

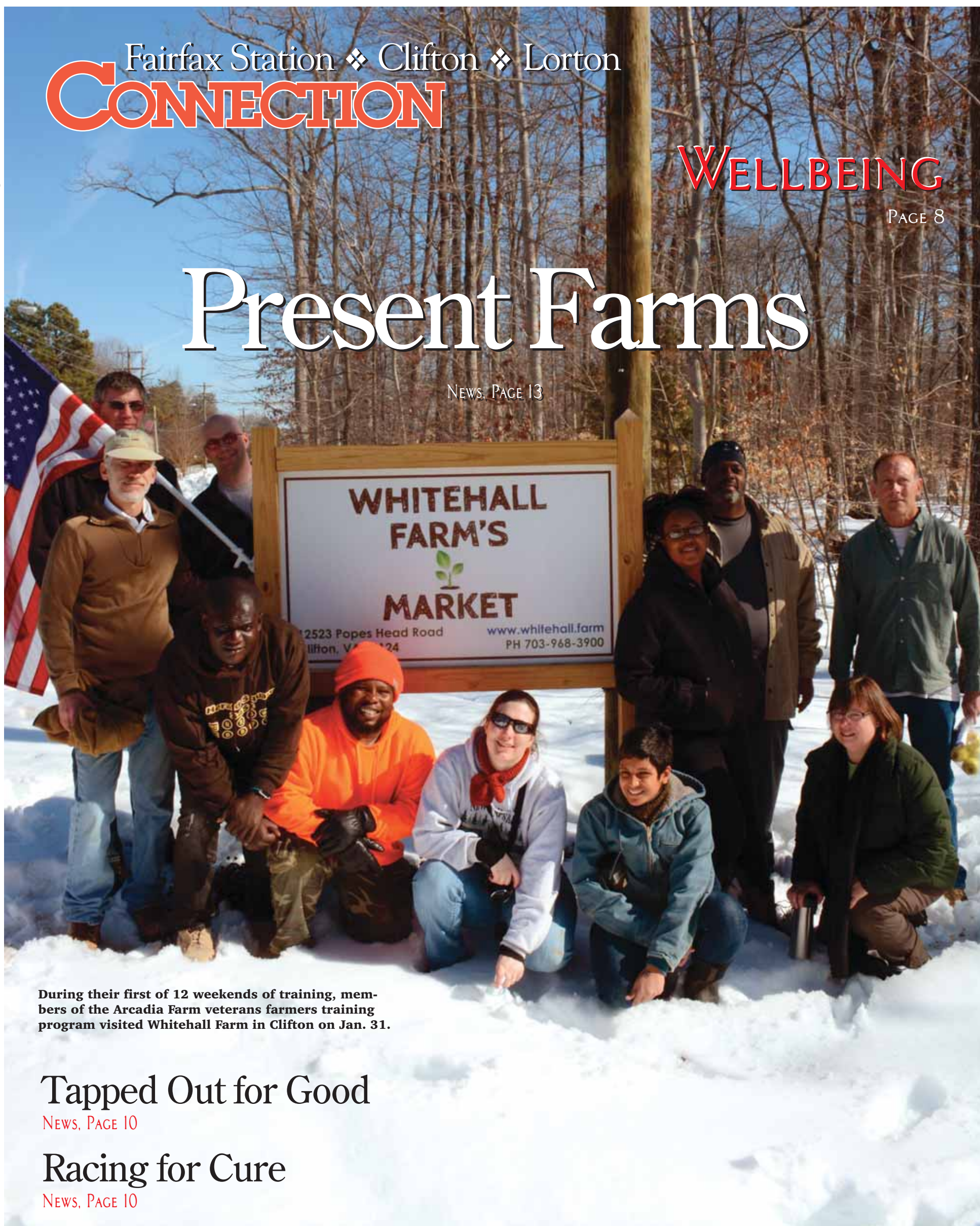
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CONNECTION

WELLBEING

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Present Farms

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During their first of 12 weekends of training, members of the Arcadia Farm veterans farmers training program visited Whitehall Farm in Clifton on Jan. 31.

