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Play

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Reinvigoratec



Thank you to the 2015 LBSS PTSA All Night Grad Party Supporters!

The Lake Braddock Senior Class of 2015 and their families would like to thank the following businesses, organizations and individuals for their support of the PTSA-sponsored alcohol- and drug-free All Night Graduation Celebration which was held on June 17th, 2015, at the Audrey Moore RECenter at Wakefield Park. We are grateful for their generous contributions and commitment to the young people of our community. Please support these organizations that invest in the success of Lake Braddock Secondary School.

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Austin Grill Burke Veterinary Clinic Burke Volunteer Fire & Rescue Chipotle – Burke Church of the Nativity Fairfax County Park Authority Fairfax County Police Department Scoops2U

We'd like to thank the faculty and staff of LBSS and especially the LBSS PTSA for support of our All Night Graduation Celebration. A huge thank you to our volunteers: the parents, friends and relatives of the Classes of 2015, 2016, 2017 and 2018.
We would also like to extend a special thank you to the Burke Volunteer Fire and Rescue Department and the Fairfax County Police for their vital presence at our party. Finally, we'd like to thank the staff of the Audrey Moore RECenter for all their help in making the night run smoothly. Make plans now to support our 2016 party on June 16th, 2016.

News



PHOTOS BY ABIGAIL CONSTANTINO/THE CONNECTION Participants of the bridge-a-thon play an intense but friendly game of bridge at Beth El Hebrew Congregation as part of The Longest Day— a day to raise awareness and money for Alzheimer's—on Sunday, June 21.

Play Bridge!

Fairfax County students play card game for Alzheimer's awareness.

By Abigail Constantino The Connection

airfax County Public School students participated in a Bridge-athon on Sunday, June 21 at Beth El Hebrew Congregation in Alexandria. The event is part of The Longest Day, a team event to raise awareness and funds for the Alzheimer's Association. It is usually held on the summer solstice, the longest day of the year.

Clad in all shades of purple, participants played an intense, yet friendly, game of bridge. Nayla Avila, an eighth grader at Mark Twain Middle School in Alexandria volunteers at Sunrise Senior Living in Springfield. "I enjoy playing bridge...with the elderly. We learn from each other," she said.

Organizer Yen Deanda arranged a partnership with Sunrise and some Fairfax County schools to create an intergenerational bridge program three years ago. She was visiting a friend at the assisted living facility and thought it would be a good idea to bring everyone together. Now, "parents come, teachers come. They play with us," she said.

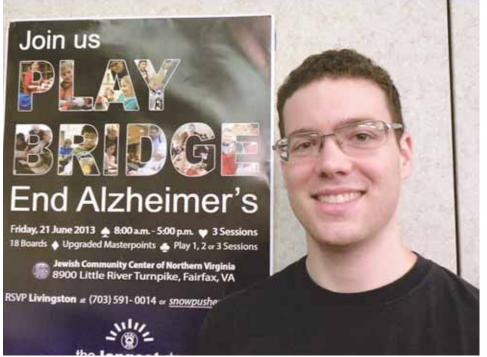
The benefits of bridge, and other card and board games, in combatting Alzheimer's are well-documented. A University of California, Berkeley study in 2000 found that contract bridge enhances the immune system. www.ConnectionNewspapers.com Another study in 2014 at the University of Wisconsin found a connection between playing games, such as checkers, cards, board games and puzzles, and mental sharpness and memory.

In addition to the cognitive boost, there is also the social aspect. Co-organizer Margot Hennings said that bridge is an excellent game to keep the brain active. Her mother played till she was 90 years old and passed away from Alzheimer's. "It's very addictive, intellectually challenging and just a whole lot of fun. You meet new people."

Being socially active through bridge helps with the isolation some older people may experience.

What does it take to be a good bridge player? "You need to learn how to count and learn how to strategize," said Robert E. Lee High School junior Trevon Johnson. He started playing in eighth grade and is now a certified bridge teacher. But his expertise does not mean he is beating the older players. "I'm not as skilled as these fine gentlemen and ladies," but he enjoys playing the game and meeting interesting people.

Bridge hall of famer Steve Robinson said that bridge is "an easy game to learn but a hard game to play well." But one thing about bridge, "even though it's a game of skill, there's a lot of luck involved." He has been playing since 1959.



"There has been research that suggested that games like bridge that require memory and deductive logic improve your ability to exercise those functions even if you are faced with a degenerative disorder," said Adam Gann, who works with the residents at Sunrise Senior Living.

"I enjoy playing bridge...with the elderly. We learn from each other." — Nayla Avila, eighth grader, Mark Twain Middle School

Nayla Avila, an eighth grader at Mark Twain Middle School in Alexandria, enjoys playing bridge with residents at Sunrise Assisted Living. "We learn from each other."

Robert E. Lee High School junior Trevon Johnson started playing bridge three years ago and is now a certified bridge teacher. The

event is a

"good cause to fundraise for. A great way to play bridge."

Miranda Khouri, an eighth grader at Mark Twain Middle School, participated in a bridge-athon at Beth El Hebrew Congregation in Alexandria on Sunday, June 21.





just finished the year at Springfield Estates Elementary School and will start next year at Mark Twain Middle School. He started play-

Sam Kaynor

ing bridge while volunteering at a retirement home.



Sunrise Senior Living in Springfield resident Claire Agoglia plays bridge to improve her memory and remain socially active.



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



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Area Roundups

No Criminal Charges for Officer Who Shot Dog

Eighteen-year Fairfax County Police Department veteran MPO Damien Cichocki has been cleared of any "criminal liability" in a September 2014 incident in which he shot a charging pit bull, police announced in a July 2 statement.

