

Jim Bellas, 65, performs on vocals and guitar at Kate's Irish Pub Open Mic Night in Springfield.

# Delightful Evenings At Kate's

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PHOTO BY STEVE HIBBARD/THE CONNECTION

# SCHOOLS

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.

**Michelle "Mimi" Ashley-Dwyer Lynch**, graduate of Robinson Secondary School, graduated Summa Cum Laude from New York College of Pennsylvania with a Bachelors of Science degree in biology and a minor in theatre.



**Michelle "Mimi" Ashley-Dwyer Lynch**

She will be attending the University of Virginia Medical School.

Two Springfield graduates recently received degrees from Boston University: **Helen L. McCarthy**, Theatre Artisan in Artisan and **Lauren E. Drake**, Bachelor of Arts in Neuroscience.

**Martine Voltaire** of Fairfax Station, mother of Chancey, age 4, and Tristan, age 1, is the winner of a \$5,000 college savings account from Virginia529.

The award was part of the 2013 529 Day campaign to increase awareness of tax-advantaged 529 plans as savings vehicles for higher

education.

**John William Forneris** of Clifton, graduated magna cum laude from Wake Forest University School of Law on Sunday, May 19, in Wait Chapel.

**Bradlee Rogers** of South County High School accepted an honors scholarship awarded by Northern Virginia Community College.

Graduate **Alex Zorychtao** of Clifton, along with Shaun Moshasha and Rachel Smith of the University of Virginia have dedicated the next year to a new type

of diagnostic test, Phage Flag. This test could help prevent the Whooping cough and is a finalist for a \$100,000 Coulter Translational Research Grant.

**Daniel Weisz** of Clifton has been appointed by the 10th Districts Class of 2017 service academies and will attend the United States Air Force Academy.

**Kyra E. Rodio** of Lake Braddock Secondary School received the National Merit Hillsdale College Scholarship of Merit Scholarship Awards by the National Merit Scholarship Corporation.

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# NEWS

**Del. David Bulova (D-37) addresses his fellow delegates in the lower house of the Virginia General Assembly during a session in February.**



PHOTOS BY VICTORIA ROSS/THE CONNECTION



**State Sen. Chap Petersen (D-34), (sitting, far right), discusses a bill in the Senate chamber of the Virginia State Capitol in Richmond in February, near the end of the session.**

## When a Bill Becomes a Law

**On July 1, sales taxes go up for Fairfax County residents.**

BY VICTORIA ROSS  
THE CONNECTION

**W**hat happens in Richmond usually stays in Richmond during the General Assembly's annual legislative session.

Until the first of July, when what happened in Richmond becomes the law.

Based on low voter turnout for state representatives, most of Fairfax County's one million plus residents pay little attention to what their state legislators do or don't do in Richmond each year.

"Bills get passed in the blink of an eye, and what gets passed really does affect your day-to-day life," said Delegate David Bulova (D-37.)

He pointed out that nearly 850 bills were passed into law during the 2012 session, including bitterly-debated legislation requiring a woman to have an ultrasound before an abortion, and the repeal of the "one handgun a month" law, which eliminated Virginia's 19-year ban on the purchase of more than one handgun a month.

Bulova had several legislative wins this session, including a bill that would make texting and driving a primary offense.

"We needed to at least make it clear that you risk a reckless driving offense if you text and drive," Bulova said.

Transportation funding dominated much of the discussion this year, and caused the most heartburn for many legislators. On the

last day of the 2013 session, state legislators struck a bipartisan 11th hour deal for a comprehensive transportation funding plan, the first long-term plan in 27 years.

Most local legislators praised the bill, which is projected to raise more than \$3.5 billion for roads and rails over five years and nearly \$900 million annually after 2018. Northern Virginia gets hundreds of millions from the state, including \$300 million committed to complete Metro's Silver Line extension to Dulles International Airport.

**"We needed to at least make it clear that you risk a reckless driving offense if you text and drive."**

—Del. David Bulova (D-37)

State Sen. Chap Petersen (D-34) was one of a handful of Democrats who voted against the deal, arguing that the new taxes are "discriminatory against Northern Virginia. ... The bottom line is we did need new revenue for transportation. We just went about it the wrong way."

"If we had not seized the moment, I couldn't see another path forward in the foreseeable future to get a meaningful transportation package through a split General Assembly and then the governor,"

said Bulova during a legislative wrap-up session for constituents in the Braddock district in April. "While this wasn't a perfect package, it also wasn't a something or nothing deal either."

Del. Vivian Watts (D-39), considered a "transportation wonk" by her peers—she served as Virginia's Secretary of Transportation—has argued that not having the transportation deal would have been "catastrophic."

"The \$300 million that is raised here will stay here for local and regional priorities," Watts said.

Following is a list of legislation affecting Fairfax County residents that became law on Monday, July 1. For more information on a particular bill, visit the Legislative Information System at <http://leg1.state.va.us/lis.htm>.

### Transportation Taxes and Fees (HB 2313)

Statewide Provisions:

- ❖ Replaces 17.5 cents per gallon tax on gasoline and diesel with a 3.5 percent tax on gas and 6 percent tax on diesel.

- ❖ Increases the automobile sales tax from 3 percent to 4.15 percent.

- ❖ Increases the state sales tax from 5 percent to 5.3 percent.

- ❖ Increases the state General Fund transfer to transportation from 0.5 percent to 0.675 percent.

- ❖ Increases the fee for alternative fuel vehicles to \$64.

Regional Provisions:

- ❖ Increases sales tax in Northern Virginia by 0.7 percent, for a total of 6 percent.

- ❖ Imposes 2 percent transient

occupancy tax.

- ❖ Imposes a congestion relief fee [grantors tax] of \$0.15/\$100 valuation.

- ❖ Repeals the local option to enact a 1 percent income tax by referendum.

### Traffic Safety

- ❖ Texting and Driving (HB 1907/SB 1222). Driving while texting is now a traffic infraction punishable, for a first offense, by a fine of \$125 and, for a second or subsequent offense, by a fine of \$250.

- ❖ Driving under 18 (SB 1165). The holder of a provisional driver's license under age 18 is not authorized to operate a motor vehicle with more than one passenger who is less than 21 years old unless the driver is accompanied by a parent or person acting in loco parentis who is occupying a seat beside the driver.

### School Safety

- ❖ School Emergency Response (HB 2345). This bill requires the Virginia Center for School Safety, in conjunction with the Department of State Police, the Department of Behavioral Health and Developmental Services, and the Department of Education, to develop a model critical incident response training program for public school personnel and those providing services to schools.

- ❖ School Safety Audits (HB 2346). This bill requires each school, in its annual school safety audit, to complete a school inspec-

tion walk-through using a standardized checklist provided by the Virginia Center for School Safety, which will incorporate crime prevention through environmental design principles. Each completed walk-through checklist will be available to the chief law enforcement officer of the locality upon request.