Tapped Out for Good

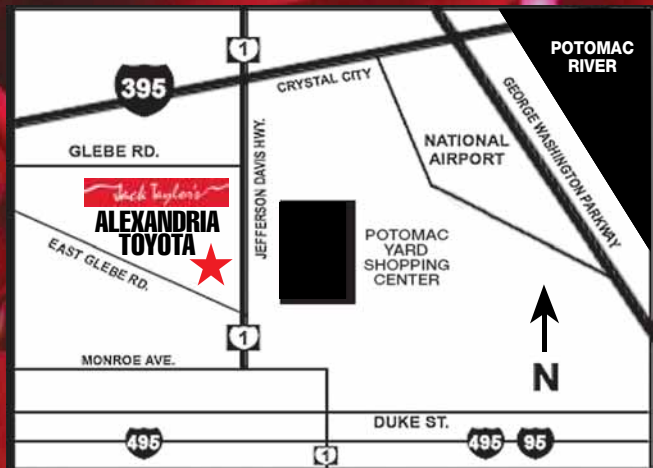
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Racing for Cure

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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.

VALENTINE'S WEEKEND


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PHOTOS COURTESY OF VIRGINIA OPERA AND OPERA CAROLINA

Jonathan Boyd (Romeo) and Marie-Eve Munger (Juliet) in Virginia Opera and Opera Carolina co-production of "Romeo and Juliet."

Sweet Dreams to Entice

"Romeo and Juliet" at the George Mason University Center for the Arts.

BY DAVID SIEGEL
THE CONNECTION

Fall in love again this Valentine's weekend with "Romeo and Juliet." The ultimate in passionate romance and profound love in the face of adversity "will transfix audiences, this time as a moving opera," said Bernard Uzon, director, Virginia Opera's "Romeo and Juliet" soon at the George Mason University Center for the Arts. The production is a major collaboration between Virginia Opera and Opera Carolina.

"It is sublime opera with great music and singing that will touch audiences in both pleasure and sorrow, as two young people show it is possible to find love despite conflicts surrounding them," added Uzon. There will be a chorus of about 60 and a full orchestra for this celebrated account of young love. The orchestra will be conducted by Colorado's Central City Opera Music Director John Baril.

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



Balcony scene with Marie-Eve Munger (Juliet) in Virginia Opera and Opera Carolina co-production of "Romeo and Juliet."

Where and When

Virginia Opera performs "Romeo and Juliet" at the George Mason University Center for the Arts, 4400 University Drive, Fairfax. Performances: Feb. 13 at 8 p.m. and Feb. 14 at 2 p.m. Tickets \$48, \$80 and \$98. Tickets call 888-945-2468 or visit <http://cfa.gmu.edu>. Sung in French with English supertitles. There is a pre-performance discussion with Dr. Glenn Winters.

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>.

their devotion, and then to ultimate tragic woe.

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

Juliet. She described Romeo and Juliet as two people "who are equals and powerful." Each take turns "chasing each other to become caught up in the dream of being together and married." Romeo will be performed by internationally acclaimed tenor Jonathan Boyd who has performed previously with Virginia Opera in "La Boheme."

"I was very pleased when we were able to work with Virginia Opera to schedule their northern Virginia production of 'Romeo and Juliet' to occur on Valentine's Day weekend," said Tom Reynolds, director, artistic programming, Center for the Arts.

Additionally, there will be a distinctive package of Valentine mementoes available at the performances. "What goes better with romance than champagne and chocolate?" noted Reynolds.

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

Volunteers loaded this truck with food at the Fairfax Walmart in 2015 for the Stuff the Bus program.



PHOTO COURTESY OF FAIRFAX COUNTY

Stuff the Bus Until Feb. 15

U.S. Rep. Comstock and Supervisor Smith to visit Clifton Giant for Stuff the Bus on Feb. 6.

Stuff the Bus, Fairfax County's annual campaign to increase food donations and awareness for local, nonprofit food pantries, started in the middle of January and runs each weekend until President's Day, Feb. 15.