Officers had tracked a suspect in a Fairfax Station robbery to a residence in the 4100 block of Morrisons Way. The suspect came out of the residence and police were placing him in custody when the dog left the house and ran towards the officers.

Cichocki shot the dog while it was charging, wounding but not killing it. Then officers contained the animal and took it to a local veterinary clinic.

Rabid Fox Found Near South Run RECenter

Less than a month after a woman was injured by a rabid raccoon, police responded to reports of a fox "acting abnormally" in the same area: the South Run/Burke Lake Trail near the South Run RECenter.

The raccoon incident occurred June 10 while the fox was reported on July 1, according to a July 3 announcement from Fairfax County Police.

A young fox reportedly ran towards a dog and its owner in a wooded area close to the trail. The owner fell and lost his hat, which distracted the fox long enough for the man and dog to get away from the area.

Animal control officers searched the area afterwards and found a fox that was "vocalizing and showing clear signs of rabies." After the fox was put down, lab tests confirmed the animal had the virus, police said, but may or may not have been the fox that was initially reported.

Police have asked that anyone who may have had contact with a fox in this area contact Bryant Bullock, Environmental Health, 571-274-2296.

Information from the county about the rabies virus, tips for preventing exposure and what to do if bitten by an animal that may have rabies is available at www.fairfaxcounty.gov/hd/rabies/.

Springfield Native to Compete on 'America's Next Top Model'

Justin Kim, of Springfield, will be competing on the catwalk for the title of "America's Next Top Model."

When the 22nd cycle of model Tyra Banks' reality TV show debuts on Aug. 5 on the CW network, the 23-year-old Kim will face 13 other male and female contestants. Hailing from around the country, the hopeful models will all live in the same house during the competition.

At the conclusion of the season, the winner will receive \$100,000 from Zappos Couture and become the face of their national brand relaunch in 2016, as well as a fashion feature in Nylon Magazine and a modeling contract with Next Model Management.

Judges for the show include Banks, fashion public relations personality Kelly Cutrone and runway coach J. Alexander. Photographer Yu Tsai has worked as a photo shoot creative consultant and will be on this season as well.

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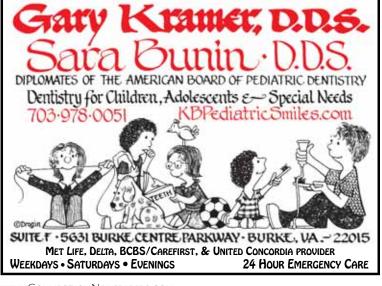
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OPINION Yes to Nonpartisan Redistricting

Politicians shouldn't be choosing voters.

irginia's Congressional map is unconstitutional because African American voters are packed into District 3, according to the U.S. District Court for the Eastern District of Virginia. The problem will have to be remedied by drawing new boundaries.

The issue could be appealed to the U.S. Supreme Court.

In statewide elections, Virginia voters have chosen Democrats in the last two presidential elections, for U.S. Senate, for Governor, Lieutenant Governor and Attorney General. Every single official elected statewide is a Democrat.

Democrats won by a comfortable margin in most cases, but elections were close. In one case the margin was razor thin. (Attorney General Mark Herring beat Republican Mark Obenshain by 165 votes out of more than 2.2 million cast, and that was an election that had serious and immediate consequences, if you ever need an argument for the importance of your vote.)

It's reasonable to assume that a state so clearly leaning blue, but close to evenly divided would be about evenly divided in political representation.

But in fact, the Virginia House of Delegates consists of 67 Republicans and 33 Democrats.

Virginia's delegation to the U.S. House of Representatives consists of eight Republicans and three Democrats.

Virginia's 11 Congressional districts should be split about evenly. You could understand a split five Dems and six Republicans; or five Republicans and six Democrats. A four and

cumstance. But three and eight?

The problem is gerrymandering.

The solution, which the Supreme Court just OK'd, is allowing the lines to be drawn by a non-partisan commission.

Both political parties have been guilty of this when in power, although new technology and better data have made the process more egregious, the effects more damaging.

Political parties should not control the drawing of political districts. Ger-Editorial rymandering thwarts the will of the

electorate. It is especially damaging in a Dillon rule state, like Virginia, where localities have only the power explicitly granted to them by the General Assembly. This is particularly unfair to localities like Fairfax County, Ar-

seven split would smack of some unusual cir- lington and Alexandria, whose electorate and local officials have views that differ greatly from those of the majority of Virginia's General Assembly.

The reason Virginia's Congressional map has been ruled unconstitutional is about race; packing all the African American voters in one district and conceding that district to Democrats in order to reduce the power of African American voters in the adjacent districts. A similar challenge is in the works concerning districts in Virginia's House of Delegates.

It's long past time to take these decisions out of the hands of the officials who use the redistricting process to choose their own voters and effectively grant themselves lifetime appointments.

— Mary Kimm

Pet Photos for the Pet Connection

The Pet Connection, a twice-yearly special edition, will publish on July 22, and photos and stories of your pets with you and your family should be submitted by July 15.

We invite you to send us stories about your pets, photos of you and/or your family with your cats, dogs, llamas, alpacas, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your home or yard with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt your pet, or examples of amazing feats of your creatures. Do you volunteer at an animal shelter or therapeutic riding center or take your pet to visit people in a nursing home? Does your business have a pet? Is your business about pets? Have you helped to train an assistance dog? Do you or someone in your family depend on an assistance dog?

Or take this opportunity to memorialize a beloved pet you have lost.

Our favorite pictures include both pets and humans. We welcome short stories about how you got your pet, a noteworthy talent or anecdote about your pet, tales of the bonds between your family and your pet, plus drawings, paintings or other artwork of your pet by children or adults Please tell us a little bit about your creature, identify everyone in the photo, give a brief description what is happening in the photo, and include address and phone number (we will not publish your address or phone number, just your town name).

