEPT. 21

Managing Chronic Illness. 1-3 p.m., at Pohick Regional Library, 6450 Sydenstricker Road, Burke. Meeting topics include managing pain and emotions, using medication properly, communicating with healthcare providers, adopting exercise and nutrition goals and making informed medical decisions; Fridays through Oct. 26. Registration required. 703-324-5489 or

Collen.Turner@fairfaxcounty.gov. www.fairfaxcounty.gov/dfs/ olderadultservices/chronicdisease.htm.

FRIDAY/SEPT. 28

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.

Local Leaders to Virginia Governor: Time to Fund Transportation is 'Now'

"We want the governor

and General Assembly

on the hook. We want

created and the state

—Supervisor Jeff McKay (D-Lee)

results. This is a

problem the state

needs to fix."

Officials form historic 'Urban Crescent' coalition to press governor for transportation funding.

> By Victoria Ross The Connection

ocal government leaders from urban centers across the state joined together last week in an unprecedented effort to pressure Governor Robert McDonnell and the General Assembly to head off the state's looming "transportation crisis."

Fairfax County Board of Supervisors Chairman Sharon Bulova (D-at-large) led 54 mayors and county chairs of Virginia's "Urban Crescent"—the state's 46 most populous regions stretching from Northern Virginia to Richmond and Hampton Roads—in sending

a letter to top Commonwealth leaders on Sept. 4, urging them to adequately fund Virginia's "crumbling" transportation system.

Bulova said state leaders were putting Virginia's business-friendly reputation at risk by failing to meet the state's responsibility to fund transportation.

"This is an economic issue, a jobs issue," Bulova said, referring to the recent CNBC rankings of America's "Top States for Business," which lowered the Commonwealth's over-

all ranking in state competitiveness from one to three, and dropped its ranking for infrastructure and transportation from 10 to 33.

"The cost of inaction will no doubt be higher than the cost of addressing this crisis now," Bulova said.

THE COALITION of Urban Crescent officials is bipartisan, broad and historic, according to county officials. It includes City of Fairfax Mayor Scott Silverthorne; Town of Vienna Mayor Jane Seeman; Herndon Mayor Lisa Merkel; Alexandria Mayor William D. Euille; Prince William County Chairman

Corey Stewart and Loudon County Chairman Scott York

"I don't think I've ever seen regional cooperation this broad," said Supervisor Jeff McKay (D-Lee). "This is unprecedented."

McKay said elected leaders in Virginia's economic heartland formed the coalition this summer, specifically because they were tired of Governor McDonnell and state legislators "pitting regions against one another.

"We all have the same interests, and by presenting a united front, it forces the governor to realize that we can't be manipulated," McKay said. "We want the governor and General Assembly on the hook. We want results. This is a problem the state created and the state needs to fix."

"In a nutshell, the letter makes the case that crumbling transportation infrastructure is harmful to businesses and to commuters across Virginia," said Bulova. "Where the Urban Crescent goes, so goes the Commonwealth."

While the cities and counties in the urban cres-

cent comprise only 24 percent of the land in the state, 68 percent of the people in the Commonwealth live and drive in the crescent. They provide nearly 72 percent of Virginia's employment, and generate nearly 80 percent of the state's gross product.

But the state's political clout rests with elected officials in Virginia's rural areas, which encompass a bigger swath of land—nearly 76 percent of the state.

On June 7, 2012, the urban crescent's top elected officials

met in Henrico County for the first and only time. They vowed to come together to leverage their considerable economic influence, and pressure state legislators to provide new, long-term funding for the state's aging highways and transit systems.

"The consensus at that meeting was that Virginia's transportation system is significantly underfunded and the situation continues to deteriorate, as evidenced by some startling facts," according to leaders in the Sept. 4 letter.

They painted a bleak picture of the state's trans

SEE ALARM, PAGE 15



Supervisor John Cook and McGruff wave to Laurel Hill Elementary School students Monday morning after talking with children and their parents about safe driving.

Combating Speeding

McGruff leads anti-speeding effort as school year begins.

aurel Ridge Elementary School students got a surprise Monday morning, when they were met by McGruff the Crime Dog, Supervisor John Cook (R-Braddock) and Officer J.T. Frey of the Fairfax County Police Department (FCPD) in Kings Park West.

The trio was there to remind student and their parents of the importance of driving safely and especially following the posted speed limits in school zones. The outreach effort, in support of the police department's Operation Blue Guardian, is part of Supervisor Cook's ongoing campaign to combat speeding and unsafe driving in our communities.

"I have heard a high level of concern and anxiety from residents regarding unsafe driving through their neighborhoods," Cook said. "It is clearly an issue that deserves our full atten-

aurel Ridge Elementary
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school."
tion and requires especially heightened awareness now that our kids are back out walking to school."

Cook said the beginning of the school year is the perfect time to remind drivers to slow down on neighborhood streets.

"When our streets become raceways, people become hesitant to walk down the sidewalk, ride their bikes, or let their children play in the front yard, and that's just unacceptable," Cook said.

On June 19, the board of supervisors unanimously passed a measure to launch a public information campaign on traffic and safety concerns, particularly speeding in neighborhoods and school zones. The board's carryover package is expected to contain \$200,000 for traffic-calming measures.

-Victoria Ross



(From left) Supervisor John Cook, Shirley Hanson, the Laurel Hill Elementary School crossing guard, McGruff and J.T. Frey of the West Springfield Police Station.



Festival-goers got a surprise on Sunday when a senior citizen flash mob started dancing.

Burke Centre Hosts Fall Festival

Festival-goers treated to senior flash mob and family fun.

urke hosted its biggest block party last weekend as the community welcomed friends and neighbors of all ages for the 35th annual Burke Centre Fall Festival.

The two-day event—hosted by the Burke Centre Conservancy (BCC)—kicked off on Saturday, Sept. 8, as Supervisor John Cook (R-Braddock) and Brian Engler, president of the BCC, welcomed the crowds. But a severe afternoon storm, which brought winds of nearly 60 mph, caused the BCC to cancel the Wine Garden on Saturday evening. The event will be rescheduled later this month.

In addition to community favorites, such as the arts & crafts show, face-painting, pony rides, funnel cakes and live music, festivalgoers got a surprise on Sunday when a senior citizen flash mob started dancing.

"I've wanted to do something like a flash mob at the festival for several years," said Jeanne Winslow, the administration director of the BCC, "and Cora Foley with the Burke Senior Center Without Walls made it happen. It was great."

"Awesome' is the word I heard often with folks at the Burke Centre Festival after our Flash Mob," said Foley. To see the seniors in action, go to http://www.youtube.com/user/CoraSandovalFoley/videos.

"Our goal is to make sure that people walk away smiling after having a great time with all members of their family," Winslow said.

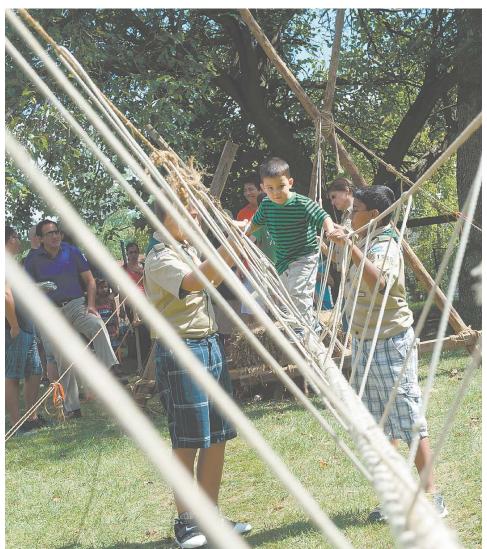
—Victoria Ross



Red Kalema (left) and Dwain Ketch prepare burgers and dogs for the Burke Rotary Club booth at the Sept. 9 Burke Festival.



From left, Connor and Harrison Campbell of Burke enjoy slushies at the Burke Festival on Sept. 9.



Robert Munson of West Springfield gets assistance across a rope bridge or "Monkey Bridge" by Boy Scouts Tony Kresslein (left) and Zayn Khurshid of the Burke Boy Scout Troop 1345.



