Kincaid Elected First Female Sheriff

News, Page 8

During the sheriff’s race, Stacey Kincaid, attended the Jeans Day 2013 Challenge Breakfast at Herndon’s Deltek. Kincaid (right), is standing with Sharon Bulova (D-at-large), chairman of the Fairfax County Board of Supervisors.

Battleground? Not Exactly

News, Page 3

Honoring WWII Veterans

News, Page 12
Just as Clara Stahlbaum’s dream of a being whisked away by a living nutcracker prince grows increasingly fantastic over the course of the night, director Buffa Hargett’s vision of a perfect performance of “The Nutcracker” ballet has evolved dramatically from mere scenes performed at local shopping malls to a staggering 200-person full production celebrating its 20th anniversary onstage.

“I’m just surprised my mom is able to make it better every year,” said Fairfax Station resident Melissa Hargett, Buffa’s daughter and co-director. “She instills in the staff nothing is ever perfect. We have to get better little by little, and make it an experience people want to come back to every year.”

On Saturday, Nov. 16, the curtain will rise on the Burke Civic Ballet’s 20th performance of the famous holiday masterpiece. Buffa opened the 1600-student Buffa’s Dance Studio — a primary supplier of dancers and rehearsal resources — 33 years ago, but created the BCB in 1994 as a non-profit organization to provide a community-minded opportunity for amateur adults and students to learn and perform alongside professional dancers.

From left — West Springfield senior Melissa Lester as Big Snow, Brian Engler as un-costumed Dr Stahlbaum and Carla Cannonito as Mother Ginger.

The two organizations operate in tandem for mutual benefit and education, especially in the case of a show like “The Nutcracker.” “It gives young dancers the experience of a complete production,” said Brian Engler of Burke, who plays Dr Stahlbaum and is the only active cast member who has been in all 20 productions. “Even in a dance recital they only see pieces of it. They go out and do a spot and they leave. For this, everything has to go like clockwork.”

THE STUDENT DANCERS, who range from 3 to 18 years old, are up for the challenge. “The strength of these dancers is amazing,” said Springfield resident Carla Cannonito, who plays Mother Ginger. “All of these kids are so adaptable — they will jump in and assume a role at any time.”

On Saturday, Nov. 16, the curtain will rise on the Burke Civic Ballet’s 20th performance of the famous holiday masterpiece. Buffa opened the 1600-student Buffa’s Dance Studio — a primary supplier of dancers and rehearsal resources — 33 years ago, but created the BCB in 1994 as a non-profit organization to provide a community-minded opportunity for amateur adults and students to learn and perform alongside professional dancers.

See Ballet, Page 5
Democrats Score Narrow Victory

IN MANY WAYS, the results of the election have yet to play out. Aside from the special election for Northam’s seat, the race for attorney general appears to be headed to a recount. Late Tuesday night, state Sen. Mark Obenshain (R-26) had a very narrow lead and Republican Party Chairman Pat Mullins issued a statement congratulating him on winning the election. State Sen. Mark Herring (D-33) appeared before reporters to say he was not conceding the race. “Right now, it’s basically 50-50 and the numbers have been moving in our direction all night,” said Herring. “The race is far from over.”

Division in Republican Party cited in loss.

BY MICHAEL LEE POPE
THE CONNECTION

W hen Jim Dillard first ran to represent Fairfax County in the House of Delegates in 1965, the Republican Party of Virginia was a different animal. Recalling that race on Election Night 2013, Dillard said that was a time when the party welcomed diversity between moderates and conservatives. He lost that first race, but went on to serve in the House of Delegates for more than 30 years. This year, though, he worked for Democratic gubernatorial candidate Terry McAuliffe in a fierce race for governor against Republican Attorney General Ken Cuccinelli.

“...and Republican Party Chairman Pat Mullins issued a statement congratulating him on winning the election. State Sen. Mark Herring (D-33) appeared before reporters to say he was not conceding the race. “Right now, it’s basically 50-50 and the numbers have been moving in our direction all night,” said Herring. “The race is far from over.”

The numbers were, in fact, moving in Herring’s direction as votes continued to be tallied. By Wednesday morning, Herring had a very narrow lead over Obenshain. Because the margin of victory is likely to be less than 1 percent, a recount in that race seems likely. For many Democrats who gathered at the Sheraton Premiere in Tysons Corner, it was yet another indication that election 2013 turned out to be much closer than many people had anticipated. “It turned out to be a race that was so close that in the annals of Virginia history it’s going to go down as one of the closest races of all time,” said Pat McCune of Centreville, saying the race was closer than expected.

ELECTION 2013 was a long and bitter slog for candidates, who spent much of the campaign hurling accusations and counter-accusations. Cuccinelli was dogged by his association with a wealth businessman who made lavish gifts to the governor and attorney general that went unreported on disclosure forms. McAuliffe was haunted by accusations about his relationship to a troubled green-car company. As the race unfolded, it became increasingly negative — especially in television ads that dominated screens across Northern Virginia. “Election nights are emotional times,” said Gov. Bob McDonnell in a written statement. “For the winner there is the thrill of victory, combined with the recognition that the hard work preceding this moment is but a prelude to the tremendous effort yet to come.”

Northern Virginia voters more choices, but they stick with incumbents over challengers.

BY VICTORIA ROSS
THE CONNECTION

E very two years, Virginia holds all of its statewide elections. When it’s time to elect a new Governor, every member of the Virginia House of Delegates, a 100-seat body currently held by a GOP majority (67 Republicans – 32 Democrats and 1 Independent), is also up for re-election.

While downballot races got the spotlight, Northern Virginia actually saw the most competitive two-party races this year, with 57 contested House seats. This marks only the second time in the last decade where at least half of the 100 House seats had more than one name on the ballot. “So what?” voters seemed to declare when casting their ballots.