Email to editors@connectionnewspapers.com or online at www.connectionnewspapers.com/pets.

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Braddock Nights Concerts Kick Off July 10

By John C. Cook Supervisor (R-Braddock DISTRICT)

ost people have fond, nostalgic memories of visits to the park. Perhaps

celebrating family picnics and reunions, playing little league baseball games, enjoying quiet evenings in nature or even fishing and hiking with friends and family. The positive role that public parks have played in so many of our lives is undeniable. That is why the Fairfax County Board of Supervisors has designated July as Parks and Recreation Month.

We are not alone in our recognition of the vital role parks play in our local communities. Since 1985, various communities across America have recognized Parks and Recreation Month every July. And in 2009, Congress passed an pact on our economy by enhanc-

official resolution designating July Parks and Recreation Month.

Parks play an incredibly important part in supporting environmental, social, and health benefits. Parks improve water and air

quality, prevent flooding, and support habitats for vegetation and wildlife. They are also critical to the physical and mental health of our communities: providing us with public gathering places for friends, families, and local organizations by giving us all the ability to enjoy nature, exercise, and stay healthy. Parks also provide people the opportunity to be engaged and to get involved in various volunteer activities being offered. This doesn't even begin to scratch the surface of all the benefits provided by public parks, which also includes a positive iming property values, attracting homeowners, and retaining businesses.

This summer, the Fairfax County Park Authority is celebrating its 65th anniversary, and we are all extremely fortunate to be home to a wide variety of parks throughout the county. In addition, the Fairfax County Park Authority hosts a variety of different activities and classes all summer long, including summer day camps and public concerts. To find out more about all our parks have to offer, and all the different opportunities to get involved in this summer, please visit http:// www.fairfaxcounty.gov/parks/. I can promise that you will find something for the whole family to enjoy.

This summer, there is also a great opportunity to attend a series of concerts being held at two of Braddock District's very own parks. The Braddock Nights summer concert series kicks off July 10 from 7:30-8:30 p.m. at both Royal Lake and Lake Accotink Parks. These free musical performances will be held throughout the summer, and will include a wide array of performances from classical to bluegrass to everything in between. The atmosphere is informal and you're encouraged to bring a picnic dinner, blankets, lawn chairs, and to relax with friends and family to celebrate the end of the workweek. A list of this summer's performances can be found by visiting http://bit.ly/ BraddockNights2015. For more information or to volunteer, please call 703-425-9300.

Whether it's a cookout, a family reunion, a hike, or even just an evening stroll, please be sure to spend some time outside this month and enjoy all that Fairfax County Parks have to offer.

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LETTERS

Cooperative Spirit

To the Editor

The July 2-8, 2015 Springfield Connection article ("Coming Home to Queen of Peace") addressed an ongoing issue on how best to serve the needs of people in providing quality care services. The State of Illinois, Department of Mental Health & Disabilities in the 1970s, some 43 years ago, had the same concerns as the State of Virginia and Fairfax Country have now. At that time, I was the budget officer for the Illinois Dept. of Mental Health & Disabilities during the period 1972 -1976. The state passed legislation to dismantle its 1890s mental health institutions and build community centers throughout the entire state. It was an expense not only to be paid from state funds, but also, from counties' government funding entities. No private funds were used to buy or build homes in which to integrate community settings. As a current resident of Fairfax County, I applaud the Knights of Columbus St. Mary of Sorrows Council in helping people with disabilities. From my previous experience in arranging state funding for building community centers, I support the cooperative spirit of the Knights of Columbus in its initiative to improve the quality of life for those needing special services here in Fairfax County.

> **Ronald L. Baker** Springfield

School Notes

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

Raymond J. King of Clifton earned his Ph.D. in Mechanical Engineering, with a focus on Robotics, from the Mechanical Engineering Department of the University of Utah at the close of the Fall 2014 semester. An NSF - IGERT grant helped fund his post-graduate studies there. A 2003 graduate of Robinson Secondary School, Raymond went on to receive both his B.S. and M.S. degrees from the College of Engineering at Virginia Tech before marrying fellow VT engineering graduate, Amelia Davis. He is the son of Clifton residents Dr. Graham and Jane King

Katie Bershadsky, born and raised in Burke, has been selected to the Delta Epsilon Iota Academic Honor Society in the local chapter at Kennesaw State University, Delta Epsilon Jota was established to recognize and encourage academic excellence in all fields of study. Bershadsky is expected to graduate in 2018 with a major in public relations. Her parents are Scott and Kim Bershadsky. Her grandparents Malcolm and Marcia have lived in Burke for more than 30 years.

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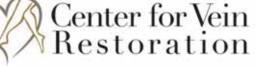




