

Lake Braddock Secondary School eighth grade science teacher and head swim coach Scott Darwin (right) gives his team a pep talk before the Patriot District Conference Championship, held as a one-day timed finals Jan. 30 at Lee District RECenter.

Pep Talk

SPORTS NEWS, PAGE 12

'Taking the Veil Away'

NEWS, PAGE 3

Snowzilla Summit Ahead

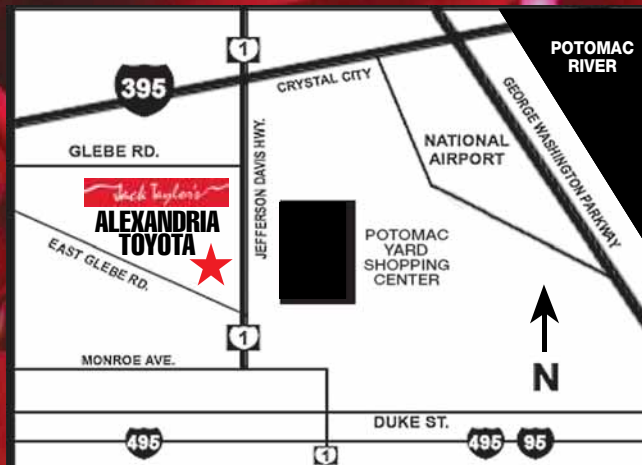
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**Let's
Go
Places**

NEWS



Panelists and experts leading breakout sessions regarding human trafficking included (from left) Louise Shelley, Ph.D, a George Mason University Professor; Just Ask Prevention Project president Beth Saunders; Fairfax County Public Schools K-12 coordinator for Health, Family Life and Physical Education Elizabeth Payne, Ed.D.; and Detective Bill Woolf with the Northern Virginia Human Trafficking Task Force.



PHOTOS BY TIM PETERSON/THE CONNECTION

Residents came to the Stacy C. Sherwood Community Center in Fairfax for a multi-hour seminar on what human trafficking is and how to get involved with prevention and detection and taking action.

'Taking the Veil Away'

BY TIM PETERSON
THE CONNECTION

Thirty years ago, "Jen" was lured into a pornography ring and sexually abused by a man who initially pretended to be her friend.

"She lived in so much fear," said Elizabeth Scaife, director of Training at Shared Hope International and keynote speaker at a Jan. 31 informational meeting about human trafficking. "He manipulated her, used her family, saying he was going to hurt them."

Scaife used Jen to illustrate the lifelong negative effects on victims of human trafficking. "They're trauma-bound," she said, "from living in the climate of fear that creates."

After defining human and sex trafficking for the audience — the act of forcing anyone to take part in a sex act for compensation — Scaife said that Fairfax County has ranked among the top areas in the United States in prosecuting gang-related trafficking.

The issue is widespread, and localized, but isn't particularly more acute in Fairfax than other localities, Scaife said. But it is being pursued more aggressively.

Scaife described four main ways people become victims of trafficking: being controlled by pimps, being turned out by their own family to provide income, a gang-controlled situation and runaway sex.

"When a young person is out on the streets, not having planned ahead, running from something," Scaife said, "nothing is free." A desperate boy or girl might meet someone willing to give them a place to sleep, in exchange for sex. "They might buy a burger for a blow job."

TRAFFICKING would not exist without the demand, Scaife said. Ninety-nine percent of buyers are male, she explained,



Keynote speaker Elizabeth Scaife, director of Training at Shared Hope International, began an afternoon discussing human trafficking on Jan. 31 at the Stacy C. Sherwood Community Center in Fairfax.

"people with reckless disregard who don't care if it's a minor."

"Traffickers are all different, they live among us and can be anyone," Scaife added. "They prey on the vulnerability of kids in our society."

The progression of a pimp or pimping gang includes recruiting, grooming, breaking down, turning out and control.

"They begin to buy into the lie that life doesn't matter and theirs doesn't mean much," said Scaife.

Detective Bill Woolf with the Northern Virginia Human Trafficking Task Force has given numerous such talks around Fairfax County, raising awareness of trafficking. Woolf was one of four expert panelists who spoke at the event after Scaife.

At a forum held at West Springfield High School in February 2015, Woolf said in 2014, his office saw 156 leads in Northern Virginia, often with multiple victims. In that same time, they identified more than 261

victims and recovered 108.

On Sunday, Woolf said one of the biggest threats in the trafficking world right now is social media and the access people have to information.

"It comes with a price," he said, giving the example that traffickers can use Facebook, Twitter, Instagram and other platforms as a mechanism to scouting potential victims.

"We must be responsible for what we allow our children to have access to," said Woolf.

Woolf then gave the recent example of a 14-year-old girl who was approached by a twentysomething man and after talking for a while, the two became friends on Facebook. The detective was able to talk with the girl and encouraged her to attend a presentation of the Just Ask Prevention Program. The girl determined she was being recruited for trafficking and turned her Facebook account over to Woolf.

Commissions for women host human trafficking awareness event in Fairfax.

Woolf, as the girl, set up a meeting with the man. He was arrested and is now serving time in a federal prison.

"It's so important that we talk about this," Woolf said. "Talking to her, she had no idea what trafficking was before going to the presentation. Just to give them the knowledge, the tools to prevent this," is huge, he said.

Fairfax County Public Schools K-12 Coordinator for Health, Family Life and Physical Education Elizabeth Payne, Ed.D. agreed with Woolf. "What's not working is silence," she said. "We have to get that conversation to the forefront and put a name on it."

Payne is optimistic that more attention is being paid to human trafficking around Virginia. "We are taking the veil away," she said.

Just Ask Prevention Project president Beth Saunders echoed, "We're starting to break down the barriers of what this is." Part of that is just understanding the scope of the problem, that it isn't just happening in conflict zones, overseas. "The localization of this is mind-bending," she said.

JUST ASK is a local nonprofit working to raise awareness of teen sex trafficking and prevent criminals from taking more victims.

After the panel introductions, the seminar broke out into more detailed discussions of the involvement of laws and law enforcement, schools and business and the international scope of the problem.

The event was sponsored by the Alexandria Commission for Women, the Arlington County Commission on the Status of Women, the City of Fairfax Commission for Women and the Fairfax County Commission for Women.

The 24/7 National Human Trafficking Hotline Number is 1-888-373-7888 or you can text "HELP" between 3-11 p.m. to 233733 (Be Free). For more information, visit www.fairfaxcounty.gov/cfw or justaskprevention.com.

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A photograph of a theatrical performance. A man in a red and white costume is kneeling on a stone ledge, looking up at a woman in a white dress who is sitting on the ledge. The background is a dark, textured wall.

PHOTOS COURTESY OF VIRGINIA OPERA AND OPERA CAROLINA.

Sweet Dreams to Entice

BY DAVID SIEGEL
THE CONNECTION

The opera “Romeo and Juliet” by composer Charles Gounod is based upon William Shakespeare’s tale. Gounod’s work is known for its beautiful duets between Romeo and Juliet. The opera includes a glorious masked ball where Romeo first sees Juliet, the famous balcony scene where they declare

A woman with long blonde hair, wearing a white, long-sleeved, floor-length gown, stands on a wooden balcony. The balcony has a decorative railing with two arched openings. Behind her is a dark, textured wall with a large, arched opening. To the left, a large, bright, circular light source, possibly a moon or a large window, illuminates the scene. The overall atmosphere is dramatic and theatrical.

