

Fairfax Station ♦ Clifton ♦ Lorton
CONNECTION

WELLBEING

PAGE 10

Mother's Day
Photo Gallery

NEWS, PAGE 6

Shaking Hands
with President,
Prime Minister

NEWS, PAGE 12

Open Door Policy

NEWS, PAGE 3

The Gottlieb home at 8625 Hampton Way, Fairfax Station, features a pair of waterfalls and maple and walnut furniture crafted by owner Mark. The home is open to visitors during the 43rd annual Clifton Fairfax Station Homes Tour on Thursday, May 21.



Score for Veterans with Chris Cooley



Photographs of Chris Cooley will be available for purchase and can be autographed by Chris. Silent Auction & Raffle tickets will also be available for purchase to enter to win prizes. All proceeds from this event will go to the Yellow Ribbon Fund.

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PHOTO COURTESY OF MARK GOTTLIEB

The Gottlieb home at 8625 Hampton Way, Fairfax Station, features a pair of waterfalls and maple and walnut furniture crafted by owner Mark.



PHOTO COURTESY OF DICK NANTO

The Nanto gardens at 12818 Wycklow Drive, Clifton, are divided into a dedicated Japanese garden, rose garden and four others named for the grandchildren of homeowners Dick and Masako.

Open Door Policy

Clifton and Fairfax Station Homes Tour returns for 43rd year.

BY TIM PETERSON
THE CONNECTION

Clifton residents Mark and Sharon Gottlieb are expecting hundreds of house guests. Gottlieb's mother Lois, an apprentice of the famous architect Frank Lloyd Wright, designed their 10,000-square-foot home overlooking the Occoquan River and oversaw its construction between 1994 and 1996. And the couple is happy to share it, for a day.

"I love to build stuff, create things, solve problems, make things beautiful — a home is a wonderful place to do that," said Mark. "This becomes an art project, a work of love. It's fun to show it off occasionally, there's some satisfaction."

The Gottlieb's house, along with Mark's many projects and enhancements such as custom furniture, electronics and tree forts,

will be on view to the public as part of the 43rd Clifton and Fairfax Station Homes Tour.

Hosted by the Clifton Community Woman's Club (also 43) the event is the group's "one big, very popular event," in its expressed purpose of "wanting to give back to the community," said Homes Tour Chair and real estate agent for Fairfax Station and Burke, Dana-Jean LaFever.

According to LaFever, around 500 people came out to tour homes last year and the event brought in roughly \$25,000 for the group's charitable trust from ticket sales and sponsorships.

"We raise a great deal and make sure the money goes back to people in this area," she said. That includes about 30 charities as well as scholarships for a local high school senior, the George Mason University General and Education scholarship and Northern Virginia Community College

Scholarship.

Last year \$20,000 from the trust was distributed among the charities, such as Springfield-based Ecumenical Council Helping Others, Fairfax County domestic violence shelter Artemis House and the American Cancer Society, and scholarships.

LaFever and Gottlieb agree the event continues to draw visitors, particularly those working on their own house projects, because people continue to be curious about how others shape their living space.

"We have so many unique houses in the area, very few two-of-a-kinds," said LaFever. "People like to see some older homes that are renovated, put back the way they were, or look at new things, go in and get ideas."

"I love the way you did this or that — it's just great way to see, ah, I think I'll do that the next time I do that kind of thing," said Gottlieb.

The tour includes four homes, as well as

When and Where

The 43rd annual Clifton Fairfax Station Homes Tour takes place Thursday, May 21 from 9:30 a.m. to 4 p.m. at five locations around Clifton and Fairfax Station. The silent auction and book-signing run from 9:30 a.m. until 5:30 p.m. at the Clifton Presbyterian Church, 12748 Richards Lane in Clifton.

Tickets are \$25 in advance of the tour, \$30 on the day of the tour and \$10 to tour a single home. Information on purchasing advance tickets is available at cliftoncwc.org/homes-tour-ticket-information.

a stop at the Masonic Lodge in Clifton and an auction at the Clifton Presbyterian School. For an added draw this year, LaFever said they've invited a number of local authors for a book-signing, also held at the church.

For more information on the Clifton Community Woman's Club, visit www.cliftoncwc.org or call 703-609-3479.



The Townsend home at 8244 Roseland Drive, Fairfax Station, is adorned with numerous original murals painted on the walls, as well as a sizeable collection of Hummel figurines (owner Julie's) and memorabilia from a career in the Army (owner Ron's).



PHOTOS COURTESY OF GINNY AX

The Oliver Home at 10812 Henderson Road, Fairfax Station, built in 2007 to reflect classical Georgian architecture, sits on a 35-acre property that's home to 42 horses boarded in "Oliver Stables."

Nondiscrimination and Gender Identity

School Board to consider policy change.

BY TIM PETERSON
THE CONNECTION

When the members of the School Board reconvene on May 7, they're scheduled to act on whether or not to add "gender identity" to the list of nondiscrimination categories for all Fairfax County Public Schools students, employees or applicants for employment. The current list in the board's policy item 1450 includes age, race, color, sex, sexual orientation, religion, national origin, marital status and disability.

A new business item at the board's April 23 meeting was a recommendation to adopt this policy change, "To ensure conditions of nondiscrimination and equal opportunity in the school system" (language from the draft new policy).

The proposed change drew several speakers during the citizen participation portion of the meeting.

Del. Bob Marshall (R-13), representing parts of Prince William and Loudoun counties, opposed adding gender identity to the nondiscrimination list based on the board lacking the authority to do so.

"Seven Attorney Generals from 1982 through

2010, in eight opinions, all concluded that the General Assembly is the only body with authority to establish or change public policy to define classes for forbidden discrimination," Marshall said in his remarks. "In that time, five Attorney Generals published six formal opinions dealing with local government including school boards."

Marshall and other speakers also referenced an opinion issued earlier this year by current Attorney General Mark R. Herring that local school boards can, in fact, include sexual orientation and gender identity as part of nondiscrimination policies. Herring said the state constitution and law provide "power fairly implied from the express grant of authority."

However Marshall urged the board to look at a larger body of past opinions "in light of possible citizen legal response."

Andrea Lafferty, president of the Traditional Values Coalition and mother of a school-age child in Fairfax County, also opposed the policy change.

"There is a way to accommodate transgender students and still protect the other students' privacy rights, and the rights of parents," Lafferty said in her remarks. She referenced a public School Board discussion in March that she said "none of the important issues of concern or the real issues to be faced," such as bathrooms, changing rooms and the impact of teachers in the classroom.

"Children need and deserve a psychologically

stable and emotionally secure environment in which to learn — your policy change threatens this," Lafferty said.

West Potomac High School teacher and sponsor of the school's Gay-Straight Alliance Robert Rigby favored the policy change.

"From hearing from students and parents, I can say that harassment and discrimination based on sexual orientation have decreased during my time working for Fairfax," Rigby said in his remarks. "However, transgender students and students who do not display traditional gender expression continue to experience a great degree of harassment; their friends and family members also hear some amazingly negative comments."