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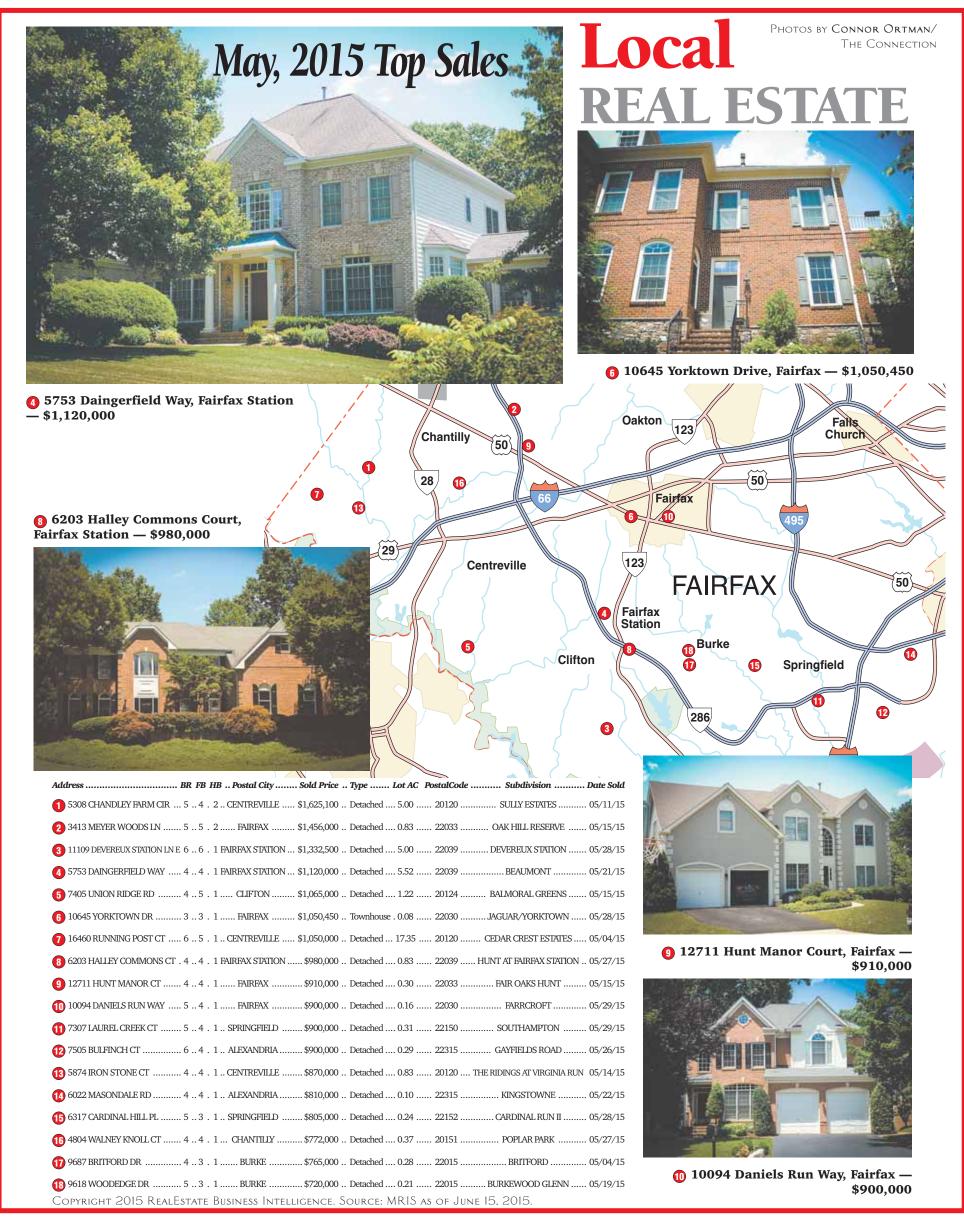
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HomeLifeStyle A House by the Sea

Design ideas for beach homes.

By Marilyn Campbell The Connection

s the sweaty days of summer slog on, many are dreaming about a home by the sea, a wistful retreat where cares flow as freely as an ocean breeze. A few local designers share seaside secrets for an idyllic hideaway.

When a Bethesda, Md., family decided to update and expand their vacation home on the shores of the Chesapeake Bay, functionality and style were top priorities.

Doug Roberts and Jessica Parker Wachtel of GTM Architects in Bethesda added more than 1,400 square feet, but kept many of the existing features of the 3,792-squarefoot beach house, which was built in 1985.

"What was unique about this project is that the family's father had originally designed this home himself," said Roberts. "It's modern with lots of glass and cathedral ceilings. The family didn't want to change that. They just wanted to expand it."

The home now has an open floor plan, including a kitchen that flows into the family room, an exercise and recreation room, glass garage doors, an outdoor shower and a wet bar. The windowsills are lower, allowing in more light and expanded water views. The home's bathrooms and five bedrooms were updated, adding a balcony with views of the bay to a rear bedroom.

"The work was all consistently done, so you really can't tell that there was an addition," said Roberts. "We replaced all of the materials - flooring, tile, trim - and put down new materials throughout."

AN ALEXANDRIA COUPLE wanted their second home on the Eastern Shore to exude a calm serenity. They achieved that feel with white walls and furniture at the recommendation of interior designer Grace Nelson of Nelson Design Lab in Arlington.

"White exudes peace and quiet," said Nelson. "They wanted their beach house to be the opposite of the chaos of Washington, but they didn't want it to be too far removed modernity. They still wanted their luxuries."

Among those amenities are a kitchen equipped with a Bosch dishwasher and a built-in Subzero refrigerator. The kitchen's white cabinetry is accented with natural pine knobs and pulls that match the pine



Photo courtesy of GTM Architects

flooring.

A bay window in the living room allows for majestic ocean views. That seascape can also be enjoyed from the clawfoot soaking tub in the master bathroom.

WHEN THE OWNER of a Rehoboth Beach, Del., condominium decided to rent her property to beach goers, she wanted to marry casual elegance and durability.

Designer Sallie Kjos of Grey Hunt Interiors in Chantilly helped the homeowner, whose primary residence is in Great Falls, choose furnishings that created a relaxed, modern look.

"When you're designing a beach property that is also used as a rental, you want to find something that is durable and can be cleaned easy and can stand up to the sand," said Kjos. "You don't over accessorize a beach property, especially if it's a rental."

They created an office space "because a lot of people have to work even when they're on vacation," said Kjos.

This Chesapeake Bay vacation home with renovations by Doug **Roberts and Jessica Parker Wachtel of GTM Architects has** an abundance of windows that allow in sunlight and offer views of the water.