Despite more choices, voters stuck with the politician they knew, giving incumbents in nearly every Fairfax County district a decisive victory.

District 37
Incumbent: David Bulova (D) defeated Democrat Jerrold Foltz, a first-time candidate with 60 percent (11,521 votes) over Foltz’s 40 percent (10,388 votes) and DeCarlo’s 3.58 percent (944 votes). District link on VPAP at www.vpap.org/elections/district/ Locality: Fairfax County 2012 elections: Obama 57 percent/Romney 41 percent/Johnson 1 percent, Kaine 59 percent/Allen 40 percent. Filler-Corn ran unopposed in 2011 in what is considered a Democratic-leaning district. After this win, the district may be considered a solid blue.

District 42
Incumbent: Dave Albo (R) knocked off Democratic challenger
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Ed Deitsch with 59.82 percent of the vote (15,232 votes) to Deitsch’s 40.07 percent of the vote (10,204 votes).

District 43
Incumbent: Mark Sickles (D) solidly held his seat with 73.56 percent of the vote (14,444 over Republican challenger Joe Scheck with 25.28 percent of the vote (4,985 votes) District link on VPAP at www.vpap.org/elections/district/
Locality: Fairfax County. 2012 elections: Obama 64 percent/Romney 34 percent. Sickles ran unopposed in 2011 in this very blue Democratic district.

Volunteer Opportunities
The Fairfax Station Railroad Museum needs volunteer docents on Sunday afternoons from 1-4 p.m. Greet museum visitors and tell them about the exhibits, the Museum and its railroad and Civil War history. Ideal for people who live in the Fairfax, Burke, Clifton or Fairfax Station area and want to contribute to the local community through volunteerism. Docents should possess good people skills. This is a perfect opportunity for those interested in railroads, the Civil War and Northern Virginia history. Training and orientation provided. Other volunteer opportunities are gardening, publicity and exhibit planning. The Museum is located at 11200 Fairfax Station Road in Fairfax Station, Va. Call Michael at 703-345-7483 for more information.

The Most Popular Art & Craft Show in the Greater Metropolitan Washington, D.C. area!
Saturday, November 16, 2013,
10 am–5 pm
Sunday, November 17, 2013,
10 am–3 pm
Fairfax High School,
3501 Rebel Run,
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Parks Recreation City of Fairfax

2012 elections: Obama 52 percent/Romney 46 percent, Kaine 54 percent/Allen 46 percent

District 42 is often called a swing district, although it’s not clear why. Albo, a senior member of the house, has fought off several Democratic challengers in the last several elections. Although Albo may have felt some backdraft over general voter distaste for the tea party agenda, particularly on women’s rights, Albo held firm, voting with many Democrats this year for the landmark $3.5 billion transportation bill.

Surovell ran unopposed in 2011 in this strongly Democratic district.

District 44
Incumbent: Scott Surovell (D) overwhelming won reelection with 71.06 percent of the vote (13,177 votes) to Republican challenger Joseph A. Gleen’s 28.94 percent of the vote (5,021 votes). District link on VPAP at www.vpap.org/elections/district/
Locality: Fairfax County. 2012 elections: Obama 64 percent/Romney 34 percent. Sickles ran unopposed in 2011 in this very blue Democratic district.
overarching culture, that everyone looks out for everyone else. This is something that’s more unique to Buffa.”

“We pride ourselves on being the anti-‘dance moms,’” said Melissa. “We want our dancers to try their best, but realize it’s never perfect, there’s always something to strive for. Nobody is perfect in anything we do.”

That sentiment drives the whole production process forward, and the sense of an educational community is well established among the dancers.

“They’ll tell us what to do and then we convey it to the younger kids,” said West Springfield senior Melissa Lester, who plays Clara’s best friend, Big Snow, Spanish lead and Dew Drop. “I love doing it. You have to have a positive atmosphere to have an amazing Nutcracker. It makes you want to be here, work, be on stage, get the entire experience of it.”

TO HELP ENHANCE THE EXPERIENCE for both cast and audience, the Hargetts annually enlist the help of professional dancers to both run workshops for the older students and perform key roles in “The Nutcracker.” This year, look for Colorado Ballet principal dancers Sharon Wehner as the Sugar Plum Fairy and Jesse Marks as the fairy’s cavalier. Aleksey Kudrin is a local pro from the Manassas Ballet playing the Nutcracker prince, and Thomas Bell from the University of Cincinnati will offer his talents as Drosselmeyer.

In addition to the pros onstage, this anniversary production will feature fresh choreography — the Hargetts attend multiple “Nutcracker” productions each year in an ongoing effort to stay fresh and new — brand new Ukrainian costumes for many of the snow scene dancers and a new grandfather clock. All the costumes, set pieces and other backstage work is managed by anywhere from 200-400 parent volunteers.

All told, the production costs roughly $75,000 to pull off, only a third of which is recouped by ticket revenue. The rest comes from donations, audition fees and two major annual fundraisers — a Spook A Thon and Dance A Thon — that took place in October.

“It’s such hard work in such a short amount of time,” said Melissa. “But this gives them a way to have an end result, an end goal. It’s something to produce and be proud of.”

“This is my last Nutcracker, senior year,” said Lester, “so I want to go out with a bang. The path I’ve gone to get to here, this is all I have left — I just want it to be amazing.”

Giving young performers the opportunity to be stars in a major performance is what the program is all about. “That is truly Buffa’s vision of bringing the arts to Northern Virginia,” said Cannonito, “and making this accessible to all. The children make the Nutcracker come alive.”

The Burke Civic Ballet cast of 200 features student dancers ages 3-18, as well as amateur adult performers.

Burke Civic Ballet to Present 20th ‘Nutcracker’

From Page 2

The Burke Civic Ballet cast of 200 features student dancers ages 3-18, as well as amateur adult performers.