Manny Solon, a Fairfax County resident, also spoke in favor of the change, comparing having a gender identity different from your body to Alzheimer's disease.

"To have that feeling and to not be able get out and express yourself is a hell on earth," Solon said, "and I think we owe it to ourselves and to these kids, who are our kids to go and speak up for them."

The next meeting of the Fairfax County School Board will be at 7 p.m. on May 7 at Luther Jackson Middle School, 3020 Gallows Road in Falls Church. To email the School Board, contact fairfaxcountyschoolboard@fcps.edu. More information about requesting to speak at meetings is available at www.fcps.edu/schlbld/meetings/requestspeak.shtml.

Area Students Earn Awards at 2015 Virginia History Day

Fairfax County Public Schools (FCPS) students earned five first place awards at the 2015 Virginia History Day competition, held last weekend at Mount Vernon.

First place award winners were:

❖ Aaron Granstedt of Langley High School, Senior Individual Exhibit, "Joseph Goebbels: The Legacy of Public Enlightenment" (Christina Banker, teacher).

❖ Josh Dow of Whitman Middle School, Junior Individual Exhibit, "Ralph H. Baer, The Father of Video Games" (Melissa Chesney and Jeff Smith, teachers).

❖ Lane Conzone and Madison Fletcher of Langley High School, Senior Group Exhibit, "Exposing the Horrors: The Truth Behind the Middle Passage" (Christina Banker, teacher).

❖ Dorothy Adu-Amankwah and Shirley Kabir of West Springfield High School, Senior Group Website, "The Iron Lady of India: Indira Gandhi" (Cathleen Boivin, teacher).

❖ Noah Stroup, Jorge Palomo, and Sajel Behari of Lorton Station Elementary School, Junior Group Website, "Admiral Rickover" (Laurie Hartt, teacher).

The following students won second place awards:

❖ Tsuyoshi Nemoto of Mount Vernon High School, Senior Individual Exhibit, "442nd Regimental Combat Team" (Amelia Bochain, teacher).

❖ Emma Hogan of Whitman Middle School, Junior Individual Exhibit, "Knowledge is Power—Emma Willard" (Melissa Chesney and Jeff Smith, teachers).

SEE AWARDS, PAGE 5

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Area Students Earn Awards at 2015 Virginia History Day

FROM PAGE 4

❖ Hyunha Hwang of West Springfield High School, Senior Individual Website, “The Korean Independence Movement: Leading the Country Out of Japanese Control” (Stephanie Shimp, teacher).

❖ Grace Eassa, Sophia Cronin, and Alicja Galecka of West Springfield High School, Senior Group Exhibit, “The Butcher of the Balkans” (Cathleen Boivin, teacher).

❖ Francesca DeLeos and Candice Wong of West Springfield High School, Senior Group Website, “Corazon Aquino and the Fight for the People’s Power” (Cathleen Boivin, teacher).

Winning third place awards were:
❖ Sarah Woods of West Springfield High School, Senior Individual Website, “Toussaint L’Ouverture and the World’s Only Successful Slave Revolution” (Cathleen Boivin, teacher).


❖ Rachel Wade of Langley High School, Senior Paper, “Set in Stone: Imprinting on the World Through Art” (Christina Banker, teacher).

❖ Margo Beck, Shannon Ghahramani, and Leena Tahmassian-Pacosian of Langley High School, Senior Group Website, “Long Live the Armenians” (Christina Banker, teacher).

❖ Catherine Kiser, Meghan McIntyre, and Beth Whittier of West Springfield High School, Senior Group Documentary, “William Stephenson: World War II Mastermind” (Cathleen Boivin, teacher).

The two top entries in each category and each age division qualify to compete in the national competition, scheduled for June 14-18 at the University of Maryland, College Park.

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Over the past 30 years, Mount Vernon Cardiology has built an enviable reputation for top-notch cardiovascular care with a personal, caring touch.

And that’s just what they’ll continue to practice alongside their Inova colleagues at Inova Medical Group, a network of more than 400 physicians who are experts in general medicine and adult specialties.

Mount Vernon Cardiology’s four offices, two in Alexandria, one in Lorton and one in Woodbridge, will keep providing a broad range of services and cardiovascular care, guided by the belief that “the interest of the patient comes first.”

For more information about Inova Medical Group visit our website at www.inova.org/inovamedicalgroup



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MOTHER'S DAY PHOTO GALLERY

Shepherd and Kimberly, of Fairfax Station playing kissy face.



From left: Andrew, Karen and Samantha Foster, of Fairfax Station. "This photo was taken last year, the day my mom became an American citizen. She is from Scotland, and has lived as a U.S. resident for about 25 years. I love you, mom," writes Samantha.



Shepherd and Kimberly at the Crosspointe Easter Egg Hunt.

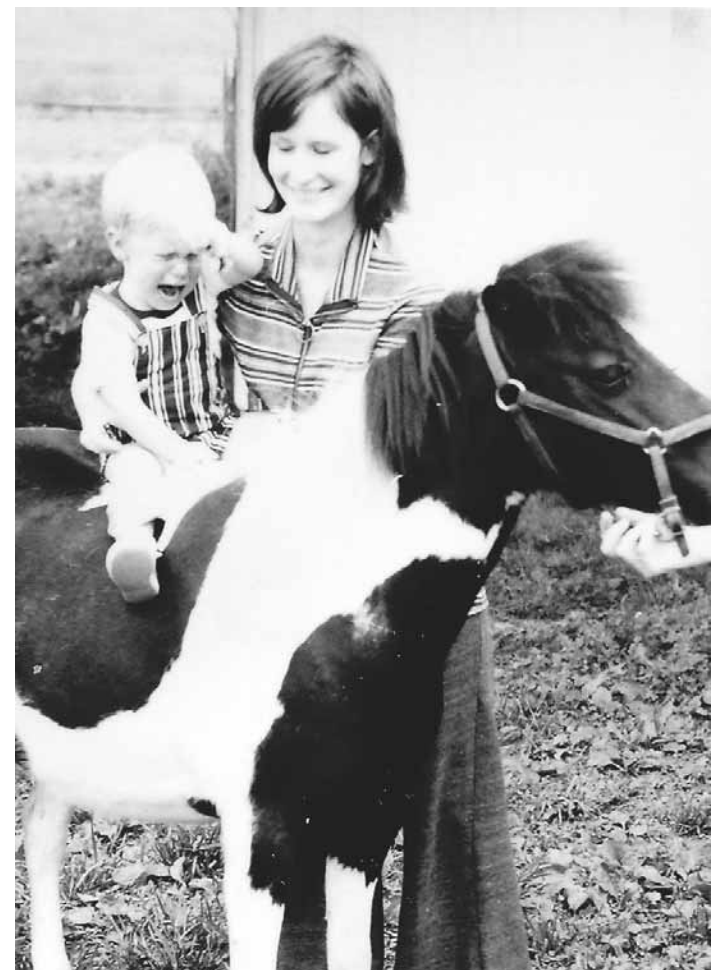
Connection reporter Tim Peterson and his mother Ellen tailgate before a Northwestern University football game in Evanston, Ill.