Where and When

Note: There is a special package for Valentine's Day weekend. The package includes champagne, chocolates and two champagne glasses. Keepsake pictures from a special photo booth. Tickets \$125, \$190 and \$225. Tickets call 888-945-2468 or visit <http://cfa.gmu.edu>.

Adam Turner, Virginia Opera principal conductor and artistic advisor said “the music provides great texture and color to the characters and to the scenes that words alone cannot as strings swell and the gorgeous sounds of the oboe are heard.” Music also reinforces the aural images of the songs of larks and nightingales that are so key to the original text.

Making her Virginia Opera debut, soprano Marie-Eve Munger is

Even if you think you know “Romeo and Juliet,” this is an opportunity to run headlong into a romantic musical world. A beguiling way to celebrate Valentine’s weekend.

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NEWS

Snowzilla Summit Ahead

Board names Fairfax County Animal Shelter for Michael Frey.

BY KEN MOORE
THE CONNECTION

“What a difference a week makes,” said County Chairman Sharon Bulova (D), in case anybody had moved on from the 29.3 inches of measured snow at Dulles Airport during last week’s blizzard.

The Board of Supervisors will hold a Snowzilla Summit on March 1, to discuss “what went well, what lessons were learned, and what can be done in future events,” Bulova said at the Board’s regularly scheduled meeting Tuesday, Feb. 2, nine days after the storm.

“It’s not like this never happens,” said Supervisor John Cook (R-Braddock). “We know we’re going to have a significant storm every few years.

Supervisor John Foust (D-Dranesville) remembers the last big storm and county summit when the county analyzed its response overall and neighborhood by neighborhood, street by street. “I intend to do

that again this year,” he said. “I look at these snow summits on a macro and a micro level.”

Foust wants the police to be invited, and to hear analysis of the number of accidents after streets had begun to be plowed and treated.

“As great a job as VDOT did, one area that concerns me the most is the hazardous situations they left when they thought they were done,” he said.

Supervisor Cook wants the school system to join, too. Many residents called asking if they could help shovel sidewalks that were covered by many feet of snow in some areas that VDOT cleared from the roads. That will be studied.

“We don’t want our children to be out of school an entire week,” said newly elected Mount Vernon Supervisor Dan Storck (D).

“I had far more compliments than complaints,” said Supervisor Pat Herrity (R-Springfield). “It seemed to be contractor dependent. If a contractor came out with good equipment, they didn’t give up.”

People underappreciated in this storm were also the repairmen fixing the equipment during the blizzard and cleanup, he said.

This was also the first storm since Supervisor Kathy Smith (D-Sully) took office. The

SEE FREY, PAGE 7



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You bet it is! The 2015 real estate market was slightly better than 2014, with many of the updated homes receiving multiple offers. According to one survey, the housing market should continue to expand at steady levels through 2017. There are many eager buyers looking to purchase now, as they are concerned about the predicted rise in interest rates.



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Economic Development in Virginia

The General Assembly prides itself in providing a pro-business climate, but refuses infusion of more than \$3 billion annually.

Hundreds of bills before this year's General Assembly session focus on "business climate," providing incentives for businesses to locate and expand here, extending tax exemptions and tax credits, encouraging international trade, reducing regulation and many other approaches perceived as pro-business.

Previous years of robust economic growth have been fueled by federal spending in Northern Virginia, but now that growth has slowed due to reduced spending on defense, homeland security and other programs.

But ideology and partisan politics have led this otherwise pro-business state to ignore pleas from virtually every business group in the Commonwealth to adopt a policy that would result in more than \$3 billion in economic activity, add more than 30,000 jobs, make the overall population healthier, save the lives of many poor residents and pave the way for solving Virginia's mental health crisis.

Implementing Medicaid expansion in Vir-

ginia would provide a \$3.9 billion boost to the Virginia economy annually, according to an independent study commissioned by Virginia Hospital and Healthcare Association, and could support more than 30,000 additional jobs. (The multiplier effect results in economic benefits several times greater than the initial injection of funds.)

In no way should the decision on expanding Medicaid be left up to the General Assembly that is gerrymandered to favor ideologically driven members who oppose the Affordable Care Act for inconsistent reasons without regard to the wellbeing of the Commonwealth and its residents.

To quote the VHHA study: "Strengthening the existing Medicaid program and potentially extending coverage to an estimated 400,000 low-income adults has far reaching consequences that go well beyond what can be quantified in purely economic terms."

— MARY KIMM

Another Opportunity to Talk About It

Super Bowl Sunday is Sunday, Feb. 7, and often more about the parties than the game. The parties have resulted in a measurable increase in impaired driving on that day.

During Super Bowl Sunday 2012, more than a third of traffic fatalities involved alcohol-impaired drivers according to the National Highway Traffic Safety Administration.

"It's important to have a game-plan prior to kick-off and to beat this too often deadly opponent," said Kurt Gregory Erickson, president of the nonprofit Washington Regional Alcohol Program (WRAP), a local 34-year-old public-private partnership.

Plan to bring a designated driver. Plan to party where you can take public transportation. Plan to celebrate at home or someplace where you can spend the night. Plan to abstain. Plan to call a cab or Uber or Lyft and retrieve your car the next day if need be.

But don't miss the chance to talk to the members of your household and members of your social circle about the importance of keeping impaired drivers off the road.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

Coyotes, A Welcome Part of County's Natural Ecosystem

To the Editor:

Thank you for the article "Coyotes on the Rise in Fairfax County" (Connection, January 14-20, 2016).

The article performs a very useful public service by making the public aware of the presence of coyotes in our county. And, many of the police department's suggestions, such as keeping pets/trash inside and keeping watch over pets when they are outside, are quite valid and useful.

However, I am concerned that some of the police department's advice seems to imply that coyotes should be treated as unwelcome intruders when in fact they are simply animals who formerly inhabited our area and have now returned, in large part due to loss of their preferred habitat in surrounding areas. The coyotes should be recognized as a welcome part of the county's natural ecosystem. The police department's statement initially refers to the coyotes as "scavenging animals," then correctly notes that they are foragers who eat a wide variety of food. Not that there is anything wrong with scavengers in the first place - it's just a matter of "tone" that may cause some people to incorrectly think that coyotes are somehow intrinsically "bad."

The police department's advice in certain cases indicates that the county's citizens should somehow go on the defensive, cutting down all their shrubbery and installing elaborate fencing. Citizens need not be alarmed at the presence of coyotes - they have actually been around the county for quite a while. All that is really necessary is to follow the police department's provided suggestions regarding pets and trash, and we should have no problem living peacefully with coyotes.