- ❖ Firearms Safety (SB 1378). Anyone convicted of the "strawman" purchase of a firearm, with the intent to resell or transport a firearm outside of Virginia, is now guilty of a Class 4 felony and will be sentenced to a mandatory minimum term of imprisonment to one year.

### Other Bills

- ❖ HB 1990 allows localities to impose a \$250 annual license tax for drivers who do not display license plates issued by the commonwealth, and who are not already exempt from displaying license plates.

- ❖ HB 2175 authorizes the governor to request federal funds to construct a new veterans care center in Northern Virginia, and requires the state treasurer to issue a short-term treasury loan in an amount up to \$28.5 million for the state share of construction costs, once the U.S. Department of Veterans Affairs has determined that federal funds will be allocated for the new center.

- ❖ HB 2341 provides that a person who is qualified to register to vote may apply to register to vote by electronic means authorized by the State Board of Elections.

**“Mr. Springfield” Todd Lattimer stands in front of the newest branch of First Virginia Community Bank.**



PHOTO BY TIM PETERSON/THE CONNECTION

## ‘Mr. Springfield’ Comes Full Circle

Todd Lattimer has worked as a banker in Northern Virginia for 36 years, 30 in Springfield alone.

BY TIM PETERSON  
THE CONNECTION

**P**instripes. His sharp power suit (purchased from long-time customer Francis Tailors in Annandale) is about the only quality Todd Lattimer shares with the stereotypically stingy, cold, possibly monacled, yet well-dressed image of a banker.

The highly affable Annandale native has forged a 36-year career in the profession of community banking: serving the area by building trusting relationships with small businesses. His commitment to this people-first ideal is one of the main reasons Lattimer was recently selected to join the team at First Virginia Community Bank as it opens a Springfield branch, the fifth location since the locally owned bank was created in 2007. It also earned him the nickname “Mr. Springfield.”

“Todd is a consummate banker,” said David Pijor, chief executive officer of the fast-growing FVCbank and a 30-year Oakton resident. “You’re never a number. He knows you, your family, your children, your business partners. That’s the way we try to bank—it was just a wonderful fit of values.”

**NOW 53**, the 17-year-old Lattimer started work in Springfield as a drive-in teller for Virginia National Bank in 1977. That location was in a trailer, with a “little box” in the back serving drive-in customers. His aptitude for the work quickly got him moved inside, and soon more promotions followed.

After a stint in Tysons Corner, Lattimer returned to Springfield in 1983 to help organize Prosperity Bank and Trust. He left behind more than he expected: “All of the sudden,” he said, “my phone started ringing. People I was taking care of in Tysons asked, ‘Where’d you go? Can I come open my account?’ That’s when the light bulb went off: If you take care of people, they want to bank with you.”

Taking care of others in the community has been Lattimer’s mantra for the last 30 years. He simply views himself as a role-playing part of a team. “Small business people are experts at what they do,” said Lattimer, “but they’re not lawyers, bankers or accountants. They need that outside team of those experts—that’s my perfect fit.”

But more than simply offering financing to youth sports clubs and start-up concrete companies, Lattimer is a model corporate citizen for his clients. His laundry list of community involvement includes previously serving as president of both the Greater Springfield Chamber of Commerce and Springfield-Franconia Lions Club, as well as work with Jr. Achievement, the American Heart Association and Springfield Days.

“Todd is a wonderful banker. He gets to know you, understands your business, reacts to the needs of the commercial world,” said decades-long friend and client Ron Devine, owner of A&R Foods and the Springfield Tower Building. “But beyond that, what I’ve seen Todd do is have civic responsibili-

ties. His community and philanthropic work sets him apart. He knows what that means.”

**FOR LATTIMER**, who has grown up watching Springfield grow and develop, all his work—professional and otherwise—is simply about making the community a better place. It’s about enriching the opportunities for families like the one he built with wife Theresa and sons Michael and Tommy.

When long-time client Springfield Youth Club was interested in adding an artificial turf field to the sports complex they share with West Springfield High School, they came to Lattimer with no guarantors and no collateral. “A big bank wouldn’t do that,” he said. “That’s a community bank deal. This is good for the youth club, this is good for the high school.”

Lattimer was able to work out a loan deal for roughly \$1 million to put in the field. It was a milestone in the pair’s relationship, but not the only one he is concerned with. “I don’t ever look at one loan as it,” said Lattimer. “It’s more about the relationship. I’ll give them their best option. I don’t care about that one transaction, I want them all. I want to be in that role, the relationship advisor.”

His perspective on small business clients, then, is more that of a father figure than Uncle Pennybags. “What makes you feel good is you played that role,” Lattimer said. “You provide access to capital, you watch them be successful, create jobs and do great things in the community.” And that way, everyone passes “Go.”



PHOTOS BY ELEANOR LAMB/THE CONNECTION

Senior Addie Block measures carefully during a demonstration of how little accessible fresh water there is in the world.

## Lancers Show Fun Side of Science

Children flock to presentations put on by students.

BY ELEANOR LAMB  
THE CONNECTION

**T**he Lancers provided a piercing glimpse into how young minds can embrace the implications of science and showcase them in a fun and educational way.

Robert E. Lee High School held its second annual Community Science Day, an event where high school students present projects to both judges and interested families. The exhibitions, which were created predominantly by seniors, covered a wide range of topics, from food and calories to cosmic rays. Young children filtered from room to room, engaging in the activities that aimed to cultivate an interest in the subject matter.

“If they get excited early, they can maintain that excitement,” said physics teacher and Science Day leader Heather Moore.

Planning for their audiences was one of the toughest obstacles the students had to

tackle. Not only did they have to make their presentations cerebral enough to impress a judge, they had to make them interactive and exciting for children. Their mission was to expel any confusion toward science and stimulate the children’s interest in the field.

“We are scared of the unknown. The more you know, the less it [appears] scary,” said physics teacher Lisa Eggart. “Science is the future.”

**THE HIGH SCHOOL STUDENTS** faced this task wholeheartedly. Many of them had been working on their projects for the past three months, and the effort was apparent in their displays. They organized stations with posters, surveys and hands-on activities to engage their audience.

One such station was an interactive lesson on genetic engineering. Seniors Misheel Batbayar and Shannon Richter created models of fish that could withstand cold tempera-

SEE LANCERS SHOW, PAGE 7



A participant gets some tips from senior Madison Curtis on how to master an aerodynamics display.

AREA ROUNDUPS

## Countywide Transit Network Study

The Fairfax County Department of Transportation is conducting the Countywide Transit Network Study to determine the type of transit systems needed to accommodate forecasted growth throughout the county over the next several decades. The study has developed a proposed concept plan for where Metrorail should be extended, where light-rail systems are appropriate, and where dedicated lanes that allow buses to move faster could go. The study will also recommend how the system can be phased in and funded over time.