PHOTO BY
LAUREN MILLER



Chairman of the Fairfax County Board of Supervisors Sharon Bulova "loves this photo." On the right is her daughter Karin feeding her newborn Mac, sitting next to her stepdaughter, Mary, feeding Will. They gave birth within two weeks of each other.



Chairman Sharon Bulova with son Delegate David Bulova in 1971. David Bulova has since gotten over his fear of horses.



Chairman and Delegate Bulova at Ocean City in 1973.

BULLETIN BOARD

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.

SATURDAY/MAY 9

2nd Annual Community

Conversation on Teen Stress: Fostering Wellness and Resiliency.

8:30 a.m. - 2 p.m.
Hayfield High School, 7630 Telegraph Road, Alexandria. Marc Brackett, Ph.D., the director of the Yale Center for Emotional Intelligence will be featured as the keynote speaker. Tracy Cross, Ph.D., Professor at The College of William and Mary and Executive Director of the Center for Gifted Studies and Talent Development will speak in the afternoon about perfectionism and child and adolescent suicidality. This event will feature breakout sessions led by FCPS staff members and guest presenters. A variety of exhibitors will also be present. <http://www.fcps.edu/dss/summit/>.

GIVE - Free Tutoring to School Age Students.

City of Fairfax Regional Library, 10360 North Street, Fairfax. 2 p.m. Math, reading, writing, science, social studies and ESL free tutoring by GIVE- Growth and Inspiration through Volunteering and Education volunteers from Thomas Jefferson H.S. and Robinson H.S.

Microsoft Excel.

City of Fairfax Regional Library, 10360 North Street, Fairfax. 2:30 p.m. Teens and adults learn how to create spreadsheets with Microsoft Excel. Openings.

MONDAY/MAY 11

Library Tech Help.

City of Fairfax Regional Library, 10360 North Street, Fairfax. 11 a.m. Teens and adults get help with eBooks and compatible devices, and other library-related electronic resources questions. Bring your library card, eBook reader, and laptop.

One-on-One English Practice.

Burke Centre Library, 5935 Freds Oak Road, Burke. 6:45 p.m. Ages 8 through adult practice speaking, reading, and writing with a volunteer. Waiting list.

WEDNESDAY/MAY 13

Reston - League of Women Voters meeting on growth in Fairfax County.

Where is the County's growth going to go? What has changed in Fairfax County's land use and where do we go from here? Join in the discussion. 7:30-9 p.m., North County Governmental Center, 1801 Cameron Glen Drive, Reston. Free, open to the public (men and women), call 703-757-5893. Background papers at www.lwv-fairfax.org.

THURSDAY/MAY 14

Medicaid Planning.

3 p.m. Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. Learn more about how to make your loved one's money last, including estate planning, auxiliary grants, and Medicaid. Call 703-204-4664 to RSVP and for more information.

SATURDAY/MAY 16

Living Trust Plus Seminar: How to Protect Your Assets from the Expenses of Probate and Long Term Care.

The Law Firm of Evan H. Farr, P.C., 10640 Main Street, Suite 200, Fairfax.

WEDNESDAY/MAY 20

Path of Progression in

Alzheimer's Disease. 1:30 p.m. Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. While not everyone travels the same path, join us for a discussion on what to expect as Alzheimer's progresses. Call 703-204-4664 to RSVP and for more information.



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OPINION

Hunger Is Widespread

Saturday, May 9, is the postal carriers food drive; put a sturdy bag with food donation next to your mailbox that morning.

EDITORIAL

There are families dealing with hunger in every county in the United States, including here in Northern Virginia.

In Fairfax, there are 67,190 people who are food insecure, (facing hunger at some point monthly) which is more than 6 percent of the population, according to a report by Feeding America. In Arlington, 8.7 percent of the population is food insecure, 18,750 people. In Alexandria, 10.8 percent of the population faces hunger at least monthly, that's 15,540 people.

You can see the national data by county in an interactive map: <http://map.feedingamerica.org/>

COMMENTARY

Law Enforcement, the Mentally Ill and the Pursuit of Justice

BY STACEY A. KINCAID
SHERIFF, FAIRFAX COUNTY

Across the nation, people are having serious discussions about how to alter the dynamic that too often exists between some law enforcement officers and individuals. Out of each case, we learn something that will help us go forward. So, as justice pursues its course in Fairfax County with regard to the tragic death of Natasha McKenna, let's not lose sight of the real underlying problem: the systemic mishandling of mentally ill patients who have few or no resources, and law enforcement's struggle to deal with untreated or undertreated individuals.

There is a teachable moment here for those of us who have dedicated our lives to law enforcement and for members of the community who believe in dignity and

fairness for those who come into contact with the criminal justice system.

All of us are eager — and many are impatient — for the investigation into Ms. McKenna's death to be concluded. This incident has not been forgotten or ignored. From the beginning, the Sheriff's Office has cooperated with the investigation fully. The recent completion of a report by the Office of the Chief Medical Examiner means the investigation is nearing a close. I have not offered more than passing comment because, as both a law enforcement official and a citizen, I do not want to prejudice the outcome of an investigation in advance of the facts by answering questions to which I do not have the answers, or by anticipating actions I might take once all the facts are known. I admit to having been disappointed that someone chose to release internal

documents — for the same reasons I think anyone interested in justice and fairness would be.

In the meantime, and for the foreseeable future, our jail will continue to be a warehouse for individuals with mental illness who have been unable or unwilling to access effective clinical care, social services and housing in the community.

About 40 percent of the inmates in our jail have been identified as needing some level of mental health care during their incarceration. More than a quarter have a serious mental illness — often combined with a substance abuse disorder — that requires intervention, regular treatment and medication management. The Sheriff's Office is working to improve mental health care at the jail, but as of this writing, we have no available options to properly divert individuals under arrest and avoid

The annual food drive is held in more than 10,000 cities and towns in all 50 states, the District of Columbia, Puerto Rico, the Virgin Islands and Guam. Last year almost 73 million pounds of food was collected in the one-day event for people in need throughout the United States.

CHILDREN ARE AFFECTED by hunger disproportionately, with nearly 30 percent of students in Fairfax County Public Schools poor enough to receive subsidized meals at school, which is an incredible 51,968 students. That percentage is more than 31 percent in Arlington with more than 7,700 students poor enough to get meal benefits. In Alexandria, 60 percent of students are poor enough to get meal benefits; that's almost 8,600 students.

Many of these students go hungry on weekends, during school closures for bad weather and in the summer. More on that soon.

In the meantime, leave a bag of food out by your mailbox on Saturday.

unnecessary incarceration. In no way whatsoever is this intended to justify inappropriate, improper or illegal behavior by law enforcement officers anywhere; it is simply a fact.

As I have done for years, I will continue to advocate locally and in Virginia for more treatment centers for minor offenders who are seriously mentally ill and would be better served in a mental health facility than in a jail.