It is unlikely that most people will ever see a coyote, at least in the daytime. If they do, the coyote will most likely make itself scarce as quickly as possible, just like our numerous local foxes. If someone is close enough to "spray the coyote with a water hose, water guns or spray bottles with vinegar water, pepper spray of bear repellent," then they are too close to the animal in the first place. They should just move quietly away from the animal, or admire it and respect it from inside their residence until it moves on. One important note: neither pepper spray nor bear repellent should ever be directed at any animal unless that animal is posing an immediate threat to a person; that is, if it is truly charging someone and is less than

twenty yards away. These sprays are extremely painful for the animal, and also can injure the "sprayer" if the wind is coming towards them. It is clearly inhumane to use them just to discourage an animal from hanging around someone's yard.

Finally, we should recognize that coyotes can be valuable predators in helping to keep the deer population in check. This would be far more preferable and natural than the current practice of culling deer in our county parks through the archery program. One of the reasons certain wildlife populations may be out of balance is that we lack the natural predators that used to live here. Coyotes can help fill this void.

James Lingeback
Fairfax Station

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Send to:

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

Pet Photos for the Pet Connection

The Pet Connection, a twice-yearly special edition, will publish on Feb. 24, and photos and stories of your pets with you and your family should be submitted by Feb. 17.

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.

Just a cute photo is fine too. Our favorite pictures include both pets and humans.

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 south@connectionnewspapers.com or online at www.connectionnewspapers.com/pets.

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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.

Honoring Michael Frey

FROM PAGE 5

snow cleanup and preparedness is "an important conversation to have with the community."

Consistency was the problem she said her residents told her about.

She used technology to make automatic calls to residents in her magisterial district, giving the option for anyone who answered to press a button to be connected to someone in her office.

"It moves at a pace where you can receive incoming calls as fast as you make outgoing calls," she said. "Putting out an offer to help resulted in a 14-times increase in the number of people calling us," she said.

Supervisor Linda Smyth (D-Providence) said the map alerting residents to VDOT progress "just wasn't accurate."

Supervisor Jeff McKay (D-Lee) mentioned that Herndon Park and Recreation Department offered a full day program for children during the cleanup days.

"Let's evaluate Herndon's program to see if Fairfax County can do something similar," he said.

"It's a pretty innovative way to make activities available to children and enabling parents to put in work hours on a snow day," said Bulova.

She said Snowzilla Summit will be televised and be presented on the web so county residents can watch.

Backing out to the macro level, Supervisor Penelope Gross (D-Mason) gave a last bit of perspective.

"Let's consider the amount of snow we were dealing with. VDOT did an outstanding job," she said.

ANIMAL SHELTER NAMED TO HONOR FREY

Supervisor Pat Herrity requested that the county animal shelter be

named after just-retired Supervisor Michael Frey, who spent 24 years as the Sully District Supervisor.

"I will not go over his many accomplishments as a supervisor of supporting schools, local sports programs, historic districts, parks and public safety, but rather focus on his love for animals. Over the years, Mike has been the proud owner of many rescue German Shepherds – Mosby and Marley in the past, and now Boomer," said Herrity.

The Board voted unanimously to rename the Fairfax County Animal Shelter for Frey.

"This is an outstanding tribute to him, and I want to fully support this," said McKay.

Herrity said Frey oversaw the creation of dog parks, was largely responsible for the renovation of the animal shelter, "worked tirelessly with veterinarians and shelter volunteers to fight for better living conditions for animals in need," and continues to work for animal welfare in the county even after his "post-supervisor days."

"Since Mike announced he would retire from the board, we've talked about this. I'm pleased," said Bulova.

The motion passed unanimously, but it also sponsored a further resolution by the Board to develop criteria for naming county buildings, entities and anything else after people.

"I've always been an advocate for not naming anything for anybody until they have passed from this earth," said Supervisor Penelope Gross. "There should be criteria for naming things for people."

Currently, the Board does not have such criteria, said Chairman Sharon Bulova, "but the Park Authority does, the schools do, ... but we don't and we probably should."

FEB 6TH

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Fairfax County's free **Family Caregiver Telephone Support Group** meets by phone on **Tuesday, Feb. 9, 7-8 p.m.** We will discuss Balancing Safety and Your Loved One's Self-Determination. Register beforehand at www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm and click on Caregiver Telephone Support Groups. Call **703-324-5484**, TTY 711.

The **Fairfax Commission on Aging** meets on **Wednesday, Feb. 17** at noon at the **Patrick Henry Library**, 101 Maple Avenue East, **Vienna**. The public is welcome to attend and join in the comment period that begins each session. Find out more at www.fairfaxcounty.gov/dfs/olderadultservices/coa.htm. Call **703-938-0405**, TTY 711 for meeting access needs.

Fairfax County's **Independent Living Project** helps older adults remain safely in their homes. Each session includes a prevention presentation and a gentle exercise program that focuses on fall prevention. The series takes place on **Thursdays, February 25-April 21**, 10 a.m.-Noon, at Congregation Adat Reyim, 6500 Westbury Oaks Court, **Springfield**. Call 703-324-7210, TTY 711 or go to www.fairfaxcounty.gov/dfs/olderadultservices/independent.htm to register for this free program.

Nutritional Supplement Delivery – Pick up and deliver Ensure Nutritional Supplement to older adults. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Lewinsville Senior Center** in

McLean needs instructors for the following classes: **Line Dance, Zumba Gold, Certified Arthritis Exercise, Square Dance, Basic Guitar, Art and Basic Spanish**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Meals on Wheels needs **drivers, coordinators, and co-coordinators** for routes throughout the county. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Fairfax County needs volunteers to **drive older adults to medical appointments** and wellness programs. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Mott Community Center Senior Program** in **Fairfax** is looking for volunteer instructors for the following classes: **Tai Chi and Art**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Sully Senior Center** in **Centreville** needs a **certified personal trainer**, preferably with experience working with older adults. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

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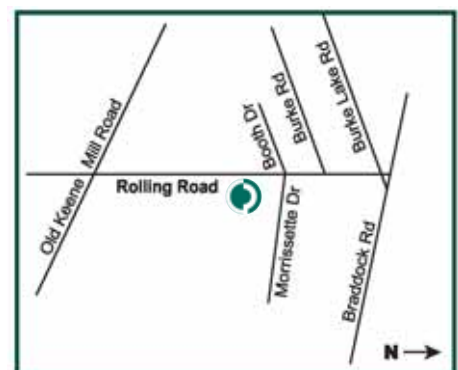
Washingtonian magazine, Drs. Cocolis and DaSilva exceed industry standards in the time they dedicate to continuing education and service. Our skilled and compassionate team pairs patient education with the latest dental techniques and technology, offering an extensive array of dental services including digital x-rays, injection-free laser procedures, CAD-cam same-day porcelain crowns, tooth whitening, Invisalign, and veneers. We offer a variety of sedation options including oral sedation and nitrous oxide (sleep dentistry) and are dedicated to easing all aspects of your dental experience.

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WELLBEING

Marking American Heart Month

Month-long observance raises awareness about cardiovascular disease and the role of aerobic exercise in preventing it.

BY MARILYN CAMPBELL
THE CONNECTION

Music is thumping, sweat is dripping and hearts are pounding. In a packed aerobic dance studio, students move in the name of health.

