

Asst. Commander
Tim Field, of the
Fairfax County Police
Department, talks to
Elizabeth Robinson
at the Bonnie Brae
Night Out on Tues-
day, Aug. 5.

Burke
CONNECTION

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Promoting Safe Neighborhoods

NEWS, PAGE 3

PHOTO BY ABIGAIL CONSTANTINO/THE CONNECTION

Honored by Supervisors

NEWS, PAGE 11

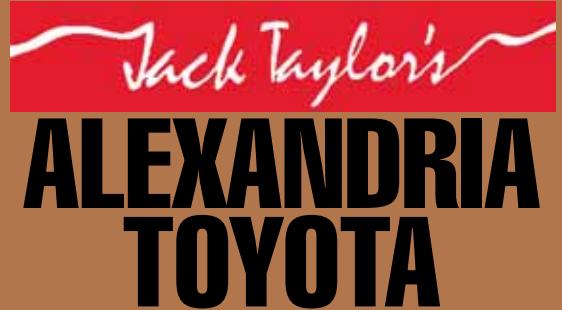
Northern Virginia in Neutral

NEWS, PAGE 4

AUGUST 7-13, 2014

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

ENTERTAINMENT, PAGE 10 ♦ SPORTS, PAGE 12 ♦ CLASSIFIED, PAGE 14



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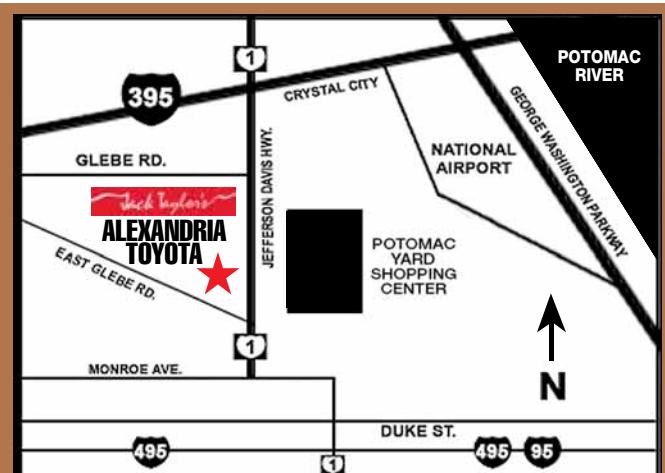
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**Let's
Go
Places**

NEWS



PHOTOS BY ABIGAIL CONSTANTINO/THE CONNECTION

Fairfax County Police Officers, McGruff the Crime Dog, and Supervisors John C. Cook (R-Braddock) and Pat Herrity (R-Springfield) visit Fairfax County neighborhoods, Tuesday, Aug. 5, for National Night Out.

Neighbors, Police, Firefighters Promote Safe Neighborhoods

Supervisor John C. Cook visits neighborhoods on National Night Out.

ABIGAIL CONSTANTINO
THE CONNECTION

Neighborhoods throughout Fairfax County held National Night Out, "America's Night Out Against Crime" events on Tuesday, Aug. 5. These events are designed to promote crime prevention activities, partnerships between law enforcement and the community, and neighbors getting to know each other.

Supervisor John C. Cook (R-Braddock) emphasized the importance of community involvement. "The neighborhoods where people know each other, where they look out for each other, where they enjoy each other's company in social

events are also the safest neighborhoods," he said.

Vigilance and caution are also key in ensuring the safety of the neighborhood. Bonnie Brae Civic Association President Teri Ostroviak said that living in a safe place still meant taking measures to prevent crime. "You live in a city. You need to lock your cars. You need to lock your door. You need to put a clip on your back gate so people can't easily access" or steal property.

Neighborhood watch groups are also deterrents to illegal activities, as they send a message to criminals that the community is watching. It is a "visible set of eyes," said Julia Wilson, president of the Rutherford neighborhood watch. Rutherford has about 700 homes.

One of the duties of neighborhood watch groups is patrolling the neighborhood. Patrols have magnetic signs for their cars - indicating that they are members of the neighborhood watch - flashlights and a log-book. They look for something out of the ordinary.

Terry Boschert, coordinator of the Kings Park neighborhood watch, said that its members have recovered a stolen car and have helped avoid a bicycle theft.

Cars parked on the street, which are not familiar to the neighborhood, are subject to suspicion, especially cars with people in them, said Rob Cain, of Somerset Olde Creek.

However, incidents out of the norm also garner curiosity. "We were doing a neighborhood watch and there was this man with a flashlight, a couple of kids and a bucket," said Ostroviak. It turns out that "he was looking for frogs. But, it was weird. It was very strange," she said.

"Call us," said West Springfield District Police Assistant Commander Tim Field. Even "if you just have a feeling that something is wrong, someone doesn't look normal." He said that people are reluctant to call because they think there is probably nothing to what they observe. "Let us determine whether there is nothing to it," said Field.

Supervisor Cook and Assistant Commander Field visited the Bonnie Brae, Middleridge, Woodbury Woods, Somerset Olde Creek, Rutherford, Kings Park and North Springfield neighborhoods.

Each event varied in the number of attendees and type of location, from a potluck in someone's backyard to a park with a band and several tables and demonstrations.

Representatives from the Fairfax County Fire Department and the Fairfax County Sheriff's Office also participated on Tuesday's National Night Out.



Deputies John Viola and Tony Ayoub, of the Fairfax County Sheriff's Office, attend the Middleridge Night Out on Tuesday, Aug. 5 to disabuse the community of the stereotypes and stigma regarding law enforcement officers.



Paul Serzan, of Fire Station 423, shows the truck's controls at the Rutherford Night Out on Tuesday, Aug. 5.



From Left, State Senator Chap Petersen (D-34) and Supervisor John C. Cook (R-Braddock) address the Middleridge community, on National Night Out, Tuesday, Aug. 5.

Northern Virginia in Neutral

Income growth in Fairfax and Alexandria lags behind state and national averages.

BY MICHAEL LEE POPE
THE CONNECTION

Paycheck growth in Fairfax County and the city of Alexandria are lagging behind the state and the nation, according to data from the Bureau of Economic Analysis. A look at per capita personal income from the last five years shows Northern Virginia struggling to keep up as everybody else recovers from the recession.

Fairfax County had the lowest rate of growth, only 2 percent. Alexandria isn't much better, showing a 3 percent growth in per capita personal income. Arlington has the highest per capita personal income, although its growth is just under the state and national average. The only bright spot in Northern Virginia is Loudoun County, which has seen a 15 percent rate of growth from 2008 to 2012 (the most recent year available). For the most part, Northern Virginia is stuck.

"The region has stopped growing," said Stephen Fuller, director of the Center for Regional Analysis at George Mason University. "High wage jobs and most new jobs are paying below the average for all jobs."

Part of the explanation is that the typical American household is getting poorer, according to a new study by the Russell Sage Foundation that shows the inflation-adjusted net worth for the typical American household has dropped 36 percent from 2003 to last year. Another part of the explanation is that the region is emerging from the recession with a serious hangover. Stimulus spending was drying up just as Northern Virginia is facing a series of troubles related to a dysfunctional federal government.