When & Where

Saturday, Nov. 16, at 2 p.m. & 6 p.m. and Sunday, Nov. 17, at 2 p.m. & 6 p.m. Ticket sold online at www.buffas.com. Adults $28, children and seniors $20. Ernst Community Theater, NVCC Annandale campus.

Latest Treatments in Back and Neck Pain

TUESDAY, NOV. 19, 2013
6:30 P.M.
Harbor View 13200 Marina Way Woodbridge, VA 22191
If you suffer back and neck pain, you won’t want to miss this beneficial and educational lecture.

Corey Wallach, MD, completed his spine fellowship at the prestigious UCLA Comprehensive Spine Center which specializes in minimally invasive, motion preserving and traditional treatment for the neck and lumbar spine. He completed his residency at the University of Pittsburgh Medical Center, where he conducted research on biologic treatment strategies for degenerative spinal disorders, earning both national and international recognition for his efforts. He now serves as a medical director for the Inova Spine Institute.

Get Back in the Swing of Things!

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O P I N I O N

Be Part of Children’s Connection

Call for student artwork and writing; deadline Dec. 6.

During the last week of each year, The Connection devotes its entire issue to the creativity of local students and children. The results are always remarkable, and the editions have won many awards. It is a keepsake edition for many families, and an edition read and praised by readers with and without children.

The annual Children’s Connection is a tradition of well over a decade, and we begin getting inquiries from teachers and parents about submitting artwork and writing almost as soon as each school year begins.

We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens or other creative efforts.

We ask that all submissions be digital so they can be sent through email or delivered on CD or flash drive. Writing should be submitted in rich text format (.rtf). Artwork should be photographed or scanned and provided in jpeg format.

Identify each piece of writing or art, including the student’s full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location. Please provide the submissions by Friday, Dec. 6.

Some suggestions:
- Drawings or paintings or photographs of family, friends, pets or some favorite activity. These should be photographed or scanned and submitted in jpeg format.
- Short answers (50 to 100 words) to some of the following questions: If you could give your parents any gift that didn’t cost money what would that gift be? What are you most looking forward to in the upcoming year? What is one thing that you would change about school? What do you want to be when you grow up? What is your favorite animal? What is your favorite toy? What makes a good parent? What makes a good friend? What is one of the best or worst things that ever happened to you? What is the best gift you’ve ever given? Ever received?
- Opinion (50 to 100 words) about traffic, sports, restaurants, video games, toys, trends, etc.
- Poetry or other creative writing.
- Opinion pieces about family, friends, movies, travel, sports, food, video games, toys, trends, etc.
- News stories from school newspapers.

We welcome contributions from families, public and private schools, individuals and homeschools.

Email submissions for the Vienna/Oakton, McLean, Great Falls, Reston and Oak Hill/Herndon Children’s Connections to: ChildrensNorth@connectionnewspapers.com.

Email submissions for Springfield, Burke, Fairfax, Fairfax Station/Clifton/Lorton Connections to: ChildrensSouth@connectionnewspapers.com.

Email submissions for the Potomac Almanac to: smauren@connectionnewspapers.com.

Email submissions for the Arlington Children’s Connection to editor Steven Mauren at smauren@connectionnewspapers.com.

Email submissions for the Children’s Centre View to editor Steven Mauren at smauren@connectionnewspapers.com.

Email submissions for the Children’s Gazette in the Alexandria Gazette Packet or Mount Vernon Gazette to editor Steven Mauren at smauren@connectionnewspapers.com.

To send CDs or flash drives containing artwork and typed, electronic submissions, mark them clearly by school and hometown and mail the CD to Children’s Connection, 1506 King Street, Alexandria, VA 22314.

Please send all submissions by Dec. 6. The Children’s Connection will publish the week of Dec. 26, 2013.

Helping Most Vulnerable Neighbors

Individuals with mental illness represent a disproportionately high percentage of the homeless population.

By Russell Snyder

Once in a while you read or hear about mental health illness, probably in this very paper. However, more often than not, mental illness is discussed only when a tragedy occurs that brings it to the forefront of the national dialogue. We should strive, as a community, to change that.

More than 260,000 adults in Virginia live with serious mental illness. In the Fairfax-Falls Church community approximately 1,350 people are homeless; more than half of those individuals suffer from serious mental illness.

Individuals with mental illness represent a disproportionately high percentage of the homeless population. With statistics like those above, this is an issue that needs our attention all year round.

For readers who do not know, Volunteers of America operates Bailey’s Crossroads Community Shelter, a 50-bed emergency homeless shelter in Fairfax County for men and women. In our shelter, clients receive case management based on individualized service plans. They attend various life skills groups to empower them to make positive changes. Bailey’s also has an outreach partnership with the Fairfax-Falls Church Community Services Board. A Community Case Manager works directly with our clients who have been identified by staff as having a mental health diagnosis. These individuals receive services and support to build their self-sufficiency, the end goal for all of our clients in every single program we run.

It takes many resources to help homeless individuals with a mental health diagnosis find their way to recovery, but it is possible to accomplish this goal with programs like Bailey’s and collaborations among community partners. If you would like a behind-the-scenes look at the work Volunteers of America Chesapeake is doing to assist those that are homeless and challenged with mental illness, call Tanya Fulwood, Vice President of Homeless Services, at 240-764-2661. Be an advocate and help us create awareness so we can continue to help our neighbors travel the road to self-sufficiency.

Thank you to the Fairfax community and our partners throughout Northern Virginia for your support as we continue to serve our most vulnerable neighbors in the fight to prevent and end homelessness in our communities.

The writer is President/CEO of Volunteers of America Chesapeake, a faith-based health and human services nonprofit assisting more than 8,000 people each year at 31 programs, many serving the homeless and mentally ill. Bailey’s Crossroads Community Shelter has been the community’s primary emergency homeless shelter since 1994.