The public is invited to participate in the study's third public meeting and workshop to discuss the proposed High Quality Transit Network (HQTN) concept. It's slated for Wednesday, July 10, in rooms 4 and 5 of the Fairfax County Government Center. There'll be an open-house format from 6-9 p.m., with a 20-minute presentation at 7 p.m.

The public meeting will present preliminary recommendations for the HQTN corridors and describe the network's benefits for the county and its residents. For more information, see [www.fairfaxcounty.gov/fcdot/2050transitstudy](http://www.fairfaxcounty.gov/fcdot/2050transitstudy) and join the conversation online via the IdeaScale discussion board at [www.fairfaxcountydot.ideascale.com/](http://www.fairfaxcountydot.ideascale.com/). The next steps in the study will be to respond to the commentary received on the proposed concept, consider and incorporate potential revisions and develop final study recommendations this fall.

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## HOT-Lanes and No Metro for I-66?

Did you miss the public discussion and input? So did we.

One day when I was stuck in traffic on I-66, I was briefly entertained by the license plate of the vehicle in front of me. “66 SUCKS,” it read.

No question, commuting on I-66 is a bear.

But last week, Gov. Bob McDonnell issued a request for the private sector to make improvements on the 25 miles between Route 15 and the Beltway.

A press release Thursday, June 27, announced that the “Commonwealth is looking for the best and brightest ideas, suggestions and recommendations from the private sector to transform I-66 from a highly congested corridor to a multi-modal transportation facility that moves traffic and people more efficiently.”

So far so good. But the devil is in the details, which call to:

- ❖ Widen I-66 by building additional general purpose lanes that would not be tolled

- ❖ Convert the existing high occupancy vehicle lane into either a one or two lane (in each direction) facility that would be free to carpoolers, buses and emergency vehicles. The HOV lanes would operate similar to the I-495 Express Lanes, which were completed late 2012 or the I-95 Express Lanes, which are under construction.

- ❖ Locate Bus Rapid Transit in the median of I-66 extending west from Vienna to Haymarket.

Wait, Bus Rapid Transit is the only transit option in the request. Metrorail, VRE, light rail, all eliminated from consideration with the push

of a “send” button.

The Northern Virginia Transportation Authority expressed “grave concern regarding the lack of transit concepts moving forward for additional consideration.” The NVTA said in a letter to McDonnell: “Although Bus Rapid Transit (BRT) is on the list of seven concepts being recommended for Tier 2, the absence of Metrorail extensions, VRE extensions and light rail transit is surprising. ... We are concerned by the exclusion of these transit options for additional study, as this could preclude development of these options in the future and is in conflict with existing and planned transit facilities for the I-66 Corridor.”

This specific invitation to the private sector would stop consideration of any transit except bus rapid transit. While bus rapid transit should certainly be considered, this route could be a logical extension of the Metro Orange Line past Vienna, and VRE is also operating in the area. This is not the place to stop the consideration of transit options.

Also of concern is the fact that the 495 Express Lanes have not operated long enough to be fairly evaluated. Use of the lanes has been significantly below projections, and revenue has fallen short as well.

Nationwide, most HOT-Lanes projects are significantly underperforming projections. Turning over tolls for 75-80 years to a private partner is questionable, and the public needs to understand that the commonwealth invested heavily in the 495-Express Lanes as well.

The 495 Express Lanes were “funded with an extraordinary package of private equity, state funds and federal credit assistance, under a public-private partnership agreement signed on Dec. 20, 2007,” according to Public Works Financing newsletter. “Key to making the numbers work were the large contribution

from VDOT and the flexible federal credit assistance.”

The agreement includes no limit on the amount of tolls, “protecting” the private investor from “excessive” HOV use (use of the lanes is free if there are three or more people in the vehicle), and revenue sharing with the commonwealth only after the project has met the optimistic expected return on investment of 13 percent.

There have been significant benefits to the 495 Express Lanes project including replacement of aging bridges and interchanges and additional capacity in the regular lanes. But we have no idea what those benefits will cost in the long run.

McDonnell should heed the request of the Northern Virginia Transportation Authority and pull back from the current request. Other transit options must be on the table, although bus rapid transit could still emerge as the best option. And an impartial analysis of how high occupancy toll lanes are working so far, and what Virginia’s obligations are if they do not meet expectation, is a must before going forward on I-66.

At presstime, early this week because of the Independence Day holiday, McDonnell released a draft 2013 Virginia PPTA Pipeline, calling for public comment between now and Aug. 1. Ten “candidate projects” include; I-66 Corridor Improvements; Air Rights Development (VDOT); I-64 HOV to HOT Conversion; I-495 Express Lanes Extension; Cell Tower/Fiber Optic Opportunities. Ten conceptual projects include: Advertising/Sponsorship Opportunities (VDOT); Parking Facilities Enhancements (VDOT); Rest Area Enhancements.

See [www.vappta.org](http://www.vappta.org).

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

EDITORIAL

## Job Training Key to Combating Homelessness

BY MARY AGEE  
PRESIDENT AND CEO /NORTHERN VIRGINIA FAMILY SERVICE

During their last round of budget hearings, the Fairfax County Board of Supervisors heard from Marlena, a domestic violence survivor who had to decide between the “security” of her home or the personal safety of her family.

Upon moving her two sons into emergency housing, Marlena received the wraparound counseling and care services offered to shelter residents. After successive cycles of having, losing and searching for jobs, Marlena heard about Northern Virginia Family Service’s (NVFS) Training Futures job development program and decided to register.

Over the course of six months, Marlena learned office skills, etiquette and ethics; how to prepare a resume and interviewing skills; and completed an internship giving her real-world experience. She was initially hired by a nonprofit as a receptionist, and has since earned a promotion doing client services.

She even continued her education at Northern Virginia Community College and earned a certificate in Business Information Technology. But most importantly, with steady income, she was able to secure an apartment in Northern Virginia for her and her two boys. NVFS is committed to ending homelessness.

Nothing is more critical to the fabric of a family than the safety and stability of a place to call

home. Our consortium of non-profit partners and commitment from local government, such as Fairfax County’s 10 Year Plan to End Homelessness, have invested resources to make sure our neighbors in need can help themselves. These services are generally a combination of emergency and temporary housing, mental health counseling, access of health care, food, etc. But without the ability to provide for one’s family, all of the services listed above become Band-Aids to the greater need of economic self-sufficiency.

The United Way of the National Capital Area recently released “Community Snapshot: A Report on the Economic and Social Well-Being of the National Capital Area,” prepared by the George Mason University Center for Re-

gional Analysis. This report forecasts that more than 60 percent of high-demand jobs in our area will require a high school degree, GED, vocational education training or on-the-job training. That’s where a program like Training Futures really makes a difference in our community. For Marlena and 1,500 of her fellow graduates, this job training program has empowered individuals and families to take control of their lives and become contributing members of our community.