"There's a push by the community to have aerobic and cardio programs, especially ones that start after 5 p.m.," said Peter Selikowitz, director of the Potomac (Md.) Community Recreation Center, where the aerobic dance classes are held. "That has been a big shift in recent years, and it's a shift we're looking to make."

Throughout the month of February, in honor of American Heart Month, health and fitness professionals are raising awareness about cardiovascular disease and the role of aerobic exercise in preventing it. While recent studies, including one by the Mid America Heart Institute, found that extreme exercise training and competing in endurance events can actually damage the heart, exercise is still the best prescription for a healthy heart.

"All aerobic activity has the potential to bring positive health benefits if the correct intensity [or] level of difficulty and duration are used," said Michelle Walters-Edwards, chair and associate professor of Health and Human Performance at Marymount University in Arlington.

Some warning signs that an exercise program might be too intense include "constantly sore muscles, changes in mood, trouble sleeping, a decrease in appetite or feeling weak," said Joel Martin, Ph.D., assistant professor of kinesiology at George Mason University. "Those are signs that you might be over-training."

"Too much aerobic exercise can also cause soft tissue issues such as tendinitis and muscle strains. These are signs that the volume of exercise is too great for the muscles and tendons to deal with, and this should be modified," said Walters-Edwards.

To hit the right target for intensity and duration, both Martin and Walters-Edwards advise checking the guidelines offered by the American Heart Association and the American College of Sports Medicine (ACSM) on how to achieve

an optimum level of aerobic intensity. The formula calls for subtracting one's age from 220 and multiplying that number by 0.5 for a beginner, by 0.69 for someone who exercises fre-

"All aerobic activity has the potential to bring positive health benefits if the correct intensity [or] level of difficulty and duration are used."

**— Michelle Walters-Edwards,
chair and associate professor,
Health and Human Performance at
Marymount University**

quently for moderate intensity, and by 0.8 to 0.85 for vigorous intensity for those with significant experience with aerobic exercise.

ACSM recommends 30 minutes of aerobic exercise three to five days each week at a moderate intensity. "If you can hold a conversation while exercising that is a safe intensity for beginners," said Walters-Edwards.

The standards are based on "how fit you already are, your age and how accustomed your body is to the demands of cardio workouts," said Walters-Edwards. "The more accustomed you are to working out aerobically the greater your endurance capacity will be."

A beginner, says Walters-Edwards, might aim for a combination of walking and jogging to reach the 30-minute recommended daily minimum. This time can be broken down into two 15-minute sessions.

"It is always a good idea to have at least one rest day per week with no exercise to support recovery, she said.

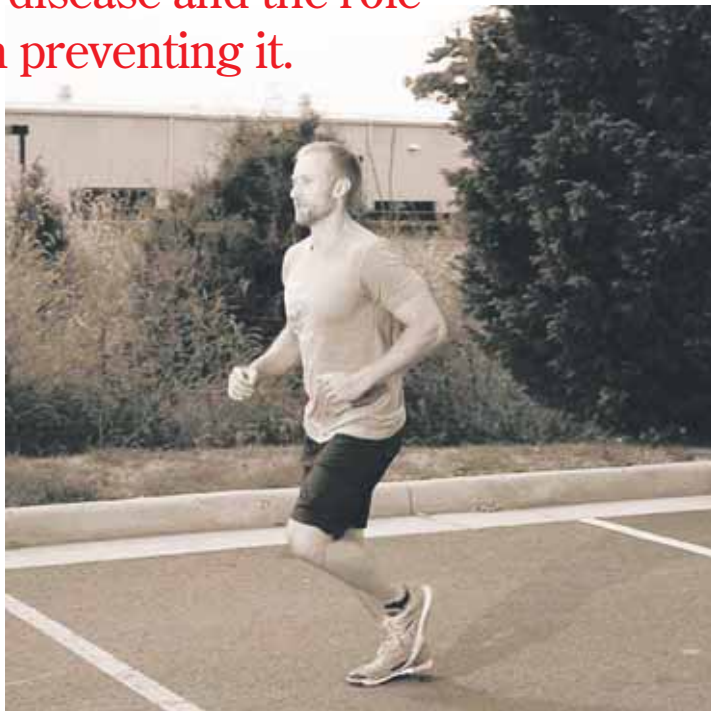


PHOTO BY MOLLY TOBIAS

Joel Martin, Ph.D., assistant professor of kinesiology at George Mason University, demonstrates aerobic exercise, a tool in the fight against heart disease.

Wear Red Day

FRIDAY, FEB. 5

The American Heart Association is encouraging residents to show support for the fight against heart disease in women by wearing red on Friday, Feb. 5 — National Wear Red Day. Part of the American Heart Association's Go Red for Women movement, Wear Red Day focuses the attention on heart disease, the number one killer of women in America.

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CALENDAR

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

Ongoing

Art Classes. Tuesdays, Jan. 30-April 2 and Feb. 2-March 15. Woods Community Centre, 10100 Wards Grove Circle, Burke. Winter art classes. Art lesson for youth 8 and up. Drawing plus color 5-8 years. Art workshop/Chinese brush painting for teens and adults. Ongoing enrollment. \$11/\$15 per class. Carol Zeitlin, www.czartlessons.com. 703-250-6930.

Cafe Ivrit (Hebrew Cafe). Wednesdays, 8:15-9:15 a.m. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. Shalom (Hello)! Did you always want to converse in Hebrew? Join Na'ama each week for conversational Hebrew. You will learn and practice Hebrew in a fun and interactive way while learning more about Israel! Free (we ask that you try to attend regularly). RSVP Naama.Gold@jccnv.org.

Smoke Free Bingo (with breaks for smoking friends). 7 p.m. Every Friday. Fairfax Volunteer Fire Department, 4081 University Drive, Fairfax. Free coffee, entertaining callers, \$1,000 jackpot. www.fairfaxvfd.com. 703-273-3638.

3-2-1 Act for Ages 9-11. 7-8 p.m. Wednesdays, Feb. 10, 17, 24. Truro Anglican Church, Upper Room, 10520 Main Street, Fairfax. Learn to perform with little or no preparation. This class is an introduction to improvisational acting in a fun, relaxed environment with popular improv teacher Mr. Andrukonis. \$30 per student. <http://www.fairfaxcitytheatre.org/workshops-classes.html>.

Royal Lake Campfire Saturdays. Feb. 20, March 12, April 30. Starts between 6:30-7 p.m. Royal Lake Park, 5344 Gainsborough Drive, Fairfax. Join us for an evening campfire at Royal Lake. Adventure awaits as you explore the woodlands and lake-front spots where wildlife hides and resides, guided by a naturalist. Program ends with a cozy campfire, bring whatever you like to roast, s'mores provided. Different topics. \$8-\$10. <http://www.fairfaxcounty.gov/parks/press/html/psa067-15.htm>.

THURSDAY-SATURDAY/FEB. 4-6 "Cabaret." 7:30 p.m. Fairfax High School, 3501 Rebel Run, Fairfax. Fairfax Academy Dance and Musical.

SEE CALENDAR, PAGE 11

WWW.CONNECTIONNEWSPAPERS.COM



Allison Walsh of Confection Connection, a returning vendor.