LETTERS TO THE EDITOR

Getting Facts Right

To the Editor:

Steve Daly writes about his concerns with the federal deficit (“Frightened by Runaway Government,” Connection, Oct. 31-Nov. 6, 2013). Unfortunately, Mr. Daly reported inaccurate information, especially the financial implications of the Patient Protection and Affordable Care Act, or Obamacare. According to Mr. Daly, the nonpartisan Government Accountability Office reported that ACA “will add $6.2 trillion to the long-term deficit, adding greatly to our jaw dropping $17 trillion dollar U.S. deficit.” Mr. Daly’s statement is untrue. The $6.2 trillion...
Miracle Makeover at Lynbrook
Microsoft volunteers join the school community effort.

On Saturday, Nov. 2, more than 150 volunteers from Microsoft joined the non-profit Monkee See-Monkee Do (MSMD) at Lynbrook Elementary as the Lynbrook Leprechauns became the beneficiaries of a miracle school makeover. The Springfield school buzzed all day long as moms, dads, teens and kids became painters, artists, landscapers, builders, and beautification experts for a day.

The school makeover, for which Lynbrook was selected among nominees submitted to Monkee See Monkee Do, had several projects in need of some TLC. The team completely transformed the Sensory Room, from stark white to a multicolored scene complete with murals and new specialized equipment and technology. Under the vision of Lynbrook Principal Mary McNamee, the team also provided an entirely new Family Learning Center, a hub for Lynbrook students’ parents who come to the school to get additional training, learn English, and find community. From new Microsoft Surface devices to a child play center and new sitting area, the Family Center doubled in size and functionality.

“We’ve been raising money and planning for this day for many weeks now,” said Michelle Giammanco, the Microsoft Director who served as manager of the project. “Each year through our Employee Giving Campaign, my colleagues step up to big challenges and this year’s work to create some special spaces for the Lynbrook community was no different.”

Microsoft employees donated more than $25,000 for the Lynbrook project, which includes matched cash equivalents by the company. MSMD and its community donated approximately $30,000. Lynbrook Elementary School serves more than 600 students, more than 76 percent of who are English language learners and over 84 percent of who are eligible for free or reduced price meals. “We can do hard things,” said Glennon Doyle Melton, the founder of MSMD and its parent Momastery.com blog, as she ended the day at a celebratory rally in the school gymnasium. “In the end, love wins when we just show up.”

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Kincaid Elected First Female Sheriff

Kincaid, a Vienna resident, pledges commitment to diversity, department’s employees and community outreach programs.

By Victoria Ross
The Connection

Democrat Stacey Kincaid, a 26-year-veteran of the sheriff’s department, made local history Tuesday by becoming Fairfax County’s first female sheriff.

Kincaid, 48, won in a four-way race with 53.74 percent of the vote against Bryan Wolfe, the GOP candidate, and independents Chris DeCarlo and Robert Rivera.

The contest was the only countywide office on the ballot this year, a special election to fill the post held by Democrat Stan Barry, who retired midway through his fourth term last July. Kincaid’s decisive victory ends a race that became increasingly rancorous in the past several weeks, with near daily attacks from the Wolfe camp alleging intimidation, vandalism and “hypocrisy” over Kincaid’s purchase of firearms.

Kincaid said she would rather focus on the positive aspects of campaigning. “The way that I’ve looked at this race, it’s a bonus that I’ve had this opportunity to talk about the department. So many people don’t know what sheriff’s office does, so it’s been a chance to talk about the department and the community outreach programs we have,” Kincaid said.

The Fairfax County Sheriff’s Office, the largest in the state with more than 600 employees and a $63 million budget, has three primary functions: operating the Adult Detention Center, providing security in the courthouse, and serving civil papers, such as evicc...
Kincaid Elected Sheriff

From Page 8

THE SIGNIFICANCE of being the first woman in the county’s history to serve as sheriff — succeeding 76 men in the department’s 271-year history — is not lost on Kincaid.

She began her career with the sheriff’s office in 1987 as a summer intern. As she rose through the ranks in the male-dominated profession, Kincaid said she often took inspiration from her mother, who died in 2003 after a long battle with breast cancer.

During an interview in October, Kincaid said her mother was often her biggest cheerleader and her hero.

“I saw the fight she had with breast cancer, the obstacles she overcame. She was my hero,” Kincaid said. “And from the beginning, she would say ‘you could be the first female sheriff.”

In 2008, Kincaid received the Distinguished Service Award, the agency’s highest honor. In 2011, she was eligible to retire, but chose to continue her career.

“Throughout the years, my mom’s words had been on my mind,” Kincaid said. “I never thought the race was about me. I wanted to run for this office because I care about our 600 employees and the community we serve.”

Kincaid, who has worked all four divisions of the department, said her first order of business will be to sign the civil service protection agreement which guarantees due process for department employees.

“I’ve been on record and said countless times that the primary thing it does is prevents any employee for being fired without just cause and prevents any political retaliation,” Kincaid said.

Kincaid also said she was “passionate about collaboration with the community,” and enhancing services of the sheriff’s department, particularly in the areas of mental health and programs aimed at reducing recidivism.

She said she’d like to expand one of the programs called Project Life-saver, a program that provides tracking devices for people who tend to wander, such as the elderly with Alzheimer’s or children on the autism spectrum.

Kincaid also made diversity a key issue of her campaign, and said she was “deeply committed to equal protection of the rights of all members of our community.”

“Diversity is as important to me as it is to the citizens that I will serve. When I became a deputy sheriff in 1987, women were underrepresented in policing. The same can be said of many other underrepresented groups as well,” she said, adding that the office must “face up to the evolving needs of the community and the expectations placed upon its top leadership.”

TO RELIEVE THE STRESS of an intense job, Kincaid said she enjoys working out, watching NFL football and making jewelry that she donates to charities.