Donated Fastran buses appear each weekend during the program at 14 different locations around the County, including grocery stores and Walmart. On Feb. 6, U.S. Rep. Barbara Comstock (R-11) and Supervisor Kathy Smith (D-Sully) will be at the Clifton Giant around noon to help volunteers load the bus at that location.

Donations will benefit Western Fairfax

Christian Ministries. The Giant Foods of Clifton is located at 5740 Union Mill Road, Colonnade at Clifton.

Additional Stuff the Bus locations on Feb. 6 include the Fairfax Walmart, 11181 Lee Highway in Fairfax, benefitting the James Mott Community Assistance Program; and the Lorton Giant, 8941 Ox Road in Lorton, benefitting Lorton Community Action Center.

For more information on the Stuff the Bus program, visit www.fairfaxcounty.gov/living/food/stuffthebus.

—TIM PETERSON



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OPINION

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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Call: 703-917-6444.
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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.

For advertising information, email sales@connectionnewspapers.com or call 703-778-9431.

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NEWS

The Mason Neck Lions Club placed a new bus stop bench along Richmond Highway in Lorton.



PHOTO COURTESY OF
JOSEPH CHUDZIK

Mason Neck Lions Donate Bus Stop Bench

Members of the Mason Neck Lions Club placed their latest donated bench at a bus stop along Richmond Highway on Jan. 15, according to a release from Lion Joseph Chudzik.

The stop is in Lorton on the northbound lane, across from Williamsburg Family Practice Medical Center and Williamsburg Square Shopping Center.

Lions have previously added benches to other stops, including Gunston Plaza Shopping Center and the Lorton 7-Eleven on Richmond Highway. Members of the group fabricate the 440-pound

benches themselves, using durable materials including reinforced concrete, pressure-treated lumber and galvanized steel bolts.

In addition to bus stops, the Lions also sell benches to be placed as memorials. Some of those already placed are located in the Meadowood Recreation Area, Mason Neck Trail, Dale City Park and Lorton Community Action Center.

For more information, contact Joe Chudzik at 703-339-1686 or forservice@verizon.net, or Tom Nally at 703-451-5358 or nally@1000@cox.net.

—TIM PETERSON

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.

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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WELLBEING

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 aero-bic dance, students move in the name of health.

"There's a push by the community to have aerobic and cardio programs, especially one that starts 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 Health and Human Performance at Marymount University in Arlington.

Some warning signs that one's exercise

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.