A plate of chocolate cupcakes in last year's Chocolate Challenge.

A Weekend of Chocolate Fairfax's festival is Feb. 6-7.

BY BONNIE HOBBS
THE CONNECTION

The Fairfax Chocolate Lovers Festival is heaven on a plate for chocolate aficionados, and the 2016 extravaganza is set for this Saturday, Feb. 6, from 10 a.m.-5 p.m., and Sunday, Feb. 7, from noon-4 p.m. Vendors will offer everything from chocolate candies to ice cream, cakes, chocolate-covered strawberries and fudge.

The fun includes a chocolate-themed movie, a chocolate-chip pancake breakfast, plus a full slate of activities for both children and adults. On tap are face-painting, musical performances, fairytales, a fire-safety puppet show, a Chocolate Caper mock trial, cupcake-decorating, magic, juggling and open houses in historic buildings.

For a complete schedule of events, go to www.chocolatefestival.net. All venues are handicap-accessible, and the Chocolate Express will provide free, shuttle service between event locations. It will run Feb. 6, from 9:30 a.m.-5:30 p.m., and Feb. 7, from 11:45 a.m. to 4:30 p.m. The tasty treats begin Saturday morning with the annual, Kiwanis Club of Fairfax Pancake Breakfast. It runs from 8 a.m.-1 p.m. at Fire Station 3, at 4081 University Drive and offers a full meal for \$8, adults; \$4, children ages 4-10. Children 3 and under eat free with a paying adult (limit two children per adult).

The festival's highlight, the Taste of Chocolate, will be held Saturday, from 10 a.m.-5 p.m., and Sunday, from noon-4 p.m., in Old Town Hall, 3999 University Drive. Admission is free; visitors buy pogs for \$1 each

Caitlyn Schawlder proudly shows a chocolate-drenched marshmallow at last year's chocolate festival.

PHOTOS BY
BONNIE HOBBS
THE CONNECTION



and use them to purchase various treats from nearly two dozen vendors. Another major attraction is the Chocolate Challenge in which both professionals and home cooks compete to see who can make the most beautiful and creative chocolate sculptures, cakes and cupcakes. It takes place at the Nutrition Kitchen, 3950 University Drive, and runs Saturday, from 10 a.m.-5 p.m., and Sunday, from noon-4 p.m. Admission is \$1/adult; children under 18 are free.

Both professionals and amateurs participate, and their entries are judged in various categories. Visitors may use their admission ticket to vote for the People's Choice Award winner and also participate in the silent auction of challenge entries, plus items from local businesses.

Meals for Young Minds

The Chocolate Lovers Festival Committee is again supporting the Fairfax Kiwanis Meals for Young Minds Program with multiple, food drop-off locations during the festival. This program provides

meals to local, elementary-school students who do not have food to eat on the weekends.

Each child receives a gallon-size bag filled with child-friendly, non-perishable, nutritious food items to last over the weekend. Since its inception in 2010, the program has expanded to support students at three local elementary schools.

Each bag contains two breakfasts: oatmeal, small cereal box, granola bars and other breakfast foods; two lunches: cheese and crackers, cup of soup and similar items; two dinners: easy-cook macaroni and cheese, beef ravioli, tuna and similar foods; plus two or three snacks: applesauce, pudding, fruit cup, fruit roll-ups and other snacks.

These and similar child-friendly, nonperishable food items will be collected as follows:

Saturday, Feb. 6:

8 a.m.-1 p.m. - Fire Station 3, 4081 University Drive (during the Pancake Breakfast)

9 a.m.-5 p.m. - Fairfax Museum and Visitor Center, 10209 Main St.

10 a.m.-3 p.m. - Historic Fairfax Courthouse, 4000 Chain Bridge Road

10 a.m.-5 p.m., Nutrition

Kitchen, 3950 University Drive
10 a.m.-5 p.m. - City of Fairfax Regional Library, 10360 North St.

Sunday, Feb. 7:

9 a.m.-5 p.m. - Fairfax Museum and Visitor Center

noon-4 p.m. - Nutrition Kitchen

noon-4 p.m. - City of Fairfax Regional Library

Parking

Free parking for the festival is available at the following locations, with handicapped parking offered at all sites, except for Sager Avenue:

❖ **Bank of America**, 10440 Main St. (accessible from Route 236 and North Street).

❖ **City Hall**, 10455 Armstrong St. (accessible from Route 123/Chain Bridge Road and George Mason Boulevard).

❖ **City of Fairfax Regional Library**, 10360 North St. (accessible from University Drive and Old Lee Highway).

❖ **East Street parking lot** (accessible from Route 236/Main Street and East Street).

❖ **Fairfax County Courthouse Garage B**, 4400 Chain Bridge Road (accessible from Page Avenue).

❖ **Fairfax Museum and Visitor Center**, 10209 Main St.

❖ **Fire Station 3**, 4081 University Drive.

❖ **Old Town Plaza**, 3955 Chain Bridge Road (accessible from Route 123/Chain Bridge Road and University Drive).

❖ **Old Town Village** (behind Pacer's, 10427 North St.) Open at noon Saturday and all day Sunday; (accessible from University Drive).

❖ **Sager Avenue parking lot** (accessible from Sager Avenue and University Drive).

FROM PAGE 10

Theater classes collaboration.

Choreographed and produced by Fairfax Academy Dance instructor, Andrea Heininge, and is being directed by Fairfax Academy Musical Theatre instructor, Michael Replogle. Ages 14 and up. \$10, \$15. <http://fxdance.ticketleap.com/>. 703-219-2270.

FRIDAY/FEB. 5

Mummenschanz. 8 p.m. GMU Center for the Arts, 4373 Mason Pond Drive, Fairfax. These unique artists perform in complete silence on a blackened stage with common household objects and simple forms to create ingenious illusions and amusing narratives that provide light-hearted insights on life. \$29-\$48. cfa.gmu.edu.

SATURDAY/FEB. 6

Broadway Miracles and Madcap Comedy. 8 p.m. GMU Center for the Arts, 4373 Mason Pond Drive, Fairfax. Two spectacular troupes team up for a special benefit performance celebrating Mason's exciting new Musical Theater program. \$10-\$15. cfa.gmu.edu.

Fairfax Symphony Orchestra, George Li, Piano. 8 p.m. GMU Center for the Arts, 4373 Mason Pond Drive, Fairfax. Award-winning pianist. \$34-\$58. cfa.gmu.edu.

The Sometimes CD Release. 8-11:30 p.m. Dogfish Head Alehouse, 13041 Lee Jackson Memorial Highway, Fairfax. The Fairfax based band Sometimes celebrates their CD release with live music and food. Free and open to the public. <http://www.thesometimesrocks.com>.



The 2016 Mason Gala Dance will be at GMU's Center for the Arts on March 18 and 19.

PHOTO CONTRIBUTED

who founded the modern women's movement from 1966 to 1971. www.workhousearts.org. 703-584-2900.