Although Training Futures is not a housing program, it remains an important piece of the puzzle when considering how to end homelessness. For more information on how you can become involved, please visit [www.nvfs.org/trainingfutures](http://www.nvfs.org/trainingfutures).

# Fun Side of Science

FROM PAGE 4

tures in the Arctic. They then encouraged audience members to extract the fish's "genes," which were cleverly constructed from pipe cleaners, and blend them with clay tomatoes to make the produce survive in the cold as well. Batbayar and Richter were passionate about their topic and catching children's attention.

"Genetic engineering is the basis for everything," said Batbayar. "It doesn't discriminate against anyone. It impacts all of us."

Seniors Eric Thompson, Conner Eveker, Tai Nguyen and Henrique Moco treated their presentation material with similar enthusiasm. The four of them created a laser display that showcased how sound travels, which they demonstrated through shaking a metal coil, and how light particles move, which they explained through an activity that forced the audience to move around in pairs. They ended their presentation by turning off the lights and sending lasers every which way across the room. Their goal was to show the scientific side of things, which many people dismiss as fun distractions.

"There's actually physics behind all the stuff at parties," said Thompson.

**THE STUDENTS' EFFORTS** at rallying the children's attention paid off. Children



PHOTO BY ELEANOR LAMB/THE CONNECTION

**Seniors Thor Pretzman and Joe Hall demonstrate the power of combustion by igniting a bubble.**

raised their hands to answer the high school students' questions and eagerly volunteered to participate in the hands-on activities. Jeannett Frank, a mother from Franconia who home schools her children, enjoyed the various learning experiences provided to the children.

"It's lovely," said Frank. "It's important because they're at an age where they absorb a lot."

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# CALENDAR

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. The deadline is the Friday prior to the next paper's publication. Dated announcements should be submitted at least two weeks prior to the event. For more entertainment events in the county, go to: <http://www.connectionnewspapers.com/news/2013/may/22/fairfax-county-calendar/>.

## FRIDAY/JULY 5

**Kings Park Band.** 7:30-8:30 p.m., at Lake Accotink Park, 7500 Accotink Park Road, Springfield. The Kings Park Band has grown to a full concert band of over 55 adults with a paid professional conductor. [www.kingsparkband.org](http://www.kingsparkband.org).

## SATURDAY/JULY 6

**Yoga on the Quad.** 8 a.m., at the Workhouse, 9601 Ox Road, Lorton. A free, 45-minute long yoga class held outside; bring your own yoga mat. [workhousearts.org/events/general-events/free-yoga-quad-0](http://workhousearts.org/events/general-events/free-yoga-quad-0).

**Frank Solivan and Dirty Kitchen.** 7-8 p.m., at Workhouse Arts Center at Lorton, 9601 Ox Road, Lorton. Solivan, who sings lead vocals and plays mandolin and fiddle, performed for six years with the U.S. Navy's bluegrass group before leaving the service to play the civilian bluegrass circuit. [www.dirtykitchenband.com](http://www.dirtykitchenband.com).

**Patriotic Fireworks Show.** 9 p.m., at the Quad, 9601 Ox Road, Lorton. Bring your family, friends, blankets and lawn chairs and come watch as the colors light up the sky. The Workhouse Arts Center is presenting patriotic fireworks show. 703-584-2900 or [workhousearts.org/events/](http://workhousearts.org/events/)



**Rock-N-Kids is a summer program filled with singing and dancing held every other Friday in the summer at Empire in Springfield. The next Rock-N-Kids is Friday, July 12.**

general-events/patriotic-fireworks-show.

## FRIDAY/JULY 12

**The Hot Society Orchestra Of Washington.** 7:30-8:30 p.m., at Lake Accotink Park, 7500 Accotink Park Road, Springfield. The Hot Society Orchestra of Washington performs dance music of the 1920's, 1930's and 1940's, re-creating the great sounds of early jazz-dance bands. [www.hotsociety.net](http://www.hotsociety.net).

## SATURDAY/JULY 13

**Yoga on the Quad.** 8 a.m., at the Workhouse, 9601 Ox Road, Lorton. A free, 45-minute long yoga class held outside; bring your own yoga mat. [workhousearts.org/events/general-events/free-yoga-quad-0](http://workhousearts.org/events/general-events/free-yoga-quad-0).

**5th Annual Ice Cream Social Fundraiser.** Noon-4 p.m., at the W-8, 9601 Ox Road, Lorton. Workhouse Arts Center is organizing its 5th Annual Ice Cream Social Fundraiser, which involves the sale of handmade ice cream bowls created by the students, ceramic artists and instructors of the art center; music from the Backyard Blues Band playing and pony rides and fire station tours are also part of the event. \$15 per bowl. 703-584-2900 or [workhousearts.org/events/visual-arts/5th-annual-ice-cream-social-fundraiser](http://workhousearts.org/events/visual-arts/5th-annual-ice-cream-social-fundraiser).

**2nd Saturday Art Walk.** 6-9 p.m., Workhouse, 601 Ox Rd, Lorton. This art walk showcases the diverse work of more than 100 visual artists. [workhousearts.org/events/visual-arts/2nd-saturday-art-walk-10](http://workhousearts.org/events/visual-arts/2nd-saturday-art-walk-10).

**360 Degrees of Post-Traumatic Stress Reception.** 6-9 p.m., at the Workhouse in the Vulcan Gallery, 9601 Ox Road, Lorton. Works from soldiers in transition at Walter Reed National Military Medical Center and Fort Belvoir Community Hospital, including sculptures, prints and more made from veterans participating in

the Combat Paper Project. [workhousearts.org/events/visual-arts/360-degrees-post-traumatic-stress](http://workhousearts.org/events/visual-arts/360-degrees-post-traumatic-stress).

**Claire Lynch.** 7-8 p.m., at Workhouse Arts Center at Lorton, 9601 Ox Road, Lorton. The current Claire Lynch Band is a quartet that perfectly interprets the beauty, subtlety and genre of Claire's music. [www.clairelynch.com](http://www.clairelynch.com).

**Cool Cow Comedy.** 7 and 9 p.m., Workhouse Arts Center, 9601 Ox Rd, Lorton. Rahmein Mostafavi hosts touring comedians in an evening of live stand-up comedy. \$15. [workhousearts.org/events/performing-arts/cool-cow-comedy-2](http://workhousearts.org/events/performing-arts/cool-cow-comedy-2).

**Ballroom Social.** 7:30-10:30 p.m., Workhouse Arts Center, 9601 Ox Road, Lorton. Come for an evening of social ballroom dance led by an instructor; refreshments and cash bar included. Mini lesson: \$5; Social dance: \$10. [workhousearts.org/events/performing-arts/ballroom-social-dance-5](http://workhousearts.org/events/performing-arts/ballroom-social-dance-5).

**Chef's Table.** 8-10 p.m., Workhouse Arts Center, 9601 Ox Road, Lorton. Learn some basic cooking techniques while enjoying your family and friends. Couple: \$80. [workhousearts.org/events/general-events/date-night-chefs-table-10](http://workhousearts.org/events/general-events/date-night-chefs-table-10).