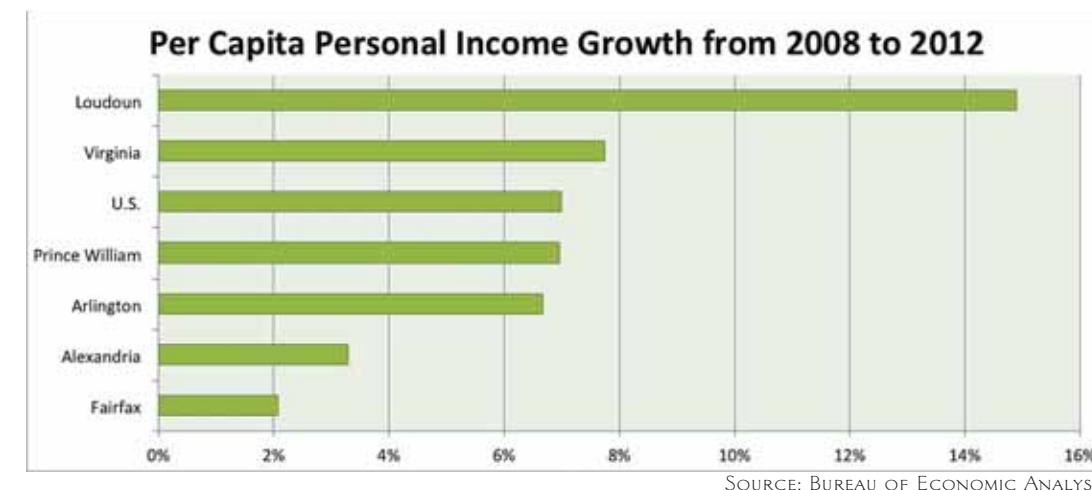
"This area is highly dependent upon the federal government," said Frank Shafroth, director of the Center for State and Local Leadership. "Sequesters, shutdowns and freezing Department of Defense and domestic appropriations can be very disruptive."

THE GREAT RECESSION came on the heels of one of the worst business cycles on record in terms of job creation, a phenomenon that's true for per capita personal income as well as household income. By 2009, when the bottom fell out of the global financial system, the typical working-age American household was earning about \$5,000 less than it did in 2000. Since 2009, when the recovery officially began, household income has fallen even more.

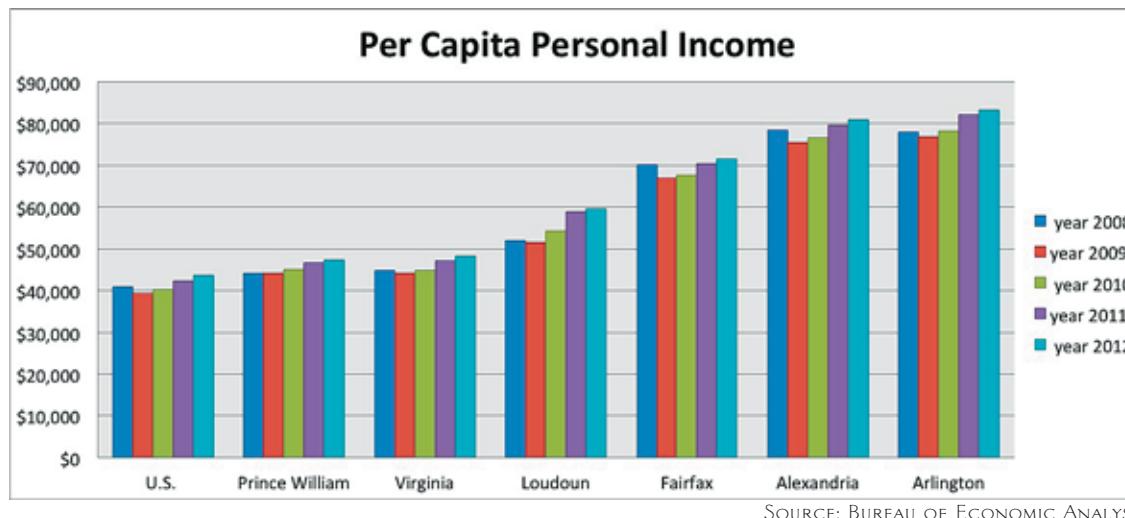
"It's depressing," said Richard Fry, a se-

Jurisdiction	year 2008	year 2009	year 2010	year 2011	year 2012	% change
Loudoun	\$51,950	\$51,469	\$54,301	\$58,953	59,683	15%
Virginia	\$44,900	\$44,063	\$44,854	\$47,126	48,377	8%
U.S.	\$40,873	\$39,357	\$40,163	\$42,298	43,735	7%
Prince William	\$44,230	\$44,227	\$44,995	\$46,719	47,309	7%
Arlington	\$78,031	\$76,941	\$78,340	\$82,075	83,242	7%
Alexandria	\$78,375	\$75,598	\$76,643	\$79,713	80,952	3%
Fairfax	\$70,145	\$67,010	\$67,776	\$70,371	71,607	2%

SOURCE: BUREAU OF ECONOMIC ANALYSIS



SOURCE: BUREAU OF ECONOMIC ANALYSIS



SOURCE: BUREAU OF ECONOMIC ANALYSIS

nior researcher at the Pew Research Center. "Household income is down, and even during the years it was supposed to be recovering it has actually continued to fall further."

Here in Northern Virginia, demographic changes are at the root of why per capita personal income has remained flat. As development and redevelopment moves forward, low-income families are being priced out of Arlington and Washington, D.C. Meanwhile, the older housing in Fairfax County and Alexandria are drawing lower income families.

"The older apartments were designed for singles, but they are now occupied mostly by families with children," said David Versel, senior research associate at the Center for Regional Analysis. "If you look down Route 1, all the apartments near Fort Belvoir were built for singles and young couples. Now they have predominantly immigrant families."

THE ONE bright spot in Northern Virginia is the fast growing exurbs of Loudoun County, where per capita person income increased from \$52,000 in 2008 to \$60,000 in 2012. Researchers who study the shifting demographic patterns of Northern Virginia say part of the explanation for this is the different kind of people who are now moving to Loudoun County, which is growing at the fastest rate in Northern Virginia. The county's population has doubled in the last 15 years, and so has the county's demographic profile.

"One of the things that is really changing in Loudoun is having more younger people going out there, and families without children going out there," said Hamilton Lombard, research specialist for the Demographics Research Group at the University of Virginia Weldon Cooper Center for Public Service. "And that's just kind of a transformation from being a bedroom commu-

nity into actually having lots of job centers there and having lots of younger people going there before they start families."

Part of the change for Loudoun is the kind of construction that's been happening in recent years. The county has seen a number of new mixed-use developments that include residences, shopping and offices. The Village at Leesburg, for example, was one of the first of its kind in the area. That was followed by One Loudoun in Ashburn and Crescent Place, a trend that is slowly making Loudoun more friendly for millennials.

"The region has stopped growing."

— Stephen Fuller, director of the Center for Regional Analysis at George Mason University

"We're not seeing as many mansions or large single-family houses being built, and we are seeing more smaller units, which means smaller households with fewer children," said Versel. "That means for each new household that moves in, there are fewer dependents and thus the per capita income will be higher."

ACROSS AMERICA, the poor are getting poorer. A new study by the Russell Sage Foundation concludes that households at the bottom of the wealth distribution lost the largest share of their total wealth, and researchers who conducted the study believe the slow recovery will continue to generate increased wealth inequality in the coming years. The study also concluded that the Great Recession caused an unprecedented decline in wealth holdings among American households. Inflation-adjusted net worth for the typical household in America dropped 36 percent from \$88,000 in 2003 to \$56,000 last year, and most of that drop came in the wake of the Great Recession. Ultimately, the researchers concluded, the data show very few signs of significant recovery from the losses in wealth experienced by American families during the Great Recession.

"The housing bubble basically hid a trend of declining financial wealth at the median that began in 2001," wrote Fabian Pfeffer, one of the study's authors.

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

FRIDAY/AUG. 8-SUNDAY/AUG. 31

eBooks. Richard Byrd Library, 7250 Commerce Street, Springfield. Learn how to browse the collection, check out books and download to PC, Mac and eBook readers. Call the library at 703-451-8055 to schedule an appointment.

One-on-One English Conversation Practice. City of Fairfax Regional Library, 10360 North Street, Fairfax. Practice speaking English with a volunteer partner. Call 703-293-6227 for an appointment.

Personalized Internet/Microsoft Office Tutoring. City of Fairfax Regional Library, 10360 North Street, Fairfax. Learn how to use the Web or increase your skills. Call 703-293-6227 for an appointment.

FRIDAY/AUG. 8

English Conversation Group. 10 a.m. 9000 Burke Lake Road, Burke. Practice your English conversation skills. For adults.

MONDAY/AUG. 11

English Conversation Group. 7:8:30 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Practice English with others and improve your skills. 703-249-1520.

One-on-One English Practice. 7-9 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Practice speaking and reading English with a volunteer partner. Call 703-249-1520 to make an appointment.