THURSDAY/FEB. 11

Art and Lunch. 10:30 a.m.-2:30 p.m. Old Town Hall, Second Floor, 3999 University Drive, Fairfax. Bring lunch and enjoy the company of other artists. There will be a group critique. For more information contact Kathleen Stark at knstark72@gmail.com, or call 703 569-8760. Free. New members welcome. www.fairfaxartleague.net. 703 587-9481.

Art Reception. 7-9 p.m. 3999 University Drive, Second Floor, Fairfax. Come enjoy refreshments, meet the artists and be a part of your local artist community. New members welcome. www.fairfaxartleague.net. 703 587-9481.

FRIDAY/FEB. 12

Celebration of Jazz Featuring Aaron Myers. 7 p.m. Lake Braddock Secondary School, 9200 Burke Lake Road, Burke. Presented by the Minority Parents for Excellence in Education. Silent auction, raffle and door prizes, CD sales. \$5, \$10. www.mpee-lb.org.

SATURDAY/FEB. 13

Fairfax Art League Member Meeting and Demo. 10 a.m.-Noon. The Village Gallery, 3950 University Drive, Fairfax. An art demonstration by Richard McMurray. Free. www.fairfaxartleague.net. 703 587-9481.

SATURDAY-SUNDAY/FEB. 6-7

13th Annual Lunar New Year Festival. 1-5 p.m. Fair Oaks Mall, 11750 Fair Oaks Mall, Fairfax. Presented by the Washington Hai Hua Community Center, the event is one of the largest of its kind with free performances, ceremonies and exhibitions. <http://www.shopfairsmall.com/events>.

SUNDAY/FEB. 7

NWBI 2016 Chinese New Year Celebrations. 1-4 p.m. Johnson Center Dewberry Hall, George Mason University, 4400 University Drive, Fairfax. Dragon dance, dumpling cooking lesson, riddles, Chinese painting. \$2-\$6. nwbius@yahoo.com.

noon. Fat Tuesday's, 10673 Braddock Road, Fairfax. Nine bands beginning at 3 p.m. Special Mardi Gras menu. <http://www.fatsfairfax.com/>.

WEDNESDAY/FEB. 10

"She's Beautiful When She's Angry." 7:30-9:30 p.m. W-3 Theatre, 9518 Workhouse Way, Lorton. A documentary film that resurrects the buried history of the outrageous, often brilliant women,

TUESDAY/FEB. 9

Mardi Gras 2016. Doors open at

SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

FEBRUARY

2/17/2016.....A+ Camps & Schools
2/24/2016.....Pet Connection

MARCH

3/2/2016.....Wellbeing
3/9/2016.....HomeLifeStyle Real Estate Pullout
3/16/2016.....A+ Camps & Schools
3/23/2016....Spring Fun, Food, Arts & Entertainment
FCPS Spring Break 3/21-3/25

APRIL

4/6/2016.....Wellbeing – Senior Living Pullout
Easter Sunday is March 27
4/13/2016.....Real Estate Pullout – New Homes
4/20/2016.....A+ Camps & Schools
4/27/2016.....A+ Camps & Schools Pullout
4/27/2016.....Mother's Day Celebrations, Dining & Gifts I
4/27/2016.....Spring Outlook 2016

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Spartans Present Opponents Pick-Your-Poison Outlook

West Springfield makes eight 3-points in win over MV.

BY JON ROETMAN
THE CONNECTION

When facing West Springfield for the first time this season, Mount Vernon head coach Lou Golden approached the Spartans' size advantage by having the Majors play man defense and double-team in the post.

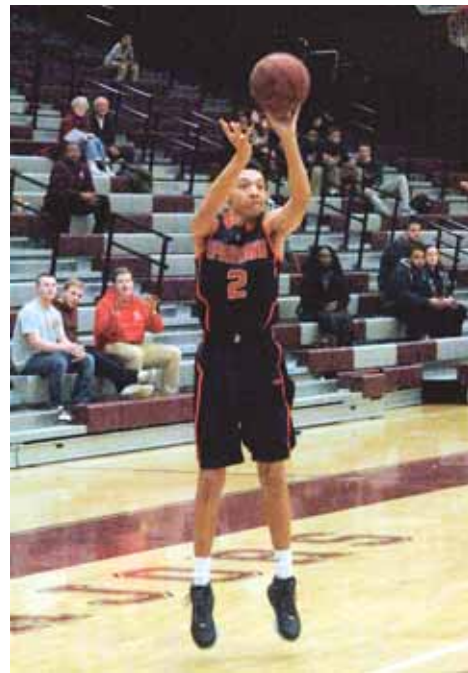
The result: 14 points for 6-foot-4 Spartan forward Brock Vaughn, 12 points for 6-foot-9 forward Lewis Djonkam, according to stats from allmetsports.com, and a 24-point West Springfield victory on Jan. 8.

On Tuesday, Mount Vernon hosted West Springfield to open the second half of the Conference 7 schedule. This time, Golden had the Majors playing a zone defense in hopes of limiting paint touches for the Spartan post players.

The strategy proved effective in slowing down Djonkam and Vaughn at the offensive end as the duo combined for just eight points — all by Djonkam. However, the cost of packing defenders in the paint was providing West Springfield with open looks from the perimeter and, oh, how the Spartans capitalized.

WEST SPRINGFIELD knocked down eight 3-pointers, including seven in the first half, and the Spartans cruised to a 62-39 victory on Feb. 2 at Mount Vernon High School.

"We know that they're very big, so last time we manned up and tried to make it more difficult to get it into the post and we doubled in the post," Golden said. "I think the last time we played them, Lewis probably had [12], Brock had [14], and they totally killed us from the inside. So our approach this game was to zone up, make it harder to get it into the post, and I thought



Senior guard Andrew Storr knocked down two of West Springfield's seven first-half 3-pointers during a 62-39 win over Mount Vernon on Tuesday.

from that aspect, we did a very good job [with] that. Brock and Lewis got frustrated. We did a good job and made it very difficult for them to get it.

"Unfortunately, they were hitting every single ... [3-point shot]."

Mount Vernon led 7-4 midway through the first quarter, but West Springfield guard Andrew Storr knocked down a pair of 3-pointers, giving the Spartans a lead they would hold for the final 28 minutes of the contest.

"We've got a lot of shooters on our team," said Storr, who finished with six points. "Everyone's ready to just fire one up."

Junior guard Kyle Pack made West Springfield's seventh 3-pointer in the closing seconds of the first half, giving the Spartans a 31-16 halftime advantage.

"It's definitely like a pick your poison," Golden said. "They're definitely a very hard matchup."



West Springfield junior guard Kyle Pack finished with eight points and two 3-pointers against Mount Vernon on Tuesday.

It was the first game back for both teams after a snowstorm caused Fairfax County Public Schools to cancel classes and athletic events for more than a week. Neither team had played since Jan. 19.

"Coming off a break, it was a great strategy," West Springfield head coach Durmia Marshall said about Mount Vernon playing zone. "Kids haven't been able to get in a gym for seven days; they haven't been shooting the ball. It was a great idea, I just think the kids focused and made the shots."

The victory improved West Springfield's record to 14-1, including 8-0 against Conference 7 opponents. Every other team in the conference has at least three losses.