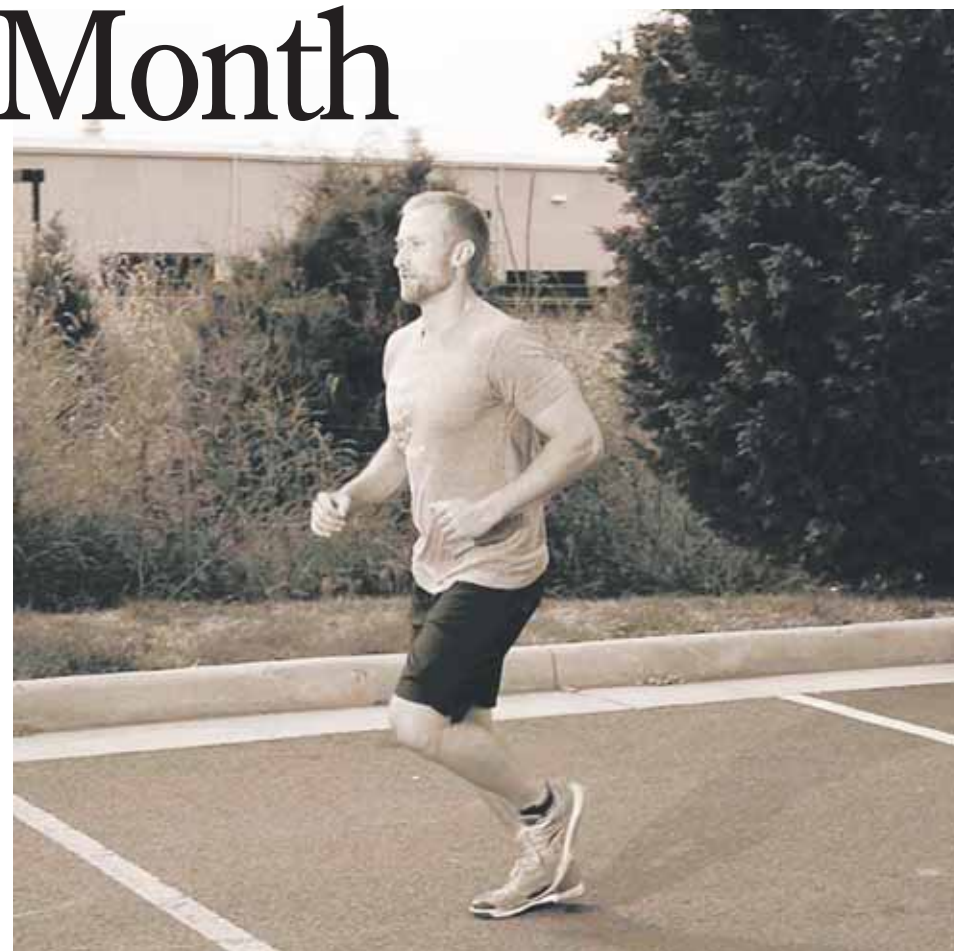


PHOTO BY MOLLY TOBIAS

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

"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

program might be too intense include "constantly sore muscles, a 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 that organizations such as the American Heart Association and the American College of Sports Medicine (ACSM) offer guidelines to help one achieve an optimum level of aerobic intensity. To achieve the best intensity for one's fitness level, the formula calls for subtracting one's age from 220 and multiplying that number by 0.5 for beginner, 0.69 for someone who exercises frequently 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 ideally 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-minutes 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.

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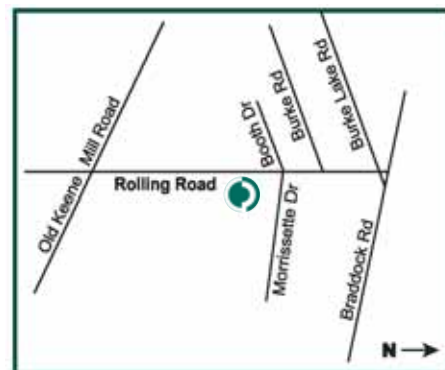
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VOLUNTEER EVENTS AND OPPORTUNITIES

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 medi-**

cal 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.

The **Herndon Senior Center** needs **Social Visitors** daily. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

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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- Oak Hill/Herndon Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection



Matt Rose and his son Lance of Mount Vernon enjoy the comfort and company of friends and family at Forge Brew Works, the Lorton brewery Rose built with his late wife Kerri.



A memorial set up in the taproom of Forge Brew Works celebrated the life of the brewery's owner Kerri Rose, who died from stomach cancer.

PHOTOS BY TIM PETERSON/THE CONNECTION



PHOTOS BY ALICE SLAYTON CLARK

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

Tapped Out for Good

Kegs of Kerri's Cure special ale kick within hours.

BY TIM PETERSON
THE CONNECTION

Golden afternoon sun gleamed in through windows and lit up cold, grey cinder blocks, faces already beginning to blush after a beer or two, and lush flowers atop large barrels in memory of Kerri Rose. Rose and her husband Matt, Mount Vernon residents, own Forge Brew Works in Lorton. In August of 2015, she was diagnosed with Stage IV stomach cancer. Kerri was also pregnant.

On Jan. 29, Forge and 19 other local craft breweries tapped kegs of Kerri's Cure, a Belgian Pale Ale brewed before she died as fundraiser to help cover her medical expenses, lost wages and travel to Pennsylvania for alternative treatment. She died before the beer was released; all proceeds from its sale will still go to her Go Fund Me page for medical expenses and an educational trust for Kerri and Matt's infant son Lance.

Kerri's Cure was the beer brainchild of Lorton-based Fair Winds Brewing Company CEO Casey Jones of Falls Church and Head Brewer Charlie Buettner of Burke.

Jones said Fair Winds and Forge both sold out of their three kegs of Kerri's Cure within three hours of tapping them. "It was a huge success in our minds," he said. "There was an incredible turnout, and incredible generosity."