TUESDAY/AUG. 12

Red Cross Blood Donation. 1:30-7:15 p.m. American Legion Post 176, 6520 Amherst Avenue, Springfield. The American Red Cross encourages all eligible blood donors to make an appointment to donate blood soon to help prevent a shortage. To make an appointment, visit redcrossblood.org or call 1-800-RED CROSS.

English Conversation Group. 7-8:30 p.m. City of Fairfax Regional Library, 10360 North Street, Fairfax. Practice speaking English with others and improve your skills. 703-293-6227.

English Conversation Group. 7-9 p.m. Richard Byrd Library, 7250 Commerce Street, Springfield. Practice and improve your English. 703-451-8055.

Book Discussion Group. 7 p.m. 9000 Burke Lake Road, Burke. Kings Park Library hosts a book discussion group for boys and discusses Eragon by Christopher Paolini. Ages 8-12 with an adult.

WEDNESDAY/AUG. 13

English Conversation Group. 10:30 a.m. City of Fairfax Regional Library, 10360 North Street, Fairfax. Practice speaking English with others and improve your skills. 703-293-6227.

English conversation. 10:15 a.m. 6500 Lansdowne Centre, Alexandria. Join a conversation group to learn the English language. For adults. Sign up at va.evanced.info/fairfaxcounty/lib/eventcalendar.asp?EventID=12&libnum=12.

English conversation. 7 p.m. 6450 Sydenstricker Road, Burke. Join a conversation group to learn the English language. For adults. Sign up at va.evanced.info/fairfaxcounty/lib/eventcalendar.asp?EventID=12&libnum=12.

THURSDAY/AUG. 14

Conversational Spanish. 2 p.m. 9000 Burke Lake Road, Burke. Practice and improve your Spanish with a native speaker. For adults.



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5835 Cove Landing Road #202
Burke, VA 22015 • FOR RENT: \$1,475

Beautiful 2 bedroom, 2 bath condo located in the heart of Burke Centre. Take a pathway through the neighborhood on your way to the lake, VRE, pool, tennis courts, etc. Main floor unit - no stairs, facing back of the building.



10343 Bushman Dr., Oakton, VA 22124
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OPINION

Brightening Outlook for End of Summer

Local pleasures to offset discouraging news.

The news here has been a bit discouraging, and that's without considering the human tragedy and disaster of several different international situations.

The unsettling narrative rolling out from the Richmond trial of former Gov. Bob McDonnell and his wife Maureen would hopefully result in action on campaign finance reform in Virginia.

Up until the news about "gifts" to family members of Gov. Bob McDonnell, almost all elected officials would defend Virginia's notoriously unregulated system of allowing candidates and elected officials to take unlimited amounts of money and unlimited gifts from anyone or any company at all. Because Virginia has such strict disclosure requirements, elected officials seem to think that it's OK to be awash in all that money. Voters can look up who is giving money and draw their own conclusions. How could it hurt if the details are all out in the open?

It isn't just disclosure of gifts to family members that needs reform here.

Discovering that the system is entirely self-regulated with no independent auditor, no ethics commission and no penalties for failing to report gifts or contributions should give voters some pause. Consider that only four states, including Virginia, have no limits on contribu-

EDITORIAL

tions. Most states have limits; for example, in Maryland, individuals can give \$4,000 to any one candidate and \$10,000 total in a four-year election cycle. We've already had one session of the General Assembly without a meaningful reform effort.

The current stubborn road block to extending health coverage to at least 200,000 very poor Virginians, including another unsettling narrative about

Democrats losing control of the Virginia Senate because of the resignation of one senator who was apparently offered a great job and a judgeship for his daughter, is dispiriting.

The failure in Fairfax County of a proposal to allow the building of affordable studio apartments to house working poor people is discouraging on several fronts. The proposal was many years in the making. Why did this proposal come forward without support from members of the Board of Supervisors? Even if it was approved, it appeared to lack commercial viability. Back to the drawing board? (There is some good news pending about more federal money for affordable housing in the county.)

So here are a few end-of-summer activities that can serve as antidote. Go to the farmers markets and enjoy the local bounty:

Wakefield Farmers Market. 2-6 p.m. Wednesdays, May 7-Oct. 29. 8100 Braddock Road, Annandale. 703-321-7081. <http://www.fairfaxcounty.gov/parks/>

farmersmarkets/wakefieldmkt.htm.

Fair Lakes Farmers Market. Wednesdays. 3:30-7 p.m. 4501 Market Commons Drive, Fairfax. www.greentowns.com/initiative/farmers-market/fair-lakes-farmers-market-fairfax-va.

Fairfax's Government Center Farmers Market. 3-7 p.m. Thursdays, May 1-Oct. 30. Ten vendors including a Middle Eastern delicacy bakery and custom organic ice cream shop. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. www.fairfaxcounty.gov/parks/farmersmarkets/governmentcntr-mrkt.htm.

Lorton Farmers Market. 3-7 p.m. Thursdays. New Hope Church, 8905 Ox Road, Lorton. www.smartmarkets.org.

Kingstowne Farmers Market. 4-7 p.m. Fridays, May 2-Oct. 31. Giant Parking Lot, 5955 Kingstowne Towne Center, Alexandria. Vendors products include fresh organic honey and hand held pies and rolls. www.fairfaxcounty.gov/parks/farmersmarkets/kingtownemkt.htm

Burke Farmers Market. 8 a.m.-noon. Saturdays, May 3-Nov. 22. 5671 Roberts Parkway, Burke. www.fairfaxcounty.gov/parks/farmersmarkets/burkemkt.htm

Springfield Farmers Market. 10 a.m.-2 p.m., Saturdays. Springfield Mall, 6417 Loisdale Road, Springfield. www.smartmarkets.org.

Fairfax Farmers Market. 8 a.m.-1 p.m. Saturdays, May 10-Nov. 1. 10500 Page Avenue, Fairfax. www.fairfaxesaturdaymarket.com.

Lorton Farmers Market. 9 a.m.-1 p.m. Sundays, May 4-Nov. 2. VRE Parking Lot, 8990 Lorton Station Boulevard, Lorton. www.fairfaxcounty.gov/parks/farmersmarkets/lortonmkt.htm

Fairfax Farmers Market. 10 a.m.-2 p.m. Sundays, May 11-Oct. 26. 10500 Page Avenue, Fairfax. www.fairfaxesaturdaymarket.com

Fair Lakes Farmers Market. Sundays, 9 a.m.-1 p.m. 4501 Market Commons Drive, Fairfax. www.greentowns.com/initiative/farmers-market/fair-lakes-farmers-market-fairfax-va.

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NEWS DEPARTMENT:
To discuss ideas and concerns,
Call: 703-778-9410
e-mail:
burke@connectionnewspapers.com

Kemal Kursphalic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Amna Rehmatulla
Editorial Assistant
703-778-9410 ext.427
arehmatulla@connectionnewspapers.com

Janelle Germanos
Community Reporter
703-364-8161
jgermanos@connectionnewspapers.com

Jon Roetman
Sports Editor ♦ 703-752-4013
[@jroetman](mailto:jroetman@connectionnewspapers.com)

Victoria Ross
County Reporter ♦ 301-502-6027
vross@connectionnewspapers.com

ADVERTISING:
For advertising information
e-mail:
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Steve Hogan
Display Advertising, 703-778-9418
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Andrea Smith
Classified Advertising, 703-778-9411
classified@connectionnewspapers.com

Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

Editor & Publisher
Mary Kimm
703-778-9433
[@MaryKimm](mailto:mkimm@connectionnewspapers.com)

Executive Vice President
Jerry Vernon
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kursphalic
Photography:
Deb Cobb, Craig Sterbutzel
Art/Design:
Laurence Foong, John Heinly
Production Manager:
Geovani Flores

Special Assistant to the Publisher
Jeanne Theisemann
703-778-9436
[@TheisemannMedia](mailto:jtheisemann@connectionnewspapers.com)

CIRCULATION: 703-778-9426
Circulation Manager:
Ann Oliver
circulation@connectionnewspapers.com



PHOTO CONTRIBUTED

Jennifer Shearin, left, and Julie Naff with their children.