I have pledged my 28-year career with the Sheriff's Office in service to the safety, security and well being of all Fairfax County residents, and to do so as fairly and transparently as possible. I will continue to work with mental health organizations in search of solutions to an intractable problem facing vulnerable individuals for whom all of us, out of nothing more than common human compassion, must assume some responsibility.

LETTERS TO THE EDITOR

Mother's Day and Islam

To the Editor:

A man once asked the holy Prophet Muhammad (may peace and blessings of Allah be upon him), "O Messenger of Allah! Who has the most right to the best treatment from me? The Prophet replied, "Your mother. The man asked, "Then who?" The Prophet said, "Your mother." The man asked again, "Then who?" The

Prophet again said, "Your mother." The man asked again, "And after that?" The Prophet replied, "Your father" (Bukhari and Tirmidhi).

To truly appreciate the awesome significance of this particular incident, one must remember that this took place more than 1,400 years ago, in a completely male dominated society; a society where women were treated no better than slaves.

In Islam the role of a mother is recognized as being so pivotal in the upbringing of the children - as

well as in shaping the future of mankind and society - that Muslims are taught that the attainment of paradise lies under their mother's feet. Not only does this paradise refer to the one in the hereafter, but it also refers to a social paradise in this world...peace, blessings, and security which are obtained after respecting and honoring your mother each and every day, regardless of how difficult the circumstance may be.

So while it's thoughtful and sweet to pause our busy lives once

a year to overtly celebrate everything our mothers mean to us with flowers and gifts, it is more important that we also instill the practice of honoring them daily by making them proud of the manner in which we conduct ourselves; as well as attending to their growing needs with the same care, compassion, love, and patience as they once extended to us when we were children.

Aisha Khan
Herndon

Fairfax Station,
Lorton & Clifton
CONNECTION

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COMMENTARY

Farmers Markets Revisited

By JOHN C. COOK
SUPERVISOR (R-BRADDOCK DISTRICT)



Enjoying the beautiful Northern Virginia weather isn't the only perk of our post-winter weather thaw. From May until November, we also have an opportunity to enjoy the area's agriculture and support our local farmers by attending Fairfax County's farmers markets. In doing so, we can also support the local economy and the environment. The first farmers market was established in Fairfax County in 1978. Since then, Fairfax County has become home to 11 weekly farmers markets. Stocked with the freshest fruits, vegetables, eggs, dairy products, breads, meats, flowers and plants from the region near to our county, these markets provide local farmers with the opportunity to sell their products and gives community members access to a level of quality and freshness rarely found elsewhere. While many of us enjoy these markets year after year, few of us know the role Fairfax County plays in supporting these efforts. The County supervises these markets through the Community Horticulture office of the Fairfax County Park Authority. On a day-to-day basis, however, the markets are managed by volunteer Market Masters. The Market Masters are crucial to the success of the farmers markets; they are responsible for the development and promotion of each of the markets, as well as coordinating with each of the farmers who will be participating. Each volunteer brings a unique set of skills to each individual market.

Buying produce from Fairfax County's farmers markets doesn't just help support local farmers, but it also benefits our local economy. A special feature of Fairfax County farmers markets is that all 11 are deemed "producers only" markets. This means that every vendor must come from within a 125-mile radius of Fairfax County and must grow all of the products they sell. Since many of these farms are located within the state, if each household in Virginia pledged to spend just \$10 a week on locally grown agricultural products, it would bring \$1.65 billion into the Virginia economy each year! Not only do these farmers markets benefit our local economy and our health, they are also environmentally friendly. Often, when you buy local produce, you are supporting sustainable farming practices that help prevent soil fertility loss, as well as reduce pesticide and fertilizer runoff into the Chesapeake Bay watershed. Making a visit to one of Fairfax County's farmers markets can also become a fun summer tradition that the entire family can enjoy. Our farmers markets provide a fun atmosphere for children, and can be a great opportunity for them to experience Virginia's agriculture first-hand. In fact, oftentimes, farmers will provide introductions of their products, and great recommendations for preparing the products they grow. There are many reasons why these farmers markets are worth supporting. I encourage you to take a look at this year's market schedule at <http://www.fairfaxcounty.gov/parks/wp-farm-mkt.htm> and make a weekly commitment to attend one of the 11 markets being held in Fairfax County. I think you'll be glad you did!

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WELLBEING

Healthy Relationships for Life

Researchers say meaningful friendships help preserve health.

By MARILYN CAMPBELL
THE CONNECTION

Bill and Betty Kenealy, of Springfield, make it a point to socialize regularly with their long-time friends, many of whom are other couples they met through work and through the activities of their five children. They've watched their children become adults, worked, retired and even survived cancer. Now they're living together in a retirement community in Springfield. Bill is 85 and Betty is 81.

"We enjoy meeting for dinner on a regular basis or playing cards or dominoes and Bingo," said Bill. One of those couples is George and Peggy White, both 80. They met when Bill and George were stationed together in the military. Both couples speak fondly of the strength they get from their friendships.

"All of us have different stories and have different backgrounds," said Peggy White, 80. "It's been an

interesting and rewarding."

Healthy friendships and strong social connections provide more than interest, say researchers. They are vital to one's mental, physical and emotional wellbeing. A study by the National Institutes of Health show that people who are socially isolated are more likely to die of heart disease than those who have close relationships. While it might be more challenging to make friends as one ages, the benefits are worth the effort say researchers.

"Research shows that social connections are more important for health, longevity and cognitive functioning than any other variable," said Linda Gulyn, professor of psychology at Marymount University in Arlington. "Social support ... increased likelihood of getting proper health care, compliance with health treatments, diet, activity [and] mental health."

A HEALTHY SOCIAL NETWORK is credited with longevity.

"Social support at all stages of the lifespan reduces people's stress levels, and this in turn promotes physical health," said Linda Cote-Reilly, Ph.D., associate professor of psychology at Marymount University. Seniors who have active social connections are better able to fight disease, they experience greater psychological well-being and reduced incidence of depression, Cote-Reilly said.

Social isolation can lead to depression and physical health issues. "One of the things that research has shown is that social isolation is a killer," said Dominique S. Hubbard, professor of psychology who studies social exclusion and ostracism at Northern Virginia Community College. "One of the most fundamental things that we need is meaningful social connections and a sense of belonging."

In fact, researchers point to a variety of studies that link health and longevity with fulfilling relationships.

"There is this really amazing study done in Alameda County, Calif., that followed almost 5,000 residents for nine years, and found that the best predictor of mortality rates were people who indicated they had few meaningful relationships, meaning that people who answered they had many meaningful relationships were more likely to be alive than those with few," said Georgeana Stratton, Ph.D., (associate professor of psychology at Northern Virginia Community College in Sterling. "Even when they ... only look at people with cancer or heart disease, they still found that those with many meaningful relationships did better than those who answered few.

"Their social relationships were the best predictor of health and death, meaning it predicted better than other things they measured like smoking and stress," said Stratton.