A chandelier made of natural capiz shells, with an easy-to-clean lacquered finish, hangs over the wooden dining room table. The result is a beach feel, but with a modern twist, says Kjos.

"We tried to get away from the stereotypical beach décor with motifs like seagulls and driftwood," she said. "We wanted to use water-like colors because it makes for a relaxing environment, but we mixed the city with the ocean and created a flow throughout the house so that it connected visually."

IT'S THAT CONNECTION, to the sand, the surf, and surroundings that makes a vacation house feel like a home. When Potomac, Md., architect James Rill went looking for a Vero Beach, Fla., vacation home, he was inspired by his favorite sport: baseball. "It's very close to the Nationals spring training center," he said. The home also accommodates Rill's parents. "We took the master suite and we made it into a nicer, handicapped accessible space."

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Springfield Connection & July 9-15, 2015 & 9



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ONGOING

- **Braddock Nights Concerts Series.** Fridays, through Aug. 28. 7:30 -8:30 p.m. at Lake Accotink Park, 7500 Accotink Park Road, Springfield, or Royal Lake Park, 5344 Gainsborough Drive, Fairax. A series of free musical performances held throughout the summer.
- Stars on Sunday Concert Series. Sundays, through Aug. 30. 3 p.m. Workhouse Arts Center, 9518 Workhouse Way, Lorton. Featuring a lineup of performances that showcase the diversity of talent and culture in Northern Virginia. Concerts are free to attend and are perfect for families, a special date or a relaxing afternoon of music and dance.
- Burke Arts in the Parks. Saturdays, through Aug. 22. 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.
- Summer Reading Program. Friday-Saturday, through Sept. 5. 10 a.m.-5 p.m. Fairfax Library, 10360 North Street, Fairfax. Come to the library all summer for books and events. http://www.fairfaxcounty.gov/ library/branches/fx/.

Springfield's Restaurant Week: July 12-19

Get ready for Springfield Town Center's Restaurant Week starting this weekend Sunday, July 12-19. Restaurants participating are Nando's Peri Peri, &pizza, Maggiano's Little Italy, Yard House and Chuy's. Restaurant Week allows diners to try a pre-fixed special menu at an affordable price. For more information visit, http://springfieldtowncenter.com/restaurantweek. Springfield Town Center is located at 6500 Springfield Mall, Springfield.

THURSDAY/JULY 9

- **Teen Video Production Workshop.** 7 p.m. Burke Centre Library, 5935 Fred Oaks Road, Burke. Learn basic editing, cinematography, and camera settings, from Sam Sikora a teen who has won awards at Robinson High School for his work.
- Jammin' Book Party. 7 p.m. Lorton Library, 9520 Richmond Highway, Lorton. Explore fun stories and
- games. Snacks provided. Age 9-12. **Afternoon Book Club.** 1 p.m. Richard Byrd Library, 7250 Commerce Street, Springfield. Join the afternoon book club, make new friends and chat about books. This month's title is "The Cuckoo's Egg" by Clifford Stoll.

FRIDAY/JULY 10

- Fun & Games. 2 p.m. Burke Centre Library, 5935 Fred Oaks Road, Burke. Game day! The library is bringing out their board games for an afternoon of gaming fun. Age 6-12.
- Fun Flicks. 10:30 a.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Watch movies based on children's books.

SATURDAY/JULY 11

NEW LOCATION SALE

Obon Festival. 5:30 -9 p.m. Highlighting Japanese culture at Ekoji Buddhist Temple, 6500 Lakehaven Lane, Fairfax Station. Visit www.ekoji.org for more. **Lorton Junior Chess Club.** 2 p.m. Lorton Library, 9520 Richmond Highway, Lorton. Practice chess and learn new moves. Age 8-12.

- Tai Chi. 8 a.m. Workhouse Arts Center, 9601 Ox Road, Lorton. Enjoy free, drop-in Art of Movement classes featuring Yoga, Hula, Mat Pilates, Surfset and Tai Ch.! No experience is necessary, bring your own mat.
- Ceramics Ice Cream Social Fundraiser. 12-4 p.m.Workhouse Arts Center, 9601 Ox Road, Lorton. Purchase a one-of-a-kind handmade ice cream bowl created by Workhouse students, instructors and ceramic artists and fill it with ice cream! Participants can also enjoy live performances by The Great Zucchini and 50 Man Machine. \$20 donation includes bowl, ice cream and toppings.
- 2nd Saturday Art Walk. 6-9 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. The 2nd Saturday Art Walk at the Workhouse showcases the diverse work of more than 100 visual artists in a unique historic venue, creating an atmosphere that encourages visitors to immerse themselves in the richness of this creative community.

SUNDAY/JULY 12

Workhouse Farmers Market. 1-5 p.m., at the Workhouse, 9601 Ox Road, Lorton. Every Sunday on the quad is a producer-only market for discerning shoppers featuring locally grown fruits and vegetables, locally raised meats and poultry and local foods from breads to salsas and sausages. http:// www.workbousearts.org. Buns

www.workhousearts.org. Runs through Sept. 13. **Lorton Farmers Market**. 9 a.m.-1 p.m. Sundays, May 3-Nov. 8. Featuring fresh produce, a Swiss bakery and potted plants and herbs. VRE Parking Lot, 8990 Lorton Station Boulevard, Lorton.

MONDAY/JULY 13

Maker Lab. 3:30 p.m. Richard Byrd Library, 7250 Commerce Street, Springfield. Crafts using tubes and egg cartons. Ages 5-9.

TUESDAY/JULY 14

Bedtime Storytime. 7p.m. Richard Byrd Library, 7250 Commerce Street, Springfield. Come in your pajamas, bring your favorite stuffed animal and enjoy bedtime stories and music. Age birth-5 with adult.