Sergio Nava of Springfield, a volunteer firefighter with Station 422, stands with his 10-year-old son, Giomel, at the 9/11 Memorial Grove during a remembrance ceremony at the Fairfax County Government Center on Tuesday, Sept. 11.



Fairfax County supervisors stood as the Fairfax County Carolers sang God Bless America at the 9/11 Memorial Grove during a remembrance ceremony at the Fairfax County Government Center on Tuesday.

John Wilder of Springfield and new friend. Ameed Kawwa

John Wilder of Springfield and new friend, Ameed Kawwa of Palestine, arrive back at Grace Presbyterian Church in Springfield after a week rebuilding homes for the poor in Petersburg, Va.

Bridging a Cultural Divide

Grace Presbyterian Church in Springfield hosts Palestinian students this summer.

By Victoria Ross The Connection

or many, the concept of "peace in the Middle East" is a distant dream bordering on fantasy.

But for a group of teens at Grace Presbyterian Church in Springfield, who worked alongside Palestinian youth building homes this summer, it's a dream within reach. And the first steps, they say, are tolerance and understanding.

"Meeting these students, it felt like we were more alike than different. It's hard to understand the conflict until you see the real faces behind it. Once you get to know people as people, it becomes easier to bridge that cultural divide," said John Wilder, 18, a member of the church youth group. Wilder, who graduated from West Springfield High School this year, is planning to study foreign policy at James Madison University.

For two weeks this summer, Grace Presbyterian hosted seven teens and their Anglican priest, Father Ibrahim Nairouz, of St. Philip's Episcopal Church in Nablus. Grace Presbyterian has a partnership with two Palestinian Christian congregations on the West Bank.

"It's part of our goal of building stronger connections and understanding. The entire visit was a wonderful experience, and some lifelong friendships were made," said Rev. Susan Wilder, chair of the church's Middle East Working Group.

During their visit, the Palestinian teens toured historic sites in Washington and Fairfax County, went tubing at Burke Lake Park and shopping at Tysons Corner. They also took part in the Tri-City

Work Camp in Petersburg, Va. with the church's youth group. About 200 youth from churches along the East Coast participate in the camp each year, during which students work with adults to help renovate and rebuild homes for those who cannot afford the repairs.

"What is ironic is that the youth are doing work here they would be allowed to do in the West Bank," said Marty Martje Post Goldstein of Grace Presbyterian. She said the teens and their pastor had to travel 10 hours to Jordan to catch a flight to Palestine, because they aren't allowed to use the airport an hour from their West Bank home.

"Life is hard in most places of the world," said Rev. Jay Click, pastor of Grace Presbyterian Church. "And these teens have experienced hardship that's difficult for most of us to understand."

Despite the harsh political realities of their lives in Palestine, the visit—according to the teens—was an eye-opening success that helped them build new friendships and cultural understanding.

"I think people are surprised that there are Christians in Palestine, but it's the Holy Land. We're all the same the world over; we want the same things. Now I have more best friends on Facebook," said 16year-old Ranim Nairouz.

Fourteen-year-old Sama Dawani, who was on her first trip to the U.S., said she wanted to be remembered for helping other people. "I came here to help and to have fun and make new friends," she said.

"I think helping our youth learn about different cultures is a good way to increase harmony and peace," said Rev. Wilder.

'A Morning Just Like This One'

Fairfax County pays tribute to victims of 9/11 attacks during ceremony.

By Victoria Ross The Connection

he somber tone of a single bell tolling three times—once for each site that was struck on Sept. 11, 2001—echoed in the Fairfax County Government Center as community leaders, police officers, firefighters and citizens gathered to pay tribute to the 9/11 victims during Tuesday's Remembrance Ceremony.

"It was a morning just like this one," recalled Sharon Bulova, chairman of the Fairfax County Board of Supervisors, as she spoke to nearly 100 guests during the Fairfax County 9/11 Remembrance Ceremony. "We had bright blue skies on a crisp fall day on the morning of our national tragedy."

Bulova said her most poignant memory was the day after, when she went for her morning run on Sept. 12, 2001. "I remember thinking how strange and empty the blue sky seemed, and I noticed people putting flags out...by the end of my run, it looked like the 4th of July, only more so."

Fairfax County Fire Chief Ronald Mastin and Fairfax County Police Chief David Rohrer also gave brief remarks during the ceremony, which began with Laura Redman of the FCPD singing the National Anthem.

"There are times I wish I didn't know what I know...We lost a sense of security that day," said Rohrer in his remarks. "But we became more resolute and more unified....My hope is that we have more respect for others, more tolerance and peace. We're an incredible tapestry of cultures and diversity in Fairfax County, and that's our strength."

After the ceremony, the Fairfax County public safety honor guard led a procession to the 9/11 Memorial Grove, where Rohrer, Mastin and Bulova participated in the laying of the wreath.

The site, located on a ridge above the lake behind the government center, is the first U.S. memorial commemorating the attacks on 9/11 built on public space.

"This is an area that provides an opportunity for



The Fairfax County public safety honor guard prepared for the Presentation of Colors during a 9/11 remembrance ceremony at the Fairfax County Government Center on Tuesday, Sept. 11.

contemplation and meditation," said Michael McMahon, a Fairfax County tree commissioner who designed the memorial.

Sergio Nava, a Springfield volunteer emergency medical technician with Fire Station 422, said he took his 10-year-old son, Giomel, out of school to attend the ceremony.

"This is the first ceremony we've attended, but I think it's important to remember what happened, the lives lost and what price we pay for our liberties," Nava said. Nava, a single parent, said he was going to school later this month to become a Fairfax County firefighter.

"I'm proud of my father," Giomel Nava said. "Firefighters always have to try to save people's lives, no matter what. I think I'd like to be one too."

Michael Buditus, who was working at Fairfax County's 911 center 11 years ago, said he always attends the ceremony to salute the "unsung heroes, the police officers, firefighters and first responders" of 9/11.

As he stood reading the memorial inscription, he shook his head. "The most real piece is the weather today. It takes me back to that day...it's a day you never forget."

The ceremony concluded with the Fairfax County Carolers singing God Bless America.

OPINION

Remembering Those Lost on Sept. 11

Eleven years after terrorist attacks.

n Sept. 11, 2001, 9:37:46 a.m., American Airlines Flight 77 crashed into the Pentagon.

The Pentagon's on-site firehouse responded immediately to the crash. Firefighters from nearby Reagan National Airport and Arlington County Fire Department arrived within minutes.

One-hundred-and-eighty-four lives were lost at the Pentagon that day. Nearly 3,000 people died that day in the nearly simultaneous attacks in Arlington, New York and Pennsylvania. Since Sept. 11, 2001, more than 6,400 U.S. military service men and women have died in support of the wars in Iraq and Afghanistan.

The following list of people who lived in Connection Newspapers coverage area and died in the Sept. 11, 2001 terrorist attacks is compiled from multiple sources, including news reports, and is likely not complete. The Pentagon Memorial website offers photos and biographies of most people who died at the Pentagon. http://pentagonmemorial.org/explore/biographies.

- Spc. Craig Amundson, 28, Fort Belvior, employed by U.S. Army, died in Pentagon
- Lt. Col. Canfield D. Boone, 54, Clifton, employed by U.S. Army, died in Pentagon
- ❖ Charles Burlingame, 51, Herndon, employed by AmericanAirlines, died on AA Flight 77
- * Rosa Maria Chapa, 64, Springfield, employed by Defense Intelligence Agency, died in Pentagon
- * Eddie A. Dillard, Alexandria, employed by Philip Morris, died on AA Flight 77
- ❖ Capt. Robert Edward Dolan, 43, Alexandria, employed by U.S. Navy, died in
- Charles A. Droz III, 52, Springfield, employed by EM Solutions Inc., died on AA Flight 77

❖ Gerald P. Fisher, 57, Potomac, Md., employed by Booz Allen Hamilton, died in Pentagon

- 4 1st Lt. (Ret.) Richard P. Gabriel Sr., 54, Great Falls, employed by Stratin Consulting, died on AA Flight 77
- ❖ Diane M. Hale-McKinzy, 38, Alexandria, employed by U.S. Army, died in Pentagon
- Stanley R. Hall, 68, Centreville, employed by Raytheon, died on AA Flight 77
- & Brady K. Howell, 26, Arlington, employed by U.S. Navy, died in Pentagon
- Lt. Col. Stephen Neil Hyland Jr., 45, Burke, employed by U.S. Army, died in Pentagon