Seniors are more susceptible to the harmful effects of a dearth of



PHOTO COURTESY OF GEORGE & BETTY WHITE
George White, 80, stays socially connected by volunteering for the West Springfield police department. He and his wife, Betty, also 80, stay connected with friends.

companions. "Isolation is potentially very damaging to all of us, but most especially to seniors," said Pamela Stewart, assistant dean of psychology, Northern Virginia Community College, Annandale campus. "Friendships keep us balanced and generally more positive. They help to keep us busy, can give us a focus and keep us more happily engaged in the world around us."

Retiring and relocating creates challenges when attempting to maintain existing friendships. "Unfortunately, for many the pool of friends becomes smaller as one ages," said Stewart. "We lose touch

with our former work mates and a fair percentage of our friends may have moved away or passed away."

Those who are no longer in situations that offer natural opportunities for social interactions can still recreate a circle of friends. "Seniors can replace those by adding new things," said Hubbard. "Consider joining a class or a bridge club. The key is to have consistent, positive interactions."

Donating one's time offers an opportunity for staying connected. "Volunteering at a local school or animal shelter or even getting a part time job is a great way to meet people and stay engaged and cur-



PHOTO COURTESY OF BILL & BETTY KENEALY
Bill and Betty Kenealy stay connected by socializing regularly with their good friends and former next-door neighbors.

rent," said Joyce Schwartz, a geriatric social worker who lives in Potomac, Md. "Pursuing a hobby, working out a gym or attending lectures are good too, especially if they're free or discounted activities for seniors."

STILL, STAYING ENGAGED socially and developing new friendships can become increasingly challenging, as one gets older.

"Physical disabilities and illnesses can increase the likelihood that a person is hospitalized or homebound in later adulthood, which can lead to social isolation and depression," said Cote-Reilly.

Also important, said Cote-Reilly, is distinguishing connections that

offer positive social interaction from those that simply provide contact with another person. "Social support means, 'Does this individual feel supported by those in his or her life?' It doesn't mean the number of friends or support persons one has," she said. "Older adults who have a lot of social interaction because they need assistance with activities of daily living ... do not experience these interactions as positive. People are helping them because they have lost the ability to do the tasks themselves."

While social media has made staying in touch with friends easier for some, there are dangers. "Unfortunately, there is a negative correlation between time spent on social networking sites and the internet in general and the time spent with friends," said Stratton. "Also, several studies indicate that more time on Internet predicts depression. So while in-person relationships are great buffers for stress and protect physical and mental health, online relationships may actually ... hurt mental health and social connections."

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NEWS

Shaking Hands with President, Prime Minister

BY MARISSA BEALE
THE CONNECTION

Lake Braddock, Hayfield students invited to the White House.

On April 28, students in the Japanese language program at Lake Braddock Secondary and at Hayfield Secondary visited the White House for the official ceremony welcoming Japan's Prime Minister Shinzo Abe to the United States. Such an invitation was a first in each school's history, and produced much excitement among the students and teachers.

"We found out about a week-and-a-half before," said Eriko Spurlock, a senior in the Japanese language program at Lake Braddock Secondary.

"We were very honored to be there," said Hayfield Secondary senior, Michael Chong. Students from all local school districts were invited to send 50 students to the official welcoming ceremony. Twenty-five students from Lake Braddock and 25 students from Hayfield represented Fairfax County on Tuesday. The opportunity to visit the White House has students thinking about their future plans.

"I hope to minor in it. My sister studied Japanese here and I'm following in her footsteps," said Christopher Scafford, senior at Lake Braddock.

The official ceremony lasted for half an hour, beginning at 9 a.m., with a welcome from President Obama, followed by remarks from Prime Minister Abe. At the conclusion, the leaders shook hands with members of the audience, something that the stu-

dents will never forget.

"The most memorable part was shaking their hands," said Bryce Ahn, a senior from Lake Braddock who also did a homestay in Japan with Youth for Understanding.

"I was very determined to shake both of their hands," said Nattacha Munakata, from Hayfield, with a laugh. Munakata, who is Japanese, serves as a coach/mentor to students in the Japanese language program.

In addition to shaking each of their hands, Scafford took a step further, attempting to try out a Japanese expression with the Prime Minister.

"When I said it he nodded, but I also saw the look of surprise on his face," he said with a laugh.

This visit has students thinking about continuing their language study, and learning more about relations between Japan and the United States.

"If I could ask them any question it would be what would you do to improve relations?" said Linsey Asbury, junior at Hayfield.

"I just want them to be good citizens," said Yuki Melvin, Japanese language teacher at Lake Braddock. "A key concept of Japanese culture is coexistence."

"It was a once-in-a-lifetime opportunity," Japanese language teacher at Hayfield, Kyoko Vaughan said.



PHOTO BY MARISSA BEALE/THE CONNECTION

(From Left), Hannah Moon, Eriko Spurlock, Christopher Scafford, Erika Nguyen and Bryce Ahn were five of 25 students from Lake Braddock Secondary School invited to the welcoming ceremony for Prime Minister Shinzo Abe at the White House.



PHOTO COURTESY OF KEIKO ABRAMS

Lake Braddock Secondary School students on the White House South Lawn.

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SPECIAL CONNECTIONS CALENDAR

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5/20/2015...A+ Camps & Schools, Proms, Summer Planning
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5/27/2015Summer Fun, Food, Arts & Entertainment

JUNE

6/3/2015 Wellbeing

6/10/2015 Father's Day Dining & Gifts

6/10/2015 HomeLifeStyle

6/17/2015 A+ Graduations & Summer Learning

6/17/2015 Father's Day Dining & Gifts

Father's Day is June 21

6/24/2015 Independence Day Preview

6/24/2015...Professional Profiles & Business in the Community

JULY

7/1/2015 Wellbeing

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NEWS

Destination Smile to Provide Dental Care for Children

"We have been so fortunate to have wonderful patients in Lorton. It is an honor and a joy to hold Caring for Kids Day each year to give back to our community," said Dr. Flavia Tingling, of Destination Smile Pediatric Dental Office in Lorton.

When Destination Smile opened their doors in April 2010, the doctors knew that starting a small business would be hard work. They were amazed at the welcoming, warm community. From their first business anniversary to now, five years later, Destination Smile has been offering free dental health care once a year to children without access to dental insurance.

This year, on May 16, Destination Smile doctors and staff will again be providing care to community children. Destination Smile will be partnering with Lorton Community Action Center (LCAC), Fairfax Public Schools (FCPS) Family and Parent Partnerships program and the Department of Family Services, as well as other community partners, to bring Caring for Kids Day to the community.

"All children deserve quality medical care," says Dr. Kristina Biggs. Destination Smile wants to ensure that as many children receive care as possible by offering care to children with no established state, federal or private dental coverage. The children will be seen for a comprehensive exam, x-rays, cleaning, fluoride treatment, preventive sealants and triage for any acute dental issues and necessary treatment, at an



PHOTO CONTRIBUTED

Caring for Kids Day will be held on May 16.

estimated worth of over \$400. Caring for Kids Day is a day of donated care from Doctors Biggs and Tingling.