WEDNESDAY/JULY 15

- **Grooms Night Out.** 6:30 p.m. Capital Custom Clothiers, 203 Washington St., Suite D, Occoquan. Free, fun event for engaged couples that will focus on style options and fashion tips for the groom. Food, drink and door prizes.
- **Storytime Picnic.** 12 p.m. Lorton Library, 9520 Richmond Highway, Lorton. Bring a picnic lunch and listen to stories and songs. Age 0-5 with adult.

THURSDAY/JULY 16

Springfield Writers' Group. 7 p.m. Richard Byrd Library, 7250 Commerce Street, Springfield. Share your work, give and receive feedback in a supportive setting. Adults.

FRIDAY/JULY 17

Cool Cow Comedy Presents Carmen Lynch. 8 p.m. Workhouse Arts Center, 9518 Workhouse Way, Lorton. Each month (and sometimes twice a month) Cool Cow Comedy's headliners and featured performers take the stage in the W-3 Theare.

SATURDAY/JULY 18

- Clifton Film Festival. 7 p.m. Workhouse Arts Center, 9518 Workhouse Way, Lorton. Enjoy live music, food and original films under the stars. During the event there will be two awards ceremonies, student's awards will be given during intermission and the 19+ category at the closing of the festival. Visit cliftonfilmfest.com.
- **Pilates.** 8 a.m. Workhouse Arts Center, 9601 Ox Road, Lorton. Enjoy free, drop-in Art of Movement classes featuring Yoga, Hula, Mat Pilates, Surfset and Tai Ch.! No experience is necessary, bring your own mat.

SUNDAY/JULY 19

- Model Trains Display. 1-4 p.m. Fairfax Station Railroad Museum, 11200 Fairfax Station Road. The Northern Virginia NTRAK Club will have N gauge model trains on display and running. Museum members and children 4 and under, free; children 5-15, \$2; adults 16 and older, \$4.
- www.fairfax-station.org. Hooray for Hollywood. 7:30 p.m. Richard J. Ernst Cultural Center, 8333 Little River Turnpike, Annandale. The concert will focus on musical themes from some of Hollywood's most popular motion pictures such as "Titanic," "Apollo 13," "Schindler's List," the James Bond movies, and a 50th anniversary salute to "The Sound of Music."

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News

Kaydee Puppets puts on a show starring Dudley Dog and friends at the George Mason Regional Library, Wednesday, July 1. Numerous families attended the event to observe the canine's crimesolving skills, which feature in a series as one of the Summer Reading Program's family events.



Photo by Thomas Friestad/The Connection

Summer Reading Reinvigorated

Fairfax County Public Library's Summer Reading Program returns, turning pages.

> By Thomas Friestad The Connection

Ithough young readers may have put down the books since leaving classrooms last month, the Fairfax County Public Library has kicked off its Summer Reading Program to nurture a love of pleasure reading during the vacation months. A coupon book full of local discounts awaits all elementary students that read 15 books and teens that read six books, respectively, between June 19 and Sept. 5.

"Older kids who are not yet in the teen category and who choose to read longer, more challenging books may count each of those books twice," said Ted Kavich, Program and Educational Services manager.

The program also entails a variety of age-appropriate performances at local libraries, including but not limited to puppet and magic shows, science experiments and ongoing book sales.

"The Summer Reading Program is a single, giant, system-wide program, but it features many individual performances at our library branches," Kavich said. "Some of these events are geared for school age kids, some for the whole family and some for teens." Kavich said, each year, the Summer Reading Program features one special event in addition to the regular ones. He said this year's event will be a "Star Wars Celebration" event.

"Thanks to generous funding from the Friends of the Tysons-Pimmit Regional Library, we're presenting this event at the Chantilly Regional Library on Aug. 4," Kavich said. "The event will include a talk by Star Wars book and comic author John Jackson Miller, costumes and door prizes."

Geoff Knowlton, 10, of Laurel Ridge Elementary has participated in the Summer Reading Program for the past three years. He said his favorite part of participating in the program is the moment of finishing all 15 required books.

"I like when you're done with a book because you have a feeling of reward when you've read all 15," Knowlton said. "I've done the program for three years, I think, and I plan on doing it again in the future."

Kavich said his favorite part of the Summer Reading Program is its partnership with Fairfax County Public Schools to keep reading skills alive in local youth during a time when they might be tempted to let them fall by the wayside.

"The not-so-secret goal of the Summer Reading Program is to keep kids and teens reading throughout the summer so they don't lose important reading skills while school is out," Kavich said. "With that goal in mind, we make the program as fun and appealing as possible. It continues to be a huge success and something that kids and parents eagerly anticipate each year."







COOMMUNITIES OF WORSHUP Messiah United Methodist Church www.messiahumc.org Meskly youth mission projects 0. Ohidren's summer camp programs 0. Community outreach opportunities Sunday Services at 8:15, 9:30, and 11 am Sunday Services a



Springfield Connection & July 9-15, 2015 & 11

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SPORTS

(Back, from left) Connie Polnow, Mikaela Voegele, Jackie Hafner (front, from left), Margot Baden, **Angel Oh and Alex Marini** perform a synchronized swimming routine for the 18-19 age group at the Junior Olympics.



Photo courtesy of the Northern Virginia Nereids

War of the Waters

Synchronized swimmers compete at championship event in North Carolina.



The Northern Virginia Nereids synchronized swimming team trains at the Audrey Moore RECenter in Annadale.

She talked to the coaches that day, got into a short summer program and joined the team in earnest the following fall.

Polnow likes synchro for "the people, first and foremost," she said. "I also like the sparkly suits."