The morning of Jan. 29, Matt, his family and close friends held a closed service to remember



Forge Brew Works team members in Lorton tapped their kegs of Kerri's Cure Belgian Pale Ale Friday afternoon, Jan. 29.

Kerri. "He definitely feels like he got lifted up by the huge outpouring," Jones said, "and then the speed with which it moved. He was really excited by that."

Jones initially predicted sales of the beer to raise about \$25,000. After Friday, he thinks that number could go as high as \$30,000. As of going to press, Kerri's Go Fund Me page had raised \$57,188 of a goal of \$75,000, with donations from breweries continuing to come in. At Forge the atmosphere was energetic and communal. "Like a proper Irish wake," Matt said, holding his sleeping son Lance in his arms.

"To see Forge full of people, excited and drinking beer, it's heart-breaking that she can't see all this," said Katy Dyke, Kerri's younger sister who drove in from Middletown, Del. "This is exactly what she wanted."

Forge Head Brewer Rory Ricks was quick to remind people that Kerri was not just the wife of a brewer. "She's the one who built the brewery, she was a brewery owner, she's the reason Forge exists," he said. "Kerri was also one

of the sweetest and most wonderful people I've ever met. She was giving and so strong, quietly strong."

One of Matt's friends and neighbors Josh Rolando attended the tapping in support of the Roses. "Matt's been so good," he said, "for a single father, whose wife was pregnant, with Stage IV cancer. He's done better than I think I ever would. He's throwing himself into things he knows: the brewery and his son."

Kerri and Matt's son Lawrence "Lance" was born two months premature so she could begin chemotherapy. After that was unsuccessful, she began immunotherapy. Lance has been a healthy and otherwise normal baby. "Kerri worked extremely hard," her sister Katy said. "She was always an overachiever. We call Lance the overachieving baby."

Kerri's Go Fund Me page where she posted about her experience is online at www.gofundme.com/daywalker.

Racing for Cure

Project CUREage hosts Fun Run at Burke Lake Park.

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



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

CALENDAR



PHOTO CONTRIBUTED

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

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

"Memories and Myth." Through Feb. 29. Workhouse Arts Center, 9601 Ox Road, Lorton. An all-media art exhibit by its Associate Artists in Gallery 902. www.workhousearts.org.

Spring Backyard Burn Trail Running Series. March 6, 13, April 17. Laurel Hill, Lorton; Pohick Bay, Lorton; Hemlock Overlook, Clifton. series of 5 and 10 mile trail running races held on some of the best trail networks in the Northern Virginia. <http://www.ex2adventures.com/byb-spring.php>.

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.

SUNDAY/FEB. 7

Astronomy Campfire. 6 p.m. Burke Lake Park, 7315 Ox Road, Fairfax Station. Enjoy a campfire and learn what ancient cultures saw in the stars. Make s'mores over the embers after hearing tales of the constellations. Children must be accompanied by an adult registered in the program. \$8. <http://www.fairfaxcounty.gov/parks/burkelakepark/rides.htm>.

TUESDAY/FEB. 9

Pohick Church Pancake Supper Fundraiser. 5-7 p.m. Pohick Church, 9301 Richmond Highway, Lorton. This traditional pancake supper on Shrove Tuesday was started in medieval England as a way to use up all the butter, eggs, and fat prior to Ash Wednesday and the beginning of fasting from meat and other animal products during Lent. \$3, \$8. Free to children under 6. 703-339-6572.

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, who founded the modern women's

movement from 1966 to 1971. www.workhousearts.org. 703-584-2900.

Luncheon Springfield Christian Women's Connection. 11:30 a.m.-1:30 p.m. Springfield Golf and Country Club, 8301 Old Keene Mill Road, Springfield. Maria Delmy Vialpando, a CPR and First Aid instructor, from Healthy Happy Heart CPR, LLC, will demonstrate how an Automated External Defibrillator (AED) can help activate the heart of a loved one. Learn about the life-saving advantages provided by and AED. Reserve by Friday, Feb. 5. 703-922-6438. SpringWmConn@yahoo.com.