Caring for Kids Day was the precursor to the doctor's monthly Passport to Philanthropy initiative, which supports patient nominated nonprofits each month as a means of giving back to the community.

"Destination Smile has been home to me and my children since they first opened their doors. I'm proud to run Passport to Philanthropy and help organize Caring for Kids each year. I love being a part of the 'DS Family,'" says Kara O'Neil, Community Outreach Director for the office.

Dental care is by appointment only and available only to children without access to dental insurance.

Caring for Kids recipients must be aged 12 and younger, have appropriate transportation and be accompanied to the office by parent, legal guardian or school representative.

For more information regarding Caring for Kids Day, contact Community Outreach Director Kara O'Neil at 571-233-7829 or Kara.ONeil.80@gmail.com

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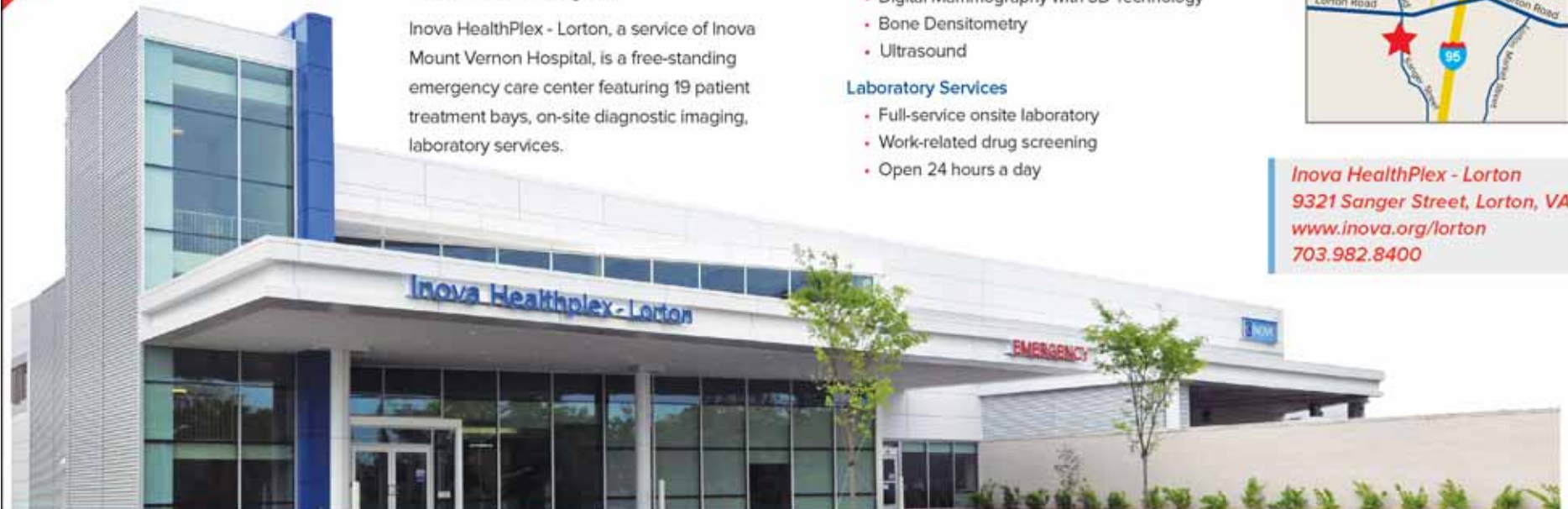
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ENTERTAINMENT

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FRIDAY-SATURDAY/MAY 8-9

“Les Miserables.” 7 p.m. South County High School, 8501 Silverbrook Road, Lorton. Tickets will cost \$15 for general admission or \$12 for students and seniors.citizens. You can order tickets online at southcountytheatre.org. “Les Miserables” is famous musical adapted from the novel by Victor Hugo in 1862. The story revolves around former convict Jean Valjean and his pursuit of self-redemption by breaking his parole, thus having to escape the fleet of Inspector Javert. Intertwined are the students’ revolution to combat the monarchy and a love triangle between schoolboy Marius, Valjean’s daughter Cosette, and the poor Eponine. Taking place in France in the early 19th century, the central themes are compassion and social injustice.

“Big the Musical.” 7:30 p.m. Fairfax High School, 3501 Rebel Run, Fairfax. The FX Players theatre department will debut its long awaited spring musical, BIG, the first two weekends of May. Following the storyline of the 1980’s Tom Hanks movie, BIG revolves around a young boy who dreams of being an adult. After a Zoltar machine grants his wish, he goes on a heartwarming adventure where he learns that age does not determine how much fun you can have. For more information, please visit www.fxplayers.org or call 703-219-2351.

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SATURDAY/MAY 9

Tales to Tails. City of Fairfax Regional Library, 10360 North Street, Fairfax. 10:30 a.m. Age 6-12 read aloud to a friendly, trained therapy dog. Openings.

SUNDAY/MAY 10

Hands On Modeling Day Workshop. 1-4 p.m. 11200 Fairfax Station Road in Fairfax Station. You and Mom can learn how to create and paint scenery for your model train display. Admission: Museum members and children 4 and under, free; ages 5-15, \$2; adults 16 and older, \$4. www.fairfax-station.org, 703-425-9225. Like us on Facebook, www.facebook.com/FFXSRR.

Workhouse Farmers Market. 1-5 p.m. Workhouse Arts Center, 9518 Workhouse Way, Lorton. The opening day of this year’s farmers markets season.

MONDAY/MAY 11

PJ Library Book Buddies. City of Fairfax Regional Library, 10360 North Street, Fairfax. 10:30 a.m. Ages 6 months to 5 years with adult enjoy Jewish storybooks and craft making. Co-sponsored by JCC of Northern Virginia.

Crazy 8S Math Club for School Age. City of Fairfax Regional Library, 10360 North Street, Fairfax. 4:30 p.m. Super-Cube Shuffle: Math and art collide when you use specially colored cubes to create funky design. Then, test your memory skills as you race to copy a giant pattern that your friends are spinning...Openings.

TUESDAY/MAY 12

Creative Cupcakes for Older Adults. City of Fairfax Regional Library, 10360 North Street, Fairfax. 1 p.m. Celebrate the Creative Aging Festival by getting creative. Decorate cupcakes with the pros from Cupcakes Actually, a local bakery and multiple winner at the Chocolate Lovers Festival. Openings.

SATURDAY/MAY 16

Hope & Health Festival. 11 a.m. - 2 p.m. Lorton Community Action Center, South County Cares, and INOVA are providing the annual Hope & Health Festival at the Lorton Park, 9518 Richmond Highway, behind the Lorton Library. Free health screenings, food, inflatables, kids’ games and activities will be available, rain or shine to all in attendance. LortonAction.org or call 703-339-5161, ext. 140.