BY JENNIFER SHEARIN AND JULIE NAFF

When Julie and I decided to build our family through adoption in 2007, we knew we would need to complete a homestudy first. We called two local adoption agencies to find out how to get this process started. Upon finding out that we lived in Virginia, social workers at both agencies responded with, "Move to D.C. or Maryland!"

While complicated, either one of us could have legally adopted a child in Virginia as a single person, but we had been a couple for nearly ten years at that point. In short, we

could not even have our request for a homestudy granted to us then because we were a same-sex couple living together in Virginia. Even if we did find a way to "untangle" our lives as a couple and go forward with a single-parent adoption, the other would not have had any parental/legal rights to that child, as Virginia does not allow second-parent adoption. To second-parent adopt in Virginia, you must be legally married. And, of course, Virginia does not rec-

ognize same-sex marriage.

Private adoption can be a difficult process for most people, but there just seemed to be more than our fair share of hoops to jump through! So we moved to Washington, D.C.

Moving 12 miles might not

sound like a big deal, but we had owned a house in Northern Virginia since 2000. It was the place we called home. Our house was convenient to our jobs, my family, our friends, our favorite dog parks, etc. To afford this move out of state, we had to rent out our Vir-

ginia home for the next several years, become landlords, manage the property, commute longer distances to work, pay higher taxes on our income, etc. The only reason for the move: the District of Columbia would allow us to legally adopt children together.

Jumping through these hurdles paid off when our dream to become parents was realized in 2009, when our son, Daniel, was born. And again in 2011 with the birth of our son Liam. We have open-adoptions with their birth families in California. Our children's birthparents chose us to adopt and parent our boys, yet Virginia laws stood in the way ... Virginia's laws stood in the way of a private, consensual decision made between adults.

After finalizing Liam's adoption in 2011, we moved back to Virginia as a legally married couple (thank you, D.C!) and as a family of four, to the home and the community that we loved and missed. Having finalized our sons' adoptions in California (where they were both born, and where we could petition the courts as out-of-state resi

SEE UNEQUAL, PAGE 7

LETTERS

Lifesaving Community

To the Editor:

I wanted to write and publicly thank everyone who helped with my blood drive on Aug. 1. So many people helped, from St. Andrew's Catholic Church who hosted us, Joyce Krolicki from Paul VI and Brenda Tingren from Inova who supported and guided us, my friends Alex and Nick Aguilera and George Litman, and my brother Brent who ran the blood drive, everyone who helped publicize my event and recruit donors, and of course everyone who donated blood. We were successful because of your efforts. We were given 48 appointments and Inova's goal for us was to fill 36 of them. We were able to fill all of our appointments and we had several "drop ins" and as a result, Inova collected 47 units of blood. Each unit of blood can save up to three lives, so together, we may have helped give a chance to 141 people.

Blood cannot be manufactured and can only come from donors. It truly is a matter of life and death and we are so grateful for your participation. Unfortunately we don't have contact information for sev-

eral people who dropped in, so we hope they see this. Everyone who donated on Aug. 1 is eligible to donate again on Sept. 26, and we hope you will. We hope to hold another drive in the late fall. If you would like to be contacted when we have a date, please feel free to email us at PantherPints@gmail.com

Mitch Kiefer
Clifton

Partnership for Children

To the Editor:

Novus/Cafritz has been a supporter of Fairfax CASA for several years as a sponsor of our Run for the Children, which is held each May at the Fairfax County Courthouse. This past fall, we met with Novus and they offered to provide free office space in their new development when it is built! This is an amazing opportunity for Fairfax CASA, providing us with a tremendous savings and putting us in a visible area where there would be a lot of walking traffic to attract supporters and volunteers.

Fairfax CASA is a nonprofit that advocates for abused and neglected children under the Court's

protections. As a public charity, Fairfax CASA raises its own money and is not funded by the government. One of our largest expenses is our rent for office space in Fairfax, which has cost us approximately \$80,000 each year. Novus has offered us a commitment for 15 years of free rent when the development is built.

This savings of more than \$1M would allow Fairfax CASA to serve many more children in the years to come, strengthening our community. As a highly regarded company with a long history of commitment to philanthropy, we firmly believe that Novus/Cafritz will be a strong community partner once they are located in Fairfax. We will all benefit from their presence in Fairfax.

Beyond the personal interest that we have in the property being approved, we believe the proposed project is beautiful and that it would upgrade the area, which is currently disjointed and dilapidated. Creating a beautiful walking community will encourage the other landowners in that area to follow suit to create a lovely living community in Fairfax.

Fairfax needs this type of development. In addition, the young people graduating from George

Mason and getting advanced degrees there could live in the apartments and spend dollars in Fairfax! I'm sure the business owners would approve of this.

Lisa Banks
Executive Director
Fairfax Court Appointed
Special Advocates (CASA)
www.fairfaxcasa.org

Global Warming is Impacting Us Now

To the Editor:

On Wednesday, July 30, I joined hundreds in Washington, D.C. to show my support for the Environmental Protection Agency's Clean Power Plan by testifying at the public hearing.

With increasingly powerful storms bringing down trees and flooding our roads, global warming isn't a distant threat for Virginia. It's impacting us now.

We need to act now to make this planet cleaner and healthier, while we have the opportunity.

The EPA's Clean Power Plan will reduce carbon pollution from power plants—the largest source

of global warming pollution in the U.S.

Unfortunately, some members of Congress are working actively to block the EPA's authority under the Clean Air Act to limit dangerous carbon pollution. With so much at stake, we need leaders to stand up to the polluters.

Virginia's Senators Mark Warner and Tim Kaine should stand up for Virginia and push back against polluters' attacks on this critical step to tackle global warming. Our children's future depends on it.

Erin Hodge
Great Falls

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors.

Send to:

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

Unequal in Virginia

FROM PAGE 6

dents), both Julie's and my name appear on their birth certificates as the legal parents of our children. This could have never happened in Virginia as the laws stand on second-parent adoption.

Virginia's anti-gay laws disrupted our lives for several years, not to mention the cost of our adoption process skyrocketed with a move out-of-state.

I was born and raised in Virginia. I am a product of Virginia public schools. I am a proud public school teacher in Virginia. Julie and I want our children to grow up in a diverse environment with access to quality public schools. We are law-abiding citizens who pay taxes like any other resident/property owner in the state of Virginia. Shouldn't we have the same rights as other Virginians?

THIS IS "DAKOTA"



This is one big boy whose life desire is to devote himself to a family who loves him. Dakota is part Shepherd and part lover boy. He is great with people and other dogs and is very well-mannered. He is housebroken, great to walk with and will make each day a total joy for you. Come and meet this handsome 2-year-old gentleman soon, so the rest of your summer will be perfect. Mr. Lover Boy is waiting for your visit!

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AUGUST 25—AUGUST 29.WALKING WITH DINOSAURS (PG)

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WELLBEING

Preventing Sports Injuries

How to keep kids safe while they're having fun.

By MARILYN CAMPBELL
THE CONNECTION

As students prepare to return to school, one activity many look forward to is sports. While the benefits of athletic activities are numerous, however, so are injuries.

Statistics released by Safe Kids Worldwide, an organization dedicated to preventing injuries in children, show that more than 38 million U.S. children and adolescents ages 19 and under participate in sports each year. More than 2.6 million of those children were seen in emergency rooms for injuries related to sports and recreation.

Ochiai said sports are ideal for developing a child's coordination and helping them learn teamwork and perseverance. However, he continued, all sports carry a risk of injury. "The most common sports associated with injuries include football, basketball, baseball/softball and soccer," he said. "Any sport that involves colliding with another player does increase the risk of injury."

PARENTS, GUARDIANS AND CARE-TAKERS can take active roles in helping to

The most common sports-related issues are sprains (mostly ankle), muscle strains, bone or growth plate injuries, repetitive motion injuries and heat-related illnesses.