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

Author Appearance. 1-3 p.m. Felix and Oscar. 6671 Backlick Road, Springfield. Ingrid King will be signing copies of her book "Tortitude: the Big Book About Cats with a Big Attitude" and will be answering cat health and behavior questions. Light refreshments will be provided. 703-866-0222.

SUNDAY/FEB. 14, 21

Model N Gauge Train Display. 1-4 p.m. Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax. The Northern Virginia NTRAK group will have running N Gauge model trains. Free-\$4. www.fairfax-station.org. jhill5712@aol.com.

MONDAY/FEB. 15

George Washington Birthday Service and Breakfast. 8 a.m. Pohick Church, 9301 Richmond Highway, Lorton. Following the service there will be a breakfast hosted by the Brotherhood of St. Andrew with a guest speaker. The Docent Guild will be conducting tours of Historic Pohick Church following the breakfast. \$10, \$25. Children under 12 free. 703-339-6572.



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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.

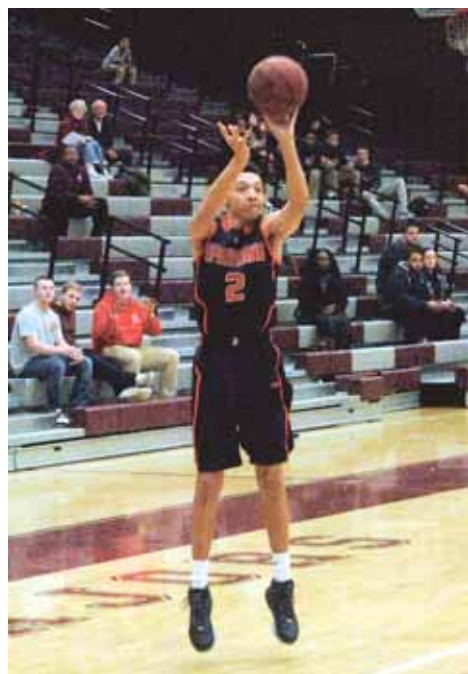
The result: 14 points for 6-foot-4 Spartan forward Brock Vaughn, 12 points for 6-foot-9 forward Lewis Djonkam, according to stats from allmetsports.com, and a 24-point West Springfield victory on Jan. 8.

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.

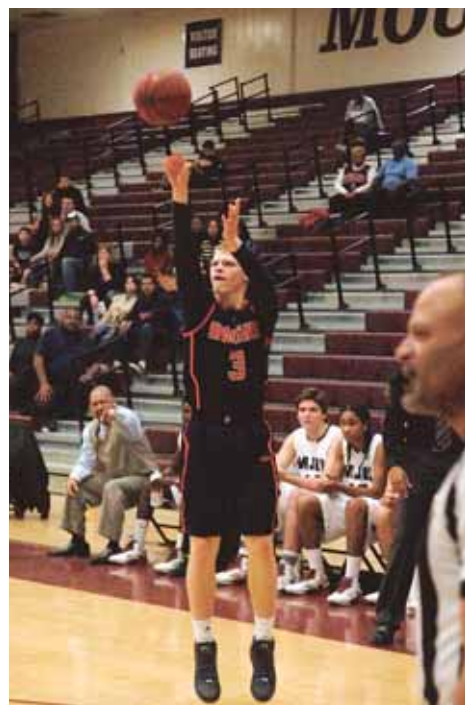
"Unfortunately, they were hitting every single ... [3-point shot]."

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.



Arcadia Farm Manager Anita Adalja of Washington, D.C. (left) shows the inaugural class of veteran farmers-in-training around the snow-covered grounds at Woodlawn Plantation during the group's first weekend session.



During their first of 12 weekends of training, members of the Arcadia Farm veterans farmers training program visited Whitehall Farm in Clifton on Jan. 31.

PHOTO BY TIM PETERSON/THE CONNECTION

Present Farms

BY TIM PETERSON
THE CONNECTION

Clifton Hoffer is embarking on his third career. A resident of the Greenbelt, Md. area, Hoffer spent 21 years in the U.S. Army, serving in Iraq twice, before transitioning into government sales. In 16 months, he will be a certified culinary chef.