## FRIDAY/JULY 19

**The Capital Focus Jazz Band.** 7:30-8:30 p.m., Lake Accotink Park, 7500 Accotink Park Road, Springfield. Dedicated to the preservation of traditional New Orleans jazz, Capital Focus has played throughout the United States and Europe. [www.prjc.org/cfbj/muscn.htm](http://www.prjc.org/cfbj/muscn.htm).

**Sixth Generation Concert.** 8 p.m., Workhouse Arts Center, 9601 Ox Road, Lorton. The Sixth Generation is a dynamic rock and roll band at the forefront of musical style from the late 1960s. \$10-15. [workhousearts.org/events/performing-arts/sixth-generation-concert](http://workhousearts.org/events/performing-arts/sixth-generation-concert).

## 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.

**The Guhyasamaja Buddhist Center,** 10875 Main St., Fairfax City, provides free classes on Tibetan Buddhism focused on working with and understanding the mind, overcoming suffering and cultivating happiness. [www.guhyasamaja.org](http://www.guhyasamaja.org).

**Fairfax Baptist Temple,** at the corner of Fairfax County Parkway and Burke Lake Roads, holds a Bible study at 9 a.m. Sundays followed by a 10 a.m. worship service. Nursery care and children's church provided. 6401 Missionary Lane, Fairfax Station, 703-323-8100 or [www.fbtministries.org](http://www.fbtministries.org).

**First Baptist Church of Springfield** offers Sunday school at 9:15 a.m., followed by a 10:30 a.m. worship service at 7300 Gary Street, Springfield. 703-451-1500 or [www.fbcspringfield.org](http://www.fbcspringfield.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, holds Sunday mass at 7:30, 8:45, 10:30 a.m. and 12:30 p.m.; a Saturday vigil at 5:30 p.m.; and Thursday Latin mass at 7 p.m. 703-817-1770.

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**To Advertise Your Community of Worship, Call 703-778-9418**



PHOTO CONTRIBUTED

A patriotic display of fireworks at the Lorton Workhouse Arts Center.



PHOTO BY VICTORIA ROSS/THE CONNECTION

A City of Fairfax firefighter sprints to lay down a fire hose during the timed "Lay-a-Line" competition during the City of Fairfax's annual Old-Fashioned Fireman's Day event on July 4, 2012.

# Let the Sparks Fly

BY VICTORIA ROSS  
THE CONNECTION

**S**o. It's July 4, 2013. Independence Day. A federal holiday celebrating our freedom from Great Britain. The National Day of the United States.

And you have nothing planned.

Your children have dreams of fireworks in their head, your neighbors' homes are festooned with patriotic flair, and your friends already have their coolers packed and lawn chairs ready for their memorable 4th of July celebration.

It's not too late for you to have a fun-filled 4th of July too. We've compiled a list of the best local events, close to your home and mostly free!

## City of Fairfax

Day-long Independence Day events include a parade, fireworks, history, firefighters and more.

❖ For additional information on Independence Day activities, call 703-385-7858 or visit the city's web site at [www.fairfaxva.gov](http://www.fairfaxva.gov).

Rich with Revolutionary and Civil War history, the City of Fairfax has always made the Founding Fathers proud with a day of family-friendly, old-fashioned events capped by an explosion of fireworks that draws more than 15,000 people to Fairfax High School's stadium each year.

Many families have made the celebration an annual tradition for generations.

"We come back to the event every year to dance, eat snowballs and get water-soaked," said Jennifer Loeb. Loeb and her sister, Kerry Petrauskas, grew up in the City of Fairfax and travel from Bristow every year to celebrate the city's Independence Day events with their family.

"Our parents still live here, and we all get together for this event. What could be more American and fun than this," Loeb said.

City of Fairfax Mayor Scott Silverthorne said the City of Fairfax goes the extra mile to make the fireworks finale a spectacular event. "It gets better every year," Silverthorne said.

Following is a detailed list of events for the City of Fairfax Independence Day celebration:

❖ Independence Day Parade—10 a.m. at 4100 Chain Bridge Road, rain or shine.

Featuring marching bands, inflatable balloons, dancers, horses and clowns, the 47th annual Independence Day parade is colorful and entertaining. The parade loops around downtown Fairfax, along Chain Bridge Road, Main Street, University Drive and Armstrong Street. This year, eight high school marching bands from as far west as Nebraska and Minnesota join with the city's own Fairfax High School Marching Rebels. This year's grand marshal is the Honorable Quin S. Elson, a longtime community activist and Fairfax Police Youth Club (FPYC) volunteer. Elson is being recognized for his dedication and commitment to the community.

❖ "You Will Get Wet!" Old Fashioned Fireman's Day—12:30 p.m. to 5 p.m. at Fire Station 3, 4081 University Drive.

After the parade, watch area fire companies compete in this one-of-a-kind event—a favorite among locals—which includes the Battle of the Barrel and Lay-a-Line competition. During Lay-a-Line, a timed competition that simulates an emergency response to fire, fire engines race down University Drive, firefighters jump out of their trucks, lay hose lines and try to knock down targets with their water hoses—all in under 30 seconds. Battle of the Barrel is a reverse tug of war, in which an empty beer keg is suspended 12 feet in the air. Members utilize a 2 1/2-foot hose line to push the barrel to the opponent's side. Spectators are "warned" that they will get wet, and—on a typical sweltering July 4th—the warning is a crowd-pleaser. Also at the event are plenty of food, beverages and games.

❖ Evening Show and Fireworks—7 p.m. at Fairfax High School, 3501 Rebel Run.

As the sun sets, enjoy music and dancing before the fireworks. The show features the City of Fairfax Band, and the popular cover band, GrooveLine, which plays favorites from the 1950s to today's current hits. A spectacular fireworks display will follow with a finale performance by GrooveLine

## It's not too late to enjoy local 4th of July festivals, parades and fireworks.

until 10:30 pm. The rain date for the fireworks only is July 5. Items that may puncture the synthetic turf, smoking, alcohol and animals (except service animals) are not permitted on the football field.

❖ Historic Open Houses—Several historic properties will be open to the public on July 4, including the Fairfax Museum and Visitors Center from 9 a.m. to 4 p.m., 10209 Main Street and the Ratcliffe-Allison House, 11:30 a.m. to 1 p.m., 10386 Main Street.

Parking and Shuttle Information:

❖ Shuttle bus service for the parade runs from 8:30 to 10:30 a.m. from George Mason University, Woodson High School and Fairfax United Methodist Church. Shuttles will return spectators to these locations after the parade.