“One of my proudest moments was running in the Ovarian Cancer 5K. I had made 112 pairs of earrings with silver and teal. When we started the race, I could see all these silver and teal earrings. That was such a gift to me, to see these courageous women wearing my earrings,” Kincaid said.
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Pediatric Dentistry of Burke

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WELLBEING

Yoga Community Lauds New Smithsonian Exhibit

Sackler exhibit is first of its kind.

By Marilyn Campbell

Yoga instructor Luan Fullbright of McLean noted her practice from the mat to a gallery setting when she joined dentists, philantropists, artists and fellow yogis at a gala to celebrate the opening of Yoga: The Art of Transformation” at the Arthur M. Sackler Gallery in Washington, D.C. It is the world’s first exhibition on the art of yoga.

“I couldn’t be more excited to have been able to attend this exhibit,” said Fullbright, a doctor of Yoga Shiatsu Wellness & Wellness Center in McLean. “It’s not only the first of its kind, but was put together by a woman named Dr. Debi Duard, an extensively trained and curious curator who brings her deep knowledge of Indian and Asian art and yoga together to shed light on the history and fascinating, many stories of yoga that are like yoga itself —mind expanding.”

The exhibit, which opened Oct. 19, features temple sculptures, devotional images, manuscript and crow paintings created in India over the past 2,000 years. With artifacts borrowed from 25 museums and private collections in India, Europe and the United States, the exhibit explores yoga’s diverse history.

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City of Fairfax Main Street Band Welcomes WWII Vets

Honor Flight Tours help veterans around the country visit memorials.

By Tim Peterson
The Connection

Jenny Ebert was born in Belgium in 1930, and experienced the German army invading her homeland as a teenager. On Saturday morning, Nov. 2, Ebert was at the US Airways terminal of Reagan National Airport helping members of the City of Fairfax Main Street Band and nearly 300 onlookers welcome two planes’ worth of American WWII veterans.

Ebert’s husband Paul plays French horn in the band, which performs four times a year as part of the Honor Flight Tour program that flies veterans from around the United States to visit memorials in Washington, DC, for the day.

“She has such patriotic feelings for America,” said Main Street Band director Geoffrey Seffens. Jenny has been present, thanking each disembarking veteran personally, at every Honor Flight performance of the band going back four years. She understands what the servicemen saw and did because she was there.

THE BAND PLAYED a mixture of military service songs, patriotic medleys and popular hits from the WWII era, including “The White Cliffs of Dover,” “It’s Been a Long, Long Time” and “Don’t Sit Under the Apple Tree.” “They come off the plane and they have hard time walking,” Seffens said of the veterans. “But when they hear the music, they see people from the terminal that have gathered, they just lighten up. One of them did a jig.”

The Honor Flight program flies in vets via a handful of commercial airlines as many as five days a week, though US Airways is the only one with live entertainment. Performances from various types of ensembles celebrate vets’ arrival in the morning and departure at night.

According to Greg Locher, US Airways customer service agent and Honor Flight welcome coordinator for US Airways at Reagan, the airline became involved with the program in 2006, but didn’t begin celebrating with live music until two years later.

The US Airways Honor Flight team had just been using a boom box to play music from the 1940s. One day, even the boom box moved one supportive traveler to tears. “She missed her flight,” Locher said. “Then she came over and said, ‘Listen, I’m with the National Symphony Orchestra. How would you like it if I could get some live music going so you don’t have to use the boom box?’”

“Then she came over and said, ‘Listen, I’m with the National Symphony Orchestra. How would you like it if I could get some live music going so you don’t have to use the boom box?’” The woman, Janet Brown, and husband Mike Brewer helped bring in quartets and quintets to play instead, and by word of mouth the Honor Flight gig became highly sought after.

THE MAIN STREET BAND became involved four years ago, shortly after the group’s inception. They were looking for opportunities to develop an identity for the group that would make it unique from its well-established older sibling City of Fairfax Band.

“It did help us,” Seffens said. “It gave us a sense of doing something special, unique — something that mattered. Now, we’ve been around for a while, we’ve established our niche.” Performances are now open to any City of Fairfax Band Association member, though the Honor Flight group still mainly comprises Main Street Band members, and occasionally their spouses or children, such as trombonists Ed and Thomas Fleming of Leesburg.

Locher said the band has become a crowd favorite, which led the US Airways team to invite them for the 300th Honor Flight into DC. Last Saturday, they were as impressive as ever. “The crowd was just cheering, clapping,” Locher said. “The vets started crying, then it’s just a roller coaster. The crowd started crying. Everyone’s happy but they’re still crying.”

“In a time when our country seems to be torn by partisan politics,” Seffens said, “sometimes there seems to be a disillusionment. But when this happens, when you see the patriotism, you take great pride in knowing what these people did on behalf of freedom. It rejuvenates the spirit.”

“We’re doing something right,” Locher added.
Wellbeing

Yoga Community Lauds Exhibit

From Page 11

ticular religion. It’s not just exercise. It’s a constantly developing practice that people from many cultures have embraced for thousands of years to transform and empower themselves and their nations. I’m encouraging all of my students to see this exhibit, which can’t help but motivate and deepen their practice.”

Great Falls resident Jean Edelman, an exhibit sponsor and one of Ovissi’s students, hopes those who make the trek to the Sackler Gallery will walk away inspired. “I think it is a wonderful opportunity to bring to light yoga to people who never knew anything about it. It is a great for the mind, body and spirit.”

Dawn Curtis, owner of East Meets West Yoga Center in Vienna, also attended the opening gala. She believes the exhibit will offer attendees “a great education about the vastness of yoga and its practices. It is an amazing exhibit. The most extraordinary room ... is what I would call the Goddess room: three beautiful yoginis brought together in one room,” she said, referring to the Chola goddesses.

Alexandria resident Heather Sutliff, of East Meets West Yoga Center, said the exhibit will make yoga more accessible to a wider audience. “I think the fact that the Smithsonian has dedicated an exhibit to yoga spotlights its growing influence in society,” she said. “It kind of endorses yoga's legitimacy and makes people sit up and take notice, and think, ‘Hey, maybe I should look into this yoga thing.’”