Now, he said, "I'm doing what I love." Hoffer has been on a healthy cooking regimen for the past two years and dreams of starting his own farm in Maryland, supplying an adjoining cafe that he'll own, and then providing a healthy eating education to children in areas of poverty in Baltimore.

"I'm in the part of my life now where my drive is to give back, to be a better servant," Hoffer said. "I want to show a person they still have alternatives to get decent, quality food; then have more money to pay for for things like medical bills, and can prevent childhood obesity."

Hoffer grew up around farming in North Carolina. Now he is bringing it full circle and receiving training as part of the first class of 12 veteran farmers-to-be, a year-long program run through the Arcadia Center for Sustainable Food and Agriculture based with a farm at Woodlawn Plantation in Mount Vernon.

THE DOZEN TRAINEES spent their first of 12 weekends in training touring the farm at Woodlawn, learning about off-season planting planning and cleaning and sharpening various farm tools, and touring fam-

ily-owned Whitehall Farm in Clifton.

"What I was struck by was we didn't try to achieve any kind of mix of ages, races or cultures, but what we got was really rich mix of people," said Pam Hess, executive director for Arcadia Center for Sustainable Food and Agriculture.

Hess gave several examples of the veterans' goals, including one man from Ghana who grew up in a farming family and whose parents pushed him into business. He became an American citizen, served in the U.S. military and now wants to get back to what he grew up always wanting to do: farm.

Another female vet wants to receive training and then go back to her native Ohio and re-establish public school gardens like the ones she grew up with.

"I was gobsmacked with how different everyone is, but how focused they all are," Hess said. "They're all new to us, strangers to us. But we've created a program that's really filling a need. It was incredible to me."

Arcadia Farm Manager Anita Adalja of Washington, D.C. said her biggest takeaway from the weekend is also the diversity of interests and passions in the group, under the farming career umbrella. "We have folks who are interested in diversified vegetable farming, hops growing and metalsmithing, livestock and urban farming, and food access projects," she said.

"The variety is absolutely incredible and makes for a dynamic program with folks bringing so many different life experiences and skill sets to the table," added Adalja. "Their questions blew me away — these are individuals who are committed to shaping our food system in a way that is sustain-

Arcadia's veteran farmers-to-be report for first weekend training.

able, and are throwing themselves into it because they believe in their calling."

Laron Murrell of Woodbridge, an 11-year veteran of the U.S. Army and Army Reserves, was the first fellow who joined the program in fall 2015. He plans to eventually return to 55 acres of his family's land in Dover, N.C. and begin a vegetable farm.

Hess said Murrell recently visited Dover and checked out the property again. "He said he saw the place with new eyes," after his first few months with Arcadia. "He understood how important it is that he gets back there and does what he plans to do."

Murrell, Hoffer and the rest of the trainees had numerous questions at Whitehall

Farm for owner Jeff Waters of Fairfax and his head grower Brian Yoder of Reston. While in the farm's market, Hoffer asked for advice about sourcing local produce and meat while keeping costs down, as well as software and hardware for handling point of sale.

"We can't hire a bunch of vets, but we can help these guys out," said Waters, owner of Whitehall Farm. "With our 10,000 words, maybe we give them something that can help them down the road."

FOR MORE information, visit www.arcadiafood.org and www.whitehall.farm.



Whitehall Farms head grower Brian Yoder of Reston speaks to the fresh crop of Arcadia Farm veteran farmers-in-training.

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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.

DAVID N. PRENSKY
Substitute Trustee
FOR INFORMATION CONTACT:
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Washington, D.C. 20015
(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)

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ABC LICENSE

Casa Tequila Bar and Grill
Lorton, LLC trading as Casa
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Lorton, VA 22079. The above
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OF ALCOHOLIC BEVERAGE
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and Beer on premises and
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alcoholic beverages. Julio
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

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MWB Development II, LLC
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Virginia 22030 is applying to
the Virginia Department of
Alcoholic Beverage Control for
Mixed Beverage on Premise
AND Wine & Beer On & Off
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sell or manufacture alcoholic
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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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 Caregive 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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