& Bryan C. Jack, 48, Alexandria, employed by Department of Defense, died on AA Flight 77

EDITORIAL Steven D. Jacoby, 43, Alexandria, employed by Metrocall, died on AA

> ❖ Ann Judge, 49, Great Falls, employed by National Geographic Society, died on AA

- Norma Cruz Khan, 45, Reston, Plumbing-Heating-Cooling Contractors Assn., died on AA Flight 77
- * Terence M. Lynch, 49, Alexandria, employed by Booz Allen Hamilton, died in Pentagon
- ❖ Ada L. Mason-Acker, 50, Springfield, employed by U.S. Army, died in Pentagon
- . Lt. Gen. Timothy J. Maude, 53, Fort Myer, employed by U.S. Army, died in Pentagon
- ❖ Mark McGinly, 26, Vienna, employed by Carr Futures, died in World Trade Center
- Patricia E. Mickley, 41, Springfield, employed by Department of Defense, died in Pentagon
- * Khang Ngoc Nguyen, 41, Fairfax, employed by Navy contractor, died in Penta-
- & Barbara K. Olson, 45, Great Falls, attorney, died on AA Flight 77
- ❖ Maj. Clifford L. Patterson Jr., 33, Alexandria, employed by U.S. Army, died in
- Capt. Jack D. Punches, 51, Clifton, retired

from U.S. Navy, died in Pentagon

- ❖ Lisa J. Raines, 42, Great Falls, employed by Genzyme Corp., died on AA Flight 77
- * Todd H. Reuben, 40, Potomac, Md.,
- Charles E. Sabin, 54, Burke, employed by
- ❖ Marjorie C. Salamone, 53, Springfield, employed by U.S. Army, died in Pentagon
- Cmdr. Robert Allan Schlegel, 38, Alexandria, employed by U.S. Navy, died in
- * Mark E. Schurmeier, 44, McLean, employed by Federal Home Loan Mortgage
- ❖ Janice M. Scott, 46, Springfield, employed
- Michael L. Selves, 53, Fairfax, employed
- ❖ Diane M. Simmons, Great Falls, died on
- ❖ George W. Simmons, Great Falls, retired
- ❖ Lt. Col. Gary F. Smith, 55, Alexandria, retired U.S. Army, died in Pentagon
- ❖ Norma Lang Steuerle, 54, Alexandria, died on AA Flight 77
- ployed by U.S. Army, died in Pentagon
- ❖ Leonard E. Taylor, 44, Reston, employed
- ❖ Sandra C. Taylor, 50, Alexandria, em-
- ❖ Karl W. Teepe, 57, Centreville, employed by Defense Information Agency, died in
- * Meta L. Waller, 60, Alexandria, employed by U.S. Army, died in Pentagon
- Ernest M. Willcher, 62, North Potomac, Md., employed by Booz-Allen Hamilton Inc. died in Pentagon
- ployed by U.S. Army, died in Pentagon
- Vicki C. Yancey, 43, Springfield, employed by Vredenburg Co., died on AA Flight 77.

- attorney, died on AA Flight 77
- Department of Defense, died in Pentagon
- Pentagon
- Corp., died in World Trade Center
- by U.S. Army, died in Pentagon
- by U.S. Army, died in Pentagon
- AA Flight 77
- from Xerox, died on AA Flight 77
- Lt. Col. Kip P. Taylor, 38, McLean, em-
- by XonTech Inc., died on AA Flight 77
- ployed by U.S. Army, died in Pentagon
- Sandra D. Teague, 31, Fairfax, employed by Georgetown University Hospital, died on AA Flight 77
- Pentagon
- ❖ Maj. Dwayne Williams, 40, Lorton, em-

County Seeks Citizen Input on Transportation

If Fairfax County is going to pay for the roads, we ought to own and control them.

BY SUPERVISOR JOHN (R-Braddock)

his fall, residents of Fairfax County will have an unprecedented opportunity

to offer input on one of the principal policy issues facing the County-whether we should assume a greater role in secondary road maintenance and construc-

take advantage of this important opportunity.

The state owns almost every road in Fairfax County, and every one of us has seen what years of maintenance have

wrought. Our already awful congestion will get worse as the state has stopped, permanently, all secondary road construction. Secondary roads are those like Braddock tion. I urge all County residents to and Guinea (not interstates or

those with route numbers under 600, such as Little River Turnpike and Ox Road). With a quarter of a million new residents expected in the coming 20 to 30 years, continuing to ignore our road mainstate cutbacks in road tenance and construction needs will have a devastating impact on our County.

County staff believes we need \$8 billion to meet our principal transportation needs in the coming decade (this includes items like new construction, road widening and transit-but not maintenance). At current rates, state and federal funding will cover about \$5 billion, leaving a gap of \$3 billion, or \$300 million per year. Should the County ask the General Assembly for authority to raise new funds for transportation? That is the question before us.

County transportation staff has already begun conducting a number of town hall meetings to lay out our needs and the options before us, and to solicit input. Braddock's meeting will be held on Oct. 11, at 7:30 p.m. in the Kings Park Library Meeting room and

SEE COOK, PAGE 7

Burke

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Fairfax to Host **Small Business** Summit

The Virginia Small Business Partnership announced that the third annual Virginia Small Business Summit will be held on Friday, Sept. 21, 2012 at the Mason Inn Conference Center & Hotel in Fairfax.

"Continuing our long tradition of hosting the Virginia Small Business Summit in September, we chose to honor the distinction made by the Virginia General Assembly in naming Sept. 21 Small Business Day in Virginia. We believe it is fitting and proper to honor that distinction and highlight the important role small businesses play in Virginia's economy," said M. David Skiles, Chairman, Virginia Small Business Partnership.

The Virginia Small Business Summit is the first of its kind event in the Commonwealth of Virginia and marks the third straight year the Virginia Small Business Partnership has hosted the Summit. The purpose of this event is to provide small business owners and entrepreneurs with the opportunity to discuss commonsense, business friendly ideas to help improve Virginia's small business climate.

The 2012 Virginia Small Business Summit will focus on five issues important to the small business community: Healthcare, Education, Energy, Contracting & Procurement, and Small Business Manufacturing.

Cook

From Page 6

will also serve as the first quarterly meeting of my new Transportation Policy Advisory Forum. The public is welcomed and encouraged to attend.

There is not a consensus on the board. While some members have expressed a preference for continuing to "demand" a state solution, they ignore the fact that such "demands" have failed for 25 years. The political reality in Richmond is that the rest of the state is not going to send their money up here for our roads. In addition, as I have repeatedly pointed out, a state solution means our money goes to Richmond first, where much of it will be passed around, with only pennies returning back home. Consequently, I have suggested we consider taking control of the roads. If Fairfax County is going to pay for the roads, we ought to own and control them. Most board members, however, would prefer not to have that responsibility.

What do you think? The Fairfax County board and staff want to know. This is your chance for input—take advantage and be an engaged citizen.





We will be donating 20% of All Sales to the American Heart Association

From 4-8pm Spartans will be hosting Face Painting and Balloons

SPARTANS 9542 Burke Rd. Burke VA 22015 703.503.5800



QLYMPIANS

6430 Landsdowne Centre Alexandria VA 22315 703.550.5003

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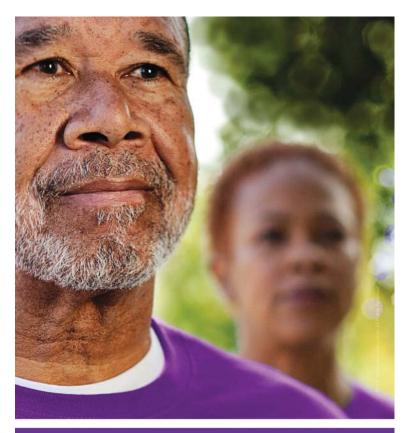
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Increasing core strength with "plank holds": background, Alix Shutello; foreground, Coach Kelly Kavanaugh.

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They even train on holidays—a fun workout with an egg dash and chocolate bunnies to take home: (from left) Christine Erbacher, Alix Shutello, Coach Kelly Kavanaugh, Andrea Wood, Jennifer Cavendish.