"We take pride in it," Djonkam said about having an undefeated conference record. "We love it."

Djonkam, a senior, is in his first full season with West Springfield. He transferred from Bishop O'Connell as a junior and

"Brock [Vaughn] and Lewis [Djonkam] got frustrated. We did a good job and made it very difficult for them to get it. Unfortunately, they were hitting every single ... [3-point shot]."

— Mount Vernon head coach Lou Golden

played in the final six games of the 2014-15 campaign.

On Tuesday, Djonkam finished with eight points and seven rebounds. Starters spent the fourth quarter on the bench with the Spartans comfortably ahead.

"Lewis is definitely developing," said Marshall, who is in his second season as West Springfield head coach after 10 years as an assistant at Woodson. "He's coming ... [from] a team where he wasn't the main guy to coming to a team where he's that main guy, [with] people looking for him, and he's trying to embrace that role and he's developing."

ON THIS NIGHT, Djonkam's presence in the paint helped open things up along the perimeter for West Springfield guards. Junior Riley Welch made one 3-pointer and finished with eight points. Sophomore Gabriel Kier and Pack each made two 3s and scored eight points.

Senior Spencer Askew also knocked down a 3-pointer. Senior Andrew Johnson finished with seven points.

"It opens the middle a lot more," Djonkam said about the Spartans making perimeter shots. "When they hit shots, we win."

West Springfield hosted Annandale on Wednesday, after The Connection's deadline. The Spartans will host T.C. Williams at 7:15 p.m. on Friday, Feb. 5.

Fairfax's Ober Wins 50, 100 Free

Fairfax junior Anna Ober won the 50- and 100 freestyle events at the Conference 6 championship swim and dive meet on Jan. 30 at Washington-Lee High School in Arlington.

Ober recorded a time of 23.89 seconds in the 50 free and 52.13 in the 100 free.

Ober helped the Fairfax girls' 200 medley relay place second (1:49.03) and the 200 free relay take third (1:39.75).

Freshman Lucy Whang, junior Julia Moser and senior Laura Griffin swam



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

Fairfax Anna Ober won Conference 6 titles in the 50 free and 100 free on Jan. 30 at Washington-Lee.

with Ober in the 200 medley relay. Whang, senior Rebecca Byrd and Griffin swam with Ober in the 200 free relay.

The Fairfax girls' team finished fifth. Yorktown won the team championship, fol-

lowed by Langley, McLean and South Lakes. Madison finished sixth, followed by Washington-Lee and Hayfield.

Fairfax senior Samson Miller won the boys' diving competition with a score of



Hayfield competed at the Conference 6 swim and dive championships on Jan. 30 at Washington-Lee.

542.25.

The Langley boys' team repeated as conference champion, followed by McLean, South Lakes, Madison, Yorktown, W-L, Hayfield and Fairfax.



Team Project CUREage girls: Hanna Kornell, Sara Leopard, Lauren Sawyer, Hannah Cevenini, Hannah Clark, Becky Unruh and Becca Elrod.

Racing for Cure

Project CUREage hosts Fun Run at Burke Lake Park.

PHOTOS BY ALICE SLAYTON CLARK

Neither chilly temperatures nor snowy trails could deter nearly 100 runners who participated Sunday morning in a Fun Run at Burke Lake Park to benefit The Leukemia and Lymphoma Society (LLS). The event was organized by Team Project CUREage, a group of Robinson and Woodson High School girls who have close family members and friends who have suffered or died from cancer and want to help find a cure.

Arlington resident Annie Keffer launched the race with inspiring remarks about her son Jack, diagnosed with acute lymphoblastic leukemia (ALL) at the age of three but now in remission due in large part to the educational assistance, research funding and emotional support provided by LLS. "Because of the progress that LLS has established through years of funding research, Jack's cure was within reach and his prognosis for living a full and happy life is very good," she said. Jack is now in remission and will turn seven next month.

The team, Project CUREage, is participating in the Student of the Year Campaign, a six week endeavor to raise awareness and money for LLS. Keffer commended Project CUREage and participants, noting that every dollar raised makes a difference in the lives of cancer patients and brings us one step closer to defeating the disease.

For more on Project CUREage and upcoming charity events, please visit: events.lls.org/pages/nca/SOYNATCAP/projectcureage.

—ALICE SLAYTON CLARK



Leukemia survivor Jack Keffer, 6, and his mother Annie.



Fun Run racers on the road.

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The drivers will not be paid for their time but gas will be paid for!
Anyone interested in becoming an inclement weather driver is asked to contact Amanda Gannon at 703-425-9765 or email gannonamanda@mfa.net.

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TRUSTEE'S SALE OF VALUABLE IMPROVED REAL ESTATE

Improved by the premises known as
12905 Starter Lane, Fairfax, Virginia

In execution of a Deed of Trust from Lise K. Outzen, dated March 11, 2005, and recorded March 22, 2005, in Deed Book 17097 at page 665 among the Land Records of Fairfax County, Virginia, the undersigned substitute trustee will offer for sale at public auction at the front entrance of the Judicial Center for Fairfax <#0.1_county> County, at 4110 Chain Bridge Road, Fairfax, Virginia, on

Wednesday, February 17, 2016 at 9:30 a.m.

the following property being the property contained in said Deed of Trust, described as follows:

Lot 76, Section 4, Highland Oaks as the same appears duly dedicated, platted and recorded in Deed Book 11296 at page 14, among the Land Records of Fairfax <#0.1_county> County, Virginia.

Commonly known as 12905 Starter Lane <#0.1_propstraddr>, Fairfax <#0.1_propcity>, Virginia 22033.

TERMS OF SALE: A deposit of \$6,000.00 or ten percent (10%) of the sale price, whichever amount is less, in the form of cash or its equivalent will be required of the purchaser at the time and place of sale; the balance of the purchase money being due and payable within fifteen (15) days after sale, time expressly being of the essence, with interest at the rate of 2.75 percent per annum from date of sale to date of settlement. Provided, however, that if the holder of the secured promissory note is the successful bidder at the sale, no cash deposit shall be required, and part of or the entire indebtedness, including interest and costs, secured by the Deed of Trust, may be set off against the purchase price.

Any defaulting purchaser shall forfeit the deposit and stand the risk and cost of resale.

Sale shall be made subject to all existing easements and restrictive covenants as the same may lawfully affect the real estate. Sale is further subject to mechanic's and/or materialman's liens of record and not of record. The property will be sold subject to all conditions, covenants, restrictions, rights of redemption of federal lienholders or encumbrances, and agreements of record affecting the same, if any.

In the event the undersigned trustee is unable to convey to the purchaser good title, then purchaser's sole and exclusive remedy shall be in the refund of the deposit paid at the time of sale.

The subject property and all improvements thereon will be sold in "as is" condition without warranty of any kind. Purchaser shall be responsible for any and all building and/or zoning code violations whether of record or not of record, as well as for all unpaid and enforceable homeowners' or condominium owners' association dues and assessments, if any. Purchaser also shall be responsible for obtaining possession of the property at his/her expense. Purchaser shall assume the risk of loss and shall be responsible for any damage, vandalism, theft, destruction, or the like, of or to the property occurring after the time of sale. Conveyance will be by special warranty deed. Conveyancing, recording, transfer taxes, notary fees, examination of title, state stamps, and all other costs of conveyance are to be at the expense of purchaser. State and local taxes, public charges, and special or regular assessments, if any, shall be adjusted to the date of sale and thereafter shall be assumed by the purchaser.