7th Annual Occoquan River Fest. 10 a.m. - 4 p.m. Occoquan Regional Park, 9751 Ox Road, Lorton. This family event will feature free river boat rides, a children’s midway, live animals, food, hiking, paddling and over 15 outdoor recreation, history and conservation organizations. The event is sponsored by NOVA Parks with assistance from the Occoquan Watertrail League, the Occoquan River Communities, Bob Beach Architects, Vulcan Materials, Rivergate Development, Prince William Marina and Lorton Station Merchants.

SUNDAY/MAY 17

3rd Annual Fragile X Walk. 7:45 a.m. Burke Lake Park, 7315 Ox Road, Fairfax Station. Early Registration is \$35 per adult (includes dry fit t-shirt) and \$15 per child



PHOTO COURTESY OF DARBY BINFORD

(From left) Doug Klain and Zion Jang play with light sabers during Fairfax High’s “Big: The Musical.” Performances: Thursday-Saturday, May 7, 8 and 9, at 7:30 p.m. Tickets are \$10 via www.fxplayers.org or \$15 at the door. For the Sunday matinee, tickets are \$5 for children 12 and under. And after the show, they can dance on the big piano, take a photo with the cast and make a wish with Zoltar.

(includes dry fit t-shirt) Children under 4 are free. Fragile X syndrome (FXS) is a genetic condition that causes intellectual disability, behavioral and learning challenges and various physical characteristics. FXS is the most common known genetic cause of autism. It can cause learning and behavior challenges ranging from mild to severe. Over 1 million individuals nationwide have, or are at risk, of carrying the Fragile X mutation. Late Registration after May 5 is \$40 per adult and \$15 per child and shirt sizes are not guaranteed. <https://www.crowdrise.com/FXSNOVA2015>.

N Gauge Model Train Show. 1-4 p.m. Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Museum members, free; adults 16 and over, \$4; children 5-15, \$2; under 4, free. Information on the museum and shows is at www.fairfax-station.org phone 703-425-9225.

MONDAY-SUNDAY/MAY 18-24

GI Film Festival. Angelika Film Center, 2911 District Avenue, Fairfax. The nation’s only military film festival. Cinematic stories of mothers, daughters, fathers, wives, brothers and more. GIFF15.com.

THURSDAY/MAY 21

Fairfax Antique Arts Association. 10 a.m. Green Acres Senior Center, 4401 Sideburn Road, Fairfax. Linwood Smith, guest speaker this month, will demonstrate how to repair old trunks. He will have a few small samples to show. He will also share stories about growing up in Olde Town Alexandria.

SATURDAY/MAY 23

Screening of Big Dream. 1 p.m. GMU, 4400 University Drive, Fairfax. Big Dream is a documentary film that follows the stories of seven young women in technology fields around the globe. Each story takes a look at these young women’s ambitions and how they overcome personal challenges to pursue careers in STEM fields. Free.

SUNDAY-MONDAY/MAY 24-25

Art Guild of Clifton Show and Sale. 5-8 p.m. on Sunday. 12-5 p.m. on Monday. 11200 Fairfax Station Road in Fairfax Station. Artists will display and sell works featuring local themes across a range of media. Admission is free for Museum members and children 4 and under; \$2 children 5-15; \$4 adults 16 and older. www.fairfax-station.org, 703-425-9225.



PHOTO COURTESY OF THE ARTISTS

Bollywood Masala Orchestra and Dancers.

Mason Announces ‘Great Performances’

BY DAVID SIEGEL
THE CONNECTION



PHOTO BY ANDREW ECCLES/
COURTESY OF GEORGE MASON UNIVERSITY

Bernadette Peters

There was a buzz of energy in the jam-packed foyer of the Center for the Arts at George Mason University. Northern Virginia performing arts lovers were ready to learn of the 25th anniversary season of “Great Performances at Mason!” The crowd would not be disappointed as Thomas Reynolds, director of artistic programing, announced “a remarkable variety of performing arts that both entertains and educates.” The new season begins this September.

“We’ve always prided ourselves on variety and the 25th anniversary season is very representative of that,” said Reynolds. “We are sticking with our strengths, which has always been a variety of arts and entertainment options.”

The upcoming season of “Great Performances at Mason!” will also continue to support the students at George Mason University. The Center is part of Mason’s College of Visual and Performing Arts and the schedule of performers takes “to heart the mission of how to present artists that help support the teaching of our students,” noted Reynolds.

There are many highlights for the upcoming 25th anniversary season. Just a few examples include the Tony and Grammy Award winning Broadway actress and singer Bernadette Peters who will headline the annual “Arts by George!” grand benefit gala on Sept. 26. The gala will include a grand showcase of Mason College of Visual and Performing Arts student and faculty works.

As the season rolls forward,

there is tap dance phenom Savion Glover, Disney’s “Fantasia - Live in Concert,” a notable performances from the Virginia Opera, the Munich Symphony Orchestra, live theater such as Aquila Theatre’s “The Adventures of Sherlock Holmes,” the inventive work of Mummenschanz, the dynamic Mark Morris Dance Company, the innovative RIOULT contemporary dance troupe and Bollywood Masala Orchestra and Dancers of India, to name a few.

There will be Christmastime favorites such as Chanticleer and the Vienna Boys Choir. Local favorites such as Jeffrey Siegel and his Keyboard Conversations and the Metropolitan Jazz Orchestra will also return

With a wide-range of offerings, the 2015-16 season is an opportunity to try new things or take in old favorites. There are many performances right for the whole family as a way to introduce younger audiences to the world of performance with special ticket prices all in a near-by, easy to reach location with parking. And free pre-performance discussions sponsored by the Friends of the Center for the Arts add to experiences.

Where and When

The 2015-16 season of “Great Performances at Mason!” will be at the George Mason University, Center for the Arts, 4440 University Drive, Fairfax. The 2015-16 runs September 2015-May 2016. Subscription and single tickets are available. For information and tickets call 703-993-2787 or visit cfa.gmu.edu. Detailed season brochure at: http://issuu.com/cfaatmason/docs/cfa_2015-16_brochure?e=4583740/12238447

FAITH

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

Fairfax Baptist Temple, at the corner of Fairfax County Parkway and Burke Lake Roads, holds a bible study fellowship at 9 a.m. Sundays followed by a 10 a.m. worship service. Nursery care and children's church also provided. 6401 Missionary Lane, Fairfax Station, 703-323-8100 or www.fbtministries.org.

The Guhyasamaja Buddhist Center, 10875 Main St., Fairfax City provides free classes to both newcomers and advanced practitioners of Tibetan Buddhism. The center emphasizes working with the mind and learning how to understand the workings of the mind, overcoming inner causes of suffering, while cultivating causes of happiness.

Under the direction of Lama Zopa Rinpoche, the center is a place of study, contemplation and meditation. Visit <http://www.guhyasamaja.org> for more information.

Lord of Life Lutheran offers services at two locations, in 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. 703-323-9500 or www.LordofLifeva.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.