BY ANDREW MADIGAN

Inspired to Run Burke runners to compete in Disney World races.

elly Kavanaugh is an energetic young trainer who's getting spectacular results. She works for Potomac River Running as head coach of the Burke Training Programs. In one of her classes, Running 101, a group of women has taken it upon themselves to travel down to Florida and compete in a series of races at Disney World. Potomac River isn't sponsoring the event the students have simply been inspired to run.

Some of these women will run the Disney Princess Half Marathon; others have entered the 5K Royal Race. What's remarkable is that, before joining the class, some couldn't run more than 30 seconds at a time. "This is great," Kavanaugh said, "real women balancing life and families and doing something for themselves."

Rosie Bombaugh, one of Coach Kavanaugh's students, reflected on her experience: "I just started running in February and took my first 101 class in March. The friends that I have made and the things



Warming up with "high knees": (from left) Jill Fox, May Soe, Patricia Rabb, Debra Hein, Linda Shoemaker, Susan Valinski.

that I have learned from my coach not only have improved my running, increased my time but also made running fun!"

Bombaugh has now ran a number of 5Ks, a triathlon and is training for the Disney Half Marathon.

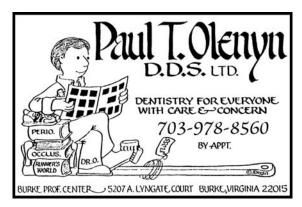
POTOMAC RIVER RUNNING

offers a variety of classes-advanced courses, triathlon training, youth programs—but it also has summer camps, retail stores and a race series. Races typically feature food, drinks, live bands, DJs and giveaways. They also raise

money for charity, encourage families to get involved and provide a social atmosphere for people to meet and keep fit together. The trainers are all seasoned athletes. Kavanaugh, who currently runs for George Mason University, holds the 1,000-meter record at Robinson Secondary School.

Running 101 is for anyone, regardless of age, experience or fitness level. Each eight-week course meets twice a week for an hour. Sessions include warm-up, stretching, endurance running, speed

SEE RUNNERS. PAGE 9



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Burke Runners Motivate Each Other

From Page 8

work, drills and core work (exercises to strengthen the abs and back). Kavanaugh also likes to discuss technique. With a little guidance, she says, we can tweak our running style and, as a result, avoid injuries and run more efficiently.

No one has ever dropped out of Kavanaugh's class or failed to achieve solid results. Why is that? For starters, she's tough but flex-

ible. She encourages students to "take small steps" toward realistic, short-term goals. Some of her students are "walkers," which means they can't run at all or for more than a few seconds at a time. "Breath, believe and achieve," Kavanaugh tells them. Do your best and, after a week or two, you'll be running for a full minute. After that, you might be running a 5K or competing in a triathlon. The important thing is to train

consistently, work hard and reach with minor setbacks. your potential.

Although Kavanaugh likes to push her students, she also provides the emotional and personal support they sometimes need. If someone is having a bad day or doesn't feel well, she says, "Come talk to me first." Long-term goals, she argues, are even more important than day-to-day success. We all have bad days, so she encourages students not to get frustrated

THE COACH isn't the only one offering moral support. The class itself is an extended family. Kavanaugh explained how her students step in to motivate each other. Jill Fox "leads with toughness and a smile," while Rosie Bombaugh "motivates and helps inspire the others by yelling things of encouragement and also honesty to push them." Lisa Robinson enjoyed the class so much

she invited her daughter Rebecca to join, and now they train together.

Kavanaugh is a senior at GMU where she majors in English literature and writes in her spare time. In addition to training for Potomac Running, she's assistant coach for the Centerville High School cross country team. Her mom, an Olympic kayaker, has been her greatest inspiration, and now Kavanaugh is inspiring the women of Running



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Home LifeStyle





The wine cellar in this McLean home opens to the adjacent billiard room. Designers say homeowners should create a style for the cellar that is consistent with the rest of the home.

Uncorking the Possibilities

Local builders say wine storage options are almost limitless.

By Marilyn Campbell
The Connection

rom those who sip an occasional glass of Chianti with friends to enthusiastic oenophiles, the notion of owning a wine cellar is fascinating to many people. In fact, a recent U.S. Luxury-Home Market survey by Wine Trends, a wine-consulting firm, showed that 67 percent of respondents were interested in incorporating wine storage into their homes.

"With wine cellar design, the sky is the limit. In fact, the sky is actually the starting point."

— Jason Kirkpatrick

Local designers say they are now catering to a new breed of wine collector and are creating cellars equipped with perks ranging from full kitchen and dining spaces to rare art and LED lighting. Jason Kirkpatrick, of Kirkpatrick's Construction in



Photos Courtesy of National Association of the Remodeling Industry

Jason Kirkpatrick of Centreville-based Kirkpatrick's Construction won a Contractor of the Year Award from the National Association of the Remodeling Industry for a McLean project that included a wine cellar with a tasting area.

Centreville, says creative options are virtually boundless.

"With wine cellar design, the sky is the

limit. In fact, the sky is actually the starting point," he said. "There are so many neat things that you can do with architecture,

racking and lighting. You can turn a relatively small space into a gorgeous wine cellar."

SEE OPTIONS, PAGE 11

Home Life Style

Limitless Options for Wine Storage

From Page 10

DESIGNERS SAY that when planning a wine cellar, there are a few basic factors to consider.

The first item that those who want to build a wine cellar should think about is a system of organization. "You have to not only think about how many bottles you have in your collection, but also how much you think your collection will grow over the next five to 10 years," said Kirkpatrick, who lives in Clifton. "You don't want to make this kind of investment in your home and then a year or two later say, 'Gosh, we need to make an addition onto our wine cellar."

Local interior designer Marika Meyer of Marika Meyer Interiors says homeowners should create a style for the cellar that will be consistent with the rest of the home, something she and the design team did when creating the cellar in a McLean home.

"We ... developed a sophisticated space that was reflective of the home and the collection," she said. "For example, the flooring is the same slate that is used in the exterior patio. We wanted to use the cherry cabinet that is featured in the center of the two front columns, so we designed the room around this piece. Each stone column was designed to work around the room based on the proportion established by this piece of furniture. We also wanted the space to feel open to the billiard room, which is attached. To that end, we widened the door enclosure and added side-lights to make the space open."

HOW THE SPACE WILL BE

used is another important consideration. "Are you planning to use it for strictly for utilitarian storage or would you like for there to be a space for entertaining in it as well?" said Kirkpatrick, who won a Contractor of the Year Award from the National Association of the Remodeling Industry for a McLean project that included a wine cellar with a tasting area. "Which do you drink more of: White or red? Do you prefer large format bottles or standard-sized

Designers say the style and features of the rest of the home should be factored into the cellar's design: "What are the spaces that are adjacent to the wine cellar? You can incorporate them into the design for a better flow," said Kirkpatrick.

Kirkpatrick says he integrated a wine bar into the design of a south Arlington kitchen during a recent renovation. "We used interesting frosted glass cabinets and really designed the space for wine tasting, there was even a space for tasting cheese or chocolate. The plan was integrated into the design of the kitchen and the whole space flowed."

When remodeling a kitchen in Alexandria, Kirkpatrick created two spaces for wine. "We used open storage where wine can be stored for easy accessibility and built-in wine storage under the cabinets. But one of the most costeffective things you can is to buy a glass-front refrigerator that is specifically designed for holding wine with so you can display the wine nicely," said Kirkpatrick.

In fact, Potomac, Md.-based designer Susan Matus of Case Design/ Remodeling says that there are budget-friendly options for wine storage. "[Kitchen] cabinetmakers are now making cabinets that incorporate wine storage in base cabinets or wall cabinets. There are also wine refrigerators that have two cooling zones that are appropriate for red and white wine, but are not outrageous in terms of price."

According to National Association of the Remodeling Industry spokesperson Nikki Golden, "Wine cellars are still very popular for people to put into their home during a remodel."