Sale is subject to post-sale confirmation that the borrower did not file for protection under the U.S. Bankruptcy Code prior to the sale, as well as to post-sale confirmation and audit of the status of the loan with the loan servicer including, but not limited to, determination of whether the borrower entered into any repayment agreement, reinstated or paid off the loan prior to the sale. In any such event, the sale shall be null and void, and the Purchaser's sole remedy, in law or equity, shall be the return of his deposit without interest. Additional terms may be announced at the time of sale. This is a communication from a debt collector and any information obtained will be used for that purpose.

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FOR INFORMATION CONTACT:
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(202) 244-4000

Public Notice – Environmental Permit

Purpose of notice: To seek public comment on a draft permit from the Department of Environmental Quality to limit air pollution emitted by a facility in Fairfax County, Virginia.

Public comment period: February 4, 2016 to March 7, 2016

Permit name: Federal Operating Permit issued by DEQ, under the authority of the Air Pollution Control Board

Applicant name and address: Michigan Cogeneration Systems, Inc.; 46280 Dylan Drive, Suite 200, Novi, MI 48377

FACILITY NAME AND ADDRESS: Michigan Cogeneration Systems, Inc.; 9898 Furnace Road, Lorton, Virginia 22079
registration number: 71961

Project description: Michigan Cogeneration Systems, Inc. has applied for a modification to their Title V Federal Operating Permit for the facility's eight landfill gas-fired internal combustion engines. The facility is classified as a major source of air pollution. The proposed permit modification includes an increase to the landfill gas throughput limit and surrogate monitoring for VOC emissions from the engines. The permit modification would allow the source to continue operating the eight landfill gas-fired internal combustion engines at their facility.

HOW TO COMMENT AND/OR REQUEST A PUBLIC HEARING: DEQ accepts comments and requests for public hearing by hand-delivery, e-mail, fax or postal mail. All comments and requests must be in writing and be received by DEQ during the comment period. Submittals must include the names, mailing addresses and telephone numbers of the commenter/requester and of all persons represented by the commenter/requester. A request for public hearing must also include: 1) The reason why a public hearing is requested. 2) A brief, informal statement regarding the nature and extent of the interest of the requester or of those represented by the requester, including how and to what extent such interest would be directly and adversely affected by the permit. 3) Specific references, where possible, to terms and conditions of the permit with suggested revisions. Please note this draft permit is being concurrently reviewed as a proposed permit by the U.S. Environmental Protection Agency. A public hearing may be held, including another comment period, if public response is significant, based on individual requests for a public hearing, and there are substantial, disputed issues relevant to the permit.

CONTACT FOR PUBLIC COMMENTS, DOCUMENT REQUESTS AND ADDITIONAL INFORMATION: Mr. Alireza Khalilzadeh; Northern Regional Office; 13901 Crown Court, Woodbridge, VA 22193; Phone: (703) 583-3839; E-mail: alireza.khalilzadeh@deq.virginia.gov; Fax: (703) 583-3821. The public may review the draft permit and application at the DEQ office named above by appointment or may request copies of the documents from the contact person listed above. The draft permit is also available on the Department of Environmental Quality website (www.deq.virginia.gov)

21 Announcements

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ABC LICENSE

Casa Tequila Bar and Grill
Lorton, LLC trading as Casa
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Meledez, Owner
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200

ABC NOTICE

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Virginia 22030 is applying to
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Alcoholic Beverage Control for
Mixed Beverage on Premise
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Premises and Keg license to
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beverages. Evan Matz,
Managing Member NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at <http://www.abc.virginia.gov> or 800-552-3200.

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LEGAL NOTICE

According to the Lease by and between Barbara Franceschi (of unit 1069) 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: bed, totes, furniture, bags, ect. Items will be sold or otherwise disposed of on Friday February 19, 2016 @ 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 Tony Stefano (of unit 4157) 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: seasonal decorations, boxes, bags, ect. Items will be sold or otherwise disposed of on Friday February 19, 2016 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

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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.

THURSDAYS/JAN. 28-MARCH 3

Job Seekers Seminar. 7-8:30 p.m. Immanuel Bible Church, 6991 Braddock Road, Springfield. Looking for a job? Are you confident on how to search for one? IBC's Job Seeker Seminar will equip attendees with the knowledge necessary. \$15. 703-220-5165. <http://immanuelbible.net/stewardship/job-seekers>.

THURSDAY/FEB. 11

Path of Progression in Alzheimer's. 3 p.m. Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. Discussion on what to expect as Alzheimer's disease progresses. RSVP 703-204-4664, InsightMCC.org.

SATURDAY/FEB. 13

Disabled American Veterans Chapter 10 Meeting. 10 a.m. American Legion Post 177, 3939 Oak St., Fairfax. Service officers will be on hand after the meeting to assist with VA claims. 703-273-5730.

SUNDAY/FEB. 14

Seventh Annual Valentine Blood Drive. 9 a.m.-4:30 p.m. Woods Community Center, 10100 Wards Grove Circle, Burke. The blood drive will include a bake sale to benefit The Truth 365, an organization dedicated to raising awareness and funds for pediatric cancer research. Appointments are available now by contacting Inova Blood Donor Services at 1-866-BLOODSAVES (1-866-256-6372), sponsor code 7637. Free childcare is available during your appointment. Visit www.friendsofsadie.org for more information.

SATURDAY/FEB. 20

From Overwhelm to Order: The Simple Toolkit Every Caregiver Needs. 9:30 a.m. Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. In this workshop, you will learn about the documents, accounts, and assets that should be organized as a caregiver and will leave with a step-by-step guide to get it done. RSVP 703-204-4664, InsightMCC.org.

SATURDAY/APRIL 2

Breathe Out. 10 a.m.-2 p.m. Fairfax United Methodist Church, 10300 Stratford Ave., Fairfax. Breathe Out has been developed to address teen stress. Registration required. breatheoutnow.wix.com/goldaward.

Ongoing

Burke Rotary Club Meeting. Tuesdays from 7:15-8:30 a.m. Anita's Restaurant, 9278 Old Keene Mill Road, Burke. Meetings with breakfast and program. www.burkerotary.org.

Burke Lake Seniors Golf League seeks members. Interested golfers are invited to join the Burke Lake Seniors Golf League. Must be 55 and older, enjoy playing golf, meeting new people and having an all-around good time. Reserved tee times on Tuesday and Thursday mornings at the Par 3 Burke Lake Golf Course on Ox Road. Annual dues for the season – April 1 through October 31 – are \$20 plus green fees. For more information, call Charlie Ryan 703-690-4227.

The **Northern Virginia Long Term Care Ombudsman Program** needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov. Also visit www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/.

Fairfax County needs volunteers to **drive older adults** to medical appointments and wellness programs. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.



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