With the difficulty of controlling your body and breath for several minutes through numerous maneuvers and positions, the sport isn't exactly mainstream, which is something Polnow appreciates. "And there's always something new to learn; not just honing a skill, but always something new you can do."

In Polnow's Junior Olympics routine, she was joined by five other swimmers in the ages 18 to 19 group. They chose music from "Willy Wonka and the Chocolate Factory" featuring Johnny Depp to accompany approximately four minutes of tricky choreography (five lifts and nearly half of the time under water). "We wanted our routine to be fun for the audience, to be upbeat."

This is how the full contingent from the Northern Virginia Nereids fared at the United States Synchronized Swimming Junior Olympics:

18-19 Team: 18th Place, Margot Baden, Jackie Hafner, Alex Marini, Angel Oh, Connie Polnow, Mikaela Voegele

18-19 Solo: 12th Place, Mikaela Voegele 16-17 Duet: 21st Place, Margot Baden and Jackie

Hafner 13-15 Team: 26th Place, Grace Choi, Kayleigh Gagen, Violetta Nikitina, Shine Peng, Sarah Sanfield, Sara Schulwitz, Dora Stojanovic, Claire Werrlein,

13-15 Team: 41st Place: Angie Borkowski, Brianna Edwards, Hanna Lee, Erika Olivo, Karen

Samy, Lisa Ugrymova, Huntleigh Zhang **13-15 Duet:** 38th Place, Violetta Nikitina and

Shine Peng 11-12 Team: 32nd Place, Laura Baitinger. Rose McClelland, Haley Oh, Sophie Prabhakar, Emily Song, Sarah Song, Viki Valentovics, Olivia Zuhoswki

11-12 Duet: 15th Place, Grace Choi and Sarah Sanfield



hoto provided by Dereck Baker

Fairfax Finest won gold in the women's 5-on-5 basketball competition at the World Police and Fire Games.

World Police and **Fire Games** Come to a Close

The World Police and Fire Games ended July 5 with law enforcement winning 1,308 gold medals, and firefighters bringing home 513 gold medals.

Law enforcement collected a total of 3,168 medals, including 1,036 silver and 824 bronze. Firefighters totaled 1,268 medals, including 417 silver and 338 bronze.

The United States held a large advantage in the medal count, winning 1,777, including 696 gold. Canada amassed the second-most medals with 429, including 172 gold. Russia won 207 medals (126 gold), Spain brought home 193 (77 gold) and Brazil tallied 174 (58 gold).

Several local teams/athletes captured gold during the 10day event, including a pair of first-place finishes in 5-on-5 basketball. Fairfax Finest won gold in the women's competition, and Fairfax County PD won the men's 18+ Division II event.

Fairfax County firefighter Monica Harding won gold in the 18+ individual full gear stair climb. Fairfax County Fire and Rescue's Holly Melendez finished first in the women's 30+ under 67.5 kg bench press.

In cross country, Fairfax County Fire and Rescue's Caldwell Clarke took gold in the 10,000 meters.

In police motorcycle competition, Richard Mattison of the Fairfax County Police Department finished first in the 18+ expert skill level cone event. Kevin Palizzi placed first in the



Fairfax County firefighter Monica Harding won gold in the 18+ individual full gear stair climb at the World Police and Fire Games.



Photo by Brent Schnupp **Fairfax County Fire and Rescue's Holly Melendez** finished first in the women's 30+ under 67.5 kg bench press at the World Police and Fire Games.

18+ challenge ride. The Fairfax County Police Department finished first in the team cone event.

By Tim Peterson The Connection

ake Braddock graduate and Springfield resident Connie Polnow has been doing synchronized swimming since she was 9 years old. Her teammate and rising West Springfield freshman Angie Borkowski has only been at it for a year. But together, they were among 29 members of the Northern Virginia Nereids squad who participated in the United States Synchronized Swimming Junior Olympics between June 29 and July 4.

The meet in Greensboro, N.C. drew around 450 swimmers who competed in individual, duet and team events. For the Nereids, the meet was the culmination of training that started back in September.

"They all had their best swims of the year during the competition," said co-head coach and Washington, D.C. resident Julie Silverman. "I couldn't be more proud of that." Last year, she added, the Nereids sent just nine swimmers to the championship meet.

Because it included teams from outside their normal area of competition (practices are held at Audrey Moore RECenter at Wakefield Park in Annandale) Silverman said the meet offered swimmers a chance to "see what else is out there" in terms of practice styles and water performance elements like "lifts" (swimmers bringing other swimmers out of the water) and "ripples" (when one person follows the action of another rather than moving simultaneously).

"It was definitely an exciting experience for them," she said.

Borkowski's team of seven young women between ages 13 and 15 performed a routine using World Cupthemed music for the soundtrack to match the "upbeat arms" and "really exciting and happy" choreography. The teammates custom-decorated their suits with international flags and soccer balls.

She likes synchronized swimming because "it's artistic and works on my endurance," she said.

Borkowski swam for the Daventry Dolphins community summer league team for several years before seeing an ad in the Fairfax County Park Authority magazine "Parktakes." "It looked really different - I never did anything like it before," she said.

Connie Polnow was also a lap swimmer before switching to synchro. She remembers being at a practice at Audrey Moore and seeing the Nereids running their practice at the same time in the pool's deep end.

"That seemed more appealing to me," Polnow said.