She also hopes people recognize the health benefits. “Yoga practice not only helps calm the mind, but has significant physical benefits that can be realized right after your first yoga class,” said Sutliff. “There are many medical studies that show consistent yoga practice reduces the risk of heart disease and diabetes and can lower cholesterol levels. I look forward to the day when I can get a prescription for yoga practice as easily as a prescription for a statin or beta-blocker.”

Yoga instructor Sara VanderGoot, of Mind the Mat Pilates & Yoga in Alexandria and Arlington, said the exhibit will raise awareness about the practice. “The exhibit really means a lot to the yoga community,” said VanderGoot. “It’s great to have an exhibit that educates people about the roots and origins of yoga and what it can do for their lives and their health.”

“It’s great to have an exhibit that educates people about the roots and origins of yoga and what it can do for their lives and their health” — Sara VanderGoot of Mind the Mat Pilates & Yoga

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**Bulletin Board**

**WEDNESDAY/NOV. 13**

**Fall Clean-up and Recycle Day, 10 a.m.-2 p.m., at RE/MAX 100 Suite 100, 5501 Backlick Road, Springfield. Bring gently used clothing items, old/broken electronics and household items for donation to benefit 123UNK Charity Partners which include: Habitat for Humanity of Northern Virginia, AH Alternative House (Abused and Homeless Children’s Refuge), The Good Shepherd Alliance, Special Olympics of Virginia, The Salvation Army and more. 703-642-3380.**

**Alzheimer’s Brain Presentation, 1 p.m., at VARF Springfield Chapter 893, the American Legion Post 176, 6520 Amherst Ave., Springfield. Jane Priest, Programs & Services manager for the National Capital Area Chapter of the Alzheimer’s Association, speaks on brain changes when Alzheimer’s is at work; she’ll provide info on some of the research efforts that are underway with Q&A to follow. Wear purple in honor of Alzheimer’s Disease Awareness month. 703-569-9848 or harahans everlastingzion.net.**

**Civil War Forum, 7:30 p.m., at Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Local railroad historian Ron Beavers discusses the critical support provided by the Orange and Alexandria Railroad in support of the Army of the Potomac from 1862-64. 703-425-9225 or www.fairfax-station.org.**

**Ongoing**

**Volunteer Computer Instructor needed at the Lorton Senior Center, 7225 Lorton Plaza, Lorton. Classes for beginners (using the mouse, writing and saving letters, navigating the internet, email, etc.) and advanced beginners (computer maintenance, search engines, websites for seniors, email address books, skyping, shopping and paying bills online, etc.) are in need of teachers. 703-324-5466, TTY 703-449-1186, VolunteerSolutions@fairfaxcounty.gov or www.fairfaxcounty.gov/dfs/dlservadvisors.**

**Thank veterans for their service via the post:** draw or write a note of thanks and encouragement—on plain white paper—envelopes, Adopt a Soldier will do that—and send in Americas Adopt A Soldier, P.O. Box 1049, Springfield, VA 22150 or www.americasadoptasoldier.org.

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**Calendar**

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. The deadline is 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/apr/26/fairfax-county-calendar/.

**WEDNESDAY/SUNDAY/NOV. 6-DEC. 8**

“Shades and Tones Spiced with NOV. 6-DEC. 8 WEDNESDAY-SUNDAY/“From the Fire” Exhibit 2013/sep/26/fairfax-county-calendar/.

**Charity Bazaar. 8 a.m.-2 p.m., at New Hope Church, 6005 Ox Road, Lorton.**

**SUNDAY/NOVEMBER 17**

Holiday Express Boutique Craft Sale. 10 a.m. to 3 p.m., at St. Mary of Sorrows Church, 5226 Sideburn Rd, Fairfax. “Thanksgiving and Christmas gifts, Sweet Shop, Café, Silent Auction, Raffle.” 703-426-8092.

**SUNDAY/MONDAY 16**

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**FRIDAY/NOV. 29**

Home for Dinner Closing Reception. 6-9 p.m., Nov. 29, in the Vulcan Gallery, Community Action Space, Lorton Workhouse, 9601 Ox Road, Lorton. The Lorton Community Action Center (LCAC) and the Workhouse Arts Center are collaborating on the exhibition filled with arts that helps raise awareness about hunger and homelessness in southeast Fairfax County. Home for Dinner will showcase how community members can make a difference; bring canned food as a donation. www.workhousearts.org.

**Ongoing**

Workhouse Farmers Market. 3-6 p.m., at the Workhouse Arts Center, 9601 Ox Road, Lorton. Every Thursday on the quad is a producer-only market for discerning shoppers featuring locally grown fruits and vegetables, locally raised meats and poultry and local foods from breads to salsas and more. www.workhousearts.org.

Ballroom Social Dance. Saturdays; mini-lesson, 7:30-8 p.m.; $5; social dance, 8-10:30 p.m.; $10. Each month focuses on a new style of ballroom dance. Complimentary refreshments and a cash bar will be available. Casual dress code, all skill levels welcome. www.bulletinboardva.org.


Smart Markets Springfield. 10 a.m.-2 p.m., at Springfield Mall, 6417 Loisdale Road, Springfield. Through Nov. 23. The market is open every Saturday with goods, wares, produce and farmers. www.smartmarkets.org.

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**Your Home…Your Neighborhood…Your Newspaper**
The combined Beth El Hebrew congregation and Agudis Achim Synagogue at a candidate forum and brunch, (from left): Vivian Watts (D-39); Jerry Foltz, Democratic candidate for the 40th Delegate District; Terrence W. Modglin, Independent Green candidate for the 49th District; Mark Sickles (D-43); Rob Krupicka (D-45); Scott Surovell (D-34); and Charniele Herring (D-46).