"Children's bones are more pliable than adults', and injuries that might just cause a sprain in an adult could cause a fracture in a child," said Dr. Derek Ochiai, Hip Arthroscopy & Sports Medicine at the Nirschl Orthopaedic Center in Arlington. "If the child refuses to bend their wrist or elbow or cannot put weight on their leg, then this should be urgently seen by a physician, whether in the emergency room or in the doctor's office, within a day of the injury."

Ochiai said sports are ideal for developing a child's coordination and helping them learn teamwork and perseverance. However, he continued, all sports carry a risk of injury. "The most common sports associated with injuries include football, basketball, baseball/softball and soccer," he said. "Any sport that involves colliding with another player does increase the risk of injury."

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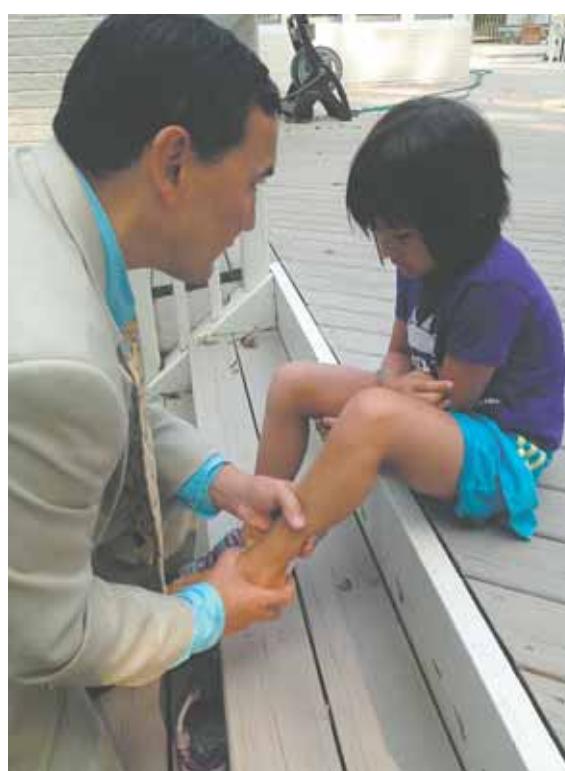


PHOTO COURTESY OF NIRSCHL ORTHOPAEDIC CENTER
Dr. Derek Ochiai treats a young patient at the Nirschl Orthopaedic Center in Arlington. More than 2.6 million children sustain sports-related injuries that require emergency care each year.

"Injuries will never be 100 percent preventable and are part of sports. However, many youth sports injuries are preventable with some common sense."

— Shane V. Caswell, Ph.D.,
George Mason University

number one priority."

Parents should then ask to see the league's youth safety policies and procedures manual and emergency action plans specific to all venues where the children will practice and compete, he said.

"Unfortunately, we have seen too many instances where an emergency situation occurs and no one knows what to do," Caswell said. "Youth sports organizations should have these policies in place, require that coaches be educated on them and make parents aware that they exist. They should be reviewed annually and practiced regularly so that when an emergency occurs everyone is prepared."

STRETCHING TO MAINTAIN muscle flexibility is also important to prevent sports injuries in children, said Skye Donovan, Ph.D., associate professor of physical therapy at Marymount University in Arlington.

"As children go through growth spurts, their muscles are at an increased risk of becoming tight and limiting their range of motion, which can pose a problem during sports," she said. "Strength training is a great way to help children resist injuries. It doesn't have to be the typical 'go to the weight room' type of strength training; children can do sports-specific activities that use their own body weight or resistance bands to help target underdeveloped muscles that might otherwise lead to injuries. Agility training is also helpful to improve sports related skills like coordination, cutting, changing directions and high speed movements."

Ochiai underscores the importance of using protective gear, including helmets. "Listen to coaches and instructions on technique, and use proper techniques at all times, including with tackling in football," he said. "Make sure the young athletes stay hydrated, and have access to water frequently. Even at young ages, include appropriate warm up drills prior to starting the activity."

prevent injuries, said Caswell. "To help ensure that their children are safe, parents need to take ownership of their child's safety," he said. "We can begin with the first question parents should ask when choosing a youth league or sports association: Who in the organization is responsible for league safety and what is the plan?"

Youth sports organizations should take precautions to ensure safety, continued Caswell. "It need not be someone with medical knowledge, but it should be a concerned parent or volunteer who makes safety the

WEEK IN BURKE Chip Rome's Retirement Party

In Celebration of Chip Rome's 33 years as drama teacher and director at Robinson Secondary, the Robinson Drama Boosters are honoring him with a retirement party. It's this Saturday, Aug. 9, from 7-9 p.m., in the school theater. All those who know him are welcome. RSVP to Gretchen Laskas at gretchenlaskas@aol.com.

Friends of the Pohick Regional Library Sponsor Library Foundation's Fundraising Event

Fairfax Library Foundation proudly recognizes the Friends of the Pohick Regional Library for their charitable contribution of \$20,000 to enhance Fairfax County Public Library programs and ser-

vices. This donation makes the Friends of the Pohick Library publisher-level sponsors for the Foundation's 2014 A Library Jubilee! to be held on Oct. 18, 2014 at the City of Fairfax Regional Library. The Friends of the Pohick Library join with other Jubilee sponsors, including Friends of the Burke Centre Library, Friends of the Kings Park Library, A.J. Dwoiskin & Associates, ExxonMobil, Friends of the George Mason Library, and Friends of the Oakton Library, to enrich the library.

In addition to supporting FCPL through generous donations to the Foundation, The Friends of the Pohick Regional Library fund valuable improvements and additions at their library branch, including steel shelving, study chairs, book trucks, and story rugs. Their dedication to expanding library services, at the Pohick branch as well as within the other 22 branches of FCPL, has allowed the Friends to be an integral part of the Fairfax community.

A Library Jubilee! is the Foundation's largest annual fundraising event, last year netting over \$110,000 to enhance Fairfax County Public Library. This year's celebration will commemorate 75 years of quality library service, as well as the 20th anniversary of Fairfax Library Foundation.

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ENTERTAINMENT

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FRIDAY/AUG. 8

Ancestors 101: An Introduction. 1-3 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Get a good start on your genealogy research. Register at www.fairfaxcounty.gov/library/branches/bc/ under "Events." 703-249-1520.

Fun Flicks. 10:30 a.m. 6450 Sydenstricker Road, Burke. Watch movies based on children's books, including: Curious George Rides a Bike, Frog Goes to Dinner, and Giggle Giggle Quack. Cosponsored by the Friends of the Phoicks Regional Library. All ages. Sign up at: <https://va.evanced.info/fairfaxcounty/lib/eventcalendar.asp?EventID=17&Libnum=17>.

FRIDAY/AUG. 8-SUNDAY/AUG. 31

"Sounds and Shapes" by Hadrian Mendoza. Building W-8, Workhouse Arts Center, 9601 Ox Road, Lorton. The Workhouse Arts Center is proud to present our Featured Artists and Studio Exhibitions for the month of August. 703-584-2900 or www.workhousearts.org.

SATURDAYS/AUG. 9-AUG. 23

Burke Arts in the Parks. 10 - 11 a.m. Burke Lake Park Amphitheater, 7315 Ox Road, Fairfax Station. Entertain children, teach them the importance of protecting our natural resources, introduce them to live entertainment in an informal kid friendly atmosphere, and forge a connection between kids and parks. Call 703-323-6601.

SATURDAY/AUG. 9

Teen Book Club. 11 a.m.-12 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. We will be discussing the second novel in the Immortal Instruments series - City of Ashes by Cassandra Clare. Register at www.fairfaxcounty.gov/library/branches/bc/ under "Events." 703-249-1520.

Master Gardeners Plant Clinic. 10 a.m. 9000 Burke Lake Road, Burke. Master Gardeners from Fairfax County Cooperative Extension hosts plant clinics each Saturday morning through the summer to answer any gardening questions. For adults.