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N E W S PAPERS



VIRGINIA: IN THE GENERAL DISTRICT COURT FOR THE **CITY OF VIRGINIA BEACH**

703-778-9411

The object of this suit is to recover money damages for breach of contract. It is ORDERED that Daniel Robinson and Alaric Holdings, LLC appear at the above-named court on July 30, 2015 at 8:30

LEGAL NOTICE According to the Lease by and between Kathleen M O'Rourke aka Kathleen D Meehan of unit 1060 and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage unit, the manager has cut the lock on their unit and upon cursory inspection the unit was found to contain: christmas decor, boxes, ladders, tool bench, ect. Items will be sold or otherwise disposed of on Friday July 17, 2015 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes

According to the Lease by and between Khashayar Zargham aka K Zargham of unit 1077 and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage unit, the manager has cut the lock on their unit and upon cursory inspection the unit was found to contain: file cabinets, boxes, ect. Items will be sold or otherwise disposed of on Friday July 17, 2015 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy own-er's lien in accordance with state statutes.

According to the Lease by and between Steven Gonzalez of unit 2028 and TKG-StorageMart and its related parties, as-signs and affiliates in order to perfect the Lien on the goods contained in their storage unit, the manager has cut the lock on their unit and upon cursory inspection the unit was found to contain: bins, lamp, medical supplies, ect. Items will be sold or otherwise disposed of on Friday July 17, 2015 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes



- AC

Foundation Repair

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.

THURSDAY/JULY 9

Person Centered Dementia Care. 3 p.m. Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax.It's hard to keep individuals with dementia active and engaged; learn to gear activities to them to make your time together enjoyable, frustration free, and memorable. Call 703-204-4664 to RSVP or visit InsightMCC.org for more information.

Spanish Conversation Group. 2 p.m.Kings Park Library, 9000 Burke Lake Road, Burke. Participants can practice and improve their Spanish with a native speaker. For more information go to fairfaxcounty.gov/library/ branches.

FRIDAY/JULY 10

English Conversation Group. 10:30 a.m. Lorton Library, 9250 Richmond Highway, Lorton. Practice speaking English with others and improve your skills. Adult.

SATURDAY/JULY 11

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. Learn how to protect your assets and obtain valuable Medicaid and Veterans benefits to pay for long-term care.

SATURDAY/JULY 11

Teen Advisory Board. 12 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. The Kingstowne Teen Advisory Board will be holding its meeting. For more information go to fairfaxcounty.gov/library/branches.

TUESDAY/JULY 14

Genealogy One-On-One. 1:30 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. A genealogical volunteer will be offering participants advice of starting or continuing their genealogical research. For more information go to fairfaxcounty.gov/library/ branches.

English Conversation Group. 7 p.m. Richard Byrd Library, 7250 Commerce Street, Springfield. Practice and improve your English. Adults.

WEDNESDAY/JULY 15

Are They Doing That On Purpose? Understanding Behaviors. 1:30 p.m. Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. Join us for this free program at 1:30 pm. Come and learn strategies for communication and dealing with difficult behaviors. Call 703-204-4664 to RSVP or visit InsightMCC.org for more information.

THURSDAY/JULY 16

– Faith Notes

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

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 prac-

The center emphasizes working with the mind and learning how to understand the workings of the mind, overcoming innner causes of suffering, while cultivating causes of happiness. Under the direction of Lama Zopa Rinpoche, the center is a place of study, contemplation Is it Normal Aging or Dementia? 7 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. Kings Park Library will be hosting an event that will teach participants the difference between normal aging and dementia, as well as the top 10 signs of Alzheimer's disease. For more information go to fairfaxcounty.gov/library/ branches.

FRIDAY/JULY 17

- Toastmaster Openhouse. 11:45 a.m. Mason Enterprise Center, 4031 University Drive, Room 122A, Fairfax. Are you ready to increase your self-confidence, become a better speaker, become a better leader, and communicate more
- effectively? Come see how we can help you. English Conversation Group. 10:30 a.m. Lorton Library, 9250 Richmond Highway Lorton. Practice speaking English with others and improve your skills. Adults.

SATURDAY/JULY 18

Career Building: Book Signing. 7 p.m. Holiday Inn Express, 6401 Brandon Avenue, Springfield. This mini-seminar will empower you with proven strategies to guide you and equip you for the challenges ahead in finding new opportunities that await you. Free.

MONDAY/JULY 20

Planning for Health Care and Retirement. Kings Park Library, 7 p.m. 9000 Burke Lake Road, Burke. Kings Park Library will be holding an event that will guide participants on covering their medical expenses and creating a health care financial plan. For more information go to fairfaxcounty.gov/library/branches.

TUESDAY/JULY 21

- Home Money Management- 3 Week Session. 12:30 p.m. Lorton Library, 9250 Richmond Highway, Lorton. Learn to curb expenses, review bills and develop good habits in this basic budgeting class. Adult, Teen . Neighborhood Plant Clinic. 10 a.m. Richard
- Byrd Library, 7250 Commerce Street, Springfield. The Fairfax Master Gardeners Association provide tips and advice. Adults.
- **English Conversation Group.** 7 p.m. Richard Byrd Library, 7250 Commerce Street, Springfield. Practice and improve your English. Adults.

TUESDAY/JULY 22

Friends Quarterly Meeting. 7 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. The Kingstowne Library will be holding its quarterly meeting. For more information go to fairfaxcounty.gov/library/branches.

THURSDAY/JULY 23

Spanish Conversation Group. 2 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. Participants can practice and improve their Spanish with a native speaker. For more information go to fairfaxcounty.gov/library/ branches.

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. www.Lordoflifeva.org. 703-323-9500

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.

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titioners of Tibetan Buddhism.



he West Springfield Senior Class of 2015, their families, teachers, administrators and the All Night Graduation Party committee members gratefully acknowledge the following businesses, organizations and individuals for their support of the PTSA sponsored alcohol and drug free All Night Graduation Party held on June 17th at the Lee District Recreation Center in Alexandria. We are grateful for your generous contributions and commitment to the young people of our community!

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