Delegates Share at Synagogue Forum

Congregants of both Agudas Achim Synagogue, 2908 Valley Drive, and the Beth El Hebrew Congregation, 3830 Seminary Road, gathered at Beth El Hebrew for brunch and a political forum Sunday, Oct. 13.

The Brotherhood of Beth El Hebrew and the Agudas Achim Men’s Club sponsored the event where candidates, current delegates and their opponents from Alexandria and the surrounding communities talked on issues of interest in Alexandria and Fairfax County.

important that they and we use accurate information in our debates. It is not a show of greater patriotism, as suggested by Mr. Daly, to defiantly close the government or bring down the national economy to win a particular side of a debate. Our nation’s greatest success has always come by applying reason and by compromising to find common ground. I hope that is the lesson taken by our national leaders and my fellow citizens from last month’s national debacle and from the results of the Nov. 5 Virginia state elections.

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to: Letters to the Editor The Connection 3666 King St. Alexandria VA 22314 Call: 703-917-6444. By e-mail: south@connectionnewspapers.com

Princely Life Lutheran Church, 6720 Union Mill Road, Clifton, offers casual worship services on Saturday evenings at 5:30 p.m. featuring contemporary music. More traditional services take place on Sunday mornings at 8:15 and 11 a.m. Sunday School is from 9:45-10:45 a.m. for children and adults. The church also offers discussion groups for adults. 703-451-5855 or www.popik.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 St., Springfield. 703-451-1500 or 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, conducts Sunday masses at 7:30 a.m., 8:45 a.m., 10:30 a.m. and 12:30 p.m. It also offers a Saturday vigil at 5:30 p.m. and a Thursday Latin mass at 7 p.m. 703-817-1770 or www.st-andrew.org.

COMMUNITIES OF WORSHIP

FAITH

Lord of Life Lutheran offers services at two locations: Fairfax at 5114 Twinbrook Road and in Clifton at 13421 Twin Lakes Drive. Services in Fairfax are held on Saturdays at 5:30 p.m. and Sundays at 8:30 and 10 a.m. Services in Clifton are held on Sundays at 8:15 and 10:30 a.m. 703-323-9550 or www.Lordoflifeva.org.

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Prince of Peace Lutheran Church, 8100 Spring Hill Road, Springfield, offers casual worship services on Saturday evenings at 5:30 p.m. featuring contemporary music. More traditional services take place on Sunday mornings at 8:15 and 11 a.m. Sunday School is from 9:45-10:45 a.m. for children and adults. The church also offers discussion groups for adults. 703-451-5855 or www.popik.org.

The combined Beth El Hebrew congregation and Agudis Achim Synagogue at a candidate forum and brunch, (from left): Vivian Watts (D-39); Jerry Foltz, Democratic candidate for the 40th Delegate District; Terrence W. Modglin, Independent Green candidate for the 49th District; Gail Parker, Independent Green candidate for the 43rd District; Jay Jarvis, Beth El Hebrew Brotherhood; Robert H. Brink (D-48); Kaye Kory (D-38); Marcus Simone, Democratic candidate for the 53rd District; Alfonso Lopez (D-49); John Tollaris, Agudis Achim Men’s Club; Ed Deitsch, Democratic candidate for the 42nd District; Mark Sickles (D-43); Rob Krupicka (D-45); Scott Surovell (D-34); and Charniele Herring (D-46).

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[Image]
Lake Braddock Football Wins Conference Crown

South County first conference team to score on Bruins.

By Jon Roetman
The Connection

Early in the fourth quarter, Lake Braddock quarterback Caleb Henderson, struggling with a gimpy right ankle, floated an incomplete pass toward the left side of the end zone. “Throw the ball!” Bruins head coach Jim Poythress shouted at his All-American quarterback. “I can’t!” Henderson shouted back in reference to his injured ankle.

Two plays later, Henderson again threw a pass toward the left side of the end zone. This time, he connected with Josh Churchill for a 12-yard touchdown. The Bruins led by 14 at halftime and cruised to a 45-21 victory over South County at Lake Braddock Secondary School. The victory ensured Lake Braddock of at least a share of the Conference 7 championship.

Poythress said. “We feel proud about that.”

Bruins, so we have something going the right way,” Alexander said. “They kept it close the first half, we came out and just played our game in the second half and it shows on the scoreboard.”

SOUTH COUNTY running back LaVaughn Davis carried 19 times for 167 yards, including a 77-yard run in the second quarter that helped set up a 4-yard touchdown run by Kargbo, which cut the Lake Braddock lead to 21-14 with 8:20 left in the first half.

Stallions quarterback David Symmes completed 14 of 25 passes for 244 yards, with one touchdown and two interceptions.

Lake Braddock enters the final game of the regular season ranked No. 1 in the VHSLs 6A North region power point poll. The Bruins have a rating of 35.7, followed by Centreville with a rating of 35.1. However, Centreville will pass Lake Braddock for the top seed if the Wildcats beat Chantilly on Friday. The Bruins will close the regular season against Lee, a 5A team with a 2-7 record, while Centreville will face Robinson, a 6A team with a 7-2 mark, meaning Centreville will have more to gain from a victory.

South County (7-2) will travel to face Annandale at 7:30 p.m. on Friday. The Stallions are ranked No. 7.

The top 16 teams in the region make the playoffs.

“I felt like we played hard and we adjusted,” Poythress said. “It’s difficult to play the option when you haven’t seen it all year. They run several different options and they have some real good athletes and a good quarterback, so that factored in. We knew the shutout streak (was going to end). No one was worried about that. We knew that they would score but we felt like they’d have trouble stopping us and that proved to be true.”

Henderson completed 10 of 23 passes for 193 yards and a touchdown. He also ran for 95 yards and three scores. Running back Trevor O’Brien carried 15 times for 170 yards and a touchdown, but left the game in the fourth quarter with a knee injury. Vince Sica had three catches for 99 yards.