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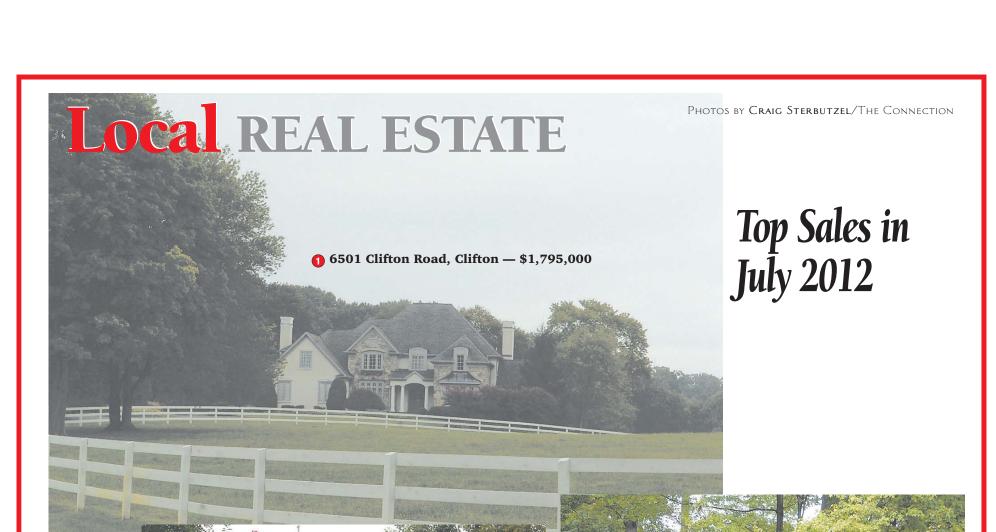
OPEN HOUSES SATURDAY/SUNDAY, SEPTEMBER 15 & 16

When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit

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13709 Southernwood Ct	\$449,900		,	Long & Foster703-969-047	
Clifton					
6419 Woodland Run Ct 6601 Newman Rd	\$850,000 \$850,000	Sun 1-4 Sun 2-4 Sun 1-4	Jennifer Young Pat Fales Joan Lovett	Keller Williams 703-927-6807 Keller Williams 703-674-1777 RE/MAX 703-503-4365 Keller Williams 703-964-1290	
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11125 Henderson Rd 8515 Heron Pond Ln 8451 Lake Mist Way 9720 South Park Cir	\$839,000 \$748,000 \$719,999 \$689.950	Sun 1-4 Sun 1-4 Sun 1-4 Sun 1-4	Carol Hermandorfer Tony Araj Jim Agnew Kathleen Quintarelli	Long & Foster703-503-1812 Long & Foster703-503-1812 Samson Props703-503-1815 Avery-Hess888-420-455- Weichert703-862-8806 RE/MAX703-503-4366	
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Springfield					
6408 Japonica St	\$415,000	Sun 1-4	Jorge Martinez	Long & Foster571-505-4768	

To add your Realtor represented Open House to these weekly listings, please call Steve Hogan at 703-778-9418 or e-mail the info to shogan@connectionnewspapers.com All listings due by Tuesday at 3 P.M.

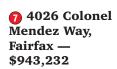
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2 12160 Sangsters, Clifton — \$1,365,000





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SCHOOLS



Students, teachers and community guests gather in front of Garfield Elementary School during their annual Sept. 11 Remembrance Ceremony.

Garfield Community Remembers 9/11

day similar to memories and photos of the same day in 2001, Garfield Elementary students, staff and community members gathered for their annual Sept. 11 Remembrance Ceremony. Garfield Elementary School started the ceremony in 2004 after they purchased the Freedom Flag, Virginia's official sym-

n Tuesday, Sept. 11, 2012, a bright, clear bol for 9/11 remembrance. The simple ceremony began with the Pledge of Allegiance and The Star Spangled Banner. As students assembled a model of the Freedom Flag, readers explained the significance of its parts. Students wore red, white and blue and posted the flags at half-staff in honor of Patriot Day and the individuals who lost their lives on Sept. 11, 2001.



Flag bearers unfurl the American flag. Susan McKittrick, teacher, and others look on.



Sixth graders create a model of the Freedom Flag.

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CALENDAR

To have community events listed, send to south@connectionnewspapers.com or call 703-778-9416 with questions. Deadline for calendar listings is two weeks prior to event.

THURSDAY/SEPT. 13

Play Trails Ribbon Cutting

Ceremony. 1 p.m., at Van Dyck Park, 3720 Old Lee Hwy., Fairfax. The City of Fairfax Parks and Recreation Play Trails consists of playful hands-on exhibits that engage children and families while using the trails with playful activities about plants and insects. 703-273-6097.

FRIDAY, SEPT. 14

Fall Kickoff Breakfast. 9:30 a.m., at the American Legion Post 177 3939 Oak Street, Fairfax. Make friends and visit with old ones at the Fairfax County Senior Citizens' Council (FCSSC). http:// www.fairfaxcounty.gov/ncs/news/

ni2012/sccrm.htm.

"We Bought a Zoo." 7 p.m., at
Performance Space at Sherwood
Center, 3740 Old Lee Highway,
Fairfax. Family friendly PG rated
movie at a free showing.
www.fairfaxya.gov.

Sinbad, Israel Houghton and The

New Breed. 7:30 p.m. George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. Grace Covenant Church celebrates their 30th anniversary with the concert. \$28. www.ticketmaster.com or 1-800-745-3000.

SATURDAY/SEPT. 15

OGM Annual Fall Festival. 10 a.m.-4 p.m., at Fairfax Church, 4280 Chain Bridge Road, Fairfax. Free food, games, bouncy, music and fellowship. www.onegodministry.org.

Cars and Ice Cream. 5-9 p.m., at the corner of University Drive and Main Street, Fairfax. Classic, custom, antique, muscle and street rod cars with friends and ice cream at Woody's Ice-Cream Parlor. 703-385-9125 or lynIXOYE@juno.com.

Doc Scantlin and Imperial Palms
Orchestra. 7:30-11 p.m., at 3740
Old Lee Highway, Fairfax. Nineteentwenties speakeasy numbers such as "Puttin' On The Ritz" and the "Charleston" through the romantic, elegant 1930's of Irving Berlin, Cole Porter, George Gershwin, and the wonderful swing era of Benny Goodman, Glenn Miller, etc., \$20 admission per person.
www.fairfaxgov.org.

SUNDAY/SEPT. 16

Open House. TBA, at Potomac Arts Academy, 4260 Chain Bridge Road, Fairfax. Events for families and children to age 12 include class demonstrations and activities in visual art, music, theater and more. 703-993-9889.

MONDAY/SEPT. 17

Children's Music Performance

Series. 10:30 a.m. Old Town Hall, 3999 University Drive, Fairfax. First and third Mondays of each month. Free admission. 703-352-2787 or www.fairfaxarts.org.

Screening of Pink Smoke Over the Vatican. 7-9 p.m. George Mason University, Johnson Center Cinema 4400 University Drive, Fairfax. A screening of the award-winning documentary by the GMU Department of Women and Gender studies and WOC followed by discussion and reception by women's ordination activists. Free and welcome to all. 202-675-1006 or https://www.facebook.com/events/



A couple dances to the traditional music of the Kings Park German Band at the 2nd Annual Oktoberfest Volksmarch at Accotink Unitarian Universalist Church in Burke, September 2011.

3rd Annual Oktoberfest Volksmarch

On Saturday, Sept. 15 from 8 a.m.-3 p.m., Accotink Unitarian Universalist Church, 10125 Lakehaven Court, Burke, hosts a free Oktoberfest walk. A volksmarch, literally translated "people's walk," is a leisurely walk through a scenic, historic, or interesting area over a pre-determined route. German foods and drinks will be available to purchase; the Kings Park German Band will play from 11 a.m. to noon. 703-644-0189 or nicebrowns@verizon.net.

414503188608983/.

TUESDAY/SEPT. 18 All Fairfax Reads Book Discussion.

7:30 p.m., City of Fairfax Regional Library, 10360 North St., Fairfax. Join writer Wendi Kaufman to learn more about Waldman's novel and share your thoughts on the book. Cosponsored by the Fairfax Library Foundation. 703-293-6227.

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.

SUNDAY/SEPT. 23

Solo Guitarist David Rogers. 8 p.m. Epicure Cafe 11213-A Lee Highway, Fairfax. 703-352-9193.