SATURDAY/AUG. 9-SUNDAY/AUG. 10

Used Book Sale. 9 a.m. - 5 p.m. Truro Anglican Church, 105 Main St., Fairfax. www.truroanglican.com



Visit Hadrian Mendoza's latest exhibit, "Sounds and Shapes," in which he explores the combination of materials animal (goat and cow) skin and handmade ceramic shells in creating drums. His work will be on display at the Workhouse Arts Center in Lorton until Aug. 31.

SUNDAY/AUG. 10

Neighborhood plant clinic. 1-4 p.m. 6450 Sydenstricker Road, Burke. The Fairfax County Master Gardeners Association gives tips and advice regarding plants. For adults.

MONDAY/AUG. 11

Library eBook Tech Help. 11 a.m. City of Fairfax Regional Library, 10360 North Street, Fairfax. Learn to use the library's eBook collection and compatible devices with a library staff member. 703-293-6227.

The Frisbee Guy. 2:30 p.m. 9000 Burke Lake Road, Burke. Freestyle Frisbee champion Gary Auerbach shares tricks to master the Frisbee, cosponsored by the Friends of the King's Park Library. Ages 6-12.

Walk-in eBook clinic. 7-8:30 p.m. 6450 Sydenstricker Road, Burke. Help download library eBooks by bringing your device and its account ID and password. For adults.

TUESDAY/AUG. 12

Reading Buddies. 4-5 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Teen volunteers are available as reading buddies; read to them or they will read to you. Ages 5-8. Register at www.fairfaxcounty.gov/library/branches/bc/ under "Events." 703-249-1520.

them or they will read to you. Ages 5-8. Register at www.fairfaxcounty.gov/library/branches/bc/ under "Events." 703-249-1520.

Neighborhood plant clinic. 10 a.m. 6450 Sydenstricker Road, Burke. The Fairfax County Master Gardeners Association gives tips and advice regarding plants. For adults.

Owls: Flying tigers of the night. 2:30 p.m. 6450 Sydenstricker Road, Burke. Hidden Oaks Nature Center shows how owls are then silent hunters of the bird world. Ages 6-12.

WEDNESDAY/AUG. 13

Spectacular Science. 10:30-11:15 a.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Explore the secrets of fireworks, bubbles and more with Mad Science. Register at www.fairfaxcounty.gov/library/branches/bc/ under "Events." 703-249-1520.

KNCAA book group. 2 p.m. 6500 Lansdowne Centre, Alexandria. Kingstowne Center for Active Adults hosts a book discussion group and discusses The Five People You Meet in Heaven by Mitch Albom. For adults.

Storytime Picnic. 12 p.m. Lorton

Community Library, 9520 Richmond Highway, Lorton. Bring a picnic lunch and listen to stories and songs. Preschool with adult. 703-339-7385.

THURSDAY/AUG. 14

Mosby's Raids in Civil War Northern VA. 7 p.m. 9000 Burke Lake Road, Burke. Author William Connery discusses his book on guerilla raids of COL John S. Mosby in Northern Virginia during the Civil War. Book sales and signings follow. For adults and teens.

FRIDAY/AUG. 15

Fun Flicks. 10:30 a.m. 6450 Sydenstricker Road, Burke. Watch movies based on children's books, including: Bark, George, No Roses for Harry, Whistle for Whillie, and Pet Show. Cosponsored by the Friends of the Phoicks Regional Library. All ages. Sign up at: <https://va.evanced.info/fairfaxcounty/lib/eventcalendar.asp?EventID=17&Libnum=17>

SATURDAY/AUG. 16

Free Fine Art Photography Lecture and Demonstration. 11 a.m.-12:30 p.m. Workhouse Arts Center

W-16 Vulcan Gallery, 9518 Workhouse Way, Lorton. Join Instructor Craig Rudlin as he explores these elements and how to utilize them to create images that engage and challenge the viewer. 703-584-2900.

Trivia Night Fun(d)raiser for Kids.

6:30-8:30 p.m. Good Shepherd Parish Hall, 9350 Braddock Road, Burke. Central Fairfax Optimist Club event. Tickets \$10; all proceeds benefit kids' programs. Doors open at 6; food & beverages available; prizes/raffles. 540-341-8203.

MONDAY/AUG. 18

Paws to read. 4:15 p.m. 9000 Burke Lake Road, Burke. Practice reading with Grace, a trained therapy dog. Call or sign up online for a 15-minute session. Ages 6-12 with an adult. Sign up at <https://va.evanced.info/fairfaxcounty/lib/eventcalendar.asp?EventID=11&Libnum=11>.

Chess Club.

3:30 p.m. 6450 Sydenstricker Road, Burke. Learn openings, strategy, tactics, and more. Players are paired with others of similar skill. Drop in anytime. Co-sponsored by the Friends of the Phoicks Regional Library. Ages 8-16.

Walk-in eBook clinic. 7-8:30 p.m. 6450 Sydenstricker Road, Burke. Help download library eBooks by bringing your device and its account ID and password. For adults.

TUESDAY/AUG. 19

Reading Buddies. 4-5 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Teen volunteers are available as reading buddies; read to them or they will read to you. Ages 5-8. Register at www.fairfaxcounty.gov/library/branches/bc/ under "Events." 703-249-1520.

Paws to Read. 4:30 p.m. 9000 Burke Lake Road, Burke. Practice reading with Fenton, a trained therapy dog. Call or sign up online for a 15-minute session. Ages 6-12 with an adult. Sign up at <https://va.evanced.info/fairfaxcounty/lib/eventcalendar.asp?EventID=11&Libnum=11>.

Neighborhood plant clinic. 10 a.m. 6450 Sydenstricker Road, Burke. The Fairfax County Master Gardeners Association gives tips and advice regarding plants. For adults.

WEDNESDAY/AUG. 20

My Gym – Babies. 10:30-11:30 a.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Develop your child's large motor skills with physical exercise designed for babies. Register at www.fairfaxcounty.gov/library/branches/bc/ under "Events." 703-249-1520.

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NEWS



PHOTO BY JANELLE GERMANOS/THE CONNECTION

Norma Heck (center) was recognized by the Board of Supervisors on July 29 for her service to the community. She is pictured here receiving an award for being the 2014 Braddock District Citizen of the Year.

Honored by Supervisors

**Resolution
honors Braddock
Resident Norma
Heck for years
of community
service.**

BY JANELLE GERMANOS
THE CONNECTION

Norma Heck, who has been an owner of a home in North Springfield since 1956, was recognized last week by the Board of Supervisors for her service and dedication to the community.

The resolution, brought forward by Supervisor John Cook (R-Braddock District) and Chairman Sharon Bulova, stated that Norma Heck "embodies the spirit of community and volunteerism."

Heck has been a member of the North Springfield Civic Association since 1956, and has served as president of the association for many of those years. She was the 2002 Lady Fairfax for the Braddock District, and is a long-time member of the North Springfield Gardening Club.

"Norma is everything I look for in a community leader. She has a great handle on the community as a long time realtor. You always know when Norma's in the room, in a good way. She has embodied the North Springfield community and the civic association for decades," Cook said. "No person in the Braddock District who has had more of an imprint in the community over decades like Norma has."

Heck led many efforts through the years, including the installa-

"If you could have a poster child for what you would want in a community leader, you would have Norma's face on the poster."

— Supervisor John Cook (R- Braddock District)

tion of traffic signals, community beautification, and establishing a buffer zone between the Washington Post plant and residences in North Springfield.

"If you could have a poster child for what you would want in a community leader, you would have Norma's face on the poster," Cook said. Heck has been on top of the demographic changes that have occurred in North Springfield, and has fostered a sense of community, Cook said. "Norma has made it her businesses and her communities business to know what's happening all around her community and all around Central Springfield," said Supervisor Jeff McKay (D-Lee District). "Not a lot of people do that." Heck was hailed at the meeting as a "constant in the community," and applauded for caring about issues throughout the county. "I've known Norma since the Braddock District wasn't the Braddock District, but the Annandale District. Norma really has been a constant and a rock in the community for many years," Bulova said. Heck said it's been great being part of watching North Springfield grow, and has loved every moment of it.

"It's been a wonderful life living in Fairfax County. I thank my community for giving me the opportunity to serve and to meet such wonderful people," Heck said. "I just can't say thank you enough."