Junior safety AJ Alexander intercepted a pair of passes for the Lake Braddock defense.

“It was a close game — we give (credit) to them,” Alexander said. “They kept it close the first half, we came out and just played our game in the second half and it shows on the scoreboard.”

Dan Clemente, Rector of George Mason University (right), stands with Pennsylvania State University President Rodney Erickson in the President’s suite at Beaver Stadium for the football game against Illinois.

GMU Rector Visits Penn State Athletic program explored.

As the Pennsylvania State University community geared up for a busy home football weekend, a visitor from Fairfax was present in the stands: Dan Clemente, Rector of George Mason University’s Board of Visitors. Clemente met with University President Rodney Erickson and Athletic Director David Joyner during his visit.

“My official business was that George Mason is the largest university in Virginia, and it does not have a football team,” Clemente said. “I was going to the president and athletic director not because we’re considering a team, but I think we need to be educated in all values of athletic programs.”

Clemente added that it would be important to understand how practical a program would be in interesting to financiers as well as affecting the Northern Virginia area.

“I was impressed with the student spirit, and the total involvement with all the athletic programs,” Clemente said. “Penn State has 44,000 students, we have 33,000. They have an arena for just hockey for over $100 million, a baseball stadium, a football stadium. It’s important to understand how a state university grows and affords all of those special facilities.”

Clemente went on to say that though he’s visited some of the larger Virginia universities — including UVA and Virginia Tech — that “Penn State is the most successful with its athletic programs,” especially in how the football program manages to produce enough funds to support other programs within the university.

As the Rector, Clemente is one of 16 governor appointees to the Board of Visitors at George Mason. After the appointment process, the Rector is elected to a position equivalent to a chairman. According to state law, the Rector has certain authorities, including making assignments, working with the university administration to set the agenda, and reporting back to the governor as the board’s official spokesperson.

During his visit, Clemente attended the football game against Illinois, which resulted in a tumultuous overtime win by Penn State. “I’d come back again for another football game!” Clemente said.

In the near future, Clemente intends to have Penn State’s athletic director “talk to the Board of Visitors in person, as to the pros and cons of a football program.”

— Nikki Cheshire

Lake Braddock quarterback Caleb Henderson crosses the goal line for a touchdown.
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**Lenah Run**
$684,900
Gourmet kitchen * morning room opens to deck overlooking .48 acre lot* 3 finished levels * 4 bedrooms * 4 1/2 bathrooms * 3 car side load garage *

**Fairfax Station**
- 5 acres w/ 6 stall stable - $899,000

**Clifton**
- 5 acres w/ Main Lvl MBR - $995,000
- 66 x 98,000

**Springfield**
- Connection

**Getting your home ready for an early spring sale or preparing your finances for a purchase in 2014?**

**JUDY SEMLER**
703-503-1885
judys@longandfoster.com
www.JudysHomeTeam.com

- 654,000
- Clifton
- Beautiful all brick home on a 1.38 acre private lot in exclusive 9 custom homes near historic Clifton. 4 bedrooms * 3 full baths * wood floors on main level * 2 fireplaces * updated kitchen * large family room * attached 2 car garage * deck overlooking back yard. Call Judy for details 703-426-1865.

**Woodbridge**
- 227,000
- Beautiful 3 BR, 2 BA 1st floor Condo in Burke Cove is fully furnished including linens, dishes, small appliances, utilities & washer/dryer. Minimum 3 month lease. Agent Owner.

**Burke**
- 805,000
- Amazing turn around for owner. How did we do it? Call to ask us how. Your success is our reward!

**GARDEN LEVEL CONDO**
- 2 BR, 2 1/2 BA.
- Short Term Rental
- This 1 BR, 2 BA 1st floor Garden Condo in Burke Oaks is fully furnished including linens, dishes, small appliances, utilities & washer/dryer. Minimum 3 month lease. Agent Owner.

**Fairfax**
- 630,000
- Don’t wait! Oh so lovely rancher in Fairfax Club Estates want last long! 3 bedrooms + den, 3 full baths, finished basement, huge lot, with large fenced back yard. Deck and keys car garage come too! Call Marsha to see it today!

**Alexandria**
- 775,000
- Classic colonial with beautifully renovated kitchens and updated baths! First floor den or bedroom with full bath. Family room and “Florida” room across the rear of the home. Many updates including roof, windows, hot water heater, furnace & AC. 3 bedrooms, 2 full baths, 4 finished levels. Gorgeous landscaping & fully fenced rear yard.

**MORTGAGE RATES**
- Projected to increase 2014

**JON SAMPSON**
357-254-1800
jon.sampson@longandfoster.com
www.MyVirginiaHomeTeam.com

- 539,000
- Fairfax
- Spacious End-Unit town home in the heart of Fairfax. 3 bedrooms, 2.5 baths in half bath in unfinished level. New windows, freshly painted, new floors, evergreen deck. Across the street from shopping and the VRE Station. Call Richard 703-504-4003.

**Herndon**
- 254,900
- Updated 1st floor condo with almost 1000 sq. ft finished lower level. Hardwood floors in the living and dining room areas, plants, original woodwork, washer and dryer in unit. Walk to pool, weight room and club room.

**Ellie Wester**
703-503-1885
ellie.wester@longandfoster.com

- 703-314-7055
- Sheila Adams
703-503-1895
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**ALEXANDRIA**
- 260,000
- Classic colonial with beautifully renovated kitchens and updated baths! First floor den or bedroom with full bath. Family room and “Florida” room across the rear of the home. Many updates including roof, windows, hot water heater, furnace & AC. 3 bedrooms, 2 full baths, 4 finished levels. Gorgeous landscaping & fully fenced rear yard.

**BETTY BARTHLE**
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**MORTGAGE RATES**
- Projected to increase 2014

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