Prince of Peace Lutheran Church, 8304 Old Keene Mill Road, Springfield, offers casual worship services on Saturday evenings at 5:30 p.m. featuring contemporary music. More traditional services take place on Sunday mornings at 8:15 and 11 a.m. Sunday School is from 9:45-10:45 a.m. for children and adults. The church also offers discussion groups for adults. 703-451-5855 or www.poplc.org.

Kirkwood Presbyterian Church, 8336 Carleigh Parkway in Springfield, supports a Mothers of Preschoolers (MOPS) program on the first and third Wednesday of each month. Meetings are

9:30-11:30 a.m. at the church. All mothers and children are welcome. The program provides mothers an opportunity to get to know other mothers through discussions and craft activities. Register. 703-451-5320.

JCCNV Mother's Circle program, for women who are not Jewish but are raising Jewish children. Free education in Jewish rituals, practices and values, while respecting the participant's choice to retain her own religious identity. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike in Fairfax. Contact Laurie Albert, 703-537-3064 or HYPERLINK "mailto:LaurieA@jccnv.org" LaurieA@jccnv.org.

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Clair D. Burgeson

July 28, 1929 – March 30, 2015

Clair D. Burgeson died March 30, 2015 at three pm at Hospice by the Sea in Boca Raton, Florida. He died with his wife and three children by his side of complications of pulmonary fibrosis. Born in Jamestown, NY on July 28, 1929, survived by: wife Joyce Elaine Carberg Burgeson, brother Irving Burgeson, sister Louise Kolinofsky. Three children: Stephen Clair Burgeson of Buffalo, NY, David Mark Burgeson of Naples, FL, Lisa Joy Burgeson Rhein of Fairfax, VA and six grandchildren: Elizabeth Rhein O'Connor, Robert Rhein, Geneva Rhein, Eric Burgeson, Briana Burgeson, Liam Burgeson.

A depression baby, born in 1929, Clair received a diploma in General Agriculture from NYS Agricultural Technological Institute (now Alfred State College) in 1950, a diploma in Bible Studies and Missions from Prairie Bible Institute, Alberta Canada in 1954, a Bachelor of Arts, cum laude, SUNY Albany paid for by the G.I. bill. During his 3 years of United States Army service he spent a year and a half on the DMZ in Korea. He set up two libraries and served as a librarian under special services. Joyce and Clair both worked while raising Steve, Dave and Lisa. Clair completed two additional college degrees; a Masters of Library Science, Columbia University and a Certificate of Advanced Study in Educational Administration, SUNY, New Paltz.

His library career began in White Plains High School. In 1967 he took the position of Director of Libraries in Ramapo Central School District in Rockland County, NY and held it until his retirement in 1991. One of his great joys during that time was teaching a Junior Great Books class for the 7th and 8th grade students. Clair was one of the first trustees of the Sloatsburg Library, instrumental in moving the library to the building it resides in today. A naturalist, he took many groups on educational nature walks in Harriman State Park. An energetic father and grandfather, he could be counted on to jog, snow shoe, hike, bike and canoe as well as take quiet walks in nature. He was an enthusiastic bird watcher, loved classical music, and an avid reader. He was active in the American Library Association and Audubon Society. Clair gave consistently and generously to his charities of choice. He was unfailingly devoted to his family. Upon his retirement, Clair and Joyce enjoyed traveling the world and sharing their love with family and many friends at their residences in Naples, FL, Chautauqua, NY, Burke, VA, and Boca Raton, FL.

His love of learning, nature, spirituality, philosophy and people will live on through we who knew and loved him. He will be deeply missed. Contributions in Clair's memory can be made to the Sloatsburg Public Library, 1 Liberty Rock Road, Sloatsburg, NY 10974 or the Audubon Society. Following a scattering of Clair's ashes over Chautauqua Lake, a gathering and smorgasbord will be held in the library at the Roger Tory Peterson Institute of Jamestown, NY on July 18, 2015.

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Advance Petroleum, Inc trading as Gunston Corner Shell, 8225 Gunston Corner Lane, Lorton, VA 22079. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer off Premises license to sell or manufacture alcoholic beverages. Usman Nasim Owner.

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SPORTS

**Robinson long stick
midfielder Jack
Rowlett, right, scored
three goals against
South County on
Saturday.**



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

Robinson Boys' Lax Spreads Offensive Wealth

**Seven different Rams
score multiple goals
in win over SoCo.**

BY JON ROETMAN
THE CONNECTION

The Robinson boys' lacrosse team returned most of its firepower from last year's state champion ship run, entered Saturday's contest against South County with a 9-2 record and had won 26 of its previous 27 games against public school opponents, a streak dating back to early in the 2014 campaign.

In other words, the Rams are good. Real good.

But just in case there was any doubt whether Robinson has what it takes to compete for a second straight state title, the Rams put forth one of their best offensive efforts of the season on Saturday.

Facing a South County team, considered one of the best in the region, the Rams had seven different players score multiple goals during a 16-9 victory on May 2 at Robinson Secondary School.

"I'm starting to see the patience that I'm looking for offensively," Robinson head coach Matt Curran said. "... This is huge, and one of the reasons is we've had some good offensive outputs, but not against a team — no offense to the teams we've played — but a team of this caliber. This was really big for our momentum. ... This was the type of victory we needed."

South County entered the contest with a 10-2 record and briefly took a 4-3 lead on a goal with 2:53 remaining in the second quarter. Robinson responded with a pair of goals and led 5-4 at halftime.

Robinson led for the entire second half.

"I think this is one of the best games we've played all year," said Jack Rowlett, a senior long stick midfielder who will play for the University of North Carolina. "As a team, it wasn't just one player shining. Everyone contributed ..."

Rowlett scored three goals Saturday, giving him 16 for the season.

"Getting a hat trick as a long stick, [Rowlett is] just such a weapon," Curran said. "... Long stick middies, you don't get that. You might have one or two goals on the year in a transition. Jack has 16 goals on the season and that's just kind of unheard of with a long pole. He can dodge against anybody. If he has a shorty on him, he has the green light."

Senior attackman Chapman Jasien said Rowlett makes life difficult for opposing defenses.

"That's huge coming from a long stick middle," said Jasien, who will play college lacrosse for the Naval Academy. "That's tough for another team; that's tough to defend. We'll kind of get out of his way and let him work on offense; let him get his shot ..."

"Those shots really help us out a lot. We encourage it big time."

Senior attackman Tommy Gallogly also recorded a hat trick for Robinson.

Senior midfielder Jack Smith, junior attackman Johnny Daniel, senior attackman Chris White, junior midfielder Austin Henry, and Jasien each scored two goals for the Rams.

"I think it's good for us," Rowlett said. "We're hitting our stride at the right time. We started a little shaky, not playing as well as we could have. This is a big game for us to help us build toward the team we can be, the team we should be [come late] May, the beginning of June."

Robinson defeated Oakton 14-4 on Tuesday, improving its record to 11-2. The Rams will close the regular season with a road game against Centreville at 7:15 p.m. on Monday, May 11.



**Robinson senior Tommy Gallogly finished with a
hat trick during the Rams' 16-9 win over South
County on Saturday.**



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