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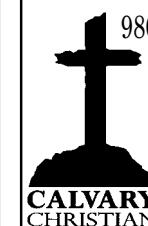


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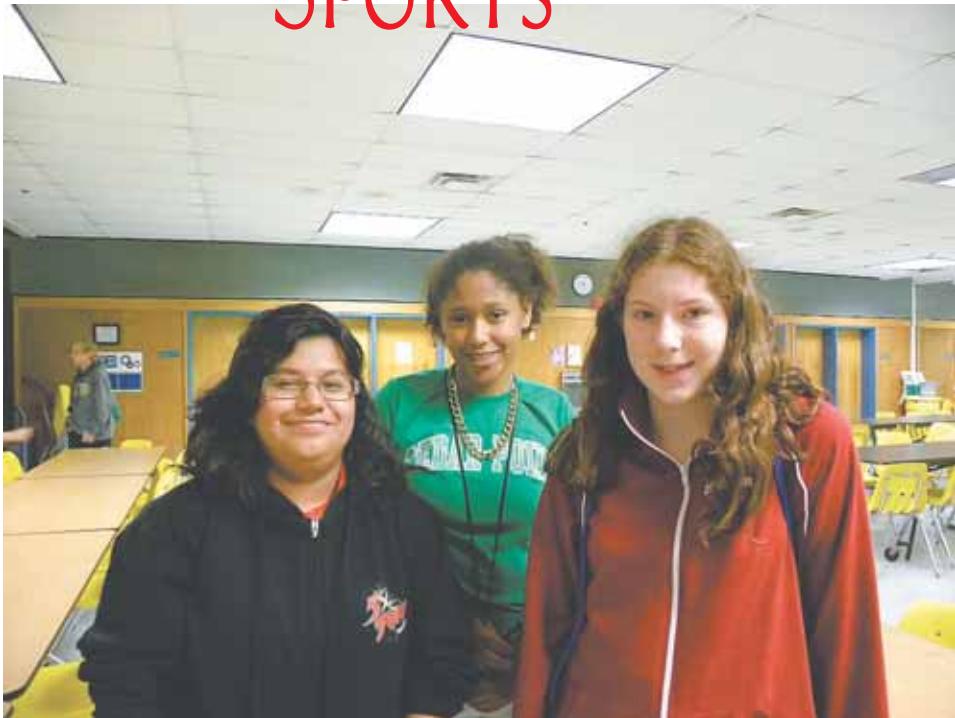
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SPORTS



PHOTOS BY ABIGAIL CONSTANTINO/THE CONNECTION

From left — Robinson Secondary School eighth graders Isabel Tempalski, Cinthia Leonzo and Bailey Blake listen to GMU athletes recount their struggles and success in school and sports on Thursday, July 31.



From left — GMU student athletes Stephi Matsushima, Taylor Washington, Brian Colcombe, Anthony Williams, Corey Edwards, Julian Royal and Jalen Jenkins talk about the challenges they overcame in school and sports on Thursday, July 31 at Robinson Secondary School.

George Mason Athletes Inspire

Middle schoolers learn hard work, perseverance necessary for success.

BY ABIGAIL CONSTANTINO
THE CONNECTION

Student athletes from George Mason University discussed their experience facing challenges in school and sports to students in the Summer Extending Learning Time (SELT) Program at Robinson Secondary School cafeteria in Fairfax on July 31.

Juniors Brice Colcombe (Soccer), Taylor Washington (soccer), Julian Royal (basketball), Jalen Jenkins (basketball), along with seniors Anthony Williams (track and field), Stephi Matsushima (volleyball), and Corey Edwards (basketball) shared their struggles in middle school and high school and the skills and techniques they used to overcome them.

Colcombe compared getting bad grades and behavior problems to doors that have closed, and when all doors are closing, only one way becomes available. "Don't let this happen," he said. He urged the audience to work hard and make good decisions to keep all opportunities open.



Seventh grader Madison Riggs and GMU basketball player Julian Royal demonstrate their height difference at Robinson Secondary School on Thursday, July 31.



Robinson Secondary School middle schoolers listen to GMU athletes recount their struggles and success in school and sports on Thursday, July 31.

get a scholarship" and get a free education, he said.

But nothing is a given, said basketball player Royal. "Being able to have your education paid for is not something that just comes by and is given away for free," he said. "Everyone on this stage worked hard to get those scholarships."

SCHOLARSHIPS are really competitive and getting straight As betters the chances of obtaining them, said Williams.

For volleyball player Matsushima, who found math challenging in middle and high schools, her math teachers helped her get high marks in math, despite her difficulty

with it. "Even if you're struggling or there's something you don't like, you can still be successful in it," she said. She also advised the audience to remain well-rounded and be involved with many activities, as it is something recruiters value.

Washington, who plays left back, divulged his struggle with dyslexia, diagnosed during his freshman year of college. He also recounted nearly failing sixth grade, despite trying his best. With hard work, he slowly started succeeding. "It didn't happen overnight," he said.

His daily schedule accommodates his disability. He wakes up at 6 a.m. most mornings so he can have the extra time to study, while still being able to attend class and

soccer practice.

Unlike his basketball teammates, Jenkins and Royal, who are 6'8" and 6'9", Edwards is below 6' tall. "You shouldn't let anyone look down on you because you're smaller than them or you can't do what they do," said Edwards.

Because of his height disadvantage, he has to be faster and more aggressive in court than everybody else. "You should always strive for what you want. Don't give up. Always try your best," he said.

Rising Robinson Secondary School eighth grader Natalie Hirakawa learned that early efforts bring rewards later. "If you try a lot harder, you don't have to tray as hard later," she said.

THE GMU ATHLETES gave seventh grader Madison Riggs something to look forward to. To get somewhere in life, "you have to work hard in school," she said. She recently completed sixth grade at Bonnie Brae Elementary School.

For Cinthia Leonzo, she will use the advice she learned from the GMU athletes when tackles eighth grade math classes at Robinson Secondary School this year. She said she will "try to focus, work harder."

Bailey Blake, a rising Robinson Secondary School eighth grader, learned that hard work and believing in one's self are necessary to succeed in life.

Robinson Secondary School's SELT Program ran from July 14 - Aug. 1 and focused on literacy and numeracy. One hundred and sixty-five rising seventh and eight graders participated in the program upon the recommendation of their elementary and middle school reading and math teachers.

SELT Program prepares students for the upcoming school year and ensures that the students' foundation in the chosen instructional focus is strong, said Ashley Faaborg, Robinson's SELT Program director.

"You shouldn't let anyone look down on you because you're smaller than them or you can't do what they do."

— Corey Edwards, GMU basketball player

Williams told the middle schoolers that being the best at something they love to do can yield rewards, "If you're good at something, even if it's not at sport, even if it's academics, you can

THE COUNTY LINE

Planning Commission Tables Residential Studio Amendment

Discussion on affordable housing likely to continue.

BY JANELLE GERMANOS
THE CONNECTION

Although more than 15 public meetings and seven committee sessions have been held since Oct. 13, the Fairfax County Planning Commission voted unanimously last week to table the proposed Residential Studio Amendment, which would have provided apartments to residents working low-income jobs.

"It was unlikely that the Residential Studio Committee would reach consensus about the proposed use. There were several unresolved issues, such as the districts in which RSUs should be permitted, the potential scale of the use, potential modifications and waivers under the special exception process, and the potential for impacts on surrounding properties," said Tim Sargeant, an at-large member of the Planning Commission and chair of the Residential Studio Committee, at the July 30 meeting.



PHOTO BY JANELLE GERMANOS/THE CONNECTION

The Residential Studio Committee, pictured here in January, has been disbanded and the residential studio amendment was tabled at the July 30 meeting of the Planning Commission.

The Residential Studio Committee was created following the Board of Supervisors authorization of a Zoning Ordinance Amendment in July 2013. This would have allowed these efficiency apartments of at least three per building and not more than 80, to be designated for at least 80 percent of residents in any building who make less than \$45,000 per year, or more than 60 percent of the median income of the area.