❖ For the evening show and fireworks, public parking is available at Fairfax High School. Use shuttle buses available from 6 p.m. to 9:15 p.m. at Woodson High School, 9525 Main Street, to Fairfax High School. Shuttles will return spectators to Woodson High School after the fireworks until 11 p.m. On July 5th, rain date for fireworks only, shuttles are available from 7 p.m. to 9:15 p.m. at Woodson High School. Shuttles will return spectators to Woodson High School after the fireworks until 10:30 p.m. Handicapped parking is available at Fairfax High School. Event sponsors include Fairfax City Mall and 97.1 WASH-FM.

## Lorton

Red, White and Blue Light Up the Sky with fireworks at the Workhouse Arts Center Saturday, July 6 at 7 p.m., 9601 Ox Road.

❖ For more information on performances, exhibitions, events and camps, visit [www.workhousearts.org](http://www.workhousearts.org).

The Workhouse Arts Center will celebrate Independence Day with live music, a patriotic exhibition and a fireworks show on Saturday, July 6. Beginning at 7 p.m., enjoy a free Mount Vernon Nights concert, featuring the funky bluegrass style of Frank Solivan and Dirty Kitchen. Afterwards, swing with the City of Fairfax Band Swing Ensemble in the Rizer Pavilion at 8 p.m. Throughout the evening, stop by the lat-

est exhibition, 360 Degrees of Post-Traumatic Stress, and see works created by soldiers transitioning to civilian life. Bring kids, pals, blankets and lawn chairs to an evening that captures the patriotic spirit of this country.

"We're looking forward to an exciting evening of music and fun for the whole family on July 6, and we are grateful to our wonderful sponsors for providing a fireworks display again this year," said Joseph Wallen, director of performing arts at the Workhouse Arts Center. Fireworks at the Workhouse is sponsored by EnviroSolutions, Inc., 95 Express Lanes, Silver Diner restaurant and Sentara Healthcare.

## Fairfax County Parks

Lake Fairfax Fireworks Spectacular—Lake Fairfax, 1400 Lake Fairfax Drive at 9:15 p.m. Park opens at 7 a.m.; The Water Mine opens at 10 a.m.

❖ For more information, go to [www.fairfaxcounty.gov/parks/lakefairfax/](http://www.fairfaxcounty.gov/parks/lakefairfax/) or call 703- 471-5415.

Lake Fairfax Park features an 18-acre lake and the family-friendly Water Mine, an outdoor swimming pool with water slides and a lazy river. The 476-acre park also features seasonal fishing, campgrounds, picnic areas, trails, party areas, a carousel and playground. On July 4, park grounds open at 7 a.m., and admission is free, so bring your family for a full day of fun. The Water Mine water park will be open from 10 a.m. to 8 p.m., but usually hits capacity very early, so plan accordingly. There will be vendors near the park's main office offering a variety of foods and dessert treats. The carousel and marina will be open from 11 a.m. to 6 p.m. There is also a puppet show from 6 p.m. to 8 p.m. near the carousel. Parking attendants will be directing traffic throughout the park. The fireworks show will begin at approximately 9:15 p.m. The fireworks are shot off over the lake so the view can be seen from almost any location in the park. The campgrounds are available for anyone wishing to stay overnight. Reservations are highly recommended and will be accepted as long as space is available.



Mindy Mitchell of Reston and Edward Land of Hampton share expertise from their new book, "Lube of Life: A Tribute to Sex, Love and the Pursuit of Happiness in the Boomer Age," during a reading at One More Page Books in Arlington.

## Love After 50: Baby Boomers Need Romance Too

Couple chronicles their online dating experience in new book.

BY MARILYN CAMPBELL  
THE CONNECTION

**O**n a recent Wednesday evening, Mindy Mitchell and her partner, Edward Land, found themselves not only sharing some of the intimate details of their courtship, but also offering advice to other baby boomers who were looking for love. Mitchell, a bespectacled design consultant with cropped, chestnut hair, and Land, a tall, rugged longshoreman with a graying beard and matching receding hairline, were at One More Page Books in Arlington, to read from their newly released book on online dating for boomers.

"There were women who'd had intriguing experiences," said Mitchell. "They asked questions like how to know when someone puts something in [an online profile] that isn't true or not true anymore. One woman said she found a guy who said he was active, but when she met him, he was using a walker."

Sixty-one-year-old Mitchell of Reston and 63-year-old Land of Hampton recently published "Lube of Life: A Tribute to Sex, Love and the Pursuit of Happiness in the Boomer Age," a tome that chronicles their online dating adventure. "They hope their story will inspire other single baby boomers who are searching for mates. "Dating in your 60s is a lot different than dating in the 1960s, to be sure," said Mitchell, who works as a design consultant at Sun Design Remodeling Specialists, Inc. in Burke. "Our message is one of hope and the courage to try one more

time. Life is just too short."

Land, whose wife died prematurely of heart failure after 22 years of marriage, decided to try online dating because he was lonely: "I had been on my own for a year and a half and I missed the company of a sweetheart. I've always enjoyed the company of ladies."

Mitchell, who has been divorced twice, noticed Land's online profile, and though she found him attractive, the two became only friends at first. "Mindy and I were just buddies because she lived too far away," said Land.

"We became friends to help each other and give each other dating advice," Mitchell added. "We ended up having all of these long conversations and connected energetically. Then one day, I blurted out, 'Why don't we meet?'"

The book chronicles the evolution of their relationship from chums to lovers through a series of emails, text messages and dialogues. "They share some of their innermost apprehensions with readers, their insecurities, thoughts and feelings, such as their first face-to-face meeting.

"I decided that I'd really like to have sex one more time before I die," said Mitchell. "We set up this time to meet for sex. If sex is like riding a bicycle, I wanted Edward to be my training wheels." She does offer a caveat, however: "That is not like me and I don't want to put it out there as a recommendation. You have to be careful. I had a background check [done] on him before we met."

When publisher Roseann S. Lentin of Turn

the Page Publishing first heard Mitchell and Land's story, she knew it was a book in the making. "Now that baby boomers have a life expectancy that is now in the 90s, they are ready to have more of a revolutionary spirit," said Lentin. "The book was to be an inspiration for people to get back on the horse and get out there again."

Mitchell and Land say it is important to share details of their relationship in order to debunk some of the myths around online dating in one's golden years. "I think many baby boomers are uncomfortable with it," said Mitchell. "We talked to so many people of our age. There were so many angry people who said, 'Why do I have to go online to do this?' For a woman, it is more about facing your own fears. Men often want younger women." °

Ioana Boie, Ph.D., an assistant professor of counseling at Marymount University in Arlington says romantic relationships are important as people age. She also believes in removing some of the trepidation that often surrounds such discussions. "I think romantic relationships are a human need. We are relational beings," she said. "I don't think that people reach 70 and say, 'I don't want to be involved with anyone.' I believe romantic relationships mold who we are, offer support and help us be well."