MONDAY/OCT. 1

Children's Music Performance Series. 10:30 a.m. Old Town Hall, 3999 University Drive, Fairfax. First and third Mondays of each month. Free admission. 703-352-2787 or

MONDAY/OCT. 15

www.fairfaxarts.org.

Children's Music Performance

Series. 10:30 a.m. Old Town Hall, 3999 University Drive, Fairfax. First and third Mondays of each month. Free admission. 703-352-2787 or www.fairfaxarts.org.

ONGOING

Collecting Fairfax. 9 a.m.-5 p.m., at Fairfax Museum and Visitor Center, 10209 Main Street, Fairfax. With six major themes, this exhibition highlights objects added to the collection since 1992; the exhibit is open through Jan. 29, 2013. 703-385-8414.

MONDAY/NOV. 5

Children's Music Performance Series. 10:30 a.m. Old Town Hall, 3999 University Drive, Fairfax. First and third Mondays of each month. Free admission. 703-352-2787 or www.fairfaxarts.org.

SATURDAY/NOV. 17

Fairfax Symphony Orchestra:
Masterworks II. 8 p.m. George Mason
University Center for the Arts, 4400
University Drive, Fairfax. Conductor
Ken Woods and violinist Benjamin
Beilman perform Beethoven's
Overture to Coriolan, Op. 62,
Symphony No. 2 and Violin Concerto.
\$25-\$55. 703-563-1990 or
www.fairfaxsymphony.org.

MONDAY/NOV. 19

Children's Music Performance Series. 10:30 a.m. Old Town Hall, 3999 University Drive, Fairfax. First and third Mondays of each month. Free admission. 703-352-2787 or www.fairfaxarts.org.

MONDAY/DEC. 3

Children's Music Performance Series. 10:30 a.m. Old Town Hall, 3999 University Drive, Fairfax. First and third Mondays of each month. Free admission. 703-352-2787 or www.fairfaxarts.org.

SATURDAY/DEC. 8

Fairfax Symphony Orchestra:
Masterworks III. 8 p.m. George
Mason University Center for the Arts,
4400 University Drive, Fairfax.
Conductor Christopher Zimmerman
and pianist James Dick perform
Rossini's Overture to La Gazza Ladra
plus Tchaikovsky's Piano Concerto
No. 1 and Symphony No. 6,
"Pathétique." \$25-\$55. 703-563-1990
or www.fairfaxsymphony.org.

Alarm Over Transportation Funding

portation crisis, pointing out that:

*Within five years, no state funds will be available for highway construction, and the Commonwealth will be unable to fully match federal funds.

*Approximately 26 percent of roadways statewide are in poor condition, according to the Virginia Department of Transportation (VDOT), which maintains the roads. However, that number jumps to 34 percent for the Urban Crescent, including 39 percent in Northern Virginia, 36 percent in Hampton Roads and 31 percent in Richmond.

*State secondary and urban system construction funds have been eliminated.

*Only 66 percent of Virginia's secondary roads currently meet pavement performance targets. Using VDOT's estimates, the cost of meeting VDOT's goal of 82 percent of secondary roads in fair or better condition could be \$1.3 billion to \$1.8 billion.

*In the Richmond area, commuters waste 20 hours per year stuck in traffic; in Hampton Roads, commuters waste 34 hours; in Northern Virginia, commuters waste 74 hours per year.

*The morning and evening rush hours in the Urban Crescent last as long as two and a half to seven hours each day.

With nearly 58,000 miles of roads, Virginia

state highway network, and the state gov- tax—or simply replace all taxes with tollernment is responsible for virtually all ing," Petersen said. Virginia's main and local roadways.

Virginia Department Transportation's annual budget for 2012 is nearly \$4.8 billion. However, almost \$1.3 billion of that money is borrowed, according to state officials.

State Sen. Chap Petersen (D-34) said state funds for transportation have disappeared in the past 10 years due to a number of fac-

"The most obvious is the fact that we have a fixed 17.5 cents per gallon tax on gasoline," Petersen said.

According to state officials, every 1-cent increase in Virginia's gasoline tax would generate about \$50 million for transportation. But state legislators historically have been reluctant to propose new taxes or new funding mechanisms.

THE LAST MAJOR INFUSION to the state's transportation funding stream was in

That reluctance, Petersen said, is unacceptable.

"Now that cars are far more efficient, less gasoline is purchased at the pump. So less revenue is collected, even though more cars

currently operates the nation's third-largest won't be solved until we go to an indexed

Though various efforts have been made of in recent years to address the Commonwealth's transportation needs, adequate and sustainable solutions have not been achieved, according to Urban Crescent officials.

> "We believe that the time for action is now, and that inaction is a 'traffic tax' on our localities, our residents, our visitors, and our businesses through decreased productivity, diminished quality of life, higher fuel costs, higher maintenance costs, and increased pollution," the leaders wrote.

> The letter isn't the final product of the Urban Crescent efforts. Bulova said it is part of a sustained effort and a "call to action" for the General Assembly and the administration to provide the funding Urban Crescent leaders say is needed in the Commonwealth to address the backlog of road and infrastructure maintenance needs, and funding for transit and road construction.

"Transportation is one of the state's fundamental responsibilities," Bulova added. "By shifting the responsibility to local government, it is essentially a tax increase on localities. When the state doesn't invest in transportation improvements, it costs the commutare on the road. It's a vicious cycle that ing public lost time and productivity."

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.

Living Water Jubilee. On Friday, Sept. 14 at 7 p.m., at Silverbrook United Methodist Church w, 8616 Silverbrook Road, Lorton. Free bluegrass concert, dinner and a special worship service lead by the Rev. Pat Watkins of Creation Care. 703-690-4159 or www.silverbrook-umc.org.

"Under the Tent" Chicken BBQ, Bake Sale and Yard Sale. On Saturday, Sept. 15 at 10 a.m., at Silverbrook United Methodist Church w, 8616 Silverbrook Road, Lorton. Proceeds go to send needy children to summer camps. Enjoy face painting, cake walk, games, moon bounce, music, environmental workshops and hands-on water mission project.

Homecoming Celebration. On Sunday, Sept. 16 at Silverbrook United Methodist Church, 8616 Silverbrook Road, Lorton. A potluck luncheon with Rev. Kenneth Jackson; all are invited to be a part of this celebration. 703-690-4159 or www.silverbrook-umc.org.

Divine Blessing Celebration. On Sunday, Sept. 16 from 11 a.m.-12:30 p.m., Fairfax Church, 4280 Chain Bridge Road, Fairfax. Special service with Reverend Johnson A. Edosomwan. Apostle@OneGodMinistry.org or 703-591-6161.

Franconia United Methodist Church Fall Bible Studies. Various times, beginning Monday, Sept. 17 at 6037 Franconia Road, Alexandria. Check website for full listing. http:// www.franconiaumc.org.

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Notice of Request for Proposals (RFP) for Food Service Vendor(Contractor)

The Capital Area Food Bank invites Contractors to submit sealed bids for providing food services for its sites. The Institution participates in the Child and Adult Care Food Program. Specifications and proposals may be obtained at the address below beginning on September 7, 2012 from 8:30 AM until September 21, 2012 at 3:00 PM. Please go to our website to access the RFP and for answers to

http://www.capitalareafoodbank.org/accepting-vended-mealbids/

Proposals presented in triplicate will be received by The Capital Area Food Bank at 4900 Puerto Rico Avenue, NE, Washington, DC 20017 until August 17, 2012 at 3:00PM for the period October 9, 2012 through June 21, 2013 inclusive.

Proposals from those bidders meeting qualifications criteria wil be opened on September 24, 2012 award to be made on or about September 26, 2012 at 11AM.
The Institution reserves the right to check all outside references. The Institution reserves the right to accept or reject any or all bids and to waive any informalities in proposals received. All awards are made pending Virginia Department of Health approval for USDA regulatory compliance.

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Join the Virginia Department of Rail and Public Transportation (DRPT) Sept. 18, 24 or 27 at a public meeting to discuss the Super NoVa Transit/TDM Vision Plan Draft Recommendations for bus, rail and TDM programs to connect VA, MD, WVA and D.C. DRPT strives to provide reasonable accommodations and services for persons who require special assistance to participate. Contact the Title VI Compliance Officer at (804) 786-4440 or

TDD 711. Public comments on the plan will be accepted until October 18, 2012 www.SuperNoVaTransitVision.com

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West Springfield's Caroline Alcorta finished second at the Monroe Parker Invitational on Sept. 8 at Burke Lake Park.