The committee, however, has been dis-

banded.

"It became apparent that additional dialogue is necessary regarding affordable housing," Sargeant said.

At the community meetings, many residents voiced concerns with the amendment, including where the RSUs would be built.

"It is not an easy discussion, but it is necessary. Our region and county population continue to increase and our workforce economy continues to change. The discuss-

sion of affordable housing is likely to come up again as we continue to look at ways to manage growth and meet the housing needs of future generations," Sargeant said.

"I just wanted to say that this is a beginning, not an end. It's an important discussion. It's a critical topic for the county and for young professionals and for people of limited income. I hope we will not allow the report to languish and find a way to make these concepts reality," Janyce Hedetniemi, at-large member of the planning commission, said at the meeting.

According to a December 2013 study conducted by George Mason University's Center for Regional Analysis, 548,298 housing units need to be added to the Washington, D.C. area in order to support the region's 857,334 net new jobs, which will be added from 2012 to 2032. This includes entry-level positions and other low-wage jobs.

The study also found that the housing for the workers needs to be affordable, with a requirement of 44.1 percent of the new housing units to be less than \$1,250 per month.

According to the Northern Virginia Affordable Housing Alliance, in 2013, a person earning minimum wage would have to work three full-time jobs that pay this amount of \$7.25 per hour in order to afford an efficiency apartment in the county.

Fairfax Considering Changes to Rules on Food Trucks

Planning Commission continues food truck discussion.

BY JANELLE GERMANOS
THE CONNECTION

Fairfax County is considering a change to the zoning rules concerning the operation of food trucks within the county.

Under new rules, vendors would pay under \$200 for licensing and would require permission from property owners.

This is compared to the \$16,375 fee that is required under the current ordinance, which classifies food trucks as free-standing fast-food restaurants and requires two public hearings.

Food truck vendors would be required to receive permission from the property owners before operating their trucks. The Virginia Department of Transportation and county code prohibits food trucks from operating on public roads. This would not change under the new proposal.

The Planning Commission held its first



PHOTO BY JANELLE GERMANOS/THE CONNECTION

The Fairfax County Planning Commission held a public hearing concerning the operation of food trucks, like these in D.C., on July 30.

public hearing on the food truck ordinance on July 30.

"This is an important and unique ordinance for the county. We want to get it right the first time. I think we have people on

the side of the issue who are willing to compromise, to express their ideas, and we want to ensure they have a venue to do so," said Janyce Hedetniemi, at-large member of the planning commission.

Search and Rescue K-9s Come to Fairfax

Fairfax County Fire and Rescue Department will receive two newly trained search and rescue K-9s, Saturday, Aug. 9. The dogs and their handlers will arrive at Dulles International Airport from Southern California at approximately 5:30 p.m., near the arrivals area, door one.

The dogs have been trained by the National Search Dog Foundation for approximately one year and have been partnered with two firefighter/dog handlers, working a 24-hour shift with their handlers. The foundation has rescued hundreds of dogs, many on the brink of euthanasia, and turned them into highly skilled rescuers. The training has produced 144 Canine/Firefighter Search Teams, 72 are still active throughout the country. Various teams have responded to 104 missing person searches and disasters, including the World Trade Center attack, Hurricane Katrina, Haiti and Japan earthquakes, and scores of local and regional emergencies.

As part of the FXCFRD, both K-9 teams will be available to respond to missing person incidents, and will be a valuable resource during search and rescue operations within collapsed structures. The dogs will be a shared asset between the department and Virginia Task Force One, Fairfax County's Urban Search and Rescue Team.

The dogs and training were provided at no cost to Fairfax County. The K-9s and handlers will be available for interviews.

For more information, contact the Virginia Task Force One Program Manager at 571-722-7046.

NEWS



Drivers heading north on the 95 HOV lanes will need to follow this detour when traveling in the area during the next couple of weeks.

Traffic Changes on I-95

Left-turn lanes to close at Franconia-Springfield Parkway interchange.

BY JANELLE GERMANOS
THE CONNECTION

On Aug. 8, or shortly around this date, all left turns from Franconia-Springfield Parkway and left turns to and from I-95 north and south will close to allow for widening of the ramps connecting the I-95 HOV Lanes and Franconia-Springfield Parkway.

The widening is to accommodate the Express Lanes, construction of which is more than 80 percent complete and is expected to be completed in late 2014. According to officials, the Express Lanes should open in early 2015.

The left turn lanes at Franconia-Springfield Parkway will be closed for about four weeks. Drivers will have to follow a detour and can expect delays up to five minutes during rush hours.

The construction includes adding storm water drainage, widening the ramps, add-

ing turn lands, installing express lanes signage and gates, and more.

Starting in early 2015 when the Express Lanes open, all drivers will be required to use an EZ-Pass to access the lanes. Even motorists driving alone, in a carpool, a slug, or in a vehicle with a clean fuel plate will be required to use an EZ-Pass. Those with three or more people in their vehicles can use an EZ-Pass Flex to ride toll-free.

Residents who plan on using Interstate 95 this summer should prepare for overnight and weekend HOV lane closures from Washington, D.C. to Dumfries as construction continues. The 29-mile project, a public-private partnership, runs from Stafford County near Garrisonville Road up to 395 near Edsall Road in Springfield.

"While the final phase of construction may be less visible to drivers than in the past, the 95 Express Lanes Corridor remains an active work zone, in which the safety of drivers and workers are our top priority," Susan Shaw, Megaprojects director for VDOT, said at a July press conference. "Now more than ever, it is important for the traveling public to use caution when traveling through our work zone. When you see the orange cones and barriers, slow down for your own safety and remember that there are people working on the other side."



Drivers heading south on the 95 HOV lanes will need to follow this detour when traveling in the area during the next couple of weeks.

AREA ROUNDUPS

Fairfax City Farmers Markets

Two farmers markets are open for the season in the City of Fairfax. They'll run through Nov. 1 at the corner of West and Main streets. The Downtown Fairfax Coalition Community Market is held Saturdays, from 8 a.m.-1 p.m. The Sunday Farmers Market will run from 10 a.m.-2 p.m. For more information, call 703-642-0128.

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Under a power of sale contained in a certain Deed of Trust from Thomas Gedle, as grantor, to John D. Eubank and Timothy E. Lewis, as trustees, for the benefit of Commercial Lending, LLC, a Virginia limited liability company, as beneficiary, dated November 29, 2012 and recorded on November 30, 2012 in Book 22736 at Page 0619 as Instrument No. 2012054176.010 among the Land Records of Fairfax County, Virginia ("Deed of Trust"), with an original principal balance of \$400,000.00 (as increased to \$600,000.00 by a duly-recorded modification), default having occurred under the terms thereof, the Trustees will sell at public auction at the front door of the Circuit Court of Fairfax County, 4110 Chain Bridge Road, Fairfax, Virginia 22030, on AUGUST 7, 2014 AT 10:00 AM ALL THAT fee-simple LOT OF GROUND AND THE IMPROVEMENTS THEREON situated in Fairfax County, Virginia, known as 3809 Munson Road, Falls Church, Virginia 22041, and more fully described in the aforesaid Deed of Trust.
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for a Wine and Beer On & Off
Premises, Mixed Beverages
Restaurant license to sell or
manufacture alcoholic beverages.
Jaturon Srirote, owner
NOTE: Objections to the issuance
of this license must be submitted
to ABC no later than 30 days from
the publishing date to the first of two
required newspaper legal notices.
Objections should be registered
at www.abc.virginia.gov or
800-552-3200.

ABC LICENSE
Fat Tuesdays Raw Bar of
Fairfax, Inc trading as Fat
Tuesdays Restaurant & Raw
Bar, 10673 Braddock Rd.
Fairfax, VA 22032. The above
establishment is applying to the
VIRGINIA DEPARTMENT OF ALCOHOLIC
BEVERAGE CONTROL(ABC) for a Wine
and Beer On & Off Premises
and Kegs license to sell or
manufacture alcoholic beverages.
Ronald Butler, President
NOTE: Objections to the issuance
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