John Martin of the online dating service Senior Match.com believes that an increasing number of those older than 50 are open to online dating as a way of finding a romantic partner. "I myself have met some terrific women online," he said in a statement. "In fact, it is now my preferred way to meet women by far. Plus, I personally know many people who have found their husbands, wives, boyfriends or girlfriends through an online dating service. This is one of the reasons I believe that the older population is

feeling better about using the Internet to find someone."

Mitchell and Land underscore the importance of safety and honesty when using online dating websites: "There are people who are predatory and pick up on people's insecurities. Do a background check, especially as a woman," Mitchell said.

**"Dating in your 60s is a lot different than dating in the 1960s, to be sure. Our message is one of hope and the courage to try one more time. Life is just too short."**

— Mindy Mitchell, coauthor of "Lube of Life: A Tribute to Sex, Love and the Pursuit of Happiness in the Boomer Age"

Land recommends a straightforward approach: "Be honest with yourself and the online community," he said. "It is pointless to tell people things that are not true. Have faith in yourself. Decide what is important to you, things you won't accept [and] what's negotiable."

Land and Mitchell are on a whirlwind tour promoting their book and sharing their wisdom. "The bottom line is not lose hope, and don't give up," said Land. "If you don't buy a ticket you can't win."

## NEWS

**Larry Tapper plays harmonica with the Carter Farm Boys, Jim Lane and Jeff Long. The group specializes in country rock and folk.**



PHOTOS BY STEVE HIBBARD/THE CONNECTION

# Delightful Evenings at Kate's

BY STEVE HIBBARD  
THE CONNECTION

For about six years, Jim Bellas, 65, of the district, has organized the Open Mic Night on Wednesdays at Kate's Irish Pub in Springfield's Concorde Shopping Center. Anyone can sign up to play for free on Mondays and Wednesdays from 7:30 to 11 p.m. The sets usually last between 10-15 minutes and include three to five songs.

Bellas was in a rock band in high school and college but now is the CEO of Diplomatic Languages Services. Besides organizing bands, he also plays guitar and sings: "It's completely outside of what I do for my day job. When you perform live, it elevates your game," he said. "There's something about playing in front of a live crowd."

The Open Mic Night caters to the 35- to 50-year-old crowd. The more mature bands range from rock to country to bluegrass, with everything in between. Live bands like Choptank Murphy, Amanda Murphy and the Lost Indians, and Dave Berry have performed there. In addition, there are live bands performing Thursdays through Saturday nights.

Jeff Long, 42, of Alexandria, plays guitar and sings in the Carter Farm Boys, a five-piece country-rock band. As a break from being a Ph.D. chemist at the Navy Research Lab, Long says he enjoys performing live. "It feels like a family," he says. "It's got a great atmosphere with friendly people."

Jim Lane, 50, of Arlington, works as an engineer for a Navy contractor by day. By night, he performs alongside Long on guitar and vocals. "It's a super-friendly and supportive environment," he said of Kate's. "It ends up being a community of regulars."

He says playing impromptu music with other musicians gives him "a rush." In fact, the venue encourages impromptu groupings. Musician Larry Tapper will spon-



**Kate's Irish Pub waitress Danielle Fernandes with Manager Charlie Mooney.**



**Jim Clark and Ted Murphree of the duo Ted & Jim perform Irish and contemporary folk music at Kate's Irish Pub.**

taneously start playing harmonica with the Carter Farm Boys, without even knowing the songs.

Jim Clark, 61, of Fairfax, has performed for 20 years with Ted Murphree, 65, of Springfield, in the duo Ted & Jim, an Irish and contemporary folk group. He got serious about music after his divorce in 2005 and after retiring as a tax attorney on Capitol Hill. He calls Kate's open mics "cathartic," and says the P.A. system is good.

Pam Ferguson of Annandale is a 30-year violin professional who played with Old Town Tradition. She stopped by Kate's after teaching violin lessons at Springfield Music and Arts. "It's a nice big room with a nice feel and interesting characters," she says.

Skip Riggins of Alexandria plays bass and guitar. He says he enjoys

the atmosphere of Kate's: "It's a brotherhood and sisterhood; it's a delightful place."

Kate's is open seven days a week, from 11 a.m. to 2 a.m. The bar offers \$2.50 drafts for Happy Hour 4-7 p.m. daily. There are 11 beers on tap and nine bottled beers. It specializes in Irish-American fare, including fish and chips (\$11.99), corned beef and cabbage (\$10.99), and Reuben sandwiches (\$8.99).

Kate's Irish Pub is next to Fischer's True Value Hardware at 6131 Backlick Road, Springfield. The restaurant is managed by brothers Michael, 56, and Charlie Mooney, 49, both of Springfield. With seating for 145 people, it's named for Michael's daughter Kate, now age 21. Call 703-866-0860.



PHOTO BY ELIZABETH CASEY/THE CONNECTION

**Keifer Wolfe, recipient of Progressive and Enterprise Rent-a-Car's Ford Escape, poses in front of his new form of transportation.**

## Keys to Mobility

BY ELIZABETH CASEY  
THE CONNECTION

Through the collaborative efforts of several local companies, Keifer Wolfe, a local military member training to be a Navy SEAL, was presented with a free Ford Escape at the Progressive Insurance building in Springfield on Wednesday, June 12, in order to replace his current transportation means—running, public transportation, and borrowing his friend's cars—with a car of his own.

Progressive Insurance presented 59 other recipients with cars across the United States on Wednesday. Springfield's local recipient's car would not have been possible without Progressive's collaboration with Enterprise Rent-a-Car, the Veterans of Foreign Wars (VFW) Springfield Post 7327, and several other local partners.

Enterprise Rent-a-Car provided Keifer Wolfe with \$200 worth of gas and six months of covered insurance, while Tan Auto Body provided paint and bodywork and LKQ Corporate of Northern Virginia donated the transmission and new and recycled parts for the vehicle. Famous Dave's finished off the event by providing barbecue for the crowd, which came to support Wolfe and the efforts of the community.

Gary Kelch, post commander of the VFW Springfield Post,

described the community effort as "heartwarming" and thanked the local companies who contributed for "supercharging" the efforts of the VFW because, "we would not be able to do this alone ... community involvement is key." The Veterans of Foreign Wars organization is dedicated to serving and helping veterans. Community members can help out by playing bingo at the Springfield Fire House on Thursday and Friday nights where the proceeds go to the VFW of Springfield and the local fire house.

Marilynn Bianco, the VFW project officer who worked closely with Progressive to help find a local, deserving recipient of the car, said she contacted the USO of the Metropolitan Washington Area in order to find Keifer Wolfe. He currently volunteers at the Ft. Belvoir Community Hospital ER and also helps support his mother after the loss of his father. He had trouble getting to his volunteer work and training in the past, with his alternative modes of transportation being running, public transportation, or borrowing friends' cars. In response to this gift, Wolfe says he will no longer be restricted by transportation and would like to thank his friend and program coordinator at the USO, KJ Stevens, Progressive, Enterprise, and the VFW.