Lake Braddock's Nick Tuck finished second at the Monroe Parker Invitational on Sept. 8 at Burke Lake Park.



Lake Braddock senior Sophie Chase, right, pulled out midway through the Monroe Parker Invitational on Sept. 8 due to lower body discomfort. Chase is the defending AAA state girls' cross country champion.

(20:28), Abbie Walker was 77th (21:15)

Robinson's Macey Schweikert placed

fourth (18:04), followed by Chantilly's

Alexa Cowne (18:04), Edison's Jennifer

Flack (18:08), Robinson's Lauren Berman

(18:17), Lee's Bailey Kolonich (18:18),

Battlefield's Nicole Carter (18:40), West

Springfield's Wittich and West Potomac' s

and Erin Falk finished 89th (21:28).



Hannah Christen's individual championship led the Lake Braddock girls' cross country team to a first-place finish at the Monroe Parker Invitational on Sept. 8 at Burke Lake Park.

Christen, Lake Braddock Girls' XC Win at Monroe Parker

Defending state champ Chase withdraws due to lower-body pain.

By Jon Roetman The Connection

annah Christen and the Lake Braddock girls' cross country team overcame the loss of defending state champion Sophie Chase and a strong effort by West Springfield's Caroline Alcorta to take home top honors at the Monroe Parker Invitational on Sept. 8 at Burke Lake Park.

Chase, ranked among the nation's top 10 high school harriers by milesplit.com, pulled out midway through the race due to lower body discomfort. Despite the loss of their top runner, the Bruins won the team competition with a score of 83. Battlefield (108) placed second and Madison (120) finished third

Christen, ranked in the top 15 nationally by milesplit.com, held off Alcorta to win the individual title with a time of 17 minutes, 40 seconds, 6 seconds faster than her Spartan opponent. Alcorta led toward the end of the race, but Christen battled back.

"It felt really good, especially because I had to fight for it at the end, which made it seem more worthwhile," Christen said about finishing first as an individual. "... I was actually surprised [we won the team title] in a good way because Sophie didn't have her best day today, and so it made me happy that we can still win as a team even though we don't have our top runner, which looks good for in the future."

Lake Braddock coach Michael Mangan said it was his choice for Chase to withdraw from the race and "it's not a big deal." He said Chase's stride looked off and he told her to stop.

"I'm a bad coach if I let her keep going," Mangan said. "Had she not listened to me, I'm not very fast anymore, but I probably could have summoned 25 [or] 30 meters of a sprint and I would have hooked her."

AN EMOTIONAL CHASE was disappointed she wasn't able to finish.

"I'm not really injured, I just was not feeling good at all," Chase said. "The top part of my [right] hip was really, really hurting ... so coming up that hill I really had an option whether to try to gut it through and possibly ... irritate my legs more [or] stop.

"I was actually surprised [we won the team title] in a good way because Sophie didn't have her best day today, and so it made me happy that we can still win as a team even though we don't have our top runner, which looks good for in the future."

— Lake Braddock's Hannah Christen

It was definitely a really difficult thing to decide because I'm a fighter and I want to do well, but at the end, I have a really long season and I just have to stay focused for the long run."

Along with Christen's first-place finish, Lake Braddock's Katie Roche finished 12th (18:49), Katie Kunc was 19th (19:46), Anne Johnson finished 25th (20:06) and Misha Suresh was 30th (20:16).

West Springfield's Alcorta placed second with a time of 17:46, helping the Spartans to a sixth-place finish (200).

"I didn't think I'd be anywhere near [Christen]," said Alcorta, who placed eighth at states in 2011, her first season competing in cross country. "... [Christen is] really one of the greatest runners in the state. It's really hard trying to fight somebody that's so good. A couple times I thought I could get her, but she's really quick."

Maddie Wittich placed ninth (18:40) for the Spartans, Katie Kennedy finished 38th Katie Genuario (18:41). Bishop O'Connell's Devin Nihill finished 11th (18:48), followed by Lake Braddock's Roche, Madison's Amanda Swaak (19:07) and Anna Stone (19:14) and Battlefield's Becca Howe (19:24)

Robinson finished eighth (258) as a team, Woodson was 11th (282) and South County finished 16th (408).

IN BOYS' ACTION, Lake Braddock's Nick Tuck placed second with a time of 15:16, helping the Bruins to a sixth-place team finish. Mangan said Tuck's time was one of the best in school history for the Burke Lake course.

Chantilly senior Sean McGorty cruised to victory, posting a time of 14:50, 26 seconds ahead of second-place Tuck. McGorty placed fourth in the state as a sophomore, second last season, and was ranked in the 2012 preseason national top 10 by milesplit.com. He battled with Annandale's Ahmed Bile the

last two seasons, but Bile came out on top, winning back-to-back state championships. Now that Bile is a freshman at Georgetown, McGorty is focusing on self-motivation.

"You have to be very mentally strong," McGorty said of running with no competitors around him. "I've been working on that coming into this year because I really want to be able to motivate myself during races and not rely on other people or other events. ... It will be a little different not having someone right there with you. Mentally, last year I had to focus on staying with [Bile] or pushing the pace, trying to beat him. This year, it's more pushing myself, keeping myself motivated ..."

McGorty praised Northern Region harriers after the race, but none posed a threat on this day. Edison's Louis Colson placed third (15:18), followed by Battlefield's Haben Zemichael (15:54) and Chantilly's Peter Malander (15:55). Madison's Matthew Calem (15:56) finished sixth, followed by Stone Bridge's Brady Guertin (15:56), Chantilly's Faris Sakallah (15:57), South Lakes' Ashkan Mohammadi (15:58), Marshall's MacKenzie Haight (16:05), Battlefield's Aaron Hill (16:05), Bishop O'Connell's J.J. LaPointe (16:05), Yorktown's Ryan Hart (16:07), Lake Braddock's Alex Corbett (16:07) and T.C. Williams' Anteneh Girma (16:08).

Chantilly finished first as a team with a score of 57. Battlefield finished second (122) and Robinson placed third (134).

Nathan Schulte finished 19th (16:15) for Robinson. John Tolbert was 25th (16:20), Dustin Jutras finished 30th (16:29), Luke Sharkey was 32nd (16:38) and Leif Van Acker finished 33rd (16:38).

West Springfield finished fourth (227), South County was 16th (468), Woodson finished 18th (492) and Lee was 26th (628).

Multiple harriers needed medical attention due to the warm temperature.

"It was really, really hot," Wittich said. "It was brutal."



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LONG & FOSTER # 1 in Virginia 703-425-8000



Newly listed elegant colonial in Ridges of Glendilough. Features include many updates and a glorious sun drenched solarium. Hardwood floors throughout, updated baths, 1/2 acre backing to woods and located in

Ellie Wester 703-503-1880

Woodson-Frost School area.



Springfield Beautiful 3 level TH, 3 BR, 3.5 BA. Open floor plan, gorgeous hdwd floors. Dining room & living room, crown molding, chair rail, eat in kitchen, gas fireplace. Floor to ceiling windows look out to woods. Newer Trex deck. Fresh paint. View of Lake Mercer. Read to move in! Open House 1-4 pm, Sunday, 9/16.

Etta Gabel 703-425-5163

Woodbridge Sensational Colonial features 3 BR, 2 1/2 BA, 1 with island, all baths updated, new HVAC & so much more. Incredible, fenced yard is a paradise. Truly incomparable value

Kim McClary 703-929-8425



This charming 4BR, 3.5BA, 2-car side-entry garage home is loaded with upgrades: new roof, gourmet kitchen w/island and granite countertops, stone patio, finished basement w/marble floors, wet bar. MBR features cathedral ceiling. his & her walk-in closets, and luxury MBA. Ngoc Do 703-798-2899



Gainesville Gainesville
Stunning, upgraded Lakemont II in Heritage
Hunt 55+. 3 BR, 3BA, including 2 main level
BRs, Gourmet kitchen w/granite & island,
Family room off kitchen, Living room, Dining room, Den, Loft, skylights, Irrigation system, 2 car Garage, tranquil setting. Amanda Scott 703-772-9190

Woodbridge \$350, 4 BRs, 2.5 BAs, bedroom level laundry room new carpet, freshly painted. Main level office, living room, dining room, huge family room with gas FP, huge kitchen, separate breakfast area, 2 car garage – 2700 sq. ft. Living space



4 bedrooms, 3 1/2 baths. Beautiful hardwood floors on the upper two levels. Separate library off the living room Two fireplaces Deck and screened in porch. Huge recreation room with a custom bar/entertainment area. Plus a guest room and full bath. Walkout from the recreation room to a lower patio or from the kitchen to a deck and porch. Two car side load garage. Surrounded by trees!

Betty Barthle 703-425-4466



Alexandria Close-in! The perfect; minutes to I-395, shopping, and Old Town Alexandria. with two bedpatio backing to community Ellie Wester

codes! Sited on more than 3/4 acre, this 2 level

Opportunity Knocks! Don't miss this rare offering in one of Northern Virginia's most sought-after zip Rambler features 3 BR, 3 BA, huge county kitchen, screened porch & expansion potential galore! Make this #1 on your list to visit. Kim McClary 703-929-8425

Fairfax Station



Dumfries \$325,00 Beautiful 2 level, 6BR, 4BA rambler located in the golf course community of Montclair/Country Club. Sits on a hill for maximum privacy. Features 2-car side entry garage and huge parking pad, gleaming hardwood floors, huge open kitchen with island that opens to large family room, luxury MBA & walk in closet.

Ngoc Do 703-798-2899

Multi-level 4/2/1 gem in the Woodson pyramid. Renovated kitchen w/granite, SS appliances plus upgraded baths, refinished hardwoods on 2 levels & fin. LL walkout to deck & fenced back-yard. Bonus Florida room, deck, new driveway & 2 blocks to Woodson HS. See photos at www.CallMaryNow.com.

Mary LaRoche 703-919-0747



This magnificent 5BR, 4.5BA, 3-Car Garage home is located on 5.29 acres in the exclusive gated golf course community of River Falls. Built in 2009 & beautifully finished throughout. Outdoor living includes a private yard, deck, hot tub, garden & a serene trail leading to 170' of rare, gorgeous waterfront w/deep water access. Ngoc Do 703-798-2899



Natural light illuminates this stylish home on quiet cul-de-sac in sought after Kings Park West. Features cathedral ceilings, hardwood floors, updated baths, and newly updated kitchen with gran ite, stainless appliances, and breakfast bar. Light-filled family room has gas fireplace and new neutral carpet. Freshly painted throughout with decorator paints. Spacious patio & private fenced backyard are great for family fun and entertaining. Walk to schools & metrobus stops. Close to VRE, shopping, & restu

Mary Hovland 703-946-1775 Cathy DeLoach 571-276-9421



Amazing 5 acre estate home with 2 car garage, 4 bedrooms,

4 1/2 baths in the main residence plus an additional 2 room

and full bath guest house over a detached 3 car garage.

Stunning, luxurious master suite plus a gorgeous custom

kitchen, custom library and separate sunroom. Regulation

sized tennis court, swimming pool, hot tub and 1/4 mile

This European Manor, custom built on a beautiful wooded lot, bordered by a stream, a bridle trail on the property and throughout the community. Designed with contemporary accents, the home features 4/5 BR, 5.5 BA, appx. 6200 square feet of living space, 3 stone patios, and

Ngoc Do 703-798-2899



Main Level MBR! Light-filled 3 BR, 3.5 BA with main level master. Updated kitchen and baths. Finished lower level RR w/wet bar, full BA, and office. Close to the heart of Herndon in beautiful Oak Hill.

Barbara Nowak 703-473-1803 Gerry Staudte 703-309-8948



Aldie This brand new 3BR, 2BA, 1-car garage top floor unit with balcony features chef's kitchen with stainless steel appliances and breakfast bar, large master bedroom with walk-in closet and master bath, washer/dryer and only 4 Ngoc Do 703-798-2899

\$559,900 Fairfax Lovely 5 BR, 31/2 Bath beauty in Beautiful Fairfax Club Estates. Situated on a richly wooded lot on a pretty cul-de-sac. The interior boasts 1st floor FR w/Fireplace, Formal LR/DR, New SGD steps you out to quiet deck, perfect for entertaining, Remodeled Baths, Newer Kitchen, Lower Level w/Rec Room, 5th BR and h, 2 car garage. **Sheila Adams 703-503-1895**



Incredible, renovated end unit beauty w/2-car garage sited on a huge lot surrounded by trees will take your breath away! 3 BR, 3.5 BA, 9' silestone--the list is endless! Don't let this beauty slip thru your fingers. **Kim McClary 703-929-8425**



Burke Three level condo townhouse. 2 bedrooms 2.5 baths. New carpe throughout! New washer/dryer, stove, dishwasher, range hood, hot water heater & new flooring in kitchen/fover/powder room! Hardwood floors in living room/dining room areas. Rec room with fireplace and walkout to treed rear vard. Lovely courtvard setting. Just minutes to VRE or metro bus. Great location. Betty Barthle 703-425-4466



Waterfront! Attention to detail shows throughout this 6700 sq. ft. home with 5 bedrooms and 5.5 baths. Beautiful sunrise views on Lake Anna's private side Greg Isaac 540-661-2019



\$559,000 Spacious 5 bedrooms, 3 finished levels, 2 fireplaces, neutral carpet. Finished lower level rec room and den that walks out to lovely serene treed back yard. Family Room off the kitchen that walks Cyndy Patrick 703-851-7198



\$284,750 enclave, this TH is a auick hop to 395 Metro! Features 2 BR, 2.5 BA, updated kitchen, HVAC, roof & more! Lovely, enclosed patio, sur rounded by trees! amenities: pool, ten & walking/jogging Kim McClary

Alexandria



\$379,900 Water Access with Slip. Custom 3 BR, 2 BA in Gated Community, open floor plan, stone fire-place, high end upgrades, 2-car attached, 2-car detached garage. Lake Anna Windwood Coves Subdivision

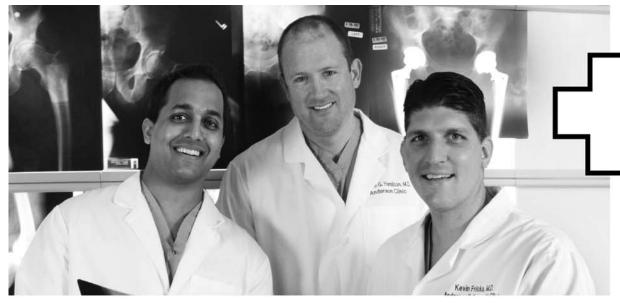
Liz Wilson 540-226-6475



\$839,000 **Fairfax Station** Beautiful Colonial on private 5 acres with lush landscaping & pool. Offers 4 BRs, 2.5 BAs, fin LL w/ rec rm, wet bar & walk out. Features updated gournet Kit w/ SS appls, cherry cabnts, granite cntrs, & MBR w/

Carol Hermandorfer 703-503-1812

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This seminar is FREE but you must register by calling 1.855.My.Inova (694.6682) or by visiting our Website at inova.org/asktheexpert

Race for a Cause:

Come be a Superhero!

We're partnering with Acumen Solutions for their 4th Annual Race for a Cause™ 8K and 1Mile Fun Run race on Sunday, October 14, 2012 in Arlington, VA.

Alexandria and Fairfax Region Boys and Girls Club will be one of 10 charities benefitting from the race and it's up to the runner or walker to pick which charity their donation will benefit. \$2,000 in combined prizes will be awarded to top race winners.

Please choose the Boys and Girls Club – Alexandria Olympic and Fairfax as your charitable preference!

Location: Arlington, VA

Date: October 14, 2012 • **Time:** 8:00 A.M.

The race will be on a fast out-and-back, flat course that begins and ends on North Quincy Street near the intersection of Wilson Boulevard. Runners of all levels, as well as walkers, are encouraged to participate. ACUMEN For more information and to register, visit: http://communications.acumensolutions.

com/Theraceforacause/index.html







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