# SPORTS

## Woodson Grad Smiga Headed To Radford Despite Injuries

**M**eghan Smiga's injury troubles at W.T. Woodson High School began her freshman year, when she tore the ACL in her right knee during basketball season. As a junior, she suffered a concussion during lacrosse season. As a senior, a car accident forced her to miss part of field hockey season. After she returned, Smiga tore the ACL in her right knee, forcing her to miss the rest of the field hockey campaign, along with indoor track and lacrosse seasons.

Despite two significant knee injuries, Smiga hasn't walked away from the playing field. In fact, the 2013 Woodson graduate is taking her game to the next level.

Smiga will play field hockey at Radford University in the fall. While she was robbed of most of her senior season due to injury, Smiga garnered first-team all-district, first-team all-region and second-team all-state honors during her time as a Cavalier.

Smiga participated in a Q and A with the Connection via email.

**What made Radford the right fit for you?**

Smiga: The location, school size, campus. The physical therapy program was a huge attraction, and the team and coach were very welcoming and friendly. I can't wait to spend my next four years there.

**What position did you play in high school? What position will you play in college?**

Smiga: I switched off and on with my high school and club teams between midfield and forward, wherever my coach wanted to play me. Even though I was recruited as a forward, the college level is a whole new game and I could end up anywhere on the field depending on where my coach thinks I would be most beneficial.

**Any word on playing time as a freshman?**

Smiga: There's never a guarantee, but when Aug. 15 rolls around and we start practicing, I will try my hardest to earn playing time.

**What is your favorite memory of playing field hockey at Woodson?**

Smiga: My favorite memory playing field hockey at Woodson would have to be my sophomore year. The year before, we graduated a lot of talented field hockey players that went off to play in college, so there were high expecta-

**I'm looking forward to playing with and against really talented girls, learning more skills, having a faster-pace game and just being around new people.**

— Meghan Smiga

tations. The season overall was just really intense and everyone took it very seriously and cared a lot, which made me love the sport even more.

**What are you most looking forward to about the transition from high school to college?**

Smiga: I'm looking forward to playing with and against really talented girls, learning more skills, having a faster-pace game and just being around new people.

**At what age did you start playing field hockey? Did you imagine you'd one day play it in college?**

Smiga: I started playing my freshman year. At first, I was set on playing soccer in college but that changed after my knee injury and playing club indoor hockey. I played for Rampage and it was really intense and people loved the sport and being around that attitude rubbed off on me. Also, Westfield coach Starr Karl, who is the best coach I've ever had and is highly respected, made me love the sport more and made me a better player in many ways. She definitely had a huge impact on me playing field hockey.

— JON ROETMAN



COURTESY PHOTO

**Meghan Smiga (left), a 2013 graduate of W.T. Woodson High School, will play field hockey at Radford University.**

### Potomac/North Sends Off Talented Players

The Potomac/North U16 and U19 teams, full of Fairfax County players, both took home the Gold Medal Saturday and Sunday, June 22-23 the VA Commonwealth Games (The Virginia Olympics) for Field Hockey at the University of Virginia. Potomac/North competed against teams from around the state to take home the Gold and title of State Champions.

Coach Virginia White led both teams to victory. Star players on the team and recent graduates of county schools will go on to play at the college level in the fall. Sam Zelenack, a recent graduate of Fairfax High School, will go to play at Towson College in Maryland; Katie Clark of Marshall High School will play for and attend University of Massachusetts; and Sarah Betti of Herndon High School will play for Haverford College in Pennsylvania.

For more information about the Subway Commonwealth Games of Virginia Field Hockey, go to [http://www.commonwealthgames.org/2013\\_Subway\\_Games/2013\\_Sports\\_Listing/Field\\_Hockey.htm](http://www.commonwealthgames.org/2013_Subway_Games/2013_Sports_Listing/Field_Hockey.htm).



**The Potomac/North U19 team.**



**The Potomac/North U16 team.**

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(1) DUE AT SIGNING INCLUDES DOWN PAYMENT (COROLLA: \$1,999, CAMRY: \$2,499, RAV4: \$2,999), FIRST MONTH'S PAYMENT, \$499 PROCESSING FEE AND NO SECURITY DEPOSIT. NOT ALL CUSTOMERS WILL QUALIFY. TAX, REGISTRATION AND INSURANCES ARE EXTRA. CUSTOMER IS RESPONSIBLE FOR EXCESSIVE WEAR AND EXCESS MILEAGE CHARGES OF \$0.15 PER MILE IN EXCESS OF AGREEMENT'S MILES (COROLLA/RAV4: 36,000 MILES; CAMRY: 24,000 MILES). OFFER AVAILABLE ON APPROVED CREDIT TO QUALIFIED CUSTOMERS FROM TOYOTA FINANCIAL SERVICES. (2) 0% APR FINANCING AVAILABLE FOR UP TO 60 MONTHS ON SELECT MODELS. OFFERS FOR WELL-QUALIFIED BUYERS WITH APPROVED TIER1+ CREDIT THROUGH TFS. 60 MONTHLY PAYMENTS OF \$16.67 PER \$1,000 BORROWED. (3) PURCHASERS CAN RECEIVE UP TO \$2,750 CASH BACK FROM TOYOTA OR CAN APPLY CASH BACK TO DOWN PAYMENT. AMOUNT VARIES PER MODEL. (4) BASED ON BLACK BOOK TRADE VALUE MINUS EXCESS MILEAGE AND RECONDITIONING. (5) COVERS NORMAL FACTORY SCHEDULED SERVICE FOR 2 YEARS OR 25K MILES, WHICHEVER COMES FIRST. THE NEW VEHICLE CANNOT BE PART OF A RENTAL OR COMMERCIAL FLEET. SEE PARTICIPATING DEALER FOR COMPLETE PLAN DETAILS. VALID ONLY IN THE CONTINENTAL UNITED STATES AND ALASKA. (6) COLLEGE GRAD AND MILITARY REBATE AVAILABLE ON APPROVED CREDIT THRU TFS. ELIGIBLE CUSTOMERS MUST BE IN ACTIVE DUTY STATUS IN U.S. MILITARY TO RECEIVE REBATE. (7) 2012 OR 2013 EPA-ESTIMATED MILEAGE. ACTUAL MILEAGE MAY VARY. (†) WHICHEVER COMES FIRST FROM DATE OF TCUV PURCHASE. (††) VALID ON ANY NEW 2013 RAV4. CUSTOMER MUST TRADE IN A TOYOTA VEHICLE TO QUALIFY. (†††) FROM DATE OF TCUV PURCHASE. (†††) 1.9% APR FINANCING ON ALL CPO VEHICLES FOR UP TO 60 MONTHS WITH APPROVED CREDIT ON SELECT MODELS THROUGH TFS. 60 MONTHLY PAYMENTS OF \$17.05 PER \$1,000 BORROWED. ALL OFFERS EXPIRE 7/8/13

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703.